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THE TIMES

Port Limon, Costa Rica (G. A.)

For the ladies

Eat and remain young.—Here is a French secret of eternal youth.

"You can eat almost anything so long as you are young enough to take exercise," declared a woman whose face and figure are exceptional. "I'm often compared to Bernhardt, though I can't say that my son has grandchildren. After a fashion I am following her, for I'm middle aged, and I know that I don't look it."

"This youthfulness of mine is kept up in spite of the fact that I lead what might be called a very hard life. I go to the opera and have supper afterward. I rise rather early and go through my mail—which is always hard upon the eye, making wrinkles—and I keep up the pace all day. It would not be at all wonderful if I were to look fully my age."

"I may add that I am past the years when a woman can exercise. I can take short walks, but I cannot supply the courage or the ambition, the interest or the time to go upon long trips or to work in a gymnasium."

"I began to feel myself growing old a few years ago. I looked about me. Most of the women of my age were old, were on the shelf so far as good looks went, and some of them were out and out dowagers. But I noticed that a few were still young."

"One afternoon I talked with one of them, still young and asked them the secret. All had about the same thing to say, they were most particular about their diet."

"Now, to me dieting had always meant going without the things I liked; it also meant a sort of slow starvation. I have dieted in my time, and after each spell of vigorous dieting I have always had a breakdown. Each experiment led me older than before, and each one carved a new wrinkle in my face."

"Yet here were young looking and beautiful women telling me that they preserved their beauty by dieting; it was puzzling. I went to the youngest looking middle-aged woman I knew and begged her to tell me her secret. She did not want to divulge it at first, for she said she had paid for it and had gone all the way to France to get it. She therefore felt that she was entitled to it. But by dint of bribery and begging I got it from her. I have since learned that the secret is known to nearly all the women who remain young."

"The diet is not a fast diet; you can't be a faddist and succeed, they tell me. You must take a rational amount of food and it must also be rational food."

"The woman from whom I got the secret advised me to adopt the Continental habit of taking a cup of coffee immediately upon awakening, or if you are a tea drinker you can take tea. The tea must be very weak; if you take coffee it must be still weaker, but the cup must be big and the tea or coffee very hot."

"I will say here that this diet is for the busy woman. It is not for the woman who spends her morning in bed and whose days are passed in the house. It is for the woman of many engagements, the one whose duties are so numerous and varied that she does not see

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January 15th

how she will ever get through the day.

"The breakfast should come about an hour after the cup of coffee. In my own case I have my breakfast at 8, my cup of coffee having been sipped at 7. I take the Queen Alexandra breakfast. I have three very thin slices of brown bread cut so delicately that they are transparent. On these I spread not butter but heavy cream. This if kept in a cold place will be so thick that it can be spread with a knife upon the brown bread."

"I do not take fruit, for I find that acids do not agree with me in the morning. I do sometimes indulge in a baked apple with cream. This makes my whole breakfast. I follow it with a small cup of black coffee, which acts as a stimulant and digestive. I find that coffee with cream does not agree with me, but I can take it clear or slightly sweetened."

"While I am eating and drinking I read my mail. This forces me to eat in a leisurely manner. Slow eating is good for the reason that it deludes the eater. I can easily fancy that I am eating a large breakfast if I have a morning paper to beguile the time."

"At 11, I am usually out and my social duties are such that I find myself confronted with a cup of coffee or tea about 11. I take a small cup, omitting cream or milk. By 1, I am ready for luncheon. "My luncheon, when I can take it alone, consist of a baked potato with plenty of sweet butter. Of course everybody knows that sweet butter has no salt in it, so I put plenty of salt on the potato. At the same time I can taste the sweetness and richness of the butter. It is a delightful appetizer, and I enjoy my big baked potato and lump of butter as I could never enjoy any course luncheon if the world, and it agrees with me."

"Dinner is a much more difficult meal, for one has the family to consider and to diet is almost impossible. I got around it by having my own salad. I usually take a mouthful of soup, no more. Then comes the dinner, which I am compelled to taste; but all the while I am looking forward to the salad, which is made according to a French specialist's recipe. If I am lucky enough to dine alone I have nothing at all except the salad, and after three days of dining upon it I can count the few wrinkles that are left in my face."

"The salad begins with a sour apple, peeled and minced into a bowl. On top of this is put the pulp of an orange, clipped to bits; over this are strewn the halves of white grapes. Then comes the dressing, which is nothing but fine olive oil. I put on three tablespoonfuls of it and if the salad still seems dry I add another. The whole is now set away to ripen for a few minutes. It is eaten with a teaspoon, not a fork, and it makes a full meal. Try it if you are sceptical."

