



The Home Department

Conducted by
Miss M. A. M. M.

The Yellow Messenger

Today a leaf whirled at my feet—
A leaf, like bird with plumage
bright
That, stricken while in joyous
flight,
Fell, torn and lifeless, to the street.
And yet, 'mong all the trees around,
Of coming fall there was no hint—
No telltale yellows were aglint—
Save from this dead leaf on the
ground.

But, 'spite of reassuring green
That greeted my upturned glance,
I knew that dead leaf spelled not
chance,
But fate lay in its golden sheen.

The fate that lays the flowers away—
That strips the woods and
meadows bare
That sets King Winter's trumps
ablare,
And stops the summertime's glad
play.

And 'neath my feet I crushed the
gold—
The yellow messenger of dread—
And wished I might with heavy
tread
Crush all the woes that leaf foretold.
—Denver Republican.

Restoring the Color

It is conceded that hair, once hav-
ing turned gray, or white, can not
be restored to its natural color by
anything outside of a stain or dye,
and once this is undertaken, the per-
son is a slave to the process, for it
requires daily attention. A stain is
a stain, or dye, call it what you may,
but many stains are tonic in their
effect, and will gradually help to re-
store color or arrest the fading of
the hair. What will suit one scalp,
however, will not suit another, and
no tonic will do any good if not pa-
tiently and faithfully used for
months. To treat the hair for a few
days, then neglect it for a few days,
is just time and work wasted. It
must be every day and every day,
month in and out, year after year.
Illness of the body, anxiety, worry,
neglect, living in ill-ventilated rooms
or in hot atmosphere, poor foods,
and any and all of the diseases of the
scalp, will cause the hair to turn
gray and lifeless. The best thing
to do is to accept the situation cheer-
fully, and take good care of the
hair, making of it a crown of glory
—as beautifully cared for white hair
surely is. But it is not the white
hair that women most strenuously
object to. It is the "pepper-and-salt
mixture" or the streaked, spotted ap-
pearance, which the early days of
fading engenders, that is so disagree-
able. To hasten and equalize the
whitening, we are told that a weekly
wash of the hair in a basin of soft
water in which ammonia, a table-
spoonful to the gallon, has been
dropped, will be effective. No dye
can be successfully applied by the
novice, and to take one's head to
the hair-dresser every day is expen-
sive. There are, however, many
harmless stains which are tonic in
their effect, and one of the best of
these, the least expensive, and the
most easily applied is the old sage
tonic our mothers knew so well and
appreciated. In another column, are

to be found a few recipes for these
tonics.

Some Recommended Scalp Tonics

Walnut oil, expressed from the
kernels, rubbed into the roots of the
hair every day, is claimed to restore
the color of graying hair by its tonic
effects on the hair follicles. Can be
had of the druggist, or the oil ex-
tracted by some process at home.

Sulphur in Solution—Put half a
cupful of flour of sulphur in a wide-
mouthed bottle with three cupfuls of
soft water. Shake well and let stand
in sun for two or three days, shaking
every day. As soon as the mixture
is blended, shake well and let settle,
then pour off the clear liquid, strain-
ing through a cloth. Apply to the
scalp with a bit of soft cloth, or
medicine dropper, twice a week, part-
ing the hair and applying directly
to the scalp, rubbing it in.

This is claimed to be a fine tonic,
and will keep the hair dark and
glossy: An ounce and a half of
white vaseline, three-fourth of an
ounce of castor oil, half a dram of
gallic acid and fifteen drops of rose-
mary. (Gallic acid is an organic
acid very widely distributed in the
vegetable kingdom, and is derived
from galls, nutgalls, tea, etc.) Shake
this well until thoroughly mixed.
Rub the roots of the hair well every
day with this, and always have it
loosely braided to keep from tang-
ling. At night, apply the sage tea
tonic given below, using the gallic
compound in the morning.

Sage Tea Tonic—Green tea, two
ounces; common garden sage re-
cently dried, two ounces. Put these
into an iron kettle (no other) and
pour three quarts of boiling water
over the leaves, cover closely and
simmer until the water is reduced to
one quart; take from the fire and
let stand in the pot for twenty-four
hours, then strain through a cloth,
add to the clear tea two ounces (four
tablespoonfuls) of good alcohol to
keep it from souring; bottle in small
bottles. Wet the scalp with this
every night, with massage. Let the
hair dry before going to bed, as it
will stain the pillow slip.

Poke Root Tea—Dig the roots of
the common field poke; wash, clean
and chop into small pieces enough
to fill a quart measure two-thirds
full, and finish filling with soft wa-
ter. Put into a cook vessel and sim-
mer slowly for six to ten hours, to
extract the full strength, replenish-
ing the water as it boils away. Then,
strain and bathe the scalp with this
tea as hot as can be borne. Tie a
cloth around the head and let dry;
repeat the process in a week in like
manner. This is claimed to be a
sure cure for falling hair, and will
also arrest graying, and should be
persevered in until results are ob-
tained. The formula is sent in by a
reader from Springfield, Mo., who
says it should not be taken inter-
nally, as it is poison.

