

water with a bland soap. Wear at night a pair of gloves three or four sizes too large, which have been ripped open and spread with this preparation.

Refined pine tar..... 1 teaspoonful
Olive oil..... 1 pint

To prepare tar and oil use a double boiler. Put the tar and oil in the inner receptacle, then fill the outer receptacle half full of boiling water and set over a slow fire. When the tar and oil have mixed, stir them and add a little perfume such as the oil of rose if you wish. Spread the gloves and sew up the ripped seam. This is rather heroic treatment, but it is always effective. Do not try ordinary pine tar for this. The refined lacks the disadvantages of the crude.

For profuse perspiration of the hands this formula is excellent:

Cologne water..... 90 grammes
Tincture of belladonna 15 grammes

Rub the hands two or three times a day with half a teaspoonful of this mixture.

Chapped hands are always the result of neglect or carelessness, and their relief will cause twice the time, care, and attention that the hands ordinarily require. To soothe them bathe them at night in a clear pulp made of linseed meal and bitter almond meal. Rub this in thoroughly but gently, then rinse in a solution of benzoin, not benzine, using one part of tincture of benzoin to sixteen of hot water. Dry the hands carefully and powder with violet talcum powder. A famous specialist recommends the following pomade for chapped hands:

Cocoa butter..... 1 ounce
Oil of sweet almonds 1 ounce
Oxide of zinc..... 1 drachm
Borax..... 1 drachm
Oil of bergamot..... 6 drops

Heat the cocoa butter and oil of almonds in an earthen vessel, and when they are thoroughly blended add the zinc and borax. As it cools stir and add the oil of bergamot. This is an excellent preparation and is very healing.

A simpler and cheaper remedy for chapped hands is the oxide of zinc ointment. It is healing and stimulating. It is made by adding one part of the oxide of zinc in a very fine powder to six parts of simple ointment. Mix in an earthen or marble mortar. The oxide of zinc ointment should always be on hand in the household, especially in small country towns or cities. It is excellent for all cases of chaps, burns, scalds, and eruptions, and is much better than some of the preparations sold at druggists.

Warts which are so disfiguring and annoying, can be removed. It is said that frequent rubbing with salt will drive them away. Wet the spots before applying the salt. Let it remain on for ten minutes. This remedy must be repeated frequently. Another remedy is to touch the wart with lunar caustic or acetic acid. These remedies turn the skin black and eat the wart away. The caustic or the acid must be applied carefully to the wart only, and not to the surrounding skin. The following is an ointment highly recommended by a famous specialist to remove warts. It acts in a manner similar to lunar caustic:

Soap cerate..... 1 ounce
Powdered safin..... 1 drachm
Powdered verdigris 1 drachm

Spread upon a piece of kid the size of the wart and allow it to remain on over night. Repeat if necessary. Any ordinary wart may be removed by tying it about with a white silk thread, tightening it day by day. The wart becomes black and pulls off.

Never cramp the hand in a tight or ill-fitting glove. It is far better to wear gloves a trifle too large than too small. The hands lose expression when so cramped.

It should be borne in mind that only a hand in good condition can carry out well the messages sent it by the brain. A woman's hand should be tender as well as firm, and she cannot do her duty by her sick or by those who need the touch of loving hand when her hands are rough and stiff.

Tonic Food.

I think we scarcely stop to consider the value of one kind of food above another when we are preparing the menu from day to day.

I cannot emphasize too strongly the

benefit of eating the fruits and vegetables, in their season. An All-Wise Creator has given us different fruits at different seasons of the year, for a reason. If we make use of the provision we will benefit just to the extent that we employ them.

Now, very soon the rhubarb or pie-plant will be in season. This valuable plant contains acid properties that the system needs after the long period of carbonaceous feeding, consisting of fats, starch and sugar.

Following close upon the heels of the rhubarb come the young onions, which should be eaten freely by the majority of people for they contain iron in the form most readily assimilated by the system.

Lettuce, too, is an early relish, that abounds in both chlorin and iron and is useful as a nerve.

The strawberry, the first of our berries, is rich in malic acid and should be eaten every day—yes, twice a day, while they last. Never mind if there are none left to "do up," for cooking destroys the organic salts in the fruit, making them less useful.

Perfectly ripened raspberries, cherries, currants and apples all contain malic acid and to eat freely of these fruits in their natural state is to benefit materially in health.

Old Country people realize the benefits to be had from utilizing the ripe fruits in their natural state, better than we do. They are not in the habit of canning and preserving to such an extent as we are, but they eat freely of the fruit while in season.

Use greens—the leaves of young beets, spinach and dandelion. This last is one of our most valuable plants. It is worth its weight in gold. To eat freely of dandelion greens for two or three weeks, when they first appear in the spring will take hold of your liver and improve your looks as nothing else can.

Young radishes, carrots and beets contain sodium properties that make them specially healthful eating in the spring and early summer.

In connection with the above drink plenty of pure water. Three or four large tumblers full daily, this becomes necessary when we consider that two-thirds of the bulk of the body are water, and that a healthy man loses something like four pints of water daily, in the urine, breath and sweat.

Water is a powerful solvent and its copious use will insure perfectly dissolved food, which in turn will be more easily taken up by the various organs of the system, thus promoting health.

Don't Hoard.

It is always a mistake to hoard things that are not necessary and have passed their usefulness. To sacrifice convenience to sentiment is wrong. The little bootie that Jack wore when he was a baby may have a sentimental association for the mother, but every time Jack sees it he feels grouchy and sore about it. The fact is Jack has no further uses for the thing. Then there are so many women who can't part with father's old uniform, if he ever had any; with the haircloth parlor furniture, set that belonged to mother, and which has been accumulating dirt and filth in the cellar or the garret for more years than the children can remember. There are many ways of avoiding hoarding, than which there is no home practice more insatiable. The best way is to start in to clean house with an eye only for the things you actually have use for. Gather everything else together and ship it away.

Perhaps many would like to know, as I was glad to find out, that a piece of lime placed in the fire pot of a furnace through the summer months will prevent it from rusting.

The change of diet that comes with spring and summer has the effect in weak stomachs of setting up inflammation, resulting in dysentery and cholera morbus. The abnormal condition will continue if not attended to and will cause an exhaustive drain on the system. The best available medicine is Dr. J. D. Kellogg's Dysentery Cordial. It clears the stomach and bowels of irritants, counteracts the inflammation and restores the organs to healthy action.

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