



# The Home Department

Conducted by Helen Watkins Mott

## Falling Leaves

Amidst the Indian-Summer haze,  
The forest's royal hues unfold,  
With richest crimson, cloth of gold,  
Russet and scarlet, all ablaze.

How quickly have the days flown by  
Since Spring, her first faint colors  
threw  
In pure relief against the blue  
Of charming April's summer sky!

The budding white oak's rosy tint  
The summer changed to vivid  
green;  
The slender birch's silvery sheen  
Was heightened by the sunbeam's  
glint.

Now, soon each leaf, all seared and  
browned  
With cutting wind and biting frost,  
By ruthless autumn torn and  
tossed,  
Will fall and wither on the ground.

And so our lives must bud and grow,  
Warmed by the sunshine of God's  
love  
And showered by mercies from  
above,  
'Till we in health and beauty glow.

Then, 'mid the frosts of sorrow, still  
We shelter those lives yet to come,  
And when we fall, our voices  
dumb,  
They live to do the Father's will.  
—Dora Folsom Brokaw, in Farm  
Journal.

## Health Notes

As the cold weather approaches, we should avoid as long as possible the closing of doors and windows, even after the first fall fires are lighted. The temperature of the living rooms should be kept not higher than seventy degrees Fahrenheit, and a few degrees lower would be better. Avoid extremes of artificial heating and extra clothing, but kindle the "fires within" by plenty of fresh air, exercise, nourishing food and deep breathing. For those who are exposed to inclement weather, the vest may be lined at the back with flannel, as this will serve to keep the spine comfortable, and thus the whole body warm.

Avoid neck scarfs and wraps, as these make the throat delicate, and thus invite diseases of the throat and lungs. Keep the hands and wrists warm, as these have an important influence on the temperature of the body. Do not neglect the feet; wear warm stockings and shoes thick enough to withstand dampness; the shoes should be loose and easy fitting, and one should not sit with wet shoes on the feet. A good aid to warmth of the feet is a pair of clean, fresh cork insoles, as this protects the bottoms of the feet from any dampness of the soles of the shoes. These are good for children, too.

As to foods, hot soups, rich, fatty foods, butter, milk, eggs, cheese, all produce heat, while bread and potatoes, together with many other vegetables, are heat producing.

When the body is weak, the brain fatigued, and the whole system in a state of lifelessness, just go out into the open air, take a few vigorous inspirations and expirations, and note the effects. The deep breathing will invigorate and stimulate, the

blood will course more freely, and the whole body will be revived. The "remedy" is so deep and universal that we are apt to slight it.

## "Living Within One's Means"

The greatly increased cost of the plainest living is working a great hardship on the families of moderate incomes. Many families have an income of but ten to twelve dollars a week, and these parents make great sacrifices in order to give their children common, living comforts. They are willing to live poorly and dress plainly to keep together; but what if the income is ten dollars, and the expense twelve? You will say, "Curtailed expenses;" but you can not curtail the cost of a five cent loaf of bread when you can get it for no less, and with meat at almost prohibitive prices, the family of moderate means gets very little of it. Vegetables are almost as dear as meat, and fruit of any respectable quality is out of reach of small wages. Rents are exorbitant, the cheapest clean, healthy locations are taken so fast that nothing is left, and the poorest shelters in the city command six to seven dollars a month—mere sheds, most of them. The working people have squeezed their few dollars until they can squeeze no more. The question of clothing and incidental necessities seem utterly beyond solution. The increased cost of living, and the absolute inability of parents to meet their obligations to their children are conditions that break up homes, separate parents from children, and play a larger part than anything else in the so-called race suicide problem. It is not only the shiftless class that suffers; now, when it is claimed to be a period of great prosperity, we see many honest toilers ready to give up the struggle, while homes are narrowing down to a room or rooms in tenement houses, small, uncomfortable flats, and mere sheds for shelter because of the impossibility to make income and expenses balance.

## Caring for the Hair

The practice of "ruffing" the hair, and using wads of cheap "rats," of applying hot irons to the front, sticking it full of pins and straining it with combs, are all injurious and ruin the gloss and sheen in a short time. The same may be said of neglect and lack of care in combing and brushing. It takes years to undo the mischief done by a few months of such abuse, and the best plan to revive its life and lustre is to lessen the number of pins, do away with false hair or "wads," hot irons, washes and lotions. Shell pins should take the place of metal ones, and but few of these should be used. The various combs should be laid aside, as they pull and strain the hair. Let the hair hang loose an hour or two in the sun as often as possible, and at night braid it in a loose braid and pin a soft cloth or cap over it, preferably silk, to protect it on the pillow. During the day, while sweeping, or doing any dusty work, protect it with a dust cap. Once or twice a month the egg shampoo should be used, as it is good to restore life and gloss; the sage tea should be applied every

night, as this helps to bring back the color by its tonic action on the scalp; the scalp should be rubbed with red vaseline or crude petroleum every night, to replace the oil that has been dried out. If this care is given it for six months or a year, there will be a decided improvement. It takes far less time to ruin than to restore.

