



The Home Department

Conducted by
Helen Watts McVey

"Thorns Have Roses"

It isn't so much the way things are
As the way you look at a thing;
There's always the notes of a merry
song

For the voice that is ready to sing.
And "roses have thorns!" is a stupid
cry.

For though it may all be so,
I think we would better be telling the
world

That thorns have roses, you know.

We can not expect to live our lives
From all that is bitter apart,
But each one knows when he's felt a
thorn

From the pain it has left in his
heart.

He doesn't need us to tell him it's
there,

Or murmur a maxim of woe;
We'd better be singing a paean of
hope.

For thorns have roses, we know.

—Florence J. Boyce, in Park's
Magazine.

Soaps for the Toilet

Soaps to be used for toilet purposes—especially those intended for the use of women and children—should be of the varieties called "over-fat." A soap without too much alkali in it will keep the skin soft and clean without injury, whereas a soap in which alkali abounds will, in the end, ruin the cuticle to such an extent that medical treatment is sometimes necessary to bring it back to its normal condition.

The soaps of today are usually made by what is called the "cold process"—that is, with little boiling—with the use of a great quantity of free alkali, mixed with a small amount of fat by chemical means. Nearly all cheap, strongly perfumed soaps are made in this way, and are very injurious to the skin. With continuous use, in bad weather and under unfavorable circumstances, this soap causes the skin to break, roughen and to throw out pimples and sores which are often very distressing and hard to cure. These soaps clean thoroughly; but at the expense of the skin, robbing it of its natural oils and, in time, eating it away. The amount of suds made by a soap is one of the methods by which the presence of too much alkali is indicated; the more suds a soap makes in a comparatively short space of time, the more alkali it contains; a cheap soap will create a large quantity of lather with very little handling, whereas a soap of the "over-fat" variety has to be rubbed repeatedly before it manifests a disposition to make even a little suds. The suds, or lather, is caused by a chemical action in the water when the alkali mixes with it; the over-fat soap, the good soap, forms an emulsion, and little, if any chemical change occurs.

"The over-fat" soaps are, in the preliminary steps, made in much the same manner as the cheaper soaps, excepting that less alkali is used. Then, as the mixtures begin to solidify a quantity of fat or oil is injected into it by a process known to the manufacturer, and it is hence designated as the "over-fat" variety. The added fat or oil lessens the harmful effect of the small quantity of alkali used,

and their cleansing action is soft and easy, and little chemical action takes place in removing the dirt from the skin. These soaps form an emulsion with the dust, dirt and grime and, though slower in doing this, clean just as effectually, except in cases where a great amount of dirt and grime has been literally ground into the pores and folds of the skin. In such cases, the alkali soaps may be used with good effect, but every particle of the soap should be thoroughly rinsed out of the skin, and the drying be followed by applying freely some soothing emollient to take the place of the natural oils removed in the washing.

A simple way to determine the presence of excessive alkali is to touch the piece of soap to the tongue; if there is much alkali, the taste will be bitter; if there is no alkali in harmful quantities, no bitterness will be observable. Be sure to use good soaps.

Pure Water Supply

Many cisterns will be getting "low" during the hot, drouthy months, and now is a good time to clean them out. The drinking and cooking water should be as pure as possible. After thoroughly washing out the cistern, let no water run into it from the roof until the rain has washed off all dust and litter. See that the gutters and pipes are clean and unclogged. This first water may be caught in barrels for laundry purposes, if the shower in sight is a light one. The cistern, if it has not a filter, should now be supplied with one. This is recommended: Get of your grocer a molasses, or other good heavy-sided barrel (not coal oil, or else better if a new one can be had from the cooper); knock out both ends, make a false bottom and raise it four inches from the bottom inside; bore holes an inch in diameter two or three inches apart all over this false bottom. Get a good, stout piece of woolen stuff and tack on top of this all over. Then put in a layer of clean, coarse sand several inches deep, and on this put a layer several inches deep of finely broken charcoal; repeat this layering until the barrel is two-thirds full, letting the last layer be sand. Set this directly over a good opening in the cistern where the water can run in and not waste. The charcoal should be broken into pieces not larger than a hickory-nut, and gravel is better than sand. The top layer, sand or gravel, must be heavy enough to keep the charcoal down. Both charcoal and sand or gravel should be well washed before packing, in order to keep the dust and dirt from going into the cistern.

There are other ways for making a filter, but this one has its advantages, as, being outside, it can be cleaned or renewed as needed. It should be kept covered when not in use. You will be astonished at the amount of dirt, litter and dust it will prevent from going into the cistern. These may seem little things, but it is all the difference between sickness and health.

Some use coal oil in the laundry with good effect; but the recipes that have gone the rounds of the papers for washing clothes without rubbing are not to be depended on; neither are those which advise against boiling. Once or twice one thinks it is a great labor-saver, but after that the clothes

begin to look dingy and yellowish, and the laundress goes back to the old way, blaming the coal oil or soap. If, however, common-sense ways are followed in the use of it, coal oil is an excellent aid to a good washing machine.