The above are old-time, tried for-
mulas and harmless. Some scalps
may not bear them, however. No
tonic will do any good if the scalp
is diseased, especially if dandruff ex-
ists. No treatment will be effective
unless regularly persevered in for
week or months. In order to take
effect, the scalp must be clean. This
is done by shampooing. An egg
shampoo is taken thus: Beat an
egg well into one pint of water,

slightly warm. First wet the hair
in clear water, then rub the egg
shampoo well into the hair and
scalp; it cleans beautifully. Then
rinse every particle of the egg lather
out of the hair, which should have
been braided loosely to prevent tang-
ling, spread the hair out and dry in
the sunshine, with a warm towel and
tossing with the fingers. Do not
comb while wet, as this will leave
it stringy. Comb gently, beginning
with a wisp at the ends, gradually
working up to the roots, then take
another wisp and repeat. When dry,
rub a few drops of oil of sweet al-
mond into the scalp to restore the
oil.

Odds and Ends

To tighten the band of the sew-
ing machine, put a few drops of
castor oil on the band, turn the
wheel rapidly for a few minutes. No
cutting will be necessary.

After blacking the stove, to remove
the stain from the hands, dip them
in warm water, then rub hard with
a teaspoonful of baking soda, wash
in warm water, and the blacking
should be removed.

When buying a skirt by measure,
take your measure carefully around
the waist, your hip measure about
six inches below the waist line, and
it is better to have the length a little
long, as the skirt may shrink in
wearing, or the edge fray, in which
case the hem can be turned up.

It is claimed that coffee, when
taken without cream and sugar, is a
gentle stimulant to the stomach, but
when mixed with the fat of cow's
milk, the oily nature of the latter
retards the action of the gastric
juices upon the albuminous sub-
stances taken at dinner. The fat
floats upon the surface of the di-
gestive fluid, delaying the solution.

For the extra fullness around the
belt of the circular skirt, after fin-
ishing the skirt, shrink the fullness
out with a damp cloth and a hot
iron, using the curved sleeve board
with the hot iron, or a padded, well
rounded cushion. Damp the material
and press over the curve until the
fullness disappears. A little prac-
tice will enable you to do the trick.

To prevent the chapping of the
hands during the chill weather of the
fall months, have a box of powdered
oatmeal on the wash-stand, and after
washing and drying the hands, rinse
first in weak vinegar, then rub well
until dry with the powdered oat-
meal. In case where hard water
must be used, this is superior to
many white soaps for cleansing and
keeping the skin white and smooth.
Use soap as little as possible.

Query Box

M. R.—To clean mother-of-pearl,
rub it with a fine powdered pumice
and water, and polish with rotten-
stone moistened with diluted sul-
phuric acid applied with a soft cork.

Mrs. L.—Onion pie is a Dutch dish
made as follows: One beaten egg,
one tablespoonful of flour, one cup-
ful of sour cream, one minced onion,
salt to taste, a sprinkle of pepper,
and bake with one crust.

U. W.—The term, racking, used
in referring to cider, simply means
pouring the clear liquid off from the
settlings in the bottom of the vessel.

If this is not done, the deposits will
decay, and give a bad taste to the
vinegar.

F. S.—For the bunion, it is
recommended to make an ointment
of twelve grains of iodine and one
ounce of lard, rubbing thoroughly
together. Apply to the bunion sev-
eral times a day. Wetting frequen-
tly with colorless iodine is good.

"A Subscriber"—To clean the
chenille table cover, make a good
suds with white soap and soft warm
water; rub the cover lightly through
this until clean, then rinse well and
hang in the shade to dry. Do not
iron, but brush thoroughly with a
soft brush.

Mrs. L. T. wishes to know how
many chickens it will take to serve
twelve grown people. It will depend
upon the size of the chickens, the
appetites of the people, and the pro-
ficiency of the cook. Two large
chickens should make enough salad
or croquettes for that number.

Housewife—For a red sauce, take
thirty medium sized ripe tomatoes,
three red peppers, six medium sized
onions, five tablespoonfuls of salt,
ten tablespoonfuls of sugar, and two
quarts of vinegar; chop the onions
and peppers fine, scald and peel and
chop the tomatoes, and mix all to-
gether; cook until the proper con-
sistency—about like thick catsup,
bottle, and dip the corks in sealing
wax.

Requested Recipes

(In asking for recipes which have
appeared in this department, it
would be best for the inquirer to
send self-addressed envelope that the
the recipe may be sent direct, as
frequently the time for its use will
be past by the date of the first issue
in which the information could be
given. Especially should this be
done if the recipe wanted has been
but recently given.)

Hot Tamales (for J. R.)—These
can be made of either lean beef or
chicken. Boil the meat until quite
tender, and if chicken is used, re-
move all bones and gristle, and dis-
card all fat and skin; run the meat
through a meat grinder, grinding it
fine. Seed and parboil a pint of
chili peppers and let cool; add half
a clove of garlic and chop both fine
and add to the meat. Scald a pint
of corn meal with a cupful of the
water the meat has been boiled in,
barely wetting it all through, and if
a cupful is not enough for this, use
a little more, but the meal must not
be mushy. There should be two
pounds of the prepared meat. Cut
some clean, soft corn shucks into
pieces four by six inches, shaping
with the scissors; soak in warm wa-
ter for an hour until soft and pliable;

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