

Doctor.

alcohol or bay rum added to, in bathing the sick, will such relief and comfort as to refreshing sleep. Sponging the alcohol, allowing it to dry on is an excellent preventive for rashes from general weakness.

Excellent family liniment for bruises and sprains is prepared from each of the following: ammonia, spirits of camphor, sweet oil. Rub the liniment on the skin for five or ten minutes, and a piece of flannel about the

or scalds immediate relief by applying the ordinary balsam found in nearly every home. A very slightly and cover the with a thick layer of this moist to exclude the air; keep the in place by a bandage of in, and if the skin is not cure will speedily be effected.

severe illness or exposure to is often a roughness on the lower limbs, due to imperfect After a warm bath rub briskly, and apply cold cream or butter softened with a small of oil of almonds. The rub- application may be tried every are retiring, and the improve- be evident in a short time.

ing a luxury a hot water bag become one of the necessities. Heat is so important a part in almost all cases of that this convenient method of can be used at any time, my one, from infancy to old little very hot water should to the bottle, so that the soft adapt itself to any part of and not be a burdensome the part affected. It may be a nannel or a soft towel if the rubber to the skin is un-

Baby's Bath.

path is of such great import- itself, that too much cannot on the subject. Baby's health much upon his bath being given, and given with regu- others should consider all onary until this one is per-

the first ten days of baby's could be washed on the nurse's that he may be given a full as nearly as possible at the every morning, and at least after feeding; this insures bits, such as naps for naps and baby will be much are for it.

every- baby a bath properly, every- be in readiness before be- room should be thorough- free from draughts, and, to should have an open fire in cold Clean clothes should be hung radiator, to be aired and tub, a large pitcher of hot rags, wash rag, Castile soap, basket, containing all the cessary for the toilet.

As baby grows older, it arm enough at about 95 to Fahrenheit. Baby is now bath blanket, which may be flannel or soft wool, laid on a lap, and all of its clothing removed; first wash head and soft wash rag, using a little is head, and drying with an towel, protecting the body with blanket while this is being r this, the body should be d, and baby placed in the tub, and shoulders supported by hand, the bath given quickly baby again placed in the bath in the nurse's lap, his body ally, with as little rubbing as

there is danger of chafing, powder under the arms and folds. It should be an im- powder, without grit, and a quantity, otherwise it will create the soreness it is in- heal. A glass of cool, led water should be in readi- cleansing baby's eyes and

sh clothing should now be put ftly as possible, the skirts over the feet, and buttoned, by over as little as possible. Is any dandruff caking in the e it well, and wait until it is fully softened before attempt- move it, using no force what- sh the hair very gently, with t brush. Little squares of nen or muslin an inch and a e, should be at hand, to dip lass of boiled water, to wipe es and mouth—one for each e for his mouth—after which have a little fresh water to

Boys and Girls.

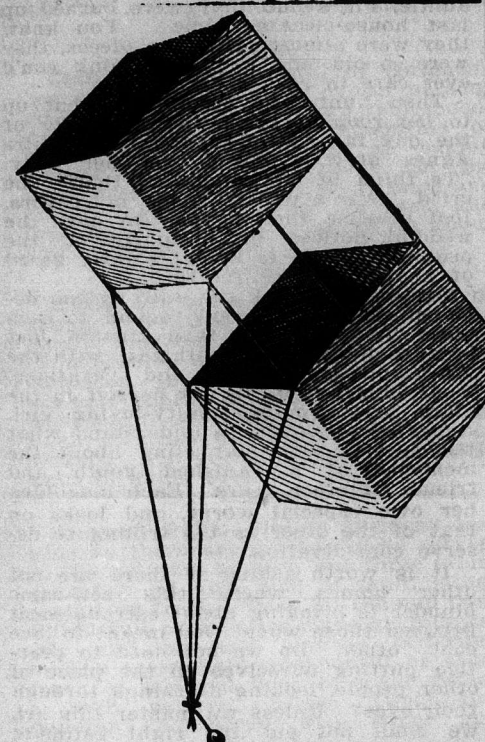
A New Box Kite.

One of the very best fun-makers a boy can have for the September days is a box kite, and the chap who owns one will always be popular among his playmates and never lack for company when he goes out to fly it.

Get an old umbrella, four seasoned hickory sticks, or sticks of some other tough wood three feet long and a half inch thick. Rip the cover off the umbrella, being careful not to tear the material. Take eight of the ribs, the short ones that run from the frame to the stick, and lash their ends together with copper wire, making two squares. Now take four of the long ribs and break them each in half, thus getting eight more pieces the size of those you have just fixed. Lash these eight new ones together in the same way, making two squares each of four wires.

Now lash one of your hickory sticks by one end to the corner of one of your two first wire squares and fasten the other end of the stick to a corner of its mate. Place the other three sticks in position in the other corners of the two squares and fasten them firmly by lashing them to the corner and sides of the square with fine copper wire.

