

'Tell her to come and I will see what I can do with her.'

She was in my kitchen in five minutes—a typical Russian in peasant costume and the wooden shoes. She was quick in her movements and eager to learn. In half an hour I was able to leave her to iron the plain pieces while I rested.

Monday morning came again all too soon. Yet I arose this morning with a light heart, for Sophia knew how to wash, you know, Mrs. Woulddomegood said so.

I had kept house ten years and more, but that mystery I never had solved. Sophia would be my superior in this matter. I ran down to the kitchen, just to assure myself that all was well. I glanced about sharply. No sign of the washing, and Sophia gazing vacantly out of the window. I resorted to emphatic pantomime at once. I pointed to the hamper of soiled linen, to the empty boiler and dry tubs.

'Monday is washing-day! Sophia? Sophia's face looked as wooden as her shoes. She had actually never seen a wash tub in her life. I was in despair. How could I teach her? I had a vague idea that soiled clothes must be washed with soap and water, boiled, rinsed, starched and dried; but where to begin and how to end was the question. I could not recall that any of my housekeeping periodicals gave advice about washing.

(To be continued.)

Notes.

A day or two's abstinence from solid food aids the system to throw off a cold.

Cloths (flannel) wrung from hot water often relieve neuralgia and other severe pains.

If hiccoughs do not yield to the usual remedy of drinking water very slowly, take a small piece of sugar and dissolve it gradually on the tongue.

Heartburn can be immediately got rid of by

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taking cream of tartar, about half a teaspoonful in half a glass of water. It makes a pleasant effervescent drink, cooling to the blood.

The best treatment for a bruise is an immediate application of hot fomentations; after that, witch hazel, vinegar and hot water or alcohol and water, put on with a bandage and often moistened.

Oil Cure for Cancer--Age 83--Cancer at Corner of Mouth Cured.

Glencoe, Ontario, Can., May 24, 1904.

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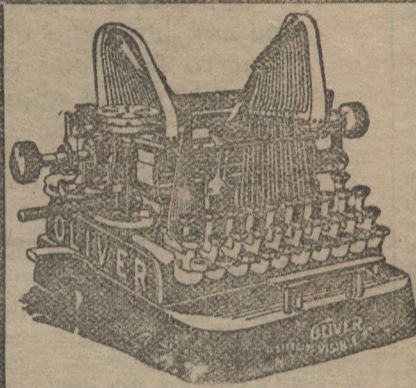
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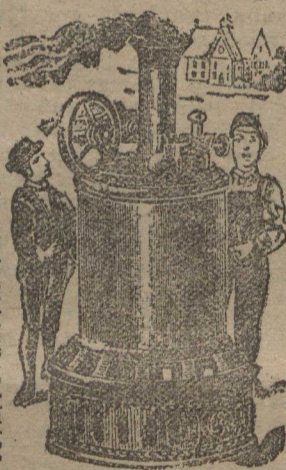
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BABY'S OWN SOAP