

The Farm Home

Domestic Economy.

By MRS. S. T. ROSEN.

In our educational institutions it is high time that all teachers were imbued with the idea that each has a responsibility to one's self; that our bodies are given to us to religiously care for, and unless we do this in the best manner we certainly must pay God's penalty. In the education of women many things have been taught to make her exceedingly attractive, such as playing the piano, painting, etc.; these are all well enough, they teach her to use her hands; but let her also learn to use them in things for practical every-day life, such things as affect us vitally. Domestic economy is not a single subject, but a collection of many of our most interesting studies. In large cities the masses must watch health most carefully. The lack of fresh air, and as a rule, good water, make it doubly necessary. But watch the brawny, muscular fellow picking up that trunk, placing it on his shoulder and carrying it for several blocks without the least sign of fatigue, it is a toy in his hand—why? Nitrogen foods are handy and he uses them freely. Stop off at a small place where nitrogenous foods are scarce with your heavy trunk and watch *that* man carry your trunk across the platform; several times he tries before he succeeds in lifting it to his shoulder; why? Because his tissues are worn out, and have not been repaired, nor has he used the proper sort of force and fuel foods—the first, no doubt, uses beef and porridge—or pork and beans; the second, pork and potatoes, or white bread and butter. In most countries the ordinary day laborer should combine at each meal proportions of one-fourth nitrogenous food to three-fourths carbonaceous or heat foods: the carbonaceous division may be divided again so that, in the winter, it will be composed more largely of fatty foods, and in the summer starches, such as potatoes, rice, with a small amount of sugar. If he is rich he will get his nitrogen from the red meats, beef and mutton; if his purse, however, is of a smaller size he can get it equally well from whole wheat bread and old peas and beans. If the latter be cooked carefully and in a toothsome manner they are by no means inferior foods. The man who depends upon tenderloin steak does not find his muscles in any better condition than the brawny workman of the north who uses oatmeal and beans. The exercise of the latter increases his circulation, thereby he takes in more oxygen and is able to digest with greater ease these rather complicated foods. It may be remembered that last night I canvassed the audience

and found that even here, among college people, few of the housewives knew the composition of potatoes, which they probably see and eat three times a day. If one does not know the composition of material, and its nature, how can they cook it well, and we do feel sometimes that the cooking of the potatoes is a lost art. Potatoes, by the way, are heat and force food, lacking nitrogen. In Ireland, where they are the chief diet, they are balanced by buttermilk. One quart of buttermilk with ten pounds of potatoes, three pounds for breakfast, four for dinner and three for supper is the usual allowance for a laboring man who lives solely upon these simple foods.

Pansies.

When pansies are firmly established one will be surprised at the growth that they will make. They are gross feeders and require frequent stimulants; liquid manure carefully applied at the roots increases the size of the blossom. Once a week is not too often to apply this fertilizer and they must be constantly supplied with water. Cut every flower as soon as withered, pick off the dead leaves, peg down the straggling branches and you will have a pansy bed of marvelous beauty. In midsummer it is a good plan to cut back the plants that came from fall sowing and that blossomed all spring and summer and let them gather strength for plentiful and fine autumn blooming. Remember that the three necessary elements of a success are: rich soil, a shaded situation and careful watering.

Summer Aids to Feminine Beauty.

Cucumber peelings, boiled in water, will be found good for the skin. A slice of cucumber may be rubbed on the face, instead of soap. Lemon juice will remove sunburn. Dill-water is as good for the complexion as rose-water, though it makes the skin paler.

Elderflower-water is famous for its cooling properties, as is also lavender-water.

Never go out in blustery weather without a veil, unless you wish a tanned skin or freckles.

Do not forget, when drying the face after washing, to rub upward toward the nose. This will prevent wrinkles, and will help to smooth out to a great extent the crease alongside the nose.

Use neither hot nor cold water exclusively for bathing. A good rule to follow is a hot bath at night and a cold one in the morning, but be sure to take a bath daily if you wish to keep your skin in good condition.

Do not wear tight shoes if you desire a graceful carriage; no woman can walk comfortably or well in shoes that are too small for her feet. Do not wear too small gloves.

Avoid tight lacing and any form of dressing which compresses any organ of the body.—*Mrs. Humphry, in the July Ladies' Home Journal.*

Rules to Observe in Gardening.

Keep your flower pots washed clean. If old ones, paint them. Small wooden boxes, if no pots can be had, are much better, especially if painted, than tin cans. A little box, with clean sand, always comes in nice for sticking cuttings in. Pick off all flowers as fast as they fade. Do not let plants bear seed unless you need it. Plants that have grown in the same pot for a long time should be re-potted. If not convenient to do so, give them a good top dressing of manure. Straggling plants should be cut back. Tall ones need strong but slim stakes. At this season of the year pot plants should not be exposed too long to the fierce rays of the sun. Liquid manure may be applied once a week to all vigorous growing plants, and will increase the size of the flowers.

Ventilating the House in Summer.

Admit sunlight at least a part of the day in as many of the rooms as is possible, especially in the sitting-room, dining-room and kitchen. Every room should be aired daily and given the benefit of the sunlight, if not of the sunshine directly. Should you close the house or a part of it during the day, do not do it so completely as to shut out the moving air, but invite it in through the open windows at the bottom, and after its mission of purification is accomplished give it free egress through the windows opened at the top. The dust may find its way in also, but better some dust and some air than no dust and no air. Bear in mind that a cool room in summer is not desirable nor healthful if the coolness has been purchased at the expense of fresh air and sunshine. Do not fail to have every window of every living-room lowered from the top, if only a few inches.

A man was in prison. Admission was granted only to relatives. A man seeking to enter was asked, "What relation are you to the prisoner?" He answered, "Brothers and sisters have I none. Yet that man's father was my father's son." Who was he?