

## THE FAMILY REMEDY CASE.

The proverb tells us that those who are never taken unawares escape misfortune. To be prepared for any accident or emergency that may occur is often the difference between the most disastrous results and only a temporary inconvenience. The placing of certain remedies and appliances so that each member of the family may know where they are, is a great convenience in a household. Not only is such provision a convenience, but at any time may prove the means of averting that which otherwise might involve the loss of life itself. I have found a case made as follows, most satisfactory for keeping at hand those things that illness or accident may require, and as it has been examined and highly approved by able physicians I feel that I can safely commend it:

Take a piece of dark gray or brown chamois leather twenty-five inches long and eighteen inches wide and bind it about the edge with fine tape or ribbon. When this is done, take three strips of the chamois, each twenty-four inches long and eight, six and five inches wide respectively. Bind these pieces across the ends and one edge with the same binding with which the larger piece of chamois has been bound. Divide the strip eight inches in width into three equal parts and in the center of each of these divisions lay a box-plait that takes a trifle more than two inches of the goods. This makes the lower plaited edge a little less than the width of the foundation. Stitch the lower plaited edge of this strip on to the foundation one inch from the edge and cover the seam with a piece of binding laid on flat and stitched on both edges. Stitch the ends of this strip to the foundation and also down the two lines that form the divisions, thus forming three pockets. Cut three pieces of chamois six inches long and three wide, round the lower corners, bind them, put a loop in the center of each and stitch them on, one over each pocket, to form a closing flap. Bring them down and put a button corresponding to the loops on each pocket. Put the other two strips on the foundation in the same way, leaving a space of three-quarters of an inch between them. In the center of the vacant space at the top, stitch on a little strap in which to slip a sharp, medium sized pair of scissors. On each of the upper corners sew a strong loop for hanging the case, made of doubled, strong linen tape.

One of the pockets in this case should be devoted to prepared bandages. These should be of cheese cloth, torn in strips from one to six inches wide. The cloth used for this purpose should be carefully rolled in little rolls and tied with a bit of thread. These bandages should be unwound as they are wrapped about the part to be bandaged, and are arranged in this way to be ready for use, as a long strip of cloth twists and catches. When the bandages have been rolled and tied, wrap them in tissue paper to keep them free from dust or any other foreign substances, which, as they are used about wounds, might otherwise cause irritation, become a medium through which septic matter would be introduced into the blood. Place them in the case ready for a time of need.

Some lint should be scraped and wrapped carefully in tissue paper for the same reason that the bandages are so wrapped, and also some neatly trimmed pieces of old linen. With these should be placed a paper of the best pins, to be used in fastening the bandages.

Borated and also carbolated gauze, which can be procured at almost any drug store, should be put in this case, each carefully wrapped in tissue paper. Indeed, too much care cannot be exercised in regard to keeping everything in this case so placed that there can be no danger of their gathering any foreign substance.

There should be an eye-glass for bathing the eye and a bottle of the best distilled rose-water for inflamed eyes. Among other things there should be a cake of the best castile-soap and one of the fine sponges known as surgeons' sponges. There should be a box of vaseline, some mutton tallow, a bottle of Jamaica ginger, one of arnica and one of Hamamelis. There should also be in this case a box of mustard, brown paper cut in various sizes, some thin pieces of cheese cloth and some sizable pieces of soft cloth. Several different kinds of cast-plaster, among them the heavy kind used in drawing scalp wounds together, should be put in the case and placed in one of the pockets.

Another thing a household needs it is well to have in this case is a solution of potassium, for sore throat, and aromatic spirits of ammonia, sweet oil, alcohol, essence of peppermint, camphor, oil of cloves and a box of boric acid.

Of course any remedy desired may be added to those mentioned. However, each pocket should be carefully labeled on the upper part of the flaps covering it, that whatever is wanted can be reached without delay. This marking of the pockets can be accomplished by pasting on the flap a slip of paper on which is written the contents. Any material desired may be used for making this case. Chamois is only mentioned because it is considered preferable.

