

**FOR AND ABOUT WOMEN**

**DAILY THOUGHT.**

**A HEART SONG.**

Had I the voice I would sing,  
Had I the touch I would play,  
And oh! the beautiful world would ring  
With music all the day!

Had I the gift I would write—  
I would paint, had I the skill,  
A world so fair and full of light,  
That none should know its ill!

Still—I am free to hear,  
Still am I free to see;  
And the cost of life is none too dear,  
For life is good to me!

—Charles Stephens in the People's Magazine.

Little Misses Blue Serge and Taffeta with their equally fascinating sisters, the Grays, the Browns, the Tweeds and the Homespuns, held high carnival in an admiration-compelling exposition of autumnal modes on the Boardwalk at Atlantic City. It was a made-to-order morning for a fashion show, and all the smart young matrons, the flappers in almost matronly garb and the youngish-looking grandmothers, in high heels and fur-bowls which the flappers might have worn, made the best of it.

Some of the keenest of the observers went so far as to say that there is even a supersupremacy for the feminist note as opposed to anything masculine in the dainty touches upon frocks and costumes.

Certain it is, or at least many found it so, that midday is going in strongly for fur-bowls, with emphasis upon tucks and buttons, no end of braiding, fancy touches here and there, lacy veils, brightly hued scarfs, striped stockings, fringe and such frills in contradistinction to mannishly severe tailored effects, spats and the like. And the hats! No mere man ever could do justice to the rakish millinery styles expressed in turned-up and turned-down brims adorned with braid and more feathers than the Boardwalk has seen in many a day.

It is less certain than a fortnight ago that a small but season impends, for many of the most impeccable of the Philadelphia matrons in the initial fall review rejoiced in tailored creations that were neither large nor small, but a most admirable mean.

Most of the new walking costumes on view had the low waist, trim lines, conservative sleeves and straight skirts that were neither long nor short as measured by Parisian standards. A mere man encompassed a world of description of the more youthful silhouettes in the trenchant term "frilly."

If you would make ironing as easy as possible you must begin with the taking down of the clothes. Instead of tumbling them into the basket in the usual way shake them out and fold them flat. This will make them easier to iron, and, indeed, some of the Turkish towels and tea towels and some of the flannels, when thus flattened will need no ironing at all.

Dampen the white pieces at least several hours before ironing. Let them stand over night if possible. Sprinkle them evenly with warm water, roll tightly (keeping them straight in the rolling), and pack in a clothes-basket which has been lined with old sheeting, so that the dampness cannot escape. Do not sprinkle colored pieces until shortly before ironing, thus avoiding a possible running of the dyes. Never make pieces, colored or white, really wet, as it takes longer to iron wet pieces than merely damp ones. When ironing have a bowl of water and a sponging cloth near by to dampen dry spots. During the cold weather, when it is time to place a bag or large flour bag and pin the bag to the line, allowing it to remain there until the handkerchiefs freeze. When they are brought indoors to thaw they will be ready for rolling into a bundle for future ironing without dampening.

Pad board with several thicknesses of blanket and cover with old piece of seamless sheeting. Pad one end extra thick for the pressing of embroideries and the buttoned portions of garments.

For the small pieces that do not require full weight upon the iron it is unnecessary to stand. An old piano stool that can be screwed to a comfortable height or a stool of the right size should be used for sitting down to the ironing board. When it becomes necessary to stand, place a pad of several thicknesses of soft carpet or some quilted material under the feet.

Electric and gas irons save those innumerable trips from stove to ironing board. When using old fashioned flat irons have enough to insure a thorough heating for them before used, thus saving unnecessary steps because the irons cool quickly.

To Launder Flannels.—Cut fine a bar of good soap and add hot water. Let it stand on the range until dissolved, then add to it a sufficient amount of tepid water to make a good solution. If the garments are badly soiled allow a tablespoonful of ammonia to two gallons of water.

Shake out and brush the garments, then soak them for 15 minutes in a solution. Do not rub soap on flannels and do not rub them, as this causes them to shrink by matting the fibers in the wool. Squeeze and press with the hands, and when cleansed press the water from them and plunge them into clear water of the same temperature. Rinse in two waters, then put them through the wringer. Dry in a moderate heat. While drying stretch them into shape.

In laundering colored flannels, if the color runs, rinse until clear, allowing two tablespoonfuls of vinegar to two gallons of water for the last rinsing, as this will set the color.

To remove stains of blood soak them in cold salt water, then wash in warm soapy water and finish by boiling.

Use warm water to sprinkle starched clothes and the effect will be twice as satisfactory.

