



# The Home Department

Conducted by  
Helen Watts McKee

## Nocturno

(The French lyric poet, Rene Fanchois, who is widely known as an interpreter of Beethoven, has published the following poem under the title "Nocturno" in a collection of war poems.)

Sudden the mortars ceased. Under the smoke  
Of the last bomb a corporal, with a sigh  
Slid dead into the trench. A maddened horse  
Rears prancing \* \* \* A far pyre lights the sky,

Swells up and sinks; and flashing in its glare  
The steel of swords and star eyes stud the dell.  
Far scattered horsemen gallop o'er the field  
With shrill, mad laughter like the taunts of hell.

Then mounts the wind in all the woods around,  
And wafts such heavy breezes of decay  
That, perched upon their prey, the raven troops  
Turn weary heads, drooping with dreams away.

The straggling cripples to the ambulance  
Limp in. Then comes black Night with silent tread;  
Bowed deep with pain, she bends a mother's brow,  
And, softly sobbing, watches o'er the dead.  
—Translation by D. H. J., in the New York Times.

## Preparing for Old Age

Before the eyes of the average man or woman, there is no greater "bugbear" than old age; in these days, when nothing is sure in the way of provisions for the coming time of helplessness, the dread of penniless and helpless age is more to be feared than any other thing that confronts the man who has only his wage to carry him through. It is claimed by those who are well informed, that only one man in ten thousand is self-supporting at seventy years old. In the United States there are now at least 1,125,000 former wage earners at the age of sixty-five or more, dependent upon public and private charity at a cost of \$220,000,000. There are also said to be fully 300,000 old men and women in homes, none of them able to earn a living. In these days, when one must measure from 70 to 80 per cent of perfect service to hold a footing in the working ranks, industrial old age comes to many who are mentally and physically able to work, but who are thrown out to make room for the younger men. Many old, white haired men are far more valuable, and can do better work, both physical and mental than the younger ones; but there seems to be no room for the old men, and they are turned out to make room for the new blood and new methods. There seems no way by which the ageing man or woman can keep their places, and after a life of hard work and active service, physical and mental, it is extremely hard for them to sit down to want and poverty with folded hands.

But the physical old age and poverty is not so terrible as the mental decay, that always comes with en-

forced physical idleness, and the man or woman who realizes he or she is past middle age should fight hard against the mental poverty, by trying to keep up with the events of the day, and using every source of mental enrichment that can be grasped. The younger generation do a great wrong by refusing to allow the old people of the family their share in the work and planning that abounds in all homes. Let the old people busy themselves in every way commensurate with their strength. There is a kindness that kills.

## Send for This Bulletin

We have had several inquiries about insect pests in the household, and if our friends will send for Bulletin No. 253, issued by the Ohio Experiment station a few years ago, they will get a great deal of useful information. Among other requests we are asked how to get rid of croton bugs and cockroaches. We recently gave a remedy for these which is so simple and so cheap that any one can use it. It is perfectly harmless. Sift together one part of sugar and two parts of powdered borax; put a teaspoonful or two in a small dish—a tin box lid will do—and set these dishes around wherever the bugs are seen; leave them, and you will find that cockroaches and water bugs will not stay. You will not find any dead ones, except now and then one of two lying about. But they are soon gone. Set one or two of the little dishes about the sink and the bath tub, or about any other place that is kept damp. A pound of powdered borax will last for years for this purpose, and costs only ten cents. After the roaches are routed, the borax will serve any number of purposes in the household economy.

Crickets are known to attack clothing, especially if damp, and old-time housewives were well aware of their destructive appetites. These can be killed by sprinkling raris green on green vegetables; but they are not numerous about any house. Old time housewives had a harder time getting rid of insects, and keeping them out of the houses, because the houses, themselves, were not tightly built, and the hiding places were numerous. Some women insist that the "little brown bug" and the cockroach can not be ousted; but it is very easily done if one is determined, and will keep up the warfare, often for months; but every pest can be dispersed by persistence. Send for the farmers' bulletins from the department of agriculture, and from the experiment stations, and read them; then act. All kinds of insects multiply during the hot summer months.

## Working for the Window Garden

The days of early autumn are not far away, and there are many things to do if you would have your plants grow and thrive in the window when the dark days come. Among the first, is to get your plants potted and ready for the transferring when the frost threatens. Be sure to have good soil, and plenty of pots of the right size. For the newly rooted plant, the pot should not be large; over-potting is a sin we are all guilty of "in the beginning." Let there be just room enough and a little to spare, then pack the soil closely. Do not undertake impossibilities; feel your way carefully, beginning with plants that are not "fussy," or "finicky," and

study their habits; cater to their appetites for food, sunlight and water. If you don't know anything about plant culture, don't buy a plant just because it is beautiful. Don't try to keep more than you can care for, and do not "trust to luck," for luck in flower culture is the same as luck elsewhere—hard work, close attention, and careful nursing. Get the fall catalogues, and subscribe for a good floral magazine—several of them, if you can, and study them closely. Don't throw them away after looking them over—keep them for reference. You will find them of great help to you at times.