## The Housekeeping Problem.

Time, strength, and necessary work are the three important elements to be taken into consideration by the woman who undertakes to solve the housekeeping problem. Each must be regarded, or the worker will find herself lost among a host of unaccomplished results, and so wearied with her unavailing efforts that she will be completely discouraged.

There is no labor so wearisome as that which is ineffectual. If one sees his object accomplished, all the hard labor that was expended in obtaining it seems insignificant. The individual is rare who wastes much admiration on the strength of him whom he can conquer; but no praise is too great to be given to the one who conquers him, for he is also not easily found who believes that an inferior strength is superior to his own.

It is for that very reason that housekeeping is considered so terrible a problem by many housekeepers; it masters them, and they are so tired with the struggle, and so discouraged over their failures, that the victor towering above them seems a veritable monster.

You may learn a lesson if you watch your children as they sit around the table working their examples in arithmetic. There is one who goes about his work with nervous haste, hardly taking time to read the example through to the end. He writes on his slate the first figure he reads, and adds, subtracts, or multiplies with no definite reason in his mind. The chances are that he will work a long time before he gets the correct result, and if he be inclined to impatience he may throw down his book in despair declaring that the example can not be worked to bring the given answer.

Now, see that child. He reads the example carefully, and thinks upon it until he decides what relationship the different numbers bear to each other, and when he begins to work he has a reason for adding, subtracting, or dividing. He will probably get the correct result.

The housekeeper should have a well formed plan of attack. She should remember that the three elements before mentioned require her first consideration, and should endeavor to discover the exact relationship they bear to each other. If the result is not satisfactory it is because she has taken too much of one of the elements, and no equation can be formed. Then, instead of declaring herself beaten, might she not better try to discover her mistake and remedy it?

It is foolish to complain that we are given problems which can never be solved. It makes no difference what our position in life may be, the work which lies before us can be done by us if we go about it in the right way. Like the ambitious but foolish child we may have been so anxious to make rapid progress that we "skipped" the first lessons without comprehending them; if so, we must expect to find the next very difficult. The fault then lies with ourselves. Sometimes, like the pupil who is put into a class a little beyond him, we are so driven with work that we can not give it the thoughtful attention it deserves. There is little possibility of that unfortunate pupil graduating with honors. He may strive to keep up with the class, but will be in danger of completely breaking down from the strain; he may get through, but he can not deceive himself with the quality of his work. He is more likely to leave the class altogether, for few have the courage to go back and begin right, or the assurance to go ahead.

Sometimes the conditions are such that there is no going back; then we must be patient, and strive earnestly to reconcile the careless past with the difficult present, and right here we may learn the most valuable lesson of all from the little pupil before us. When he can not understand his problem he gives it to his teacher for help, and we should not be afraid to go to the Great Teacher for help through all the dark places in the problem which He has set for us to do.

## About the House.

People who suffer from chapped hands should be careful to dry them thoroughly after they are washed. This prevents chapping. If the hands are already chapped, however, there is nothing better than camphor ice. This preparation contains no glycerine, a component part of many other ointments used for this purpose, and consequently of no use to the large number of persons to whose skin glycerine is irritating. To make camphor ice, take three drachms of camphor gum, the same amount of white beeswax and the same amount of spermaceti; add two ounces of olive oil. Put the ingredients together in a cup on the stove, in a moderately warm place, where they will melt slowly together and form a white ointment in a few minutes. Pour it in an earthen box or cup, and when cool, use. Rub the camphor ice on the hands before going to bed; put on gloves, and after a night or two of such treatment the ordinary cases of chapped hands will succumb.

Lemon juice is much better than oxalic acid for taking out stains on the skin. It softens it and leaves it in better condition. There are a certain number of drugs that every one should have at hand in convenient places, kept in glass bottles with glass stoppers. Among these is ammonia, which is perfect in its cleansing properties; then comes vaseline, glycerine, borax, alum, camphor and alcohol. Every one of these is needed.

Butter-scotch calls for one cup of sugar, one cup of molasses, half a cup of butter, one tablespoonful of vinegar, pinch of soda. Boil all together till done, pour in a buttered pan and cut in squares when cold, and wrap in paraffin paper.

