

KINGDOM OF WOMAN.

**ADVICE TO MOTHERS CONCERNING
CROUPS AND COLDS.**

Group no Longer a Bugbear—Simple and Efficient Treatment—Cold Water Cloths for Group—Hot Water Remedies for Colds—Read, Mark and Learn.

Croup is a word which strikes terror to the heart of every mother. Whoever has heard the clanging cough, the choked breathing, and seen the flushed faces of the little sufferers will never forget the experience nor fail to recognize the symptoms.

For a long time croup was one of the bugbears of my existence. My children are all predisposed to it and the least relaxation of vigilance on my part meant a night of disturbed rest. A fire must be made and water heated, onions must be fried, and I usually sat up from one to three hours with the child's feet to the fire. I could look back and laugh at the remembrance, if it was not for the suffering of the child.

In the first place I have learned to not keep the children housed too closely. They are warmly dressed as soon as the first cool days come; then, unless it is damp or stormy, they are turned out to play every day. Thus they are accustomed to exposure, and do not readily take cold.

If one of them wakes with the croup I light the night lamp, fold a soft cloth, it will make four or six thicknesses around the neck, then dip it into the coldest water in the house. Unfasten the child's clothes and place it around the child's neck, covering with a thick dry cloth and a piece of oilcloth. In two minutes from the time I heard the cough, I am back to bed with the little one tucked down between Ted and me, to avoid any possibility of its losing the pack. The child will seldom cough the second time.

In using this treatment, several things are imperative. The water must be cold ice water is best, and the cloth warm. The child must be kept warm, for the pack soon grows steaming and a chill then means a fresh cold. In the morning when the pack is removed, rub the skin with a towel until it burns, or use a brisk application of salt and cold water, drying thoroughly with a soft towel, and the cure is complete. Care must be taken for a few days, however, that the child takes no more cold. I have found this method to cure more rapidly than all the alum and sugar, hive syrup and fried onions I ever heard of. The most severe cases will yield at once.

For a cold in either children or adults, the hot water treatment is excellent. Just before going to bed immerse the feet in hot water and fill the teapot one-third full of very hot water. Close the lid and take the nozzle in your mouth. Inhale the steam and exhale through your nostrils. Continue until the head and throat have become loosened, dry the feet, then go quickly to bed and sweat away your cold. These are tried remedies in our family, never known to fail.—The Housekeeper.

Attractiveness Created by Good Reading.

It is born in every woman to wish to be as attractive as possible. Men call it vanity, but that term is erroneous, for such a sentiment is only fostered by the compliments of others, the flattering minor and the one hundred and one influences of daily life that tend toward that end. Vanity is self-satisfaction, but the desire to be attractive only proves that a woman is not entirely pleased with herself, but wishes for a polishing and brightening up and making the most of what she has to the best advantage, instead of a sense of content that bespeaks her own good opinion of her perfections. When a girl adopts a plan of self-improvement she begins usually with her complexion or her figure, but the Philadelphia Times in confidence betrays a beauty secret that deals not in cosmetics or lotions, that does not tend to injure the skin or figure the body, yet which adds more genuine loveliness to a woman's heart and mind than all the contents of the little jars and cut glass bottles on my lady's toilet table could ever hope to effect.

This wonderful attraction giver is the cultivation of a taste for good reading. Nothing so influences the manners and morals of the woman of any age as the books she reads. Frivolous novels with fanciful plots fire the imagination, but do not tend to elevate the mind. Life viewed through the pages of a lurid, blood curdling volume assumes an aspect entirely at variance with its real character and the constant reader of such a style becomes imbued with ideas that may, unless she has some wonderfully powerful influence pulling the other way, lead her to do many things that in the future she might regret. Become a cultivated reader. Seek out the best, whether poetry, fiction or history, and you may depend upon it that such a course will do more toward making you a charming and delightful companion for those who appreciate the beauty of intellect than the fleeting power of a beauty that is not backed by brains.

How to Improve as Walkers.

"Women do not possess much grace in their daily walk, and style and individuality are all that redeem the walk of the modern girl from actual awkwardness," remarked an observant old gentleman to a Louisville Post writer, as he stood on Fourth street watching the procession of beauty that passed along that thoroughfare every afternoon. "There are exceptions, of course, who possess freedom of action and grace, but, as a rule, women stride, shuffle hobble or amble along in any way, regardless of how they look so long as they get there, and, though they may be possessed of beauty or wit, it is all spoiled by their ungainly walk. Any woman can learn to walk if she would take pains and practice. She should throw her shoulders back and, holding the body firm above the hips, give the gliding motion to the lower limbs, and at the same time avoid taking too long steps, which gives a girl a certain manly appearance that is not attractive. If women would keep in mind these facts they would soon observe a great change for the better in their walking."

