

Choking

Hold up the left arm above the head, strike the patient a smart blow between the shoulders.

Nose Bleed

Hold the head back and apply ice cold cloths or snow to the top of the nose and back of the neck. Plug the nostrils with batting.

Sunstroke or Heatstroke

Place the patient in a cold bath and pack the head in ice if possible and if not use cold water packs which must be changed every few minutes. Continue this treatment till the doctor arrives unless however the temperature drops to normal.

Burns and Scalds

If a child's clothing catches fire force her to lie down so the flames will not reach the head. If cold water is at hand dash it on, otherwise roll tightly in something woollen, a mat, blanket, shawl or overcoat. Do not try to beat out flames as this only fans them. Smother them instead. Treat burns and scalds much the same. Remove clothing by cutting, cover the spot with a soft linen cloth wet with boric acid solution or cover with boric acid ointment. Cover this with oiled cotton or silk to exclude the air as much as possible. Surround the body with hot water bottles and if possible give hot strong coffee.

Frostbites

Keep away from heat. Apply snow or cold water to the frozen part and gently rub with fur or a woollen muffler. Be sure to draw out frost without heat.

Handy Weights and Measures

- 4 cups flour equal 1 pound or 1 quart.
 - 2 tablespoons flour equals 1 ounce.
 - 1 tablespoon butter equals 1 ounce.
 - 1 cup butter equals $\frac{1}{2}$ pound.
 - 1 pint butter equals one pound.
 - 10 eggs equals one pound.
 - 2 cups granulated sugar weighs one pound.
 - 2 teaspoons liquid equals one tablespoon.
 - 16 tablespoons equals a cup.
 - 2 cups equal a pint.
 - 1 pint of liquid weighs about a pound.
 - 3 teaspoons dry material make one tablespoon.
 - 4 teaspoons liquid make one tablespoon.
- Butter the size of an egg weighs an ounce.