



The Home Department

Conducted by
Helen Watts McKee

The Proper Spirit

He tackles his work with a spirit to win,

In doubting he doesn't go to it;
A difficult task he will always begin
Serene in the thought that he'll do it.

With faith in himself he goes plodding along,

With the grim thoughts of failure behind him,

He pays little heed to the wall of the throng,

The fetters of fear do not bind him.

The thought that he can't doesn't enter his head.

To hinder his efforts while trying;

He doesn't permit any picture of dread

To start him to fretting or sighing.

He plunges right into the task of the day

Believing he's able to do it;

He pays little heed to the croakers who say

He can't come successfully through it.

The hill may be high, but the summit he sees

And firmly believes that he'll stand there,

In fact he would crawl on his hands and his knees

If he had to, in order to land there.

He gives up no strength to Despair or to Fear

Though the outlook may not be inviting;

He thinks he can win, he thinks victory near,

And that helps a lot in his fighting.

—Edgar A. Guest.

Family Outings

Make your arrangements to attend the fall fairs, county or state, or both, but at least one of them. It is just as well to include the whole family in your arrangements, and make an outing of the trip. Many people still take these trips by wagon, if there is not an automobile to be had, carrying along camp equipage and setting up a tent near the grounds, if no place inside is set apart for that purpose. By the camping method you can take the whole family at little expense; a reasonable camping outfit will not cost a great deal, and, if taken care of when not in use, will serve for many seasons. There is no end of fun in such trips if two or three congenial families go together. It "beats boarding houses," or rented rooms, and you can have your own good food stuffs, while it is no great trouble to cook what you can not bring along ready prepared. Many fair grounds have "kitchens," where the coffee, or other light cooking can be prepared, either free, or for a very small stipend, and there are rooms in some of the buildings where lunch tables are for the use of the country people from a distance. Those in authority, in whatever line are beginning to take notice that the farm family must be dealt with, and arrangements for their care are included in all the best managed fairs. Do not put off these preparations until it is time to "pull out" and go; but give mother and the girls, as well as the boys, a chance to get a "good ready." The family should have comfortable, whole,

clean clothes, but need by no means ape the prevailing styles; around the camp, or during the intermissions, wear good, comfortable clothes that will wash, and have your "company" clothes if you want them to wear when among the crowds. Get interested in everything, and gather up all the good ideas you can. See that the boys find the new ideas, or the improvements on the old, and take the family with you about the grounds. Don't set mother down in a corner with the babies, and go off to "see things." Mother wants to see them, too.

For the Garden

During July and August the garden begins to look rather "seedy," if not ragged and unkempt. Very little is doing in the way of vegetables for the kitchen, but the weeds are flourishing, rank and strong. If they have been let to grow undisturbed, it will require some effort to tear them up, or cut them down; but for the sake of future usefulness of the ground, their career should be at once cut short. They are simply robbers of the soil, and should not be allowed any foothold. It is a good time to have the plow run through all the vacant spaces, and thus loosen the roots of these outlaws; then they should be gathered up, and as soon as dry enough, should be burned. By doing this, much weedseed is destroyed, and the ashes will serve to fertilize the ground. The garden plot should be well plowed over, raked free of all old, dead or coarse vegetation, and if this dead stuff should be put in the manure pile, it will be ready to use with other such stuffs at the proper time. It is a good plan to mellow the soil for the fall plantings as soon as rain falls. Not only can late crops be put in, and the product used for pickles, and other winter stores, but many things intended for the very early spring months can be started now, with excellent results. If the garden is given over to vagabond weeds and tangled grasses in the late summer, there will sure be a crop, but it won't be of any advantage to the soil, or to the housewife. Better make the garden pay for the manure you use. It should be the richest spot on the farm, and it should be kept busy. A good crop of turnips will "go good" this winter, both for the family and for the stockyard. Try it.

Many fruits are better planted in the autumn, if the weather is favorable, and among them, nothing is more sure to repay than a well-tended strawberry bed.

Requested Recipes

Lemon Beer (Unfermented)—Boil one and one-fourth ounces of bruised ginger root in a pint of water, very slowly, for half, or three-quarters of an hour; add one and one-fourth pounds of granulated sugar, one-fourth teacupful of lemon juice, one ounce of strained honey, and one quart of boiled water (cooled). Strain, and add one-quarter of a teaspoonful of extract of pineapple. Let it stand four days in a cold, dry place, then bottle tightly, and keep cold. It will keep for months, and is a far more delicate drink than fermented beer.

Sweet Cider—For family use, cider should be made from finely flavored, juicy apples, perfectly ripe, with no speck of decay, or suspicion

of worms. Do everything with particular neatness, and if possible a press that crushes, rather than one that grinds, should be used. As the juice runs from the press it should be strained and pressed through a clean, loosely-woven flannel cloth into a perfectly clean keg or barrel, and let stand two or three days, if the weather is clear and cold; if warm, it should not stand more than a day, and it must be racked once a day for four weeks, then drawn off, bottled and corked tightly. This process makes perfect, unfermented cider, and nothing must be added with a view to preserving it. Lay the bottles away on their side in sawdust, keeping cool and dry. The bottles may have the necks dipped in wax, or paraffin, and must be corked air-tight.