The Toilet Pumice Stone

A toilet specialist says, regarding the removal of superfluous hair: "I do not hesitate to say that no depilatory is known that will remove superfluous hair, never to return, short of burning the skin deeply, and then there is an indelible scar. The pastes that are sometimes recommended for the removal of the troublesome down are more or less dangerous, because they must be used hot, generally, and in pulling off the hair, the skin frequently comes with it. Any lotion strong enough to take off hair will hurt the skin beyond doubt. The needle, to which so many resort, may, or it may not, remove the hair; it is always a painful and extremely expensive process.

The little mineral stone referred to as a toilet pumice is so easily used; costs almost nothing; can not possibly hurt the skin in any way, and has been found efficacious by so many, that I wonder why the majority of women will not take the trouble to use it. 'Pumice powder' is not the thing. The pumice should be in a lump, not too large, not in the least coarse, not easily scratched, and very easily applied. Some are very much coarser than others, and these may be used to remove callosities from the hands and feet. A suitable stone can be had of any first class druggist for five cents, to one dollar, according to the mounting. The piece of stone should not cost more than ten cents.

For Removing Superfluous Hair

The face must be well washed with pure soap and warm water; a thick lather of soap left on the cheek, chin, lip, as the case may be, and the surface gently rubbed with the stone. The first application may not remove the hair perceptibly, but if the process is repeated every day the result will surely appear. The hair thus rubbed off will grow again if the rubbing is not kept up, and this women are averse to doing. Five minutes time and a good face washing is not too much to pay for the relief. Remember that the surface must be quite soapy to guard against irritation of the skin.

For the arms, the stone is used the same way, covering them with a thick lather and rubbing the hair off with the pumice stone every day. Never use the stone without lather, and be sure to use it once a day, regularly; do not rub too hard, and do not get too impatient to see results. Never touch with the stone a mole that may have hairs on it; for this use the tweezers. Moles should not be meddled with, as bad results may follow, and it is easy to pull out any visible growth of hair, leaving no bad effect. —Globe-Democrat.

Toilet Bleaches

As the summer wanes, the woman or the girl awakens to a realizing sense of what the foolish fashion of going bare-headed and bare-armed has done for her, and her great anxiety is to undo, in a few days, the evil work that has been going on all summer.

So, the toilet specialist is kept busy handing out more or less efficacious treatments for the restoration of the color and complexion the careless one started out with. I can give you only a few of the safest formulas, as I am not a "beauty doctor," and these I must take on recommendation of others—not from personal knowledge of any merit they may or may not possess. The peroxide of hydrogen seems not to be in favor with the most conservative specialists, as it is claimed that the use of it in unskilled hands coarsens the skin. If, however, it is to be preferred, the druggist will probably tell you the proper strength and method of application and effects to guard against.

Quite a few toilet specialists advise the use of salicylic acid and white vaseline—fifty grammes of each (or equal parts); beat them well together until perfectly blended; wash the face, neck or arms well, and apply the paste at night. Next morning wash off with soap and water. This will gradually remove the skin; cold cream may be rubbed on the skin if there is irritation or roughness; the cucumber cream should be used freely. After the discolor is removed, keep the skin white by use of cucumber cream every night. The process of shedding the skin is a natural one, and a bleach merely hastens the process.

Lemon juice is one of the best and most harmless bleaches. Keep a cut lemon on your toilet table, and after washing, rub the cut side on the neck and hands, and let dry on. This will remove stains.

Cucumber essence, creams, or the peels themselves, are all bleaches. For the cucumber essence, this recipe is given: Wash and slice cucumbers (about as ripe as if to be eaten raw) without peeling, into a porcelain-lined sauce pan, add water in proportion of a small cupful to two large cucumbers, and simmer the whole until the pulp is quite soft. Must be simmered slowly, to extract all juice. Strain through a thin muslin. To the juice thus obtained, add an equal quantity of high-proof alcohol and it will keep indefinitely.

Cucumbers, simply sliced raw and the peel bound on the neck or arms will gradually take off the streaks.

Canning Tomatoes

Tomatoes should be gathered while there is some of the green color remaining on the stem-end, not only because the fruit is sweeter, finer-flavored and keeps better, but because the vines bear more abundantly and better fruit and for a greater length of time if fruit is removed as soon as it is ripe. They should be gathered daily, or at least every other day, and canned immediately. Do not use over-ripe, bursted, or imperfect tomatoes; a tomato that is part rotten before canning will never be of perfect flavor, even if all the decayed part is carefully removed.

Tomatoes should be scalded only just enough to admit of their being peeled readily. If the fruit is small, can whole, if possible; if large, cut in thick slices, round-wise. Heat only enough for two or three cans at a time, and allow it to boil only long enough to insure the entire amount being boiling hot; then lift carefully into the can and as soon as the can is entirely full, wipe off the top with a clean cloth and seal immediately. Tomatoes that are cooked a long time have a strong, bitter flavor which can not be overcome. If gathered while

BETTER THAN SPANKING

Spanking does not cure children of bed wetting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 118, Notre Dame, Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.

AN OLD AND WELL TRIED REMEDY

MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.