

Ice Bags on
Throat and
Nose, check
Nose Bleeding

By Adrienne

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SLIGHTLY sprained ankle is a very frequent occurrence and while not a serious matter, except for incapacitating the sufferer for the time being, and causing some pain, requires prompt treatment.

In a slight sprain no ligaments are torn and there appears a comparatively small amount of swelling, but very painful when the weight is put upon it.

Bathe the injured member with water as hot as can be borne, and apply a good liniment, rubbing it well into the painful parts. Rest the foot and limb on a chair for a day or two, keeping quiet as much as possible. The rubbing, or better still, massaging, is very beneficial and relieves the pain possibly more quickly than any other method. It is well to have the bandages kept moist with liniment and warm. A hot water bag is the most convenient device for supplying heat.

When the pain has diminished sufficiently to allow the weight to be borne on the ankle, bandage it firmly daily for several days. Slipping the banding around the parts in the form of a figure eight is the most comfortable and convenient way.

Lumbago is a most distressing and painful malady. Intense pain with inability to stoop or bend the back is experienced and severe pain in the region of what is known as the "small of the back." A strong liniment composed of belladonna, chloroform and alcohol gives much relief. Go over the seat of pain, using the finger tips and outlining small circles. Label this bottle carefully and keep out of the reach of children and careless adults.

TREATMENT FOR NOSE BLEEDING.

Full-blooded people are more frequently subjected to nose bleeding than those of the opposite type and when the attacks do not appear at too frequent intervals, the hemorrhage should not be checked too suddenly, as this is Nature's means of relieving the overburdened blood vessels.

Men as a rule are more liable to this trouble than women.

Violent exertion, extreme heat, bending the body with the head downwards, habitual torpidity of the bowels, a blow upon the nose and a persistent picking of the nose, are the usual causes. It is also one of the forerunners of typhoid fever.

At times nose bleeding will start without any warning, while in other cases it is preceded by dizziness and heaviness in the head, flushed face, an itching in the nostrils, sometimes by chilliness over the whole body or merely cold feet.

Nose bleeding also occurs just previous and during a very heavy cold. The blood vessels upon the internal surface or lining membrane of the nose are very easily ruptured, so that a sudden rush of blood to the head in the flashes of heat which accompany a cold and severe blowing of the nose produces nose bleeding.

In the majority of cases cold water snuffed up the nostrils and applied freely to the nose, back of the neck and face will check it. By inserting very carefully the tips of the finger on the side from which the blood is flowing, so as to compress the ruptured vessels for ten or fifteen minutes, will, in most cases, always give relief.

It is dangerous for anyone, save a physician, to attempt to plug the nose, for this is a very delicate bit of work and requires a practiced hand.

When the blood appears to come from both nostrils and one is unable to check it in a few minutes, it is best to send for a physician at once. Keep the cold compresses on the nose, face and neck as previously mentioned, but the feet must be kept warm.

The attention of children and very nervous women should be diverted as much as possible, for fear and excitement increase the flow of blood.

BATH FOR THE NEURALGIC AND RHEUMATIC

Those who are prone to neuralgia and rheumatism will find that relief may be had by adding a little oil of turpentine to a warm or hot bath. For an acute attack the following, consisting of green soap, 100 grams, and oil of turpentine, 60, added to a hot bath will almost invariably result in immediate diminution of pain. Place the contents in a jug and agitate until the mixture is foaming, then add to the hot bath. As soon as the prickly sensation is felt, in about fifteen minutes, the sufferer should leave the bath and go directly to bed. Restful sleep usually follows, and after a few hours or the following morning he awakens without any trace of pain or discomfort.

In treating blisters pick them with a fine needle point that has been thrust through a flame to remove all the germs. When cool, gently pierce the blister, pressing out the water, then bandage the arm with medicated gauze or thin layers of medicated cotton.

GUMBOILS AND A COUGH SYRUP.

