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Health Notes—Emergencies

Burns.—The principle to be acted on, in healing a burn, is to exclude the air. Anything that will do that will relieve the pain in a fair measure. Some bind a thick layer of flour over the burns, and when the skin is not broken, this answers very well. Baking soda is more healing, applied in the same way, slightly dampened, but not dissolved, and bound on. These remedies are popular because they are found in every household and are always at hand. Anything that hardens and cakes, however, becomes more or less painful, so that the remedies containing some oil or grease are the best. Sweet oil or vaseline are very good for all burns. Cover the burn with finely powdered boracic (or boric) acid, and keep it in place with a soft rag well saturated with oil. When the burn is severe, it will have to be dressed every day.

Stepping on a Nail.—When a bare-foot boy steps on a rusty nail, which enters his foot, the first thing that must be done, is to encourage the flow of blood, by putting the foot into warm (not hot) water, removing all particles of dirt around the wound. Wrap a little clean, absorbent cotton on a stick, whittled down to the size of a match, dip it into turpentine, and insert very gently but firmly, as far into the wound as possible. Leave a little wisp of cotton in the mouth of the wound for a day or two, so that it will not close over too soon, but will heal from the bottom. Then apply any antiseptic powder, as boracic acid, acetanilide, etc., and bandage the foot firmly. A very common practice is to put a piece of bacon rind over the spot, and if it is quite clean there seems to be a certain amount of efficacy in the peculiar

combination of salt and grease to remove soreness and swelling.

A small wound, even a pin scratch, neglected, may result in a sore that will be hard to cure. The best way to heal such conditions promptly, is to bathe the part at once in a little warm water, into which put a few drops of carbolic acid or creoline. A strong solution of boracic acid or listerine will answer the purpose as well and perhaps will be more likely to be among the household remedies with which every careful housewife provides herself, when she lives at a distance from the family physician. Wrap the wound with soft linen or

cotton cloth, to keep out dirt and germs, and a festering sore may be avoided.

Felons.—When a felon or "run-around" is starting, it may often be aborted by applying a little blistering ointment or plaster around the lower part of the finger or thumb affected, allowing it to remain until a blister is formed, when the swelling and inflammation will be reduced, and the painful affection relieved. Another popular method, is to plunge the affected finger into very hot water or hot lye formed by boiling wood ashes in water. These remedies are most helpful when used at the very beginning of these inflammatory conditions. The application of one of the many clay preparations, so much used in these days, for all inflammations, such as anti-phlogistine, etc., is a very satisfactory remedy.



A PICTURE THAT BRINGS BACK MEMORIES.

Bathing—The Care of the Skin.

The skin takes as important a part in keeping up the health of an individual as any other organ of the body. It should have as much care and attention bestowed upon it. It is an old-fashioned idea, and a very good one, as far as it goes, that "tub night" should come once a week. We are sure of one good scrubbing and grooming by Saturday night. But just as surely as our faces and hands need daily cleansing from the dust and dirt gathered through the day, so our whole bodies need to be cleansed of the waste materials that gather in the process of growing.

We all understand that in threshing, the good kernels of wheat are preserved, while the chaff is allowed to blow away. The body uses this selective process in retaining whatever will build it up, and throwing off what is useless.

The skin is full of little pores which carry off this unused matter. In more than a spiritual sense, it is that which is from within that defiles, so we need the cleansing, to keep these little pores open and active to do their work well, and relieve the system of what would otherwise clog the circulation, poison the tissues of the body, and expose us to many diseases that are the result of impure blood.

A quick sponging all over every morning, followed by a brisk rub with a crash towel, stimulates the skin, and removes the accumulation of waste matter thrown off during the night.

It need not take more than two or three minutes, but if time is precious in the morning hours for those who get the early breakfast and dress the children, take your rub-down, grooming, or whatever you choose to call it, at night. Sleep will be more refreshing when the circulation of the blood is directed away from the head by the glow over your body.