



The Home Department

Conducted by
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Sonnet

When in disgrace with fortune and
men's eyes,
I all alone be-weep my outcast
state,
And trouble deaf heaven with my
bootless cries,
And look upon myself and curse
my fate,
Wishing me like to one more rich in
hope,
Featured like him; like him of
friends possessed,
Desiring this man's art and that
man's scope,
With what I most enjoy content
the least;
Yet in these thoughts myself the
most despising,
Haply I think of Thee; and then
my state,
Like to the lark at break of day
arising,
From sullen earth sings hymns at
heaven's gate;
For Thy sweet love remembered such
wealth brings
That then I'd scorn to change my
state with kings.

—Shakespeare.

To Remind You

The canning season is now with us, and if you have not yet supplied yourself with the literature regarding the newest methods of successfully putting up fruits and vegetables for the winter, by applying to the United States Department of Agriculture for its bulletins on the subjects, it is time you sent in your request that you may have the information at hand. These bulletins are published for your benefit, and are paid for out of your taxes, so if you do not avail yourself of them, you are the loser. They are free for the asking. Among those that should interest you are the following: Canning Vegetables in the Home; Canning Fruits, Preserves, Jellies; Instructions and Recipes; Methods and Devices in Home Canning; Canning Tomatoes at Home; Home Canning Instructions; Canning Windfalls and Cull Apples; Time Table for Canning Clubs. All of these bulletins are valuable to the housewife, and will give all necessary instructions as to putting up fruits in the home. If you only have enough produce in your garden for filling a few jars, it is that much gained if you do the work successfully.

Where you have a little of a lot of things, you can save the scraps for seasoning soups and broths next winter when "things" will probably cost more than they do now. Boil together until thick as marmalade two quarts of ripe tomatoes, one stalk of celery, four onions, one teaspoonful of salt, one-half teaspoonful of black pepper; rub through a sieve to remove seeds and skins, and pack while boiling hot into small, open-mouthed jars, as you would for canning. If preferred, the mixture may be made thinner, but the boiling down will make it easier to handle, and when one is in a hurry for soup, this, added to stock, will give an excellent flavor. These jars of seasoning can be filled from the "left-overs" from the vegetable dinner, if one is desirous of saving the "fragments."

Garden Cosmetics

The woman who wishes to have a lovely complexion, and who loves to potter about the making of cosmetics, will find in the humble cucumber

one of her best allies. The cucumbers should be at that stage to be used on the table—not immaturely green, nor yellow-ripe; but "just right." The cosmetics made of this fruit of the vine are highly recommended as soothing, healing, softening and whitening to the skin, and they can be made in the home at much less cost than they will call for at the stores. Directions should be followed carefully, both as to measuring, mixing and applying. It should not be made in large quantities, as, unless care is taken it will not keep. For a cucumber lotion, take six ounces of fresh cucumber-juice, one pint of rosewater, two drams of tincture of benzoin and one dram of powdered borax. To obtain the cucumber juice, cut a half a dozen fresh cucumbers into small pieces without peeling. If you have a steamer, let steam over boiling water until tender enough to mash well; if not, then put over the fire in a porcelain-lined vessel with just as little water as will keep from scorching, and cover the vessel; simmer slowly until soft and pulpy; mash through a colander, then strain the juice through a cheese cloth bag, then add the other ingredients. Apply by means of a soft bit of cloth to face and hands, three or four times a week, or even oftener. The arsenic in the peel is the whitener; the lotion will remove tan and sunburn.

Cucumber cream is made by removing the soft parts from three cucumbers; press through a colander, then rub through a hair sieve, and to a cupful of the pulp add five drops salicylic acid, two teaspoonfuls of glycerine, and a few drops of preferred perfume. Beat thoroughly and keep in a porcelain jar.

Few things are more effective for removing freckles and tan than the old fashioned buttermilk and horseradish root or buttermilk and tansy leaves; or slicing thinly cucumbers without peeling and letting stand for a time in butter milk; these can hardly be excelled by most expensive face creams, which often contain harmful ingredients.

For the Home Seamstress

In order to bind buttonholes in heavy goods, stitch the binding on before you cut the slash for the buttonhole. Mark the buttonhole and lay a piece of the binding material over it on the right side of the goods; mark the slash on this, and stitch around it through the binding material and the garment goods; cut the slash and turn the facing through the slash onto the wrong side, then fell the edge down. Bind the pockets the same way. A little practice will be required before you can do very neat work, and it is well to practice on similar goods of no value, as scraps.

In making the placket where there is no seam, cut down where the placket is to be as directed on the pattern; then cut a lengthwise strip of the goods two and one-half inches wide and a little more than twice the length of the placket opening; stitch the strip down one edge of the opening and up the other, fitting the strip to the angle in the opening at the bottom so there will be no puckering, the seams both turned inward; this is called a continued facing. At the lower end of the placket opening the seam must be made very narrow, gradually widening it to about a quarter of an inch.