"Now, I'm not saying that the conventional diet is not a good one, but I am giving this diet as the famous French beauty diet;

and I know it is the food upon which many of the famous French beauties live. These ladies keep their youth long after their own children have grown old, and they manage to keep their spirits, figure and temper upon it."

Man Thrown off the Train

Had to Tramp 15 miles with available Ticket in his Pocket

Rough Handling and Big Loss of Goods Without Redress

Trying to save life the Cause

While a representative of this office was around hunting up news he came across a tramp who kindly gave him the following unpleasant experience of a passenger that was travelling on the northern railroad train from Limon to Siquirres.

He states that a couple weeks ago a lad boarded the train in Limon for Matina, he purchasing a ticket for this place. When the train reached Matina and the "live freight" for this station had alighted, the driver blew his whistle and away engine and its burden went, making for the next station; but when about half mile from Matina, this lad that had bought a ticket for Matina discovered that he should have leave the coach, he got frantic and attempted to jump from the coach while the iron horse was speeding away. Escaping an accident, Alfred Mitchell, who was a fellow passenger on the said train rushed from his seat and prevented him doing the same act and reported the boys mistake to the conductor who immediately stopped the train and put him off. On Mitchell's return to the seat where he was sitting he found a woman occupying a sitting upon his seat box that he had on the seat. (She having left her seat.) He approached her and politely asked if she raise from off his jewel box and go back to her seat at the rear end of the coach. She refused to do so, using a volunter of indecent language Mitchell then stopped to draw from under her his box. In the act of doing so she dealt him a severe blow with her head, and he straightened himself again she attempted to use her head on him, he promptly avoided this by punching her.

A little after this the conductor called him back to the seat, and when she fought the woman; he related to him what had occurred. The conductor then ordered him to leave the train. He said it was impossible for him to do so, because he had his ticket and goods on the train, he would put of the woman and not him, because she was the aggressor. He said he did not care a damn about that. Mitchell then turned back to the conductor and while in this attitude he, the conductor, pushed him off the platform when Mitchell got on *tenry* Siquirres he yelled out for his goods but the conductor minding his own business said "he had nothing to do with that."

"The putting off of Mitchell occurred 2 miles out of Matina and I do not know how Siquirres he had to walk the balance of the journey 15 miles. When Mitchell got to 25 miles, the first station from Matina he reported the matter at the chief house and a telephone message was sent to Siquirres to detain goods that he had left in the train; but reply came that the train had just left for San Jose. He then hurried to Madre Dios and despatched a telegraphic message to the head department in San Jose, reply came that the train had not arrived as yet, but diligent search was made on her arrival, and he must await the train the following day at Siquirres. He then continued his journey on foot and when he reached Siquirres he again reported the affair to the operator who advised him to speak through the telephone with Mr. Pulling, the General Manager, who in reply queried his mission, and when told said he had nothing to do with it."

The next day on the return of this train to Siquirres Mitchell scoured the coaches and no trace of his goods could be found and he gave him any account of them. He went up to the conductor and asked him what had become of his goods, for a reply he said he was not responsible.

Mitchell was told two days after that when the train had got about a mile from where he was dumped the conductor threw his goods through the window. Mitchell claims that he had these goods with him on the train, several boxes, carpet bag containing grip with the following C/ 50 in cash, C/ 750 worth of lottery tickets, 2 dozen jugs bolt polish, 2 dozen cakes soap, 2 dozen bottles coconut oil pomade, suit clothing, value C/ 90; pair boots value C/ 9; black alpaca jacket, value C/ 8; suit under clothes, value C/ 250; 1 razor, value C/ 3 and other smaller articles. Mitchell is now seeking redress in the law courts.

The Hamburg American Line steamer "Prinz Joachim" is expected here early this morning from Jamaica via Colon with mails, passengers and general cargo.

The U. F. Co. steamer "Mount Vernon" left yesterday for Mobile with a large cargo of bananas.

While four men were fishing at Cahuita on Tuesday last they caught a huge alligator. The brute gave them a great battle before they could capture him. He was tied by a large rope to a tree, but a little after, the ferocious brute made a plunge and snapped the rope as if it was a bit of thread.

A man named Joseph Hains was taken before the police court for misdemeanor and was sentenced to 60 days. He got outrageous at the long term and made a dash for the judge, and while in this manner tore off his clothing.

