

washed; use towels for covers if nothing else is to be had.

Unless the room is to be stripped and turned temporarily into a hospital ward for surgical purposes or for an infectious case, there is no reason why a few pictures should not be left on the walls, since it is not necessary to destroy all homelikeness. With fresh muslin curtains, dainty covers, a few flowers and pleasing orderliness, it is possible to be hygienic and cheerful.

The floor should be bare, with a few rugs, which can be taken out each morning and brushed. While they are up go over the floor with a damp mop, or a straw broom over which a piece of Canton is tied. In this way the dust is really removed.

A screen is valuable for protecting the patient from drafts or shielding his eyes from the light.

Ventilation is of the greatest importance, as an abundant supply of oxygen is needed in the fight with every disease. An excellent plan is to flush the room thoroughly with fresh air two or three times a day. Put extra covers over the patient, be sure that he is well protected, then open all the windows opposite the fireplace, or two windows, down at the top. In bitter cold weather the lower half of the window may be put down on a board several inches high, which has been cut to fit the width exactly, and in this way fresh air will come in between the sashes, and be directed toward the ceiling, where warm, devitalized air always accumulates. An adjoining room may be opened and filled with outside air, which can then be let into the sick room by opening the connecting door.

If the invalid is troubled by a picture or any object in the room, always remove it. These whims and fancies of illness ought not to be disregarded, for when nerves are unstrung by pain and the brain is disordered by fever, familiar objects may take on strange and unpleasant shapes, which hold the eye by a wretched sort of fascination and cause real distress.

Remove from the patient's sight all depressing suggestions of illness. Just as soon as a glass is used, take it away when the bed is changed, carry the soiled bedding out at once, keeping everything in restful and refreshing order. When it is possible, use an adjoining room for all supplies, so that no food or medicine need be kept in the invalid's room. In this second room keep an alcohol-lamp and small granite boiler, for heating water and nourishment; a dish-pan and tea towel, so that cups and dishes may be washed quickly; and also a foot-tub for soaking soiled linen.

CONCERNING BUTTERMILK

Things which not everyone appreciates, about which there is a certain flavor of exclusiveness, usually command the eager enthusiasm of admirers. Thus the devotion of the lover of buttermilk to his favorite tippie is almost passionate. He cannot help boasting of its virtues, and urging it on the palates of those who do not like it and do not wish to learn to. His very zeal often defeats its own ends, which is a pity, for buttermilk is a wholesome drink, and deserves to be more popular than it is.

There is, to be sure, a legend that everyone drinks it in the country. The jug is supposed to be filled after each churning, and emptied long before the next one. In haying-time as a quencher of thirst, and in the winter as a promoter of mild and cheerful conviviality, buttermilk is declared to be the true rural beverage.

Unfortunately the facts are otherwise. Farmers, as a rule, feed their pigs and not themselves on the by-product of the churn. Switchel, no doubt, has more lovers, although less talkative ones, and so has cider.

But Professor Metchnikoff, the eminent biologist, has given a useful advertisement to a deserving article. He discovered that intestinal microbes, which he holds responsible for many maladies, including premature old age, do not thrive in lactic acid, which is the characteristic thing about butter-

milk. He also learned that the Bulgarians, a nation of sour-milk drinkers, produce an astonishing number of centenarians. Ergo: If you would live long, drink buttermilk.

Boston, temperamentally unable to resist innovation, whether dietary, religious or educational, has responded at once. Ten thousand quarts a day are consumed there, and the restaurant-keepers have taken to making up the beverage out of ordinary milk and prepared lactic-acid tablets. From other cities come similar reports; the habit is demonstrably spreading. Not everyone who drinks it will live to be a hundred; but the taste once acquired, buttermilk is a delightfully refreshing drink in hot weather, and healthful and nourishing the year round.

WIVES AND BUSINESS

"Statistics show that the ratio of domestic unhappiness is greater among the rich and the well-to-do than among the poor, and the explanation of it is to be found in the fact that the day laborer not only does not work as hard as the millionaire business man, but is less absorbed in his occupation. When the carpenters, or the bricklayers, or the pick drivers finish their ten or eight hours' work, they go home to their families. With their overalls they divest themselves of all thought of their business. Their children climb upon their knees, they are interested in all of the wife's little budget of household news and neighborhood gossip, and the man gives to the woman the companionship for which she married him.

"With the man absorbed in big business enterprises, no such simple, happy family life prevails. Every nerve must be stretched to the breaking point to keep pace with his competitors; ceaseless vigilance and absolute concentration of thought and interest must, he knows, be the price of his success. If he dallies but a month, a year, an hour, by the wayside, somebody who has not let his attention be distracted from the prize for a second will pass him, and he has no time to listen to his wife, or be interested in his children. It is a great game, an absorbing game, a game of never-dying interest he is playing, and the fury of the gambler and the ambition of the man are wrapped up in it, and it pushes everything else out.

"Such a man loves his wife and children. Yes; there isn't a doubt of it.

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