## Latest Way of Canning Vegetables

Instead of long hours of boiling, the latest method of putting up vegetables is by several short boilings and coolings. The theory is that the first cooking of an hour kills all the bacteria already grown; the warmth is favorable to the growth of the undeveloped spores, or seeds, and by the second day, these are well started; the second cooking of an hour will kill these, but there may be a few belated ones that will get started the third day, and a third cooking of an hour will render the contents of the jar free from possible ferment, if it is sealed air-tight.

If you have no canning outfit, a wash-boiler, large dish-pan or small tub—anything which can be used on the stove to contain the fruit jars and surround them with boiling water—may be used. A large pail may be used for a few jars. Corn, tomatoes, peas, string beans, or other kinds of vegetables may be successfully canned by this method. Some who advocate the method insist that no salt should be put into the jars with the vegetables, while others, just as successful, insist that a scant teaspoonful of salt be put into each quart jar. You can use your own judgment; the salt should do no harm. Have your vegetables prepared, and pack into the jars as closely as you can; then, fill to overflowing with tepid or warm water, put the covers in place (some insist without rubber rings, while others say the rings should be adjusted, too. Have a wooden rack in the bottom of whatever you use for cooking the vegetables in, and stand the jars on this to prevent the glass touching the bottom and breaking. Pour into the boiler water to reach at least half way up the jars, cover the boiler and bring to a boil; keep boiling for one hour. Take the jars out, one at a time; put the scalded rubber on, and screw down the cover tightly. Return to the hot water and let stand for twenty-four hours, or until the water and jars are quite cold. Then, loosen the lids, take off the rubber rings, return the covers loosely, renew the water and boil another hour, with the boiler well covered to keep in the steam. By this cooking, the second growth of bacteria should be killed; then seal the jars again, scalding the rubbers before using, and leave again to cool in the water. The next day, repeat the process, and cook another hour, which should finish the bacteria; while still boiling hot, seal airtight and let cool; then put away for the winter. Tomatoes contain considerable acid, and do not require so much cooking. They should be prepared, put into sterilized jars, salt slightly and heat them in the boiler and steam as above on two days for an hour each day, then seal. Or they

may be put into a preserving kettle and just heated well through, then put into sterilized jars, filling to overflowing while boiling hot, add a teaspoonful of salt to each quart jar, and seal at once. Some advise putting in a small quantity of sugar; but everyone does not like sugar. Best omit it. Use nothing but good, sound vegetables, allowing no decayed specks in them. A little under-ripe tomatoes should be used, and young vegetables are preferable to mature ones. Old vegetables are usually tough and flavorless, but the vegetable should not be so immature as to be flavorless, though tender. Where one has to buy vegetables, care should be taken to get only the firmest and freshest possible. It hardly pays to can vegetables to later throw them away.

## For the Toilet

For excessive perspiration, this is recommended: After the bath in tepid water, wet a cloth and pour a little household ammonia on it, and apply to the arm-pits; this will deodorize the skin and dry it; then dust freely with a powder that is one-third lycopodium and two-thirds boric acid. Then, in place of the usual rubber protectors use several thicknesses of soft flannel, which will absorb better than the made shields.

For removing freckles, this formula is recommended: Three ounces of rosewater, an ounce of orange-flower water; half an ounce of carbonate of potassium and same of chlorate of potassium with a pinch of powdered borax; shake this well together until well mixed, and apply with a soft cloth to the skin night and morning. Let the lotion dry on the skin, then cleanse the skin well and apply a good cold cream to prevent roughness.

For a safe hair dressing where the hair is very dry and falling, a mixture of four ounces of best bay rum

## MISCHIEF MAKER

### Now Strong and Robust

An adult's food that can save a baby proves itself to be nourishing and easily digested and good for big and little folks. A Brooklyn man says:

"When our baby was about eleven months old he began to grow thin and pale. This was attributed to the heat and the fact that his teeth were coming, but, in reality, the poor little thing was starving, his mother's milk not being sufficient nourishment.

"One day after he had cried bitterly for an hour, I suggested that my wife try him on Grape-Nuts. She soaked two teaspoonfuls in half a cup of warm water for 5 or 6 minutes. Then poured off the liquid and to it added a like amount of rich milk and a little sugar. This baby ate ravenously.

"It was not many days before he forgot all about being nursed, and has since lived almost exclusively on Grape-Nuts. Today the boy is strong and robust, and as cute a mischief-maker as a thirteen months old baby is expected to be.

"Use this letter any way you wish, for my wife and I can never praise Grape-Nuts enough after the brightness it has brought to our household."

Grape-Nuts is not made for a baby food, but experience with thousands of babies shows it to be among the best, if not entirely the best in use. Being a scientific preparation of Nature's grains, it is equally effective as a body and brain builder for grown-ups. "There's a Reason."

Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.