Pass ports given yesterday

D. A. Serralle, Jamaica. J. H. Cardozo, Jamaica. Julia Cardozo, Colon. Augustus Campbell, Colon. Maura Shrivay, Jamaica. Ellen Henry, Colon. Antonio Czorzarelli, Colon. Eliseo Diaz, Nicaragua. Heatsigs Dent, Jamaica. Theodore Reid, Jamaica. Manuel Jenera, Bluefields. Alberto J. Hart, Bluefields. Jak Weill, Colon. Ismael Alvarez, Bluefields. Petrouilla Alvarez, Bluefields. Mena J. Reyes, Bluefields. Jose Maya, Bluefields.

Marriages

James Alexander Maidea. Emily Sawyers. Thomas Lindo Johnson Susana Wedderburn Bucks.

GORDON TAILOR

It has come to my notice that some one is travelling in the Lines who are supposed to represent me.

I wish it to be clearly understood that I have no Agents for this Purpose. In future all communications, and Cash Payments to be made direct to

F. Gordon — THE TAILOR

P. O. B. 187 Port Limon
People who are canvassing in my name will be prosecuted.
Jan 21st 1 m

Current News.

A special meeting of Concordia Lodge, I. W. O. M. F. S., will be held tonight (Thursday) at their lodge room, for the purpose of conferring degrees on various brothers. Members are specially requested to attend.

Up to the time of writing Littlejohn who so cleverly gave the policeman the slip on Friday last has not been recaptured although the police have been searching far and near for him.

Archdeacon Bryan will be in charge of St. Mark's church during the absence of Archdeacon Robinson, who left here yesterday on leave of absence and which term will not expire until end of June next.

An imperial parliament

An Imperial Parliament is absolutely impossible unless Home Rule be first given to every integral part of the British Empire. Give Home Rule to each portion of the British Isles and they can at once federate with the Dominions and elect a truly Imperial Parliament. The end to be aimed at can best be secured by following in the British Isles the pattern or Canadian federation.

Imperial Commissary JAMAICA HOUSE.

MATINA.
Specially in the supply of orders from the Foreign, complete assortment of Foreign Liquors, Provisions and Clothing.

New Orleans Defeat

New Orleans lost the Panama Exposition today. On the vote which was the real test, 188 Congressmen favored San Francisco and 159 favored New Orleans. The victory was achieved through a coalition consisting of Wm. H. Taft, President of the United States, who was expected to remain neutral in the fight, and a number of secondary powers.

San Francisco was nominal chief of the secondary powers. Others in their ranks were the transcontinental railroads, with powerful lobbyists at work here and in State Legislatures; a new treaty with Japan, threatening all sorts of complications of the "yellow peril"; William Randolph Hearst, excommunicated Democrat and publisher of a newspaper in San Francisco; certain Repu-

blicans believed to have voted for the California city because they came from far Western States, and certain Democrats who, through reasons best known to themselves, suffered the mainstay of Democracy to fight a losing battle.

But William H. Taft was the general in command and, despite the strangely mixed nature of his forces, Mr. Taft secured success. A few days ago another story had been told. To-day, when they entered the Capitol the allies knew they were certain to win.

On the test vote, the House this afternoon decided to consider the Kahn resolution, giving President Taft a majority of twenty-nine. Julius Kahn, who for two months has been claiming a majority of from thirty-five to fifty, came near being a truthful prophet. He made the claim long before President Taft came to his help, and at a time when even he thought he was whipped.

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D. M. Hart.

Work promptly and satisfactorily done.

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 General \$ 500 Enrollment Policy Special \$ 500. It secures for you a sick benefit, a funeral claim (not less than \$ 500 and a copy of a death policy of \$ 500 from the National Grand Lodge in the U. S. A.

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 J. B. IVY D. C.—State Organizer
 Box 200—Limon, C. R.

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 SURGEON

Has opened his office at the British Pharmacy.

Consulting hours:
 From 8 a. m. to 10 a. m. From 2 p. m. to 5 p. m.

After 5 p. m. I can be consulted at my home: Business Building upstairs

We beg to advise that we have sold our soda water factory known as

"The G. Rican Soda Water Factory"

located in Limon, in which don JOSE TRAUUBE THOMY - The outstanding success in the city of LINDO BOUTHERS, Limon of LA FLORIDA, San Jose, 27th December 1910.

Florida Ice & Farm Co.

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 President

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Trusting to be favoured with your very respectful orders.

We remain,
 At your commands,
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 HORACE CASIRO R.

Office: Opposite Criminal Courts.
 Hours:—From 8 to 11 a. m.
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J. R. R. Smith, —Proprietor.

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Also Ladies ready to wear hats, Ladies American boots, button lace, GENTS & boys straw hats, tweeds, ties, shirts, Photo frames, etc., etc., Give us a call before going elsewhere.

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22nd Dec.

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