

Health & Beauty Hints

By Katherine Morton

For the restoration of energy after a hard day's work there is nothing like a warm bath and a rest for ten minutes or more in a darkened room. You may think you are too tired for the bath, but you are wrong. It is just what you need, the tub so soothing to nerves, so cleansing to the skin and rejuvenating to looks.

The skin plays a most important part in the economy of human health. According to science it has a remarkable history, this wonderful covering of the body with the innumerable ducts and underlying glands. From it, we are told, all the senses are derived, and it is now the seat of several important bodily functions, while it seems to play some very mysterious part in the moral life. It performs the duties of kidneys and lungs, warns us when we are too cold or too warm, and casts off much of the poisonous wastes of the body in the form of water and oil and rancid odors. The cleansing bath, then, is a necessity for health and looks, and our need of the watery element does not seem strange to scientists who argue that all animal forms, including the progenitors of man, once lived in the sea. Whether they did or not, the woman used to the daily bath knows that she looks better after one, just as she knows that life has more snap when she is well dressed and is going to have a good time.

For the business woman who carries her office troubles home with her the prolonged bath at bedtime will be found an excellent sedative, although it occasionally happens that one must get used to late tubbing. The water should be of the temperature of the body or higher, as it is pleasant, with the room comfortably warm. The bath may be continued for 15 or 20 minutes, for the long moment in the water is needed to reduce the mental stress. For constant sleeplessness many doctors consider the warm bath the best of all treatments.

The daily bath must be taken according to individual preference, but it is generally agreed that more benefits are obtained from a warm tub and a gradual cooling of the water than from a cold plunge. The needle spray, with the temperature of the water first hot and then changing to cold, has a very tonic effect on the skin, and gives all the body a refreshed and delicious feeling. But the daily bath, however taken, is an absolute requirement for the woman who needs to appear well groomed and whose desire is to keep herself in a good physical condition.

Eat slowly at meals and talk with the pleasant people at table, for the stomach takes kindly to a little gossip, doing its work far more serenely with pleasant talk than without it. If you feel sleepless on going to bed try sipping a glass of warm milk, for in all probability the wakefulness comes from the emptiness of the stomach. The warm milk will act as a soporific, particularly if you stop thinking about the worries and do a little deep breathing after you are in bed.

All work and no play will make the business girl a dull one, so pray lay out some little part of the week's wages for entertainment. Go to the theater, accept a week-end invitation whenever you can, give little Sunday afternoon teas and go to them. Amusement, remember, is an actual need of heart and mind, but the more of it taken in the open air the better. A taste for golf and tennis and the wit to get time for these games have saved more hardworking people from the asylum than "you could shake a stick at." After any hard mental application a change off into some light manual job or other is also very beneficial, for some work of the hands seems to be necessary for the entire bodily health.

A good book is also a great rest, and even a foolish book can be read with benefit to overwrought nerves.

Dress is never to be despised by any woman who has her living to earn, for becoming and appropriate attire stimulates a woman's pride in herself, and is all powerful at this time, so adding to her looks in a double way. In fact, even if you fancy yourself actually plain with a systematic study of the art of dress it is in your power to make yourself invincible both in a business and a social way—but this means, of course, that office clothes and the culture must be appropriate to a busy sphere.

The Newest Collar.
A variation of the Robespierre collar which is precisely suited to a rather low-cut afternoon frock has the double front revers of familiar type, but about the neck goes a collar composed of two flat wide strips of lace all-over and plaited net or of hand embroidery frilled with lace. Only the upper edges of these strips join at center of front and back. From these they slope abruptly to form sharp Vs and the strips crossing each shoulder smoothly give the effect of a sailor collar and are very decorative.

CONVENIENT IN SEWING ROOM

Handy Apron Will Save Time for the Woman Who Has Much of This Work to Do.