If the hair is loose at the roots, there is no way on earth to tighten it; it must come out to give the new growth a chance, and the sooner the dead and lifeless hair is out, the better. A scalp that sheds hair should be massaged very gently, combed carefully, and if at all diseased, should be treated until well, at the same time looking well after the general constitutional health.

## The Salt Rub

Various sanitariums and private sanitariums and private hospitals are using the "salt rub," and it is becoming so popular that some Turkish bath establishments are advertising it as a special attraction. It is just as good for well people as for sick people, is the most refreshing of all baths and rubs ever invented, excepting only a dip in the sea, and is matchless in its effects upon the skin and complexion. With all these virtues, it is the simplest and most easily managed of all similar measures, and can be taken at home—any one in ordinary health can do it very satisfactorily. Put a few pounds of coarse salt—the coarser the better, and sea salt is preferable if it can be obtained—in an earthen jar and pour enough water on it to dissolve the salt. Some physicians recommend that the salt be only well moistened; this should then be taken up in handfuls and rubbed briskly over the entire person. This being done, the next thing is to take a thorough douching with clear cool water, and then rub briskly with a warm dry towel. The effect of elation, freshness and renewed life is immediately felt, and the satiny texture of the skin with increased brightness and clearness of the complexion swells the testimony in favor of the salt rub. In case of weakness, and debility a second person should do most of the work, but the patient should do as much of it as possible without greatly fatiguing the muscles.

Another method is to take a medium sized Turkish towel—generally sold for ten cents, and dip it into very strong brine, hang on the line without wringing and let dry. At night, on removing the clothes, take this salted towel and rub the body all over, thoroughly, with it. A glow and feeling of warmth follows, and if regularly persevered in, it will quickly build up the system, giving improved health. It costs little to try it. The effects are assured. The same towel may be used two or three times, then washed and salted again.

## Filter for Cistern

A good friend writes us that he has a better way of filtering water for the cistern, and kindly sends his method for its application. Here it is:

Build a filter of cedar wood, or use a galvanized iron tank, three feet in diameter, and three feet tall,

having a false bottom perforated freely with quarter-inch holes eight inches deep up from the permanent base of the filter, and a large opening out of the space between. Fill the upper space with one foot deep of gravel or finely-broken rock; next, eight inches deep of lump charcoal; next, six inches of clean, sharp sand. The pipe from the roof leads to the lower space below the false bottom. This allows the roof and gutters to wash out first; then a plug is fastened in the opening near the base, and the water commences to filter up through the perforated false bottom, gravel, charcoal and sand, and at the top of these a pipe leads this really filtered water into the cistern, which is under ground. The filter being at the top of the ground surface, over the cistern nothing but absolutely pure water ever enters the cistern. After the rain is over, the plug to the false bottom space is to be pulled out, and all the substance caught on the false bottom and in the filter material is washed away, leaving the filter clean for the next rain. Do not have a wooden platform over the cistern, but have the arch finished with a large rock, or cast-iron top, with a "man-hole" therein. With a filter as above, the cistern will never need cleaning.—J. F. E., El Paso, Texas.

This seems to be all right, and we hope every one of our country readers, as well as others, will have the cistern, and finish as our friend suggests. But have the cistern, by all means, for laundry purposes.

## Pickling Pork

Answering G. H. B.—After the animal heat is all out of the carcass, cut the meat in strips about six inches wide, take out all bone possible, cutting the parts in handy size for cooking; or the hams and shoulders may be left out for sugar-curing. Pack the strips of meat in a perfectly clean, sweet barrel, setting the pieces on edge, not laying flat, beginning at the sides of the barrel and continue on around the side of the barrel, filling up the center as compactly as possible, packing closely, until one layer is packed; work into the spaces as much salt as you can, then add another layer in the same way, until all is packed. Make a brine very strong—so an egg will float, and be sure it is a fresh egg; boil this brine and let it cool, then pour over the meat. There must be sufficient brine to well cover the meat; lay three hickory sticks on top of the meat, then put a weight on this. When the brine becomes red, with the blood out of the meat, pour it off and boil it, skimming until nothing is on top, let get cold and pour over the meat again, adding brine to cover if more is needed. Pour off and scald the brine as often as it needs it—sometimes three times. Keep the barrel well covered, and the meat weighted down in the brine at all times. The least little piece sticking out of the brine will spoil the whole barrel.

Another—For every 100 pounds of pork take four gallons of water, eight pounds of coarse salt (rock salt is best), two ounces of saltpeter, one pint of New Orleans molasses, one pound of brown sugar. Boil, skim and cool. Have the meat closely packed and weighted, then pour over it the cold brine.

Many persons do not pickle the bony pieces, or when they do, remove as much of the bone as possible, as it is apt to spoil in the joints.

## Can Boys Be Taught Not to Swear?

The discovery that profanity in American schools and colleges is a serious and growing evil is to be credited to Alfred E. Stearns, prin-