**FARM NOTES.**

—Animals cannot express their appreciation in words for the care their owners bestow upon them, but they reciprocate kindness. They care for vice most animal husbandmen that plenty of feed, sufficient shelter and gentle treatment are profitable as well as humane. They can grow, reproduce and return income for the business judgment and acquired skill used to raise them on the farm.

The choicest traits of human character are shown in man's care of animals raised on the farm. He who feelingly caresses the animal when it is in pain, and soothes the wound that has been draining its life blood is mightier than the warrior who goes forth to battle to win fame. The farmer who can call the cows to the barn, summon the hogs to their beds and coax the horses to accept their collars has leadership among the patient and the magnanimous creatures of the earth.—Farm and Ranch.

—Cows fed on a ration of pine sawdust produce an increased supply of milk and cream. Also they increase in beef, according to a Madison, Wisconsin, paper.

Preliminary experiments conducted by F. B. Morrison, of the Agricultural Department, in connection with the United States forest products laboratory at Madison give these results. So far the ratio of sawdust has been only 25 per cent. feed in connection with other cow foods. New experiments are to be tried at once increasing the sawdust ration to 33 per cent. and ultimately to 50 per cent.

It is believed by investigators and scientists here that a great cow food that is plentiful in the northwestern States, where cows and beef are raised, has been discovered, and that millions of dollars will be saved to the cattle raisers as the result of these experiments. The experiments conducted so far show that not only is the treated sawdust nutritious, but that the cows eat it with relish.

"We took white pine sawdust into put it through a treatment that converts the starch in the sawdust into sugar," said I. M. Butler, assistant director of the United States forest products laboratory, who assisted in the experiments. "Then in co-operation with the agricultural department of the University of Wisconsin a feeding experiment was conducted. Five dairy cows were given the sawdust ration in quantities of 25 per cent. and 75 per cent. of their regular food was used."

"These animals were kept on this ration for one month with the result that they increased in weight and the amount of butter fat produced. They were then taken off the sawdust ration and put back to normal feeding for one month, with the result that both their weight and milk supply reduced to about normal. For a second time they were put back on the sawdust ration and again the weight of the animals and the amount of milk produced increased.

"These are only preliminary experiments, but they show the food value of sawdust is exceedingly good. Further experiments will be conducted, first with a 33 per cent. sawdust ration and then with a 50 per cent. ration. The cost of treating or hydrolyzing the sawdust makes the food much less expensive than the grain and other cow feeds at the present time. The sawdust of all coniferous woods, with the possible exception of yellow pine, which is rich in resin, can probably be used for feeding purposes."

—Under certain conditions eggs, like other foods, may be accidental carriers of disease by conveying harmful bacteria or parasites. It is possible for an egg to become infected with micro-organisms either before or after it is laid, and it is laid, since the porous shell offers no great assistance to micro-organisms, including those which cause it to spoil or rot. If an egg is eaten raw or only slightly cooked, micro-organisms, if present, can be communicated to man, and may cause disease if they are of the harmful kind.

If an egg remains in a dirty nest, for example, defiled with typhoid fever micro-organisms carry there on the hen's feet or feathers, it is not strange if some of these bacteria occasionally penetrate the shell, and the egg thus becomes a possible source of infection. Perhaps one of the most common troubles due to bacterial infection of eggs is the more or less serious illness sometimes caused by eating eggs that are stale. This, often called ptomaine poisoning, is more commonly associated with filth, food specialists of the U. S. Department of Agriculture say.

Judged by the comparatively small number of cases of infection or poisoning due to eggs reported in medical literature, the danger of disease from this source is not very great. However, in view of this possibility, it is best to keep eggs as clean as possible and thus endeavor to prevent infection. Clean poultry houses, poultry runs, and nests are important. Eggs should always be stored and marketed under sanitary conditions. The subject of handling food in a cleanly manner is too seldom thought of, and what is said of eggs in this connection applies to many other foods with even more force. Since it is not wise to wash eggs that are to be kept, only clean ones should be selected for this purpose. Always, when eggs are used, the shells should be carefully cleaned just before they are broken, otherwise any dirt on the outside may find its way into the food.

—Satisfactory and effective control of the destructive fungus disease, known as peach leaf curl, is more readily cured by fall spraying than by treatments at any other time of the year.

Several reasons conspire in favor of fall treatment, namely, greater ease of hauling spray outfits in the orchard, less rush of work at that season, spray outfits are usually in working condition, but best of all is greater control of the disease.