Now for your second set of squares made from the more pliable ribs of the umbrella. These slip outside of the framework you have made and are placed one foot from either end so that



there will also be a foot between them, providing you have made your sticks three feet long. When these are firmly wired in place you are ready for your kite covering, which is the covering you have ripped from the old umbrella. This is placed around either end, as shown in the illustration, and firmly sewn in place along all four edges of each square. Be sure and use heavy linen thread in doing this, and it is all the better if your thread be waxed. Your kite is ready to fly as soon as you fasten a "tail" on it.

Now make a "free" kite of it, which means a kite which will sail away without a string. Get four more long umbrella wires and fasten them to the inner sides of your wire squares on the framework as shown in the picture. These wires must have their free ends brought together and lashed fast, with a small iron or brass ring at the extremity. In this ring you may hang a lead weight, which must be varied according to the force of the wind blowing. This weight acts just exactly like the drag of a kite string and will keep your kite steady and upright if you are careful to adjust the weight to the force of the wind. Your kite will not rise in the air, but will sail straight off before the wind for a long distance.

A Bird Game.

First, a leader, or a bird catcher, is chosen, who gives each player a bird to represent, selecting such birds as have notes that are easily imitated. No one, however, must represent the owl, for reasons hereafter to be given.

The players then take seats around the room, with their hands placed on their knees, and the leader begins to tell an anecdote or a little story in which birds take the chief parts, par-

ticularly the birds represented by the players. Each player, as the bird he represents is mentioned, must utter the call or cry of that bird, never for an instant taking his hands off his knees.

When the leader mentions the owl—which he should every now and then—each must make a sound, but each player must take his hands off his knees and put them behind his back, where he must keep them until some other bird is mentioned by the leader, when he must put them on his knees again.

If a leader can catch a hand while this change is taking place, the owner of it must pay a forfeit, and also take the leader's place, when the game starts again with the new leader's story.

The leader in this story must speak now and then of "all the birds of the air," and when he does so all the players must utter at the same time the calls of the birds they represent.

A Fountain in a Bottle.

A large glass bottle, or jar, with a rubber stopper having a hole in it, is the simple foundation for your fountain. You will need, besides, a glass tube with a jet at one end, and a piece of rubber tubing about two inches long.

When you have prepared your materials, place the stopper in the jar, and insert in the hole the glass tube, with the jet inside the jar. To the end of the glass tube that is outside fit the rubber tubing.

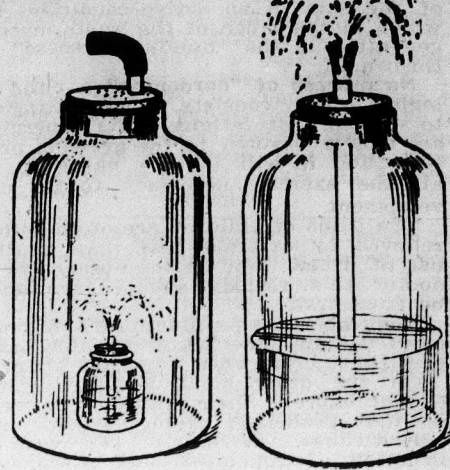
Now exhaust your lungs, and, placing the other end of the rubber tubing in your mouth, suck out the air from the jar. When you have taken a deep breath, pinch the rubber tube so that no air will return to the jar, and again exhaust your lungs, and repeat the process of drawing the air from the jar.

Now, still pinching the rubber tube, or applying a pinchcock, turn the jar upside down and place the end of the rubber tube in a glass of water. When you release the tube the water will spurt up through the jet, and your fountain will play in the jar. It is the outside pressure on the water in the glass that forces the spray into the vacuum of the bottle.

Instead of exhausting the air from the jar, here is a way to produce the fountain outside of it. Reverse the glass tube so that the jet will be outside and the other end near the bottom of the jar. Pour water into the jar until it is about two-thirds higher than the end of the tube in the jar. Fit the rubber tubing over the jet and blow into the jar, thus condensing the air. Pinch the tube while you again fill the lungs and blow again into the jar. Now quickly pull the tubing from the jet, and the water will spurt out, producing a fountain. This time it is the pressure of the condensed air in the jar that forces the water out.

In the same jar place a vaseline bottle with a piece of thin rubber cloth stretched over the mouth, and tied in place. Now, instead of the long glass tube, use a smaller one, and if you will exhaust the air from the jar as you did in the first fountain experiment the rubber will rise like a balloon, because the air in the small bottle will try to get out to fill the vacuum you have produced.

Now, if you will blow into the rubber tube, as you did in the other fountain experiment, the rubber will bulge downward into the small bottle, condensing the air there. By fitting the vaseline bottle as you did the outer one, with a glass jet, and placing water in it, and then exhausting the air from the outer jar, you will produce a miniature fountain in the jar from the smaller bottle.



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