For a very nice custard pie, beat three eggs, three heaping tablespoonfuls of sugar, one of flour, a pinch of salt and grated nutmeg to taste in a quart bowl,

having in the meantime put your milk on to scald. When the milk is scalding, pour it over the beaten eggs, etc., stirring briskly. Have a large, deep pie-plate lined with crust, set in the oven and let stiffen a little, then pour in the custard. Do not have the oven very hot, just hot enough to brown the froth which will rise to the top of the custard a delicate color.

For frozen pudding, take one pint of heavy cream the yolks of four eggs and beat together; make a syrup of one pound of sugar and one pint of water, put on the fire when very hot, add forty blanched almonds, pounded fine, one ounce of chopped citron, two each of raisins and currants, one ounce of candied orange and lemon peel each, the juice of the lemon; pour in freezer and freeze. Set aside one hour to harden.

To brighten gilt picture frames, take sufficient flowers of sulphur to give a golden tinge to about one and one half pints of water, and in this boil four or five bruised onions, or garlic, which will answer the same purpose. Strain off this liquid, and with it, when cold, wash with a soft brush any gilding which requires renewing, and when dry it will come out bright as new.

## About the Hearth.

A judicious change of diet is needed in spring. Begin the morning meal with an extra allowance of fruit. Take two sound oranges or apples if you have been eating only one, or three if you have been eating two. Be sure there is no decay in the fruit employed in this manner. Eat good bread and butter. If you are a coffee or tea drinker, moderate the usual allowance. If you are a hot water drinker, take as much as you like. If you are a flesh eater, take half as much as you do in the winter. Pork is unfit for human food at any season. If potatoes are sound and mealy, they are not objectionable; cheesy potatoes are very unfit. There is the utmost need for the exercise of caution in the use of vegetables of every kind. Unless they have been well preserved and have a wholesome flavor, the part of wisdom is to avoid them.

Marion Harland advises those who use what grocers catalogue as canned goods to always open the cans some hours before cooking the contents and empty into an open bowl set in a cool place. This removes the close, airless, smoky taste. Drain the liquor from peas and beans, cover with fresh, cold water and let them soak for two hours. It freshens them wonderfully.

A tablespoonful of chives chopped fine is an improvement to a vegetable salad, or a few drops of onion juice. When dandelions are springing up in all our door-yards, there is no reason why that delightful salad the French make of white dandelion leaves and lettuce should not appear on the table often. All that is necessary to do is to invert a few flower-pots over your dandelion plants, or bury them up in sand like celery; the leaves bleach in a few weeks and make an excellent crisp salad plant. About two-thirds lettuce to one-third dandelion is the proper proportion. Wash the dandelion and lettuce leaves, tear them apart with the fingers; do not cut them. Dress the salad when the leaves are very cold and serve it at once. An excellent spring salad is the "barbe du capucin," or "old man's beard." It is in reality nothing more than the plants of the wild chicory grown in barrels in dark cellars, where it bleaches to a crispy condition, white as celery.

A delicious temperance punch can be brewed with pineapple and orange juices, colored with cranberry or strawberry syrup.

When bottles or decanters become discolored, place some finely chopped potato skins in them, replace the stopples and let them remain for a few days, then rinse carefully and the glass will be as bright as new.

To make a salad of bananas slice half a dozen and put in a dish with layers of as many oranges also sliced. Over all squeeze the juice of a lemon and sprinkle plentifully with powdered sugar. Serve very cold. Any delicate cake baked in layers and put together with layers of bananas sliced very thin will make a choice dessert. The cake should be served with sweetened whipped cream or it will be too dry to be palatable.

Solitude has but one disadvantage,—it is apt to give one too high an opinion of one's self. In the world we are sure to be reminded of every known or supposed defect that we have.—[Byron.]

It is excellent an thing to chew Tutti Frutti gum after the meal and induce the secretion of more saliva. Sold by all druggists and confectioners. 5 cents.

## AMERICAN FAIR.

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