

# ICK ROOM WORK MADE EASIER: AID FOR THE NURSE

IS often a great strain to a nurse to raise a person in bed to a sitting posture when he is unable to help self. But this will be lessened if the ent puts his right arm round the se's neck while her right arm sup-is his shoulders. The nurse then her become densed make but Utilia make but litto great refresh-cure and antithe symptoms. id for the face for the rest of hould be uncov-time, and not ertion.



ying on the back, bends the knees up, and the feet are then immersed in the oot-bath up to the ankles. To dry them a towel is held above the foot-bath, and the feet are received in its folds while the bath is withdrawn. In liness no detail is unimportant that can add to the comfort of the sufferer in the slightest degree. Crumbs in the oed are among the minor miseries, and to remove them there is nothing better-han a whisk-broom. When faning si-sick person the action should be per-formed with regularity.

### GOOD QUALITIES OF SALT

Besides being an essential part of the culinary art, salt has many other uses perhaps not generally known. Salt cleanses the palate and furred tongue, and a gargle of salt and water is often efficacious. A pinch of salt on the and a gargie of saft and water is often efficacious. A pinch of sait on the tongue, followed ten minutes after by a drink of cold water, often cures a slok headache. Salt hardene the guns, makes the teeth white and sweetens the breath. Salt added to the water in which cut flowers stand keeps them fresh. Sait used dry, in the same manner as snuff, will do much to relieve colds, hay fe-ver, etc. Salt in warm water, if used for bathins tired eyes, will be found very refreshing. Salt and water will stop hemorrhage from tooth extraction.

Symes

## Treatment for Pimples

I reatment for Pimples ill you give me, through your column, medy or iotion for the removal or ab-tion of small while, hard pimples on face?. These first made their appear healty sprend to both sides of the nose, witch continually, and are very hard, being out seem to be any substance them, just a hard little spot. I shall very grateful for a remedy that will come this trouble. Yours thankfully, Mrs. J. L. on your description, I judge that are troubled with whiteheads, and vise the fields if reatment: Whiteheads (Acne Molluscum).

Whiteheads (Acne Molluscum). n each seed acne with the point of a cambric needle. The hardened mass be pressed or pricked out. The empty of the gland should then be bathed a little toilet vinegar and water, or ry-weak solution of carbolic acid water. Sterilize the needle before it by dipping it into boiling water.

### Wart on Her Nose

answer the following queries at rliest convenience:\* at will remove a wart from the side

nose? hat is the cause and cure for falling hen the scalp is clean and the hair g on the ends? Also, is there a sea-the year when the hair fails out? touching the wart with a silver e stick. If this does not cause it appear, try the application for I am giving you the formula be-

v. here is often a natural falling of the ir in spring and fall.but this is scarce-perceptible. Hair never fails to ex-s without reason. The tendency to and break is also an indication and oreak is also an indication of sordered scalp. In some cases this e result of an internal trouble, and may need a tonic to build up your e system. Have the ends of your thoroughly singed or trimmed, and apply the lotion for which I am g-you formula.

Wart Eradicator. Sublimed sulphur, 120 grams; glycerin, 5 ild drams; acetic acid, 1 fluid dram. Apply repeatedly for several days. The arts then dry up and drop off.

For Falling Hair.

sne, 8 ounces; tincture of canthar-l ounce; oil of English lavender, oil emary, ½ dram each. y to the roots of the hair once or a day. It is positively necessary he scalp should be kep; clean. Sham-least once a week.



No.