

HOUSEHOLD.

A Medicine Cabinet.

Every house should have a cabinet or a small cupboard, where a supply of simple remedies are kept ready for use. This need not be an expensive affair, for an empty box, fitted up by the man of the house, or the housekeeper herself will answer the purpose nicely. Get a box that is large enough and not too deep, and put in two or three shelves, then paint the outside with ebony enamel, or stain and varnish it. Finish the front with silkoline curtains, making the hems at the top and bottom wide enough for a brass rod, leaving a pretty heading. Put up two strong iron brackets, fasten the box on them, and you will have an article that is useful and quite presentable.

Almost every housewife has her favorite remedies which she wishes to keep on hand. There should be castor oil, paregoric, lobelia, mustard, borax, flaxseed, hops, syrup of rhubarb, iodine, arnica, a good cough medicine, liniment, etc. Every box, bottle and package should be examined once in six months, or oftener, to see that they are properly labeled, and that preparations that have lost their strength, or are worthless from any other cause, are thrown away. A roll of old flannel should be kept there, and will be found useful a great many times; soft cotton goods are often needed for tying up cut or bruised fingers; small sacks made of thin cloth are convenient for making poultices.

Borax is useful for so many things that no family should ever be without it. A tablespoonful of borax dissolved in a pint of hot water is an excellent preparation for bathing cuts, bruises or inflammations of any part of the body. It is also good for rough, jagged wounds, and many a case of blood poisoning or lockjaw might be prevented by using it liberally. Keep the affected parts wet with the solution an hour or two. Wash the stings and bites of insects with borax water, and it will arrest the swelling. It is cooling and sedative, and is therefore good for burns and scalds. Physicians have recognized the antiseptic properties of borax, and its use in hospitals for that purpose has become almost universal. Another point in its favor is that it is absolutely harmless. A pinch of borax used as a snuff is beneficial in cases of catarrh. Use every night for a week and a marked improvement will be manifest. It is also good when used in the same way for a cold in the head.

Arnica is used for bruises and to relieve the pain and prevent the swelling caused by a sprain, and for neuralgia or rheumatism. If you do not happen to have the arnica, the application of cloths wrung from hot vinegar or water often proves effectual. As fast as the cloths get cool, they should be replaced with fresh ones until the pain subsides, then cover with dry hot flannel to keep from taking cold.—'Christian World.'

A Good Sister.

The daughter of a famous French pasteur, M. Monroe, who is now a mother herself, began her life by being a good sister. She had an only brother, and he was a medical student. She realized a little of the temptations to which a medical student must be exposed, and she determined, in a simple, girlish way, that she would make her own womanhood the crystal shield to protect her brother from the snares to which he would be exposed. She, therefore, made it her business day by day to enter into all her brother's pursuits and to understand his interests. She was allowed a little private room in the house, and to this she used to ask him to come and talk over the events of the day. She even overcame the natural shyness of a girl, and she would get him to kneel down with her, and she would pour out her sweet, girlish heart in prayer that God would keep this beloved brother unspotted by the world. That brother has grown up, and is now himself a married man, and has his family about him, but he said once to his sister: 'You little know all that you were to me when I was a young man. My temptations were so maddening that I used sometimes to think that I must yield to them, and do as other young men did all around me, but then a vision of you would

rise up before me, and I said to myself, 'No, if I do this thing I can never go and sit with her in her own little room; I can never look into her dear face again.'" Oh, what a beautiful work of a sister in a home.—The Rev. Dr. R. F. Horton.

Do We Grow Old While Sleeping?

It is not while we work and worry over the affairs of life that we grow old. It is while we sleep, according to Flynn, the celebrated English physiologist.

Mr. Flynn leads up to this conclusion through his advocacy of the midnight dinner plan.

'No midday luncheon for brain workers,' said Mr. Flynn. 'It impairs the mental powers and interrupts the train of thought.'

Then Mr. Flynn proceeds to advocate a before-going-to-bed meal. 'It is necessary to repair the waste that goes on at night,' he said. 'The waste of a long night of fast is beyond calculation. The stomach should be well filled with nourishing food to counteract the loss. This is especially true of anemic persons.'

Mr. Flynn points out the fact that most persons look pale and fagged when they rise in the morning. 'I have heard dozens of friends say they look five years older on rising than retiring, and it is true. If you would not grow old while you sleep, be sure you are well nourished before retiring. The body ages faster from hunger than from time.'—New York 'Journal.'

Selected Recipes.

Giblet Balls.—Boll, chop and season the giblets, neck, etc., as for sauce, moisten with brown sauce and form into small balls, dip in melted butter, brown in the oven and garnish turkey with these, slices of lemon and parsley.

Timbales of Fish.—Mince and wash smooth one cupful of cold boiled white fish; make a white sauce of one heaping tablespoonful of butter, one rounding tablespoonful of flour, one half teaspoonful salt, dash of cayenne, six drops of onion juice and one cupful of milk; add the fish and stir constantly until it boils and is smooth; remove from fire, add one teaspoonful of lemon juice and the slightly beaten yolks of three eggs and beat until cool; fold in the stiffly beaten whites of three eggs, fill buttered timbale molds two-thirds full of the mixture, set in a pan of boiling water, cover with oiled paper and bake fifteen minutes. Turn out and serve at once.

'Messenger' Mail Bag

Hespeler, Jan. 21, 1902.

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