Gummoils are most painful and result generally from a decayed root of a tooth, which causes the inflammation and abscess that revolves itself into a gumboil. Foment the outside of the face with a hot camomile and poppy head poultice and apply a small, white bread and milk poultice to the gumboil. Renew frequently. So soon as the pain and swelling have disappeared, it is best to have the tooth removed. In cases where decayed and ulcerated roots have been allowed to remain, disease of the jawbone has resulted.

Usually when the sufferer takes cold there will be a renewal of the inflammation, pain and annoyance.

A simple cough cure that is highly recommended by a well-known physician is composed of one ounce each of horseradish and licorice, two ounces of gum-arabic, one pound of molasses and one teaspoonful of vinegar. Boil the horseradish in one quart of water, dissolve the licorice and gum arabic in a little water first. Strain the horseradish before adding the other ingredients. Add the vinegar last when it is nearly done.

SIMPLE CURE FOR HICCUGHS.

The hiccup is a simple and passing annoyance in most cases, but where the attack is prolonged for hours or days at a time it becomes serious and sometimes results fatally.

An interesting case was recently brought to my attention by the attending nurse. Her patient was convalescent from typhoid fever, when a sudden attack of hiccoughs came on and for two days the three attending physi-

Medicated
Gauze is
used to
cover burned
Spots

cians resorted to every means known to them to check the trouble.

The weakened condition of the patient made the burden of constant hiccoughing more than ordinarily fatiguing, and it was evident that he was rapidly losing strength, yet apparently

Mlle. Adrienne Answers Her Correspondents

Mlle. Adrienne requests her correspondents to write to her on matters pertaining exclusively to beauty and hygiene and the minor details of the toilet.

All letters must be legibly written on one side of the paper. Where private correspondence is necessary, a self-addressed and stamped envelope for reply must accompany the letter. As this department of the paper is sent to press several weeks in advance of date of publication, correspondents must necessarily wait that length of time for an answer.

PASTE FOR BROWN NECK

JEANNE.—The following paste will bleach and soften the skin of the neck, but so long as you continue to wear high, stiff linen collars, so long the disfiguring and painful "collar lines" will remain.

Why not wear the dainty little Dutch collars that are so fashionable at this time. Wear them about the house and in the privacy of your room if not elsewhere. Ventilate your neck whenever possible, the skin needs the air, and the lack of it allows the skin.

Beat up one egg and then add: Honey, 1

the three wise men of medicine could do nothing to allay his sufferings.

The patient repeatedly expressed the desire for hot coffee, believing that it would help him, but the physicians ridiculed the idea and forbade it.

When the patient seemed to be sinking his wife insisted upon giving her husband the cup of coffee with a little cream and sweetening in it. Some slight relief was given for a few minutes; in a half an hour a desire was expressed for more coffee, and after this time the hiccoughs left for ten minutes. Then an hour later another cup of coffee was taken. The sufferer went to sleep, and, to the intense surprise of the three physicians, the next morning the hiccoughs had apparently ceased. The hot drink did more than their medicine, so they unwillingly admitted.

ounce; lemon juice, 1 teaspoonful; oil of bitter almonds, 6 drops.

Then add enough oatmeal to make the whole into a paste. Apply it directly to the skin or lay it upon a thin linen cloth. Bind it on at night and remove in the morning, washing it off with a mild soap and warm water. In the cold rinsing water add a few drops of benzoin.

PALATABLE CASTOR OIL FOR CHILDREN

MRS. H. M.—The average child loathes castor oil, who does not? Here is a simple way that it may be given to children without their being aware of the true character of the dose.

Make a pan of molasses candy and just before taking it off pour in a half cup of the oil, stir thoroughly and pour in a deep pan. It is necessary that a sufficient amount of candy be made, otherwise the taste of the oil will be apparent. This has been a successful method employed for a number of years in a family where the children, even

after several years of this dosed candy, are not the least suspicious of the imposition.

I should not like to advise you with regard to the sore places on your little girl's scalp. I think your best plan would be to allow your family physician to carefully examine the child's head. He may prescribe local treatment and again the physical condition of the child may require attention. Possibly a blood purifier will be prescribed and in any case will not do any harm at this time of the year.

LIP LOTION.