A very convenient apron to don when in the sewing room is made of white lawn and white dotted swiss. This is cut 18 inches long and 27 inches wide. The swiss is placed over the lawn and both cut rounding on the lower edge. About nine inches from this edge the swiss is cut away in a sweeping curve toward the waist line and the edges are bound with narrow bias bands of lawn or narrow satin ribbon in some pretty light shade. This forms two openings like pockets, for the upper part of the swiss is caught into the waistband with the lawn; this band, by the way, may be of ribbon matching that which binds the apron. In this deep pocket can be slipped the spools of thread, scissors and pieces of material on which you are working. It solves the problem of sewing on the porch, for in it are held all the necessary materials, and it can be taken off and folded with the work inside, if you wish to discontinue your sewing for a little while.

Bracelet Watch.
To travel without having a timepiece in a place where it may readily be consulted, is generally acknowledged to be so great a nuisance, that nearly every woman or girl who is contemplating a journey of any extent, is providing herself with a bracelet watch to be worn on the left arm between the wrist and the elbow. This timepiece may be as expensive as the prospective traveler can afford. It may be of solid gold or silver; the mechanism of Swiss workmanship imbedded upon a bracelet formed of a band of metal or of a succession of links. Or it may be of enameled metal, of gun or of plated silver. Eminent practical bracelet timepiece outfits show the watch works imbedded in a pigskin, sealskin or morocco half-case that is cut in one with a broad band fastening at the under side of the forearm with a small buckle of the trunk type.

Save the Pins.
A good idea after buying a paper of new pins is to cut one line off at a time and not to dive into the whole paper at once. A sewing basket should have its pincushion well supplied with pins, and when sewing a box should be near at hand into which all the pins can be tossed in a hurry, says the Philadelphia Times. In this way the floor will be spared its usual pin collection when sewing days come around.

A pin tray or small pincushion should be on every girl's or woman's bureau, and the pins should be put into these at night, when, perhaps, a pin or two will have to be taken out of the stock collar or belt. The pins used in pinning on a veil should always be put back in the veiling after it has been carefully folded up and before placing in the hatbox or bureau drawer.

Dainty Waists.
White satin waists are exquisitely dainty, but it is to be feared that the daintiness of such a waist will be very evanescent. So only the woman who can afford the somewhat high cost of constant dry cleaning may indulge in white satin fall shirts—unless she cares to "do them up" herself. There is a special washable satin that comes for these white waists, but the best of tub satins must be handled with extreme care if it is to survive even one laundering and retain its pristine luster and richness of texture. Wash the washable satin in soft water and a suds of pure white soap. Wring it not and rub it not, but rinse in several clear, cool waters, and iron when almost dry, with thin muslin between the satin and the iron. So only will you save the luster and the texture of the white satin shirt.

Back of Mother's Gown.
Not for years past have fashions in gown backs been better adapted to the development of a matronly figure. The habit and the panel back have gone out of favor and in their place are the inverted plait which obviously cannot draw below the hips, the position back which may be extended to the hem of the skirt, if desired, and the position sash-end with wide length of silk or satin or fine cloth may be made to disguise the shape of the figure as completely as does an undraped tunic. If mother fancies a separate skirt and blouse she may have that sort of costume and feel certain that it becomes her, since the narrow skirts of taffeta and soft fabrics often have smoothly fitted front and side forms, but backs cut straight and gathered into a waistband, the plackets coming at the left side and fastening invisibly over that nip.

Choosing a Hat.
Women cannot grumble this season at the unsuitability of models, for styles are so varied that there are shapes enough to go round and to set off to the best advantage each individual type of face.

Some women have a way of selecting their hats rather at random, without sufficiently studying effect. Now, it takes time to choose properly, and it needs a sympathetic friend or saleswoman. One has respect for the woman who is courageous enough to express an opinion and is not only an automaton paid to sell for some despotic manager. A successful milliner is an artist; her assistants, should be artists, too—clever enough to understand that their clients are there to be suitably flattered.

NOTES FROM MEADOWBROOK FARM

By William Pitt



Give the turkeys grit.
Rotation of crops is simple.
Feed green forage sparingly.
Ventilate all coops and buildings.
Don't overwork the mare; it won't pay.

Make plenty of new nests for the hens this winter.
Every farmer should make a determined war on weeds.

Get the binder in good shape before you start harvesting.
You can't be too particular in picking sires for your herds.

Well-bred, well-selected pigs, make more profit on the food eaten.

