

### **Remedy for Burns**

Equal quantities raw linseed-oil and lime water.—Mrs. Cyril Williams.

### **Health Salts**

Ten ozs. icing sugar, 2 oz. Epsom salts, 2 oz. baking soda, 2 oz. cream tartar, 2 oz. tartaric acid, 2 oz. citrate of magnesia. Roll and mix altogether thoroughly and keep in a tight jar. Put one teaspoon in a glass of water and drink while still foaming. Once you have used this recipe you will never be without it in the house.—Mrs. Roy McGregor.

## **What to Do in Case of Emergencies**

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### **Fainting**

When a person faints stretch them flat on the floor or on a couch with the head lower than the feet. Loosen clothing and give the patient fresh air. This is sufficient treatment for an ordinary faint. The face may be wiped with a handkerchief wet with cold water but no not dash water in the face as is so often done.

### **Poison**

If poison is swallowed, send for a doctor but do not wait for his arrival as seconds count. Stir about a teaspoon of salt and the same quantity of mustard in a half glass of water. Hold the patients nose so tightly that he must open the mouth for breath. When the mouth opens put in the solution. If the patient does not vomit make him swallow a raw egg white. Follow with a cup of strong coffee as a stimulant.

### **Bleeding**

In case of severe bleeding determine whether it is an artery or vein which has been severed. If an artery the blood will come in spurts as the heart beats, if a vein, it will flow evenly. In either case tie a handkerchief or bandage loosely near the wound. If it is an artery put it between the wound and the heart and if it is a vein put it on the other side of the incision. Put a stick in the slack of the bandage and turn it round and round till it is pulled up very tight and causes decided pressure.