H. J.—A good colorless lotion to apply before going out and before retiring is made as follows:

Honey, one ounce; lemon juice, one ounce; eau de cologne, one-half ounce.

You might find some relief by rubbing in camphor ice occasionally.

Rinsing the mouth several times daily with bicarbonate of soda will allay the irritation coming from the stomach.

HAIR KEPT TOO OILY.

MRS. D.—As your hair is naturally too oily and the growth very slow, the following application will assist in keeping it dry and will stimulate its growth: Bay rum, four ounces; tincture of cantharides, two drams. Rub a little on the scalp every day. Occasional dry shampoos would be beneficial for you, especially as you take cold easily.

FRENCH LOTION FOR THE HANDS.

HELENE.—You can use this lotion and put on your white gloves at once, as it dries very quickly. I am sure that you will like it: Rosewater, six ounces; glycerine, one-half ounce; tincture of benzoin, one teaspoonful; borax one teaspoonful.

Shake this thoroughly and allow to stand ten or twelve hours. As you have used glycerine before and it agrees with your skin, this recipe will be perfectly safe.

PIMPLES AND ERUPTIONS.

K. B.—It is evident that your pimples come from rough treatment given to your skin. Use a bland soap and fine soft towel, never a Turkish towel, except for the body. You will find this formula excellent for your purpose: Lard, six drams; glycerine, two drams; carbolic acid, one-half dram.

For lip lotion see answer to H. J. This should help you.

LAVENDER SALTS

HEYLI.—I gave this simple recipe several weeks ago, but evidently you missed it in looking over the columns.

Fill a bottle with lumps of ammonia and pour over it spirits of lavender. Keep the bottle tightly corked.

A little lemon juice dabbed on the freckles

several times a day will tend to fade them out. But remember that persistence counts in vanquishing these little sun spots.

CAMPHOR FOR COLDS

H. J.—Yes, I have heard of inhaling camphor for colds in the head, it is quite as well known to many people as menthol, yet the practice of using both is often overdone.

Camphor is taken internally in this manner: A drop or two is placed on a lump of sugar, dropped into a small wine glass of water and a teaspoonful taken every two hours. This is also taken for a cold. For a sore throat a flannel cloth is saturated in hot strong camphor water and applied to the neck; it is renewed as soon as it comes dry. Gargling the throat at frequent intervals with salt and water allays the inflammation of a sore throat. See answer to "Helene."

FRAGRANT TOOTH POWDER

VICTORIA F.—Correspondents must wait their turn in having their letters answered, the same as those appearing in these columns. It is useless to insist upon an immediate reply by return mail. Every letter will be answered in turn and only in this manner. If I favor one I must favor all.

A pleasant tooth powder that may be made at home contains the following ingredients: Prepared chalk, $\frac{3}{4}$ pound; pulverized myrrh, 1 ounce; camphor, 1 dram; orris root, 1 ounce.

SOAP JELLY

R. M.—It is quite a simple matter to make your own soap jelly, for which I will gladly give you the directions.

It is made by melting together half a cake of white castile soap or floating soap and a quart of boiling water. Just before the mixture cools add to it another pint of clear water in which has been dissolved a good-sized piece of washing soda. Decant into jars with wide mouths. When cold this will have formed into a jelly.

The majority of persons do not find cocoa indigestible; however, if the beverage proves so in your case, do not force it upon your stomach. Malted milk may prove agreeable to you.

A New Paris Boulevard

One of the most noticeable facts about the crowd each afternoon in the Rue de la Paix is the gorgeous dresses worn by the fashionable women of Paris who jostle each other on the sidewalk, which is far too small. It is evident they are there for admiration, and as a result of this new fad the Place Vendôme will doubtless soon be utilized as a place of rendezvous.

On Moving Day

THERE frequently comes a tide in the affairs of housekeepers which, taken how, when or where, leads to a removal. A wise saw tells us three removals are as bad as a fire, but

how much truth lies in the assertion depends very materially upon the persons removing and the way in which the removal is accomplished. When, therefore, an exodus is imminent, I would have the householder regard it as a glorified sort of spring cleaning.