More lime and more tile to nail alfalfa to a rough, hard soil.

A hen always likes a nice new nest in some dark, secluded corner.

It pays best to have a horse well broken when he is offered for sale.

A scar from a barbed wire cut reduces the value of a young horse immensely.

The close, sultry nights demand proper ventilation of all the coops and buildings.

Corn silage has been shown to be cheaper than hay or corn stover for fattening steers.

Fruit for local market should get about all its growth and its best color before it is picked.

Flies breed in manure and other filth. So keep it cleaned up and spread on the fields.

Among fruits the apple, pear, peach, plum and cherry usually do best where lime is abundant.

Milk souring before the cream rises will mean a poor quality of butter, and considerable cream lost.

When dairying is made a business on a farm, instead of a chore, you can look for that farm to prosper.

As a single ration, alfalfa comes nearest to filling all the requirements of a hog that is trying to get fat.

The medium sized pig is the most profitable to raise, because he can be both thrifty and possess good quality.

Give the cows a cool place screened from the flies, where they can chew their cud and get ready for milking time.

A good cow never dies in debt to her owner, but without the Babcock tester she may never get credit for her performance.

With reasonably good seed and a fairly well prepared seed bed about twenty pounds of alfalfa seed are required per acre.

A recommended cure for a foundered cow is to let her have all the water she wants, but feed lightly until she recovers.

If cream is hung close to the water in a well that produces a real cold drink it will in most cases be in just the right shape for churning.

Consider the clovers. It often means the difference between failure and success. The clovers are almost indispensable in the farm scheme.

Darkened stables or milking late seem to be the only ways of getting around the fly problem. If you know of any other good way, what is it?

For several years we have bought farm butter from the same farmer at 2 cents above retail market price every month in the year and glad to get it.

Milk fever is often caused by milking out the cow clean too soon after calving. An authority recommends letting the calf do the milking for the first 24 or 36 hours.

One valuable lesson the manure spreader has taught is the use of small quantities applied frequently. It makes possible what can be, but is seldom done—light application.

An old meadow is the worst place for strawberries—too many white grubs. It may take three years of thorough culture to get rid of the grubs. A drove of active pigs will do it in one season.

The silo needs no roof.
Milk is excellent for chicks.
Keep the horse manger clean.
Horses, men and boys all dislike the hay rake.
Farm manure is the best all-around fertilizer known.
Try to feed the chickens away from the roosts, if possible.
A little bone meal should be fed the chicks occasionally.
Soaking the churn in a brine occasionally will keep it sweet.
But never pasture cows, calves nor sheep on alfalfa. It's risky.
Chickens will drink a great deal of water if it is clean and pure.
The cost of filling the silo will vary a great deal upon different farms.

Old turkeys are much better for breeding purposes than young ones.

A handful of linseed meal will help the hens through the molting season.

Pure-bred stock fed liberally and handled right will surely make a profit.

Hundreds of farmers make the great mistake of buying fruit trees that are too old.

Every year try and farm just a little better than you did the year before.

If the teeth of that new curry comb are sharp run a file over them before using.

Don't leave the grain bin where the horse can get to it, should he become untied.

It is not an easy matter to keep milk or cream sweet during hot weather.

The ideal fat steer yields a large proportion of carcass to waste when slaughtered.

A growing pig needs plenty of room, but for fattening small quarters are best.

Make war against the lice and mites a part of your regular work if you expect good results.

If comfort of hogs while in transit to market be carefully provided the owner will be repaid.

A hog can be starved to eat almost anything, but this is poor economy, for it retards development.

The man who uses a Babcock tester on his herd the first time has some surprises in store for him.

When cowpeas cannot be used to advantage as a soiling crop or made into hay, it may be pastured.

One cannot get something for nothing in this world, nor can we grow mutton and wool without feed.

Lime helps to grow legumes (clovers, etc.); they take nitrogen from the air and cut down the fertilizer bill.

Upon the farms, especially in the south and west, mules are well liked by all those who have given them a fair trial.

In the preparation of the soil for setting a vineyard good tith, deep tillage and soil well filled with humus are essential.

