



SICK ROOM WORK MADE EASIER; AID FOR THE NURSE

T IS often a great strain to a nurse to raise a person in bed to a sitting posture when he is unable to help himself. But this will be lessened if the patient puts his right arm round the nurse's neck while her right arm supports his shoulders. The nurse then

lying on the back, bends the knees up, and the feet are then immersed in the foot-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 To dry them a towel is held above the foot-bath, and the feet are received in its folds while the bath is withdrawn.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 lithese no detail is unimportant that can add to the comfort of the sufferer in the slightest degree. Crumbs in the bed are among the minor miseries, and to remove them there is nothing better than a whisk-broom. When fanning a sick person the action should be performed 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 gargle of saft and water is often efficacious. A pinch of saft on the tongue, followed ten minutes after by a drink of cold water, often cures a sick headache. Saft hardens the gums, makes the teeth white and sweetens the breath. Saft added to the water in which cut flowers stand keeps them fresh. Saft used dry, in the same manner as snuff, will do much to relieve colds, hay fever, etc. Saft in warm water, if used for bathing tired eyes, will be found very refreshing. Saft and water will stop hemorrhage from tooth extraction.

Symes

Treatment for Pimples Will you give me, through your column, a remedy or iotion for the removal or absorption of small white, hard pimples on the face? These first made their abpearance some years ago under the eyes, and gradually sprend to both sides of the nose. They lich continually, and are very hard the continually, and are very hard the property of the continually, and are very hard to be very grateful for a remedy that will overcome this trouble. Yours thankfully, Mr. J. L.

From your description, I judge that you are troubled with whiteheads, and I advise the 'fcllowing treatment:

Whiteheads (Acne Molluscum). Whiteheads (Acne Molluscum).

Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

Wart on Her Nose Please answer the following queries at our earliest convenience:

1. What will remove a wart from the side of the nose?

2. What is the cause and cure for falling hair when the scalp is clean and the hair splitting on the ends? Also, is there a season of the year when the hair falls out? Try touching the wart with a silver nitrate stick. If this does not cause it to disappear, try the application for which I am giving you the formula below.

ow.

There is often a natural falling of the hair in spring and fall.but this is scarcely perceptible. Hair never fails to excess without reason. The tendency to a disordered scalp. In some cases this is the result of an internal trouble, and you may need a tonic to build up your whole system. Have the ends of your hair thoroughly singed or trimmed, and then apply the lotien for which I am giving you formula.

Wart Eradicator. Sublimed sulphur. 120 grams: glycerin, 5 fluid drams; acetic acid. 1 fluid drams. Apply repeatedly for several days. The warts then dry up and drop off.
For Falling Hair.

gne, 8 ounces; tincture of canthar1 ounce; oil of English lavender, oil
emary, ½ dram each.
ly to the roots of the hair once of
a day. It is positively necessary
he scalp should be kept clean. Shamleast once a week.

on him that McGill's exd been intended as a chalnimself, or rather, that Me-been seeking to show Juan-'s quarters to

reserve apparent. With he had lost caste; that they, resented his inability to silence boaster from an opposing

tenderfoot he had ma riends among the men, for he much a man's man as the of man to appeal to a woman mployer's guest, it was appar-

ed silently for twenty minand then rose and went over he corral. For more than an smoke clouds silvered in nlight while he sought some the problem which conhim, but the more he con. tuation the more hopeseemed to become. seemed to become, might challenge McGill to a ill contest—he had been the cap-f his 'varsity team—but that only make matters worse. He an automobile at racing there was no chance for

power car on the sandy trails. ed to be no way in which turn his Eastern accomts to good account here in He could only wait and



The train drew out of the city and into the open country. The leader cloud in the sky seemed to have come that he have to have the have th

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Passengers were coming aboard in a continual stream, many of them accompanied by friends, there to see them off, and every now and then little groups would break up with.

"I have the candles and the tinsel for it here in my suit cases," said that toy is useful we'll talk about the horn they were off.

They ran carefully across the

a companied by friends, there to see them off, and every now and then little groups would break up with. "Well, good-by. Merry Christmas," that lie heard bred in him a desire to sheat a terse "Oh, cut it out!"

He opened a magazine and tried to interest himself in the pages, but not until the train was finally under way did his irritability lessen, and three only at the thought that with every revolution of the wheels they were leaving Christmas—the Christmas he loathed with all his peingbehind them.

The train drew out of the city and into the open country. The leader cloud in the sky seemed to have completed were and the country. The leader cloud in the sky seemed to have completed in the same were leaving the contract of the completed and the country. The leader cloud in the sky seemed to have completed in the seeme of the contract of the contract