Turn under the other long edge, then crease the strip through the center, and hem the edge down on the inside, making it quite even with the stitching of the seam. It is far neater if the hemming is made by hand. Then turn under the facing on the right hand side of the placket opening and outward, as an underlap, on the left hand side. Sew on the little ball and socket snap fasteners that always prove so satisfactory, where the goods is strong enough to stand the careless pulling apart; but one should learn to do this pulling so as not to tear out the material. If the snap fasteners are not liked, use rustproof hooks and eyes, sewing them on neatly, and at the lower end of the placket sew a hook and eye at the closing, so it will not show, and pound down the hook; this will prevent it coming unfastened, or being torn in careless using.

The Coated Tongue

Some of our best physicians say that it is not always easy to say just what causes coated tongues. The coating is supposed to be partly composed of dead epithelium and partly of bacteria. Those parts of the tongue subject to constant friction are not covered with coating. Some physicians recommend removing the coating by means of a scraper, or brush kept for the purpose, brushing the tongue when brushing the teeth: in some cases, it is believed that the coating has no special significance so far as general health is concerned. Some persons in apparently perfect health have coated tongues, while others, even while suffering from digestive disorders, have clean tongues. The surface of one tongue may be such that it will harbor a growth, and, again, it may be that some form of fungus has taken possession of the tongue, living there without causing ill health or inconvenience other than worry that it is always there. Lactic acid tablets, or buttermilk will cause a partial clearing up in some cases. Persons who are not conscious of any digestive difficulties whatever, are frequently known to have the coating, more or less pronounced.

Sprains

Vacation, with its varied running about and climbing, is a good time to accumulate sprains. A sprain is a stretching of the leaders or ligaments of some parts of the body, usually the ankle or wrist. The first thing to be done is to place the sprained limb in a straight position, raising it a little from the horizontal, and apply hot fomentations for the first three or four days. Dip a good sized piece of flannel into a basin of hot water, wring as dry as you can and apply to the strained part as hot as can be borne. Over this put a piece of hot, dry flannel to keep steam and warmth in. Repeat this as often as the flannel begins to cool. The sprain should be bandaged for a week or more, when fomentations should be stopped and the sprain rubbed with some good liniment until well.

Extravagant Waste

On every hand we hear the cry of "the high cost of living," and thousands of people are everywhere preaching lessons of economy. But the majority have yet to learn that it is the reckless waste that makes the want. If you doubt this, go

along the alleys of the cities and look at the garbage cans, running over, almost every one of them with food stuffs that might, and should have been, used in one form or another. It is distressing to one who has learned the lessons of life to see this waste; but if you speak of it to the housewife, you are at once met with indignant denial, and the assertion that "nothing is wasted"; that every scrap that can be utilized is so used. But the garbage wagons speak louder than words. How is it with you?

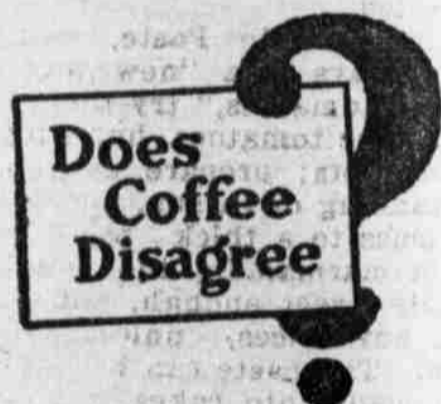
Gleanings

It is rumored that short skirts will probably be lengthened in the autumn styles, and in order to meet the demands for the extra length, trimmings and combinations, simulated tucks, and other methods of economical handling will be used.

The new full skirts are all finished with facings, as there is so much curving about the bottom, that the bottom could not be hemmed without too much fulling of the material at the top. The facings should be cut the exact shape of the bottom of the skirt, but a bias facing may be used if care is exercised.

To clean lace yokes and sleeves in a garment that can not be tubbed, sprinkle thickly with a powder made of equal parts of borax and corn starch; roll up tightly and let lie for a day or two, then unroll and shake out the powder, brushing the goods gently with a soft brush. If necessary, repeat the process; but one application is generally enough unless the goods are much soiled.

To clean white serge, or other white woolen goods, sprinkle hot corn meal over the garment, roll up and lay aside for some hours, then



Many are not aware of the ill effects of coffee drinking until a bilious attack, frequent headaches, nervousness, or some other ailment starts them thinking.

Ten days off coffee and on

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— the pure food-drink — will show anyone, by the better health that follows, how coffee has been treating them.

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for

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