To Set Calico Colors.

To set the color of calico so that it will not run in washing put a teaspoonful of sugar, of lead into a pailful of water and soak fifteen minutes before washing.

To Remove Ink Spots.

To remove ink spots from woodwork scour well with sand and water and a little ammonia, then rinse with soda and water.

DUAL SLEEPING.

Mother's Should Never Allow Children to Sleep Together.

"I have been looking at some furnished houses," said a woman lately, "and I am surprised to find how much the use of single beds has increased, at least among New Yorkers. I was curious enough to inquire about the matter at a furniture store, and the dealer told me that in ordering suits, particularly the high priced ones, the choice was often given of two single or one double bedstead, which would seem to indicate that the wealthy class that is oftenest abroad is bringing home this practice. It is beginning to be understood, however, by a growing number of persons that to sleep alone appreciably contributes to one's rest and health. The system undergoes electrical changes during the night's sleep, and where persons lodge together night after night under the same bedding these changes must mutually react with appreciable results.

The London Lancet called attention not long ago to the habit of dual sleeping, saying that there is nothing that will so derange the nervous system of a person who is eliminative in nervous force as to lie all night in bed with another who is absorbent of nervous force. The latter will sleep soundly and rise refreshed, while the former will toss restlessly, and will awake in the morning weary, peevish and discouraged. No two persons, no matter who they are, ought habitually to sleep together. The one will thrive, the other lose. An aged person and a child should not be bedmates; great as is the pleasure to grandma to have her "little comfort" with her at night, it is one which the wise as well as the fond relative will forego for the child's sake.

A case recently came to the writer's knowledge of two sisters fifteen and seventeen years old. The younger was a splendid specimen of young womanhood, robust, active and merry, while the elder, though not ill in any definite way, was thin, tired out quickly and fretted over trifles like a nervous old woman. These conditions finally came to be accepted, and probably would have continued indefinitely if an English relative, a physician, had not made the family a visit. His sharp eyes noted the morning lassitude of the elder girl and the corresponding freshness of her sister at breakfast, and he drew his conclusions. An inquiry of the mother secured the knowledge that they not only slept in the same bed, but, said she, "Elise's (the elder) devotion to her sister is such that for years she has only gone to sleep when she could hold Mabel close in her arms."

The doctor fairly snorted at this sentiment and in the end persuaded the sisters to sleep apart. Two pretty brass bedsteads side by side offered privacy, and company, but prevented contact, with the result that in six months' time Elise showed a marked improvement in her general health and has become in eighteen months a happy, good tempered young woman, with considerable increase of avoirdupois. In this case at least the improvement dates from the moment of separate beds.—Her Point of View in New York Times.

A Baby's Wardrobe.

There is a great change in the mode of preparing the wardrobe for the little ones since the days of our mothers. It is not now the fancy to bind, cramp and weigh down the tender bodies as in the olden time. The future will know stronger men and women in consequence of the enlightenment of the present-day mother. The band pressing the exceedingly sensitive abdomen is a relic of an unkindly past, now held almost as a curiosity. Its use has become so rare. How strange the fancy should ever have prevailed that Nature was less wise than we, and that the wisely flexible walls giving the vital organs free room for expansion and labor should have been considered a blunder. The unconscious egotism of ignorance, trying to improve upon the creative wisdom, by binding and compressing, through light bandages, the marvelously adapted physical structure, is pathetic to memory as it was cruel in exercise. All the garments made on scientific models for the wee ones are to-day free from the shoulder and sleeve to the hem, cut to avoid weight or bulky fulness, simply finished, and with their chief beauty in fineness of texture and exquisite needlework. Even the diaper is no longer pinned closely about the hips, but fastened back and front to a loose waist coming from the shoulder down.—The Housekeeper.

Can They Understand?

"Confidence between man and woman," says Malcolm Salaman in his clever book, "Woman—Through a Man's Eyeglass," "must always be comparative, and absolute trust a practically impossible, since the differences of temperament preclude a perfect understanding. A man can never see a woman as she is or as one of her own sex may see her, and vice-versa. Yet a woman is more likely to comprehend a man and his motives than he is to comprehend her; for a woman, while more sensitively sympathetic, judges instantly by instinct, straight and sure as a crow flies. A man, on the other hand, travels the railroad of reason, where there are many shuntings, and a single mistaken signal may upset the whole train of his logic. In judging a woman's motives and feelings a man argues from his own, and deduces conclusions which are more often than not, radically erroneous."

Lighten Your Steps.

