

Recipe: Take two ounces of slippery elm bark and put into three quarts of warm water and let it stand four hours ; strain and add eight pounds of white sugar ; boil four minutes ; then add one pound of bee honey while hot. Flavor with a drop of the oil of peppermint and a drop of the oil of rose.

Any lady will readily see what a saving the possession of the above recipes may cause in her household expense. Thus, you can get a ten cent box of stove polish for three cents, a twenty-five cent package of washing powder for seven cents, a twenty-five cent box of starch enamel for five cents, etc. Any of the articles contained in the list will take but a short time to prepare a large supply.

POISONS AND THEIR ANTIDOTES.

The first thing to do in a case of poisoning is to cause the ejection of the poison by vomiting. To do this, place mustard mixed with salt on the tongue and give large quantities of lukewarm water ; or, tickle the throat with a feather. These failing, instantly resort to active emetics, like tartar emetic, sulphate of copper or sulphate of zinc. After vomiting has taken place with these, aid it, if possible, by copious draughts of warm water until the poison is entirely removed. Of course, if vomiting cannot be induced the stomach pump must be employed, especially if arsenic or narcotics have been taken. The following table may be useful for emergencies :—

POISONS.	ANTIDOTES.
Acids,	Alkalies : Soap and milk, chalk or soda.
Alkalies,	Vegetable acids, vinegar, oil in abundance.
Alcohol,	Common salt, moderately.
Arsenic,	Send for the doctor and his stomach pump.
Antimony,	Oak bark, strong green tea.
Baryta or lime,	Epsom salts, oils, magnesia.
Bismuth,	White of eggs, sweet milk.
Copper,	White of eggs, strong coffee.
Gases,	Cold douche, followed by friction.
Iodine,	Starch, wheat flower in water.
Creosote,	White of eggs, sweet milk.
Lead,	Strong lemonade, Epsom salts.