A half dozen window sash glazed will make a dust-proof box in which the dairy vessels can be sunned and kept absolutely clean.

The steers should be dehorned before being turned into the feedlot, as they will herd together better and be found much quieter.

Another help in getting cream to the creamery in good condition is to cover the cans with a wet blanket when starting from home.

Clover land, or land that has been highly manured for other garden crops the year before, is usually best for the growing of muskmellons.

Every day that a hog is kept longer than is really necessary to mature it for market is time and the money value of the extra feed lost.

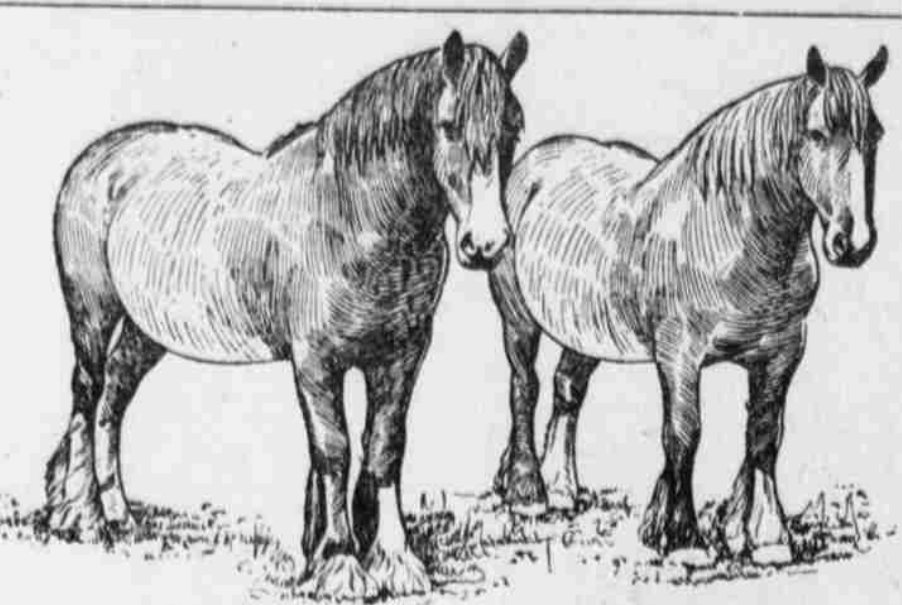
The hog lot should be changed and plowed up frequently as disease germs are likely to be deposited in the ground and plowing sweetens the soil.

In selecting ducks for breeding, size of frame, length of body and general activity should be looked for. Without size of body we cannot expect to obtain large ducklings.

Market your eggs promptly. Keep the nests clean. Gather the eggs often. If you must keep eggs a few days before marketing, be sure to keep them in a clean, cool place.

If we are to raise hogs cheaper next year, we must start right this fall, because the better condition we can get our breeding stuff in, the fewer sows will be needed to raise the number wanted.

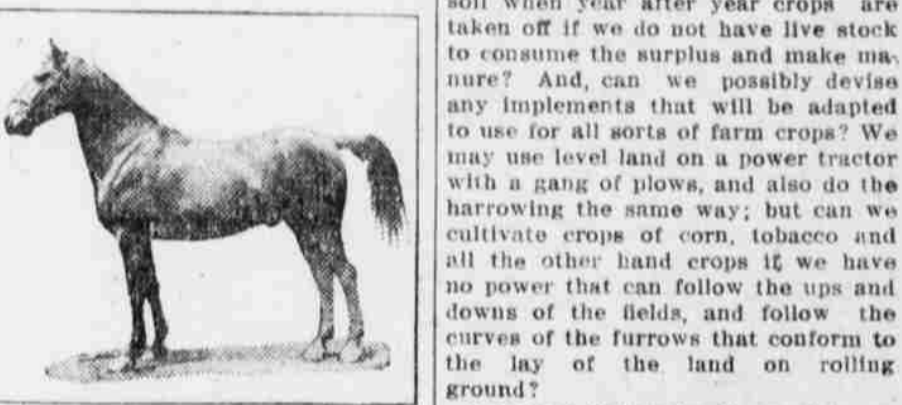
MACHINE WILL NEVER REPLACE THE HORSE



No Fear of These Animals Being Supplanted.

