



# The Home Department

Conducted by  
Helen Watts McKee

## Ripened Fruits

When summer flowers begin to fade,  
And summer leaves begin to fall,  
One here, one there, in juicy strength,  
The peaches redden on the wall.  
The perfect fruit, the finished work,  
Hiding in hollow cells of green,  
Where plaited leaves hang thick about,  
And scarce allow them to be seen.

All through the burning summer days,  
Close-set upon low-branching trees,  
And any hand by stretching forth,  
May, tempted, grasp their gold with ease.

They drink the sweetness of the air,  
They take the kisses of the sun,  
The joy-tears from the flying clouds,  
The cool dew, when the day is done.

They toss and sway upon the breeze,  
But drop not though the wind shall blow;

They cling, until, with ripeness lush,  
Their finished lives are ended so.  
And then, a touch, a beam of light,  
A stir, a sigh, a noiseless fall,  
The plaited leaves close softly to;  
The fruit is ripened—that is all.

The leaf, the bud, the fragrant bloom,  
The petals filter softly down,  
But clinging closely to the bough,  
The finished work the branches crown.

The peaches redden on the wall,  
Through night's dark curtain, wet  
with dew,

The white stars shine, and over all,  
The brooding touch of heaven's  
blue;

The fingers of the dawn reach up  
Through curtaining leaves; a bird-  
voice coos;

The ground in shadows, carpeted  
With grasses wet with cooling dews.  
And slowly parting from the twig  
To which it clung the summer  
through,

The perfect fruit, its work well done,  
Sank softly to the grass and dew.

## Home Chats

A large number of our queries are for remedies for removals of face blemishes, wrinkles, pimples, and for trouble with the scalp and hair. I think I have told you before that I am not a complexion specialist, and can give only recipes and repeat methods gathered from the best sources at hand; and these may, or may not, be suited to your individual cases. I can not vouch for their efficacy in many cases, but I do try to be reasonably careful not to recommend anything harmful. Many large dailies and monthly publications have departments specially devoted to these lines, and usually their formulas are safe and conservative; but the haphazard cure-alls found floating about in the irresponsible printed columns are not always safe to use or satisfactory in results. One should always consult her druggist or physician before using anything doubtful.

Beauty specialists will tell you that the very best cosmetic is health, of which you should be particularly careful. Pimples can not always be gotten rid of by local applications, but often require persistent constitutional treatment, and careful attention to small

## Bright's Disease, Diabetes

And Kidney Congestion arrested in a day and cured to stay cured with a bottle or two of Drake's Palmetto Wine. Send address to Drake Formula Company, Chicago, if you wish a trial bottle free.

details of the toilet which no one can prescribe so well as your own good sense. No woman, of whatever age, is to be blamed for wanting to look nice, but one's "looks" is more a matter of diet and mental condition than of anything else. In most cases, wrinkles come upon the face from lack of care, physically, and habits of worry, mentally. A woman who goes to bed at night without having taken proper care of her face will wake up in the morning to find the skin dry and hard. If she gets up, washes her face in hot or warm water, though it is generally cold, and goes about her business with no further thought than that she is losing her good looks, and lets it go at that she will find that the sensitive scarf skin, not having been properly cleansed of the dust and floating particles which have settled there the day previous, have left a mark which she will have trouble to get rid of. The clogged pores do not discharge themselves of the waste of the system, and blackheads, pimples and the like, are the result. Then follows worry, and the way is richly paved for the coming of the despised wrinkles.

Beauty specialists will tell you that your best friend is the wash-rag, a pure soap and a basin of hot, soft water just before retiring at night. Give the face and neck a good scouring, being careful to use only a pure soap, in order to cleanse the clogged pores and remove all the dirt the day has surely deposited on your skin. After this is done, dry carefully with some soft, absorbing towel—not rubbing vigorously, or roughly. For a flabby face, some astringent lotion should be used, say the specialists, and allowed to dry on the face, after which some reliable skin-food should be gently massaged into the skin with the finger-tips. There are many reliable formulas for this to be had of good specialists, but there are many things advertised that are the veriest trash; but a safe thing to use, and a generally effective one, is thick, sweet cream, and some contend that goose, chicken or a vegetable oil is a good emollient. Surely, these are harmless, if of no value for the matter in question. The toilet editor of the Globe-Democrat gives the following as one of the best skin-foods used for the preventive and removal of wrinkles: Half an ounce of spermaceti and white wax, each; an ounce of coconut oil and lanoline each; two ounces of oil of sweet almonds. Melt these in a water-bath (set the vessel containing them in another vessel containing hot water), take from the fire and while warm add half an ounce each of alcohol and elder-flower water, and four drops of tincture of benzoin. Perfume with ten drops of violet or rose extract, and beat with a wire egg-beater until smooth and creamy.

Whether the wrinkles are the result of laughter or worry, they are not necessary to one's good looks, and the wish to care for the face is quite commendable. The indoor life of most women, with unwisely selected foods, and unhygienic habits are the main causes of blotchy, unsightly complexions.

## Pickles

Melons, peaches, plums, apples, pears, a few other fruits and many vegetables, are all excellent for sweet pickles, and are prepared by the same rule. The fruits, and many kinds of

vegetables, must be nearly ripe, but green enough to be firm; green fruits do not make richly-flavored pickles. Use seven pounds of fruit to a pint of vinegar and four pounds of sugar—usually brown. Make a syrup of the vinegar and sugar, and boil the fruit until it is tender, but not soft. Just before taking it up, add two ounces of cinnamon to every seven pounds of fruit; in the case of peaches and plums, this, with cinnamon and a little cloves, is enough spices; but for pears and apples and melons, it is an improvement to add sliced lemon and ginger root, using one lemon and two ounces of ginger to every two pounds of fruit. If desired, an ounce of mace may be used.

