

day," and rising, John put on his hat and went at once for it, glad of a chance to be doing something.

The women undressed little Josie, and slipped a clean nightdress on her.

Maggie held her in her arms, keeping her well wrapped up, while Mrs. Jones prepared the mustard ready for poultices, by using one part mustard and three of flour, stirring together with cold water and placing the paste thus made between cloths. The water was now boiling, and taking the lime from him when he came in, she threw it into a bucket, and poured the boiling water over it. They then threw a blanket over Maggie and Josie and enveloping her completely.

The steam from the lime was horrid but Maggie closed her eyes and stood it. The sweat poured from her face in streams. Josie was sweating from head to foot, and coughing, also trying to cry, but Maggie soothed her, and kept telling her it would soon be over, and it would help Josie get well. As soon as the steam bath was over, they placed the mustard poultices on her back and chest as the doctor had directed, wrapped her up snugly and tucked her into bed.

Maggie then opened her suit-case and found the new bottle of croup medicine, which she had brought home with her and gave Josie a dose of it.

She commenced coughing and strangling again, and they thought she could

not recover, but much to Maggie's relief she heard the dry hard cough loosen, and soon the little throat began to clear itself. The breathing got easier and the danger was over.

Maggie was utterly exhausted, and as Josie was now sleeping, her head dropped forward on the bed and she, too, slept.

Little Glen had not received much attention, and now that the excitement was over, he crept to his mother's side, and wanted to be taken.

John with rare thoughtfulness, picked the little fellow up, and taking Jamie also, they went out to help daddy unhitch the team, which was still standing where they had been tied.

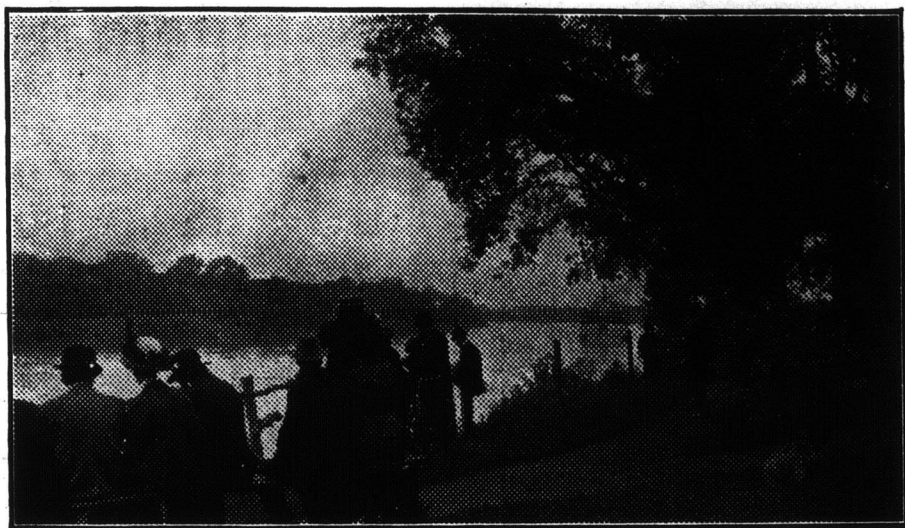
Mrs. Jones tidied up the house, and prepared their lunch ready on the table, and then said she must go home.

"Many thanks, Mrs. Jones, for your kindness," said John, as she was leaving, "perhaps we can do as much for you some time."

"Don't mention it," she replied hastily tying on her bonnet, "if you need me any further send Jamie for me."

Promising to do so, he went back into the house. Maggie and Josie were still asleep when he tiptoed into the room, but Maggie roused up when he came in.

"Maggie," he said earnestly as he came at once to her side and put his arms around her, "I will never stay away from home any longer than is



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AN OLD NURSE

Persuaded Doctor to Drink Postum.

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"I began to drink Postum five years ago on the advice of an old nurse.

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"In three months I had gained twenty pounds in weight. I now use Postum altogether instead of tea and coffee; even at bedtime with a soda cracker or some other tasty biscuit.

"Having a little tendency to Diabetes, I used a small quantity of saccharine instead of sugar, to sweeten with. I may add that today tea or coffee are never present in our house and very many patients, on my advice, have adopted Postum as their regular beverage.

"In conclusion I can assure anyone that, as a refreshing, nourishing and nerve-strengthening beverage, there is nothing equal to Postum."

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Experiment until you know the amount that pleases your palate and have it served that way in the future.

"There's a Reason" for Postum.

necessary again. I did not realize quite what it meant, to stay at home alone with the children, until I tried it for myself. They say experience is the best teacher, and I believe they are right."

She answered, "John, do you wonder now why I dread to stay alone, and am angry when you could come home sooner and you do not come? I would have been home yesterday but the crisis in mother's illness came last night at midnight and the doctor and father would not let me leave.

"When the turn came it was, I am happy to say, one for the better. I stayed up until four, then ate some breakfast while father hitched up the team for me, and then I started home."

"You did not sleep at all last night?" exclaimed John.

"No, I was uneasy about the children, and I could not rest until I got started home."

"Well," said John thankfully, "All's well that ends well, come let's eat our lunch Mrs. Jones so kindly prepared for us before leaving." They were all so glad to think the little daughter was so much better that it was a happy meal. Maggie cleared things away and John went out to do his chores.

When John leaves home now he does not stay away as carelessly as in days before, for the few days and nights staying at home had proved to him that the staying at home was by no means the easiest proposition of the two. He had often told Maggie that if he had nothing harder to do, than stay at home, life would be easy. But John says, "Wise men change their minds," and he ought to know.

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