A few weeks before the removal overhaul the contents of each room one by one, and place on one side everything that is not absolutely necessary, and—get rid of it. The accumulation is bound to be pretty considerable, and you will rid yourself of much useless lumber.

Next visit the new house and take accurate measurements of the rooms respecting carpets, curtains, etc., and decide in your mind which can be utilized as it is and which must be altered, and make a little plan of the furniture arrangement in the various rooms.

Blinds are invariably useless if removed, therefore it is better to sell them to the incoming tenant, even if you only get a small sum from the transaction. Sometimes linoleum, gas and electric light fittings, curtain poles, etc., can be disposed of in this fashion.

Make sure that the painters and paperhangers will really have finished their work in the new house before the date of your incoming; this is a matter of no easy management, but do your best, and leave the issue to fate.

The above also refers to gas fitters, electricians and workmen generally.

Next get estimates from various firms for the removal of your furniture; if these vary greatly select the medium one.

Ascertain if the transit can be accomplished in one day or two, what time they will begin, how long they are likely to be on the road, and how long unloading, and make your arrangements accordingly.

If you can possibly do so get some kind friend to take in the children or any really useless member of the household for the week of the exodus; pack up your personal belongings, but leave everything else in the hands of the firm who have undertaken the business, as only under these conditions can you hope to receive compensation for any breakages or damage.

HAVE ALL CARPETS, ETC., CLEANED

Send to the cleaners all carpets, draperies, etc., which require renovating, before using them in the new abode; don't overtax yourself the day prior to the removal, but make the necessary arrangements for having the requisite amount of food available during the next day's proceedings. Meat pasties, hard-boiled eggs, cakes, fruit and some soup put up in bottles will usually meet the case admirably.

Go to bed early, and rise in time to prepare a thoroughly substantial breakfast for the members of the household, and have the meal cleared away and the china washed up before the men arrive. Let each person of the household have a definite occupation, so that nothing must be available to point out the furniture which must be unpacked first, the unnecessary items being stored first in the van; one can undertake the arrangement of the commissariat, another remove the soiled bed and table linen, and dispatch it to the laundry, etc.

All their duties accomplished, and having seen that the first van is ready to start, it will then be time for the household to set out for the new home; a picnic meal will probably be taken en route or upon arrival, each person will then undertake to superintend the arrangement of the rooms which will be required that night, the kitchen and bedrooms being naturally the most important.

Possibly you may have carpets and curtains ready fixed in these rooms; if so, so much the better, and as the vans unload the furniture can be quickly put in place.

Do not attempt to much, concentrate your efforts on the kitchen premises so that a breakfast can be properly prepared next morning, and upon the necessary beds and bedrooms, so that as good a night's rest may be assured as circumstances permit.

Heat the soup and make a good supper on the remains of the store, and retire to rest, leaving the greater portion of the "tidying up" till the next day. If a gas stove be not available, a spirit lamp and small kettles must be packed up with the provisions.

A FAIR DIVISION OF LABOR

Next morning there will be much to do, and once again there must be a fair division of labor, the commissariat being specially important.

When arranging the furniture it is not wise to attempt much washing and cleaning at first; get the things in place, and do the necessary polishing, etc., afterwards; the general muddle should be sorted out first of all.

As there are bound to be lots of things which cannot be put in position the moment they are unpacked, it is wise to keep one room specially for these items, and let this apartment be the very last to be put in order.

If the men of the family are unavailable during the daytime, or if they possess no capabilities in the way of nail-fixing, picture-hanging, and such like duties, it is wise to procure the services of a handy man from some trustworthy establishment, who can make himself generally useful by performing miscellaneous jobs.

As cases and boxes are emptied of their contents, have them removed at once, making it a golden rule to "clear as you go," for that way lies success. Don't rush and tear all over the place, but attack one room first and finish it, and don't get in each other's way.

Every housekeeper likes to go into a house that is clean and tidy, and not littered with the rubbish of the previous tenant; so, if you would do as you would be done by, always arrange to have the house you have left swept out and tidied up as soon as all your belongings have been taken away. If there is more rubbish than your ash barrel will hold, make a bonfire and burn up all you can.