Spiced Peaches.—Six pounds of peaches, three and a half pounds of granulated sugar, one pint of vinegar, half pint of water, ounce of cinnamon, half ounce of cloves, tablespoonful of salt and two blades of mace. Pour boiling water over the peaches and allow to set a few minutes, then drain and remove the skins; tie the spices loosely in a cheese-cloth bag and place in a kettle with the sugar and vinegar, water and salt; boil for a short time, then add the peaches, a few at a time, and cook until tender; skim them out carefully into a stone jar, and when all are cooked, pour the syrup over them. The next morning, drain the syrup from them, bring to a sharp boil again and pour over the fruit. Repeat once again, let cool, cover closely and store away for winter use.

Stuffed Cucumbers.—Choose large yellow cucumbers; pare, cut off an inch length at one end, remove all the seeds and pulp, and securely fasten the end to the cucumber from which it was cut. Cover with cold water, adding a rounding tablespoonful of salt for each quart of water. Drain the next morning, and cover with fresh salt water as before. The third morning cover with clear water and let stand twenty-four hours, changing the water several times, or until all the salt is extracted and the cucumbers seem firm. Fill the shells with the following mixture and sew each end securely to the cucumber to which it belongs. Filling: One pound of seeded raisins chopped fine, half a pound of citron cut in tiny dice; add half a teaspoonful of ground cinnamon and mix thoroughly; make as many times the quantity as needed, observing the same proportions throughout. —Good Housekeeping.

## Aids to Digestion

Cold water acts as a stimulant to the membrane of the stomach, cleansing it also from the remains of food taken over night, when used early in the morning; but with some people, the need is not so much for a stimulant as for something soothing and cooling, and these should use warm, or hot water, as best agrees with them. A glass of hot water, sipped slowly, heals, soothes and restores tone to the mucus membranes, and the best time for taking either the hot or cold drink is claimed to be a half-hour before meals, in order that it may prepare the stomach for its work of digestion, and create an appetite for food. The water will at once be absorbed, and "that hungry feeling" will soon make itself felt. Many of our best physicians advocate the drinking of but a single glass of water before breakfast, while others, fully as good, order copious drinking. Water is a

good laxative, and aids the skin also to pass off the poisonous matter by a free perspiration; a cup of "strong hot water" is often a perfect cure for a bad headache, as it will at once open the pores of the skin, inducing a free perspiration of the face, scalp and neck.

If hot water is preferred, and it tastes too insipid to be relished, squeeze the juice of a lemon into it. The lemon juice is, itself, a great cleanser, removing mucus and counteracting any ill-working acids remaining in the stomach. To make the water into a real medicinal draft, equal to any fruit salt, a pinch of carbonate of soda added to the lemon juice is all that can be wished.

## Cooking Chicken "Mother's Way"

Clean and joint the chicken as for frying, using an older fowl; clean the giblets, and put the whole in a stew-pan and partly cover with boiling water, simmering until tender, which will be about an hour—perhaps a little longer. There should be no water left in the pan when the chicken is done, and if there is, open the lid and let it evaporate. Dish up the chicken, and put it where it will keep hot. Into the pan put a large tablespoonful of butter, and as soon as it is melted, stir in two tablespoonfuls of flour, mixing well, but do not brown, and as soon as smooth, add one pint of fresh milk, and stir continuously until it boils, when it must be taken from the fire, salt and pepper added, and the well-beaten yolks of two eggs stirred in while it is still hot enough to cook them, though the gravy must not boil after the eggs are added. Pour this over the chicken and serve with it rice or mashed potatoes.

Smothered Chicken.—Clean and draw a young chicken, split it down the back, season with pepper and salt, lay in a dripping pan, pour over it a cupful of hot water and place in the oven until it is tender. As soon as the chicken begins to brown, have prepared two tablespoonfuls each of butter and flour, rubbed to a smooth paste, and spread over the chicken, basting it every ten minutes with the drippings in the pan. When the chicken is done, take it up and make a gravy as follows: Set the pan containing the drippings on the stove, pour into it a cupful of rich milk and stir until it boils, season to suit and pour over the chicken.

Fried Chicken.—Joint the chicken, salt and pepper it, and roll in flour. Put sweet, fresh lard, about an inch deep, in the skillet and let it get smoking, but not scorching hot, then lay the joints of the chicken in without crowding, turning each piece as soon as seared, which will be almost immediately, turning it several times, then draw the skillet back and cover, letting it cook for a few minutes longer, or until you are sure it is cooked through; then take up and place where it will keep hot while the remainder, if any, is cooked in the same way, when it should be added to that already dished. Pour off all the fat except about three tablespoonfuls, return the skillet to the fire and stir into the fat two scant tablespoonfuls of flour, and when the mixture is smooth, add about three gills of sweet milk, stirring constantly until it boils, when it should be immediately poured over the chicken, or, preferably, into a bowl, and serve the whole hot.

## Cooking Vegetables

In seasoning vegetables with meats, the meat should be removed from the water in which it should be cooked, and the vegetables cooked in the water. Vegetables should be boiled rapidly, and never allowed to stand after they are done, or they will be water-soaked. Good authority says onions should be cooked one hour, green corn ten minutes, peas twenty