There are many houses where the space is so contracted that one must carry up stairs or down the cellar many of the articles in common use, and there is no more killing work for the housekeeper than this. No one who has not tried it can imagine the tax on the strength and the addition to the burden of life which is imposed by this lack of convenience. Of course, it may be said that with limited means one can not make the necessary provision in building, but this is not in any sense a valid excuse. At least something should be done to save steps for the housekeeper who in many instances the mother of the family and does her work without assistance.

How to Make Over an Old Basque.

If you have an old-fashioned, plain, cloth basque, it may be made into a thing of beauty and fashion by a little ingenuity. Cut off the ends below the waist, so that it may be worn with a belt. About two inches from the buttoning line on each side in front cut the cloth away from its lining, and insert a full vest of crepe of a contrasting color. Line the little jacket formed by the cloth, and let it fall loosely in the zouave form. Make big puffs of silk in the same shade as the cloth, to extend to the elbow, and have a tight cuff below. A folded belt of the silk, with a rosette, finishes the waist, and it is very dainty.

1892

Fall and Winter.

1893

AGAIN Grim Winter is upon us; again we must bestir ourselves to withstand his attacks.

MEMORIES of past winters and by-gone experiences have taught us what is needed, and we have secured the best things in

STABLE and fancy Dry Goods, Fine Boots and Shoes, Men's and Women's Rubbers & Overshoes, etc., that the market affords, and at prices that keen competition and stern necessity always offer to the cash buyer.

DO YOU KNOW that the word "CASH" has a wonderful influence in the world of commerce! Often an often goods are secured at far less than the cost of production. This is a lesson we learned long ago, and have constantly used our best energies and cash to secure the bargains offered from time to time; and we still adhere to the rule of sharing the advantages we receive with our customers.

We lead the Van in the MILLINERY BUSINESS in this section of the country.

Our Customers come from far and near. Our Stock is fully assorted for Winter, and MISS KINSEY will undertake to satisfy the most fastidious in this line.

We keep constantly on hand a well-assorted stock of CHOICE FAMILY GROCERIES.

Our specialty is TEA. We say without fear of successful contradiction that our 25c. and 50c. Tea cannot be beat.

Do not forget the place, and don't be afraid to ask to see any line, whether you want to purchase or not, as we consider it no trouble to show goods.

REMEMBER—One Price to all; and right down to the limit below which honest goods cannot be sold.

W. S. BEAN.

Montreal House, Gorrie.

B. S. COOK,

Real Estate & Loan

AGENT.

FORDWICH, ONT.

Money to Loan on Family Security at the Lowest rate of Interest.

GOOD NOTES DISCOUNTED.

Special Attention given to

CONVEYANCING.

B. S. COOK,

North of the Post Office,

FORDWICH

Fordwich

Roller Mills.

WILSON BROS., Props.

First-class Manitoba Wheat Flour manufactured and always kept in Stock and sold in any quantities.

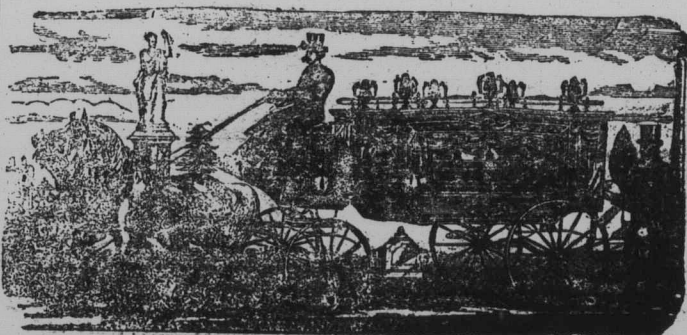
FLOUR.....per cwt. \$1 00 to \$2 00
BRAN.....per ton. 10 00
SHORTS.....per ton. 18 00

Special attention given to GRISTING, which is done on the shortest possible notice.

Highest Price Paid for Grain.

The mill is fitted throughout with the very best roller process machinery and appliances and we are confident of being able to give perfect satisfaction.

PATONAGE SOLICITED.
WILSON BROS.



Special Announcement.

Having purchased a first-class full plate glass Hearshe I am in a better position to do the undertaking of this community than before, and owing to reductions in the wholesale prices of our goods I am in a position to give the use of this magnificent Hearshe free, that is to say my charges will be no more and some less than before.

J. R. WILLIAMS,

Furniture Dealer and Undertaker

Member of Ontario School of Embalming.

East Huron Gazette.

GORRIE.

Home News,

Diserict News.

Miscellany.

The Best Advertising Medium in this section.

Have You Renewed Your Subscription for 1893?

The \$ will be welcome!

OUR

Jobbing

Department

IS REPLATE

With the Latest Faces of Type, Most Modern Conveniences, Rapid Presses and every facility for turning out first-class work on the shortest notice and at the lowest prices.