

as its hair is softer, and not so liable to rub up the colour beneath too quickly.

A flat camel hair brush in tin is a useful and necessary implement, not only for laying broad washes of colour, but for damping the paper previously to the commencement and occasionally during the progress of the work, as well as for softening tints where they may be too hard and heavy.

(TO BE CONTINUED.)

MISCELLANEOUS RECIPES.

A WASH FOR THE HEAD TO REMOVE DANDRUFF, SORES, &c.—Get one large beet root, slice it thin into a basin, then smash two bunches of grapes upon them, leaving them on the top, place them in a hot oven and let them simmer for one hour, keeping a plate over the basin; it is then ready to strain off for use. If you wish it to keep, you should boil it down to less than half the quantity, assuming a stickiness; it will then keep if corked up, and when used should be thinned with a little hot water.

THE WAY TO CURE WHOOPING COUGH.—Get a pair of foot cataplasms, put them on the soles of the feet, changing them for another pair every third or fourth day. Also get a pair of warm gloves that will fit the child and that will reach high enough to cover the wrists. Keep them on till well; these two things—keeping the extremities warm—is of most importance. Then a drink may be made, as recommended on page 36; the wrists and ankles should be rubbed with the other mixture spoken of on the same page. The causes of this disease, &c., you will find treated on there also. For colds and coughs, see pages 33 and 34.

RELIEF AND CURE FOR RHEUMATISM.—A table spoonful of mustard seed should be drank two or three times a day in water; continue to drink the same, even when there seems the least appearance of attack. The most important object is to encourage perspiration by some means, which the patient should endeavour to do. For cause, &c., see page 44.