

Health and Home Hints.

One in a faint should be laid flat on his back, then loosen his clothes, and let him alone.

You can take out spots from wash goods by rubbing them with the yolk of egg before washing.

A fever patient can be made cool and comfortable by frequent sponging off with soda water.

White spots upon varnished furniture will disappear if you hold a hot plate from the stove over them.

One of the best and simplest cures for insomnia is said to be the odor of raw onions. They should be smashed to a pulp in order to free all the juice. Smell this substance for ten minutes after retiring. It is said to quiet the most nervous person and relax the most over wrought nerves.

Some sort of liniment should be kept in every home, especially in a house distant from the chemist. The following cheap and easily made: A half pint of vinegar, a half pint of turpentine, whites of two eggs beaten stiff. Mix altogether and bottle. Shake well and apply externally.

Drink plenty of water! So say the doctors. They do not, as a rule, advise it in quantity with the food, but in the morning before breakfast and often mid way between meals. Naturally, it should be as pure as possible, either boiled, distilled, or filtered, unless its source is of unquestionable purity.

Brass Bedsteads.—The favorite bedstead is that made of brass, but if the care of the brass is not understood, this piece of furniture will not long be a delight to the eye. No polishing liquids or powders should be used on it, rubbing with a soft rag sufficing to keep it bright. If the lacquer is broken by the use of powder, it will be almost impossible to keep the brass in good condition. The lacquer with which these bedsteads are finished is intended to protect the brass from tarnishing, and should not be disturbed.

After the baby has had his food and been made comfortable, lay him on his bed and leave him there. If he should look around a little to acquaint himself with his surroundings, talk to himself, or even cry a little, let him enjoy it without interruption. Do not think it necessary to humor him, or that a church-yard stillness must prevail. Let the nurse or mother busy herself with any duties that she may have about the room. The ordinary household noises will not disturb the baby. He will go to sleep and remain so as well as though every sound were hushed; it is only a sudden sound coming out of profound stillness which startles and awakens the child. Such a thing as a wakeful baby at night ought never to be.

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