

...mothers, over-
...care, debili-
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...is needed
...the men and
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...quickly
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...muscles and
...sore pain in
...broken down eye-
...diseases, because

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"The matter which this page contains is
...selected from various sources, and
...we guarantee that, to any intelligent farmer
...or housewife, the contents of this page will
...be worth several times the subscription price of
...the paper."

THE HOME.

SEPTEMBER.

The autumn has come, and our fields
are ablaze with goldenrod and asters.
Soon the aureoled gentians will look
through their ringlets to the frosty skies.
Already the early twilight betokens the
sun's near approach to the autumnal
equinox. To the good house-mother
this is a period often fraught with much
vestition of spirit. The children must
be made ready for the opening of school;
the fall preserving and pickling must be
done; the house must be prepared for
the cooler days of autumn. It is espe-
cially necessary to provide extra bed-
covering for protection against the damp
chill of September nights. The fruits
and vegetables of the season are so
abundant and are presented in such
variety that there is a temptation to
make these a main part of the daily
fare. This is undoubtedly the cause of
the various disorders of the digestive
organs at this season. A strict vegeta-
rian diet demands the most robust health
and a capacity for the digestion of an
immense quantity of food in order to
obtain enough nutriment to support the
vital organs. The system of many per-
sons is ill fitted at this season to support
such a strain, hence September has come
to be known as one of the most "trying"
months in the year.

The danger of taking cold in this
month is enabled by the fact that the
people are somewhat debilitated by the
heat of summer, and the digestion has
been taxed by an excess of vegetable
food. For this reason cold is apt to pro-
duce fevers or one of the various dis-
orders of the stomach and bowels so
common at this season. Ripe, sound
fruit is never injurious to a person in
health when eaten in moderation, but
the proper balance must be carefully
maintained during this season between
these foods rich in nutriment, like meat,
milk and some pulse vegetables, and
those merely refreshing, with little
nutritious value, like fruits and the ma-
jority of vegetables. September is a
hard month for infants and children. A
little one, who has safely passed the
heat of July and August succumbs to the
chill of September.

It is the duty of the housekeeper to
watch all the proceedings of the house at
this season so that there is no waste of
food left to fester in the heat and
dampness of this month. The very
abundance of the products of the earth
may become a curse instead of a bless-
ing when not devoted to their proper
use. Refuse vegetable scraps should be
gathered as rapidly as they become use-
less, and either burned or devolved to
the compost heap to become the fertilizer
for next summer's garden, instead of
lying left to decay and breed disease. Old
riches and scraps that are "broken down"
by a mixture of common washing
soda and lime, to become a most valua-
ble fertilizer. In short, there is nothing
in all the debris of old summer vegeta-
tion that may not be made useful.
With proper household sanitation and
proper care of the diet, the dreaded
month of September may become one
of the most health-giving months of all
the calendar. —N. Y. Tribune.

HOUSEWIFE LORE.

The knowledge of the use of stains
and varnishes and how to polish and
clean furniture is invaluable to an econ-
omical housekeeper, who can easily,
with the help of an intelligent maid,
keep her house clean and bright, and
freshen it up when need be, without
calling in the aid of an expensive work-
man. Formerly stains were confined to
the colors nearly resembling natural
woods, but of late all colors are used—
greens, blues, reds and yellows—which
partake in no sense of the nature of
plant, but are stains pure and simple,
showing the grain of the wood.

The most fashionable stain at present
for cottage furniture is green, not a sage
green, but a good old-fashioned russet
green, which when rubbed well into the
pores of the wood and then polished is
really beautiful. The two transparent
colors, Prussian blue and raw sienna,
make, when mixed together, an excel-
lent green, or if a brighter tint is desired,
amalgam and Prussian blue. A very
little of the latter goes a great way, as it
is altogether the most powerful color
known, and completely overcomes any
other pigment if mixed in equal pro-
portions. In staining, it should be borne
in mind that it is not pain, but stain,
and that a very little should be used, a
pound being sufficient to stain a whole
set of furniture.

To get a good color the wood must be
light. Oak, yellow or white pine, maple,
any of these are suitable, and the more
grained the better, the more effect of
bird-eye maple, the heavier markings of
oak, and the pinstripe knot so often
seen in yellow pine, all coming out
particularly well through the translu-
cent color.

The best way to apply stain and bring
out the grain of the wood is to put it on
quite thick and then rub it off with a
linen or cotton rag, and it is absolutely
necessary that the wood should be in its
natural condition without paint or var-
nish. By sending a special order to the
manufacturer, you may get sets of
furniture without either; but if it is an
old piece that is to be renovated, it
must be thoroughly scraped. After
staining, a coat of hard oil finish may be
applied as a filler, and then, after it is
dry, it should be rubbed with a fine
sandpaper, and then a coat of the
prepared beeswax that comes in
cans for floors, and then rubbed with a
flannel cloth until it is quite shiny and
bright. After the wax is rubbed on it
should be allowed to harden before pol-
ishing it. Prussian blue alone makes a
very pretty peacock blue stain, raw
sienna a yellow or orange, according to
the amount of oil used, crimson lake
a lovely red, burned sienna an almost
exact imitation of new mahogany. All
these are what are called transparent
colors, and are, therefore, especially
adapted for staining; but even opaque
colors, if put on thin enough to show the
grain of the wood, produce sometimes
very pretty effects. White, on certain

woods, has a milky, opalescent coloring
that is very harmonious with delicate
chintzes. Light blue, canary yellow,
apple green and pink all may be used on
woodwork as stains if applied in the way
that house painters call "priming"—that
is one coat of paint put on so thin that it
shows the markings of the wood be-
neath. Georgia pine looks particularly
well when treated in this way.

Furniture at the seashore is apt to
look dingy and clouded. There is nothing
so good to clean paint or varnish
with as the ordinary kerosene which is
used for lamps. It is so volatile that it
has none of the greasy stickiness of
ordinary oil, and the pungent odor
which so many object to disappears in a
couple of hours, serving in the mean-
time as an admirable disinfectant and
insect destroyer. A table that is stained
and shabby may be made to look as
good as new by first cleaning it thor-
oughly with kerosene, then giving it a
coat of hard oil, and, afterward,
when perfectly dry, applying the pre-
pared wax with a rag. Let it stand
several hours and then polish hard, first
with a flannel cloth, and afterwards with
an old silk handkerchief.

Floors may be easily varnished and
waxed by a delicate woman in this way:
Take a very low chair or stool (so low
that a brush held in the hand can easily
reach the floor without stooping), and
by moving the chair along, the entire
surface of the floor can be easily covered
first with the varnish, and afterward,
when dry, with the wax. Where a
heavy weighted floor brush is not avail-
able, the old French way may be sub-
stituted, i. e., wrapping up the feet in
flannel, and scrubbing over the floor or
skating on a brush. It is funny to see a
servant who has been trained to wax
floors in this way in Europe at his work,
performing a sort of shuffling dance over
the floor, with his feet looking like pud-
ding bags, and his eyes fixed on the vac-
uum, as he solemnly dances to and fro,
quite unconscious of the laughable
spectacle he presents.