Experiments show reduction of leaf curl disease by fall spraying to only 8 1/2 per cent. of infection, while 60 per cent. of disease showed on spring sprayed trees using the same strength of lime sulphur solution.

**HEALTH SCHOOL**

**Pennsylvania State Department of Health.**

**Questions.**

1. How may persons be protected against small pox?
2. What evidence of vaccination of children must teachers have?
3. Upon what authority may a child be excused from vaccination?

**VACCINATION**

Small pox, one time as common as measles, has almost disappeared.

Four hundred years ago it swept through Mexico taking a toll of 3,500,000 lives. Last year Pennsylvania, with a population of over 9,000,000, had only two deaths from this disease.

The knowledge that one attack of small pox afforded a life-time protection against a second invasion of the disease, early led to the practice of inoculation in the European countries. This consisted in the insertion under the skin of some part of the body of a small quantity of the secretion taken from a pustule of a mild case, in the hope that a similar mild attack would follow. The operation was usually performed with a sharp pointed knife, but as a number of persons died from the small pox thus artificially introduced, the practice never attained widespread popularity.

Something more than 100 years ago, Edward Jenner, an English Physician, observed that milk maids as a class were particularly free from small pox.

It had long been known that cows were subject to a disease called "Cow pox," which, while milder in character, bore a striking resemblance to small pox.

Pocks or pustules appeared upon the udders of affected cows, and the hands of milk maids, usually chapped from exposure, coming in contact with open pustules, were frequently infected.

Since persons who had had Cow pox not only did not contract Small pox from others, but experienced no effect from attempted inoculation with it, Dr. Jenner believed that artificial inoculation or vaccination with the virus of Cow pox would in all cases serve as a protection against Small pox.

He demonstrated his theory to his own satisfaction, by first vaccinating his own son and then a number of others, all of whom failed to contract Small pox either by exposure to it or by inoculation of the virus under the skin, but when he published the results of his experiment a storm of opposition arose. Some of the old priests still in existence, showed persons who had grown horns like cows as a result of the introduction into their system of the virus from the cow; others suffered change in facial expression and took on the features of cows; still others were said to have lost their power of speech and were capable of expressing their emotions only by a series of moo's. These attempts at ridicule and appeals to the superstition of the age were serious handicaps, but for all that there began to be less cases of Small pox and more applicants for vaccination.

So completely has the value of vaccination against Small pox been demonstrated, that today its practice is universal although the method has materially changed.

The virus is obtained from calves, which have been subjected to most careful examination to assure their freedom from disease.

It is prepared under strictest antiseptic precautions, and they as a double check, is tested upon other animals to make sure of its purity.

The same care should be employed in caring for a vaccination vesicle or (sore) as is exercised in treating a wound.

The germs of Tetanus (lockjaw) are found in the ground and especially abundant in the manure of horse stables. Open vaccination sores should be protected by soft clean bandages and children should not be allowed to play in the dirt or around stables until their Vaccination has healed.

One good "take" as it is commonly called, is often sufficient to guarantee protection against Small pox for life, but as a matter of precaution, it is well to have a revaccination attempted about every five to seven years.

The law of Pennsylvania requires all children to produce certificates of successful vaccination before they can enter school.

School teachers and school directors are held personally responsible and are liable to be fined from five to one hundred dollars for each case of non-compliance.

When a family physician claims the child is physically unfit for Vaccination, the County Medical Director or some person authorized by him, upon examination may issue a temporary certificate permitting attendance at school "good for one year only." In municipalities, such temporary certificates are issued by the medical officer (or his deputy) of the borough or City Board of Health.

**Amusing Old Tales.**

Dr. Fludd, the Rosicrucian, told of an Italian nobleman who lost a great part of his nose in a duel. A piece of flesh cut from the arm of a slave was applied, and the Italian had again a seemingly natural nose. The slave, freed, went to Naples, where he died, and at that instant gangrene appeared on the Italian's nose. The part that belonged to the dead man's arm was cut off by the advice of physicians. Flesh was taken from his own arm and applied. He rejoiced in his new nose until he, too, died. See Edmond About's ingeniously amusing romance, "The Nose of a Notary"; also Sir Kenelm Digby's "Discourse Concerning Power of Sympathy" (1690).

**An Agriculturist.**

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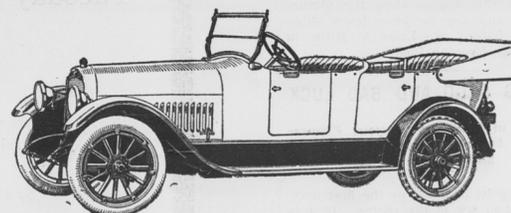
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