Of course there is no doubt that the self-driven vehicles have cut into the demand for horses, but the auto has not yet displaced the horse entirely, and never will. For mere locomotion, especially if one is in a hurry, a power-driven vehicle is best to use, provided the road is good.
If one is not in a great hurry, or the road is rough, the horse will be better than the auto. But there is nothing in the nature of a personal equation to attach you to a machine, while nearly all owners of horses, certainly the kindly humane ones, have a real feeling for their horses, in some cases amounting to strong affection. I have owned many horses, beginning during my boyhood, and ever since. And some of them were so human, so friendly and so evidently appreciative of friendly attention, that in some cases I have had almost the feeling that they are members of the family. I have not been able to get up any feeling for the auto, says a writer in the Farm Progress.

Of course I can get from one place to another rapidly, provided the road is good, with the auto; but if the road is bad the horse has a distinct advantage over the power-driven vehicle. Of course all roads should be made good and kept good, and a very important result of the general use of the power-driven vehicles, will be the great improvement in building and maintaining permanent roads.
So the old fogey fellows who stick to the horse will, of course, derive material benefit from the fact that so many power vehicles are coming into use. But the number of machine vehicles is going to increase all the time, and some sort of plan is going to be worked out that will enable power-driven vehicles and implements also, to become far more general.



Excellent Farm Type.

There are, without question, some strong inducements to use power vehicles wherever they can be used, and it may be that in time methods of cultivation may be modified in such a way that almost all work done by horse power can be done by the machine. But will it be economical?
Of course, where roads are fairly level, and kept in good condition, power vehicles surpass the horse in rapidity, and, perhaps, comfort of locomotion; but we who have owned and lived among horses always and who like living things better than machines will always have personal preference for the living animal. And if there continues a demand for horses, of course the raising will continue to be a profitable branch of farming.

OVERCOAT OF FAT HIDES HOG FAULTS

Some Breeders Have Trick of Sending Over-Fat Boars to Market.

(By R. G. WEATHERSTONE.)
Some breeders have a trick of sending their weak boars to fairs with an overcoat of fat which hides many defects. When you see an over-fat boar it is time to become wary.

It is a well-known fact that all the fat breeding animals at the big fairs are sold first and the rough ones are left to the last.
It takes a good judge to pick out a good, strong, healthy boar if he is over-fat.

Even if the animal is quite thin in flesh and has quality this will be no drawback where men of experience are making selections, because they judge the animal on his points and not on his general sleek, round appearance.
Another point to be observed in buying boars is to observe closely the shape of his head. A boar with a long, narrow head, ears set close in, is, as a rule, a poor sire.

Making Profit.
Keep the young stock growing. They are tried during the heated spells as much as the human race and any extra attention given the fowls will result in extra growth. This means profit. Many promising chicks are stunted during the dog days for lack of attention and never regain what has been lost, causing a source of loss.

Old Apple Tree.
The largest and oldest fruit tree in the state of Washington is claimed to be the famous Frazer apple tree in the orchard of C. R. Frazer, about 20 miles from Walla Walla, Wash. It has been bearing 40 years and it yields approximately three tons of fruit every year.

DISLODGING BEDBUGS FROM HEN HOUSES

Remove All Roosts and Nests and Spray With Hot White-Wash.

Many poultry houses are infested with bedbugs, and it is not an easy matter to dislodge them.

Some people say that turning the sheep into the poultry houses will induce the bugs to attack the sheep, where they will be lost in the wool, but this is a poor remedy.

Remove all the roosts and nests from the house and spray with boiling hot whitewash to which has been added a pint of turpentine to a pailful.

Another good remedy is to burn the interior of the house with taroline mixture, which can be bought at any drug store. Another effective remedy is half a pint of each of turpentine, ammonia and kerosene, to which add about four ounces of gum camphor. If more is needed double the quantity. Apply with a brush.

The nests should be turned out over a blazing fire, and the roosts should also be held over the fire and all should be thoroughly whitewashed and painted before putting them back.