Blackberry Vinegar—Put two quarts of fresh, ripe blackberries into a stone jar, and pour over them one quart of pure cider vinegar. Cover closely and set aside for two days, then drain off the vinegar without mashing the berries; let stand two days as before, then strain through a coarse cotton bag, pressing well to extract the juice. To every pint of juice allow one pound of sugar; boil gently for five minutes, skim, and when cold put into pint bottles, cork tightly and keep in a cool, dry place. A cup or more of this, according to taste is used with a quart of very cold water; is fine for the sick.

For the Hot Season

These hot nights, it is a good idea to stretch a sheet of heavy awning canvas, or even Japanese matting over the mattress under the sheet, and try sleeping on this. The cooling effect is wonderful.

A sheet wrung out of the coldest water to be had and hung up in the sleeping room will often cool the atmosphere on a hot night.

For a cool pillow, fill a water bag with cool (not ice) water, and put it in a pillow slip; sleep on this, and see how greatly it adds to one's comfort. It may be only partly filled and laid on top of the pillow, if preferred, with excellent results.

In many homes, the porch is screened in with wire netting, and used for a dining or sleeping room. A kitchen porch can be so screened and all the work of preparing vegetables, etc., can be done in the cool air. Wire netting is one of the most valuable health-promoters ever invested in.

For keeping a can or bottle of milk or water or other liquids in a cool condition, close it tightly, wrap in a flannel wrung out of cold water and stand in a current of air; this will cool as effectually as ice will, and the can should stand in a pan or vessel containing cold water so the flannel will keep wet without attention.

We have all read about the butter dish being set in a larger dish containing a little water, and over this turning a new, clean porous clay pot; this will cause evaporation, and the inside of the pot will keep cool; the pot, to further enhance its effectiveness, should be wrapped in a wet cloth, the corners of which should dip into the water in the outer dish, and the whole contrivance set in a free circulation of air. Do, somebody, try it, and report.

If you want to keep cool, don't fret, or stew over things that can not be helped. Determine that you are

going to be comfortable, and then do it. Try the mind-control methods.

Late Summer Plantings

Perennials planted during the late summer months will bloom next spring, but in order to get the seeds to germinate, the soil must be kept moist and protected from the hot sunshine. If allowed to do so, the soil will become dust-dry and baked in a few hours after a rain or watering, and the ground should be covered with old sacking, pieces of old carpet, newspapers, or a lattice of laths, and the covering kept moist by frequently wetting. This must only be kept up until the seedlings show above ground and after that, while moisture is still demanded, the coverings must be lifted high enough to give light and air. The lattice of laths, covered with newspaper will be sufficient if attention to careful watering is given.

In the vegetable garden it is well to take advantage of afternoon showers for making the plantings, as the moisture will sink into the ground over night, aiding the seeds to germinate.

If you can get potted strawberry plants and fill in your bed in August or September, taking good care of the plants during the fall, you will get a light crop next year, with a heavy one the next. The thrifty runners may be lifted with a ball of soil and set in place with very little damage, if care is taken. Paper pots may be made, and the runners set in these as they start, the paper pots being set in the soil; the plant can thus be transplanted without disturbance to the roots.

August is the month in which to plant lily bulbs, and pot the plants intended for the window, if you have not already attended to it. Evergreens are lifted and planted in August, as that is their dormant month. The roots must not be allowed to get dry, and they should be well spread about when put into the hole for them.

Keep the gardens and corners free from weeds; pull, cut, or dig or plow them out this month, and burn all tops and litter.

Moths and Carpet Bugs

At house cleaning time—which should be whenever you find it necessary to exterminate any kind of house insect—get a supply of permanganate of potash; one-fourth of an ounce of crystals is placed in an old pail and over it is poured one quart of boiling water. Then apply this solution to the floors of all the rooms where moths of any kind are suspected—especially the carpeted rooms, for two feet around the edges of the floor; apply it boiling hot, with a cloth swab, but not enough to leak through and ruin the plaster of the room below. When first put on the boards, it has a bright magenta color; but this turns to a shade of brown which is very nice for a floor border, and it can be gone over with a floor varnish or some floor finish. The solution sinks into the wood, killing the life in the crevices of the wood, whether insects, eggs or larva. If the floor under the rug or carpet is covered with a layer of newspapers, this will act as a preventive of moths, buffalo bugs, silver bugs and other vermin.—Mrs. C. L. M.

OBLIGED TO HIM

The panhandler met the prosperous man in the corridor of the office-building.

"I am down and out," whined the panhandler. "Can't you help me?" "Yes," replied the prosperous man. "Just press that button on the elevator there and the operator will take you in and up."—Cincinnati Enquirer.