

HAIL, Mary's spouse elect!
Hail, guardian of the West!
Voice of the Highest, and streamer
The Father of the Lord!

THIRD MONTH
31 DAYS

March

S. JOSEPH

1902

Calendar table for March 1902 showing days of the week, feast days, and moon phases.

Indulged Prayer

To all the faithful who, with a contrite heart, devoutly make, at any time during the year, the Novena in honor of St. Joseph, spouse of Mar. most holy, with any formula of prayer, provided it be approved by competent ecclesiastical authority...

HOME CIRCLE logo with decorative border.

CURES IN THE KITCHEN

In every kitchen or storeroom there is quite a druggist shop of useful remedies. So far as medical science has discovered (says "M. D." in Answers) the best all-round cure for dyspepsia is salt and water.

Pepper proves equally valuable in emergencies. Suppose one has a pain in the stomach, or a sinking feeling, there is nothing better than a small quantity of pepper in a glass of hot water.

A teaspoonful of pepper put into a two-ounce bottle of strong whiskey or rum will make the hair grow. After a bath, also, it is an excellent thing to rub into the head.

Mustard has many valuable uses. As a plaster on the chest it draws the blood from the congested lungs to the skin, and in the foot-bath it draws the blood from the lungs to the feet.

Sugar cannot be beaten as a cure for cold in the head. It must be very finely powdered, and used as a snuff. In some way it then acts as an astringent, and, if used in time, puts an end to the cold.

In cases of poisoning there are many simple remedies at hand. For instance, suppose, as so often happens, nitric or sulphuric acid is swallowed in mistake for some beverage or other, then it is necessary at once to neutralize the acid before it has time to corrode the stomach.

This is done by means of an alkali. But there is not time to send to the chemist's, and the best thing to do is to scrape some mortar off the wall, stir it up in water, and make the patient swallow it. If the poison happens to be alkaline instead of acid—caustic soda or ammonia, for instance—then you have the remedy at hand in the cruet. Give the victim a dose of vinegar.

Suppose it is an irritant poison, such as arsenic, or a sedative, such as opium, you must immediately give a large quantity of tepid mustard-and-

water as an emetic. But this is not sufficient in the case of opium-poisoning. Drowsiness comes on, which may be fatal. Therefore you have to dose the patient with strong black coffee.

If you get a cut that will not stop bleeding, there is nothing like cold water. Don't bandage the hand. And if you wish to avoid blood-poisoning, don't dream of using the ancient remedy—a cobweb, but hold your hand above the head, and pour the coldest water procurable over it. The worst case of bleeding will usually yield to this treatment.

For a slight burn, too, there is nothing like cold water. If you inadvertently touch a hot poker, then plunge your hand instantly into cold water, and keep it there for five or ten minutes.

Black-currant jam is one of the most agreeable and effective remedies for a sore throat or a cough. Put a tablespoonful of it in a tumbler of hot water, and you have a delicious beverage, as well as an excellent cure.

Apples cure warts. Of course, the perfect remedy for warts and corns is salicylic acid, but, failing that, an apple rubbed on the place frequently will effect a cure, by means of the malic acid it contains. Cold tea is a very old and tried remedy for relaxed sore throat. Its tannic acid acts as an astringent when the tea is used as a gargle.

When you come home after a cycling trip over dusty roads your eyes are apt to be sore. Don't rub them, and don't commit the common and great mistake of opening them in cold water. But put some salt—say, a dessertspoonful or more—in a basin of tepid water, and then plunge in your head and open your eyes. The salt will prevent the water from hurting the delicate lining membrane.

Eight out of ten cases of toothache can be relieved by getting some bread-soda—bicarbonate of soda, not baking-powder—dusting it on a piece of cotton-wool, and placing this in the cavity. If all the teeth ache together, the cause is generally acidity of the mouth. In that case dissolve the soda in warm water, and wash the teeth with it. You will be well in an instant.

If you keep liquorice in the house, you have one of the very best cures for dyspepsia. A small piece of liquorice, slowly dissolved in the mouth, covers the stomach with a protective coat, and relieves the pain of inflammation.

WHAT EVERY WIFE NEEDS. She needs a good temper, a cheerful disposition, and a knowledge of how her husband should be treated. She needs a capability of looking on the bright side of life, and refusing to be worried by small things. She needs a secure grasp of such objects as are of interest to men, and should not be above studying even politics in order to understand should her husband speak of them. She needs a sympathetic nature in order that a sympathetic sorrow fall upon them, and she may be able to give comfort to her husband. She needs to understand something of

sick nursing; a wife with no notion of what to do in cases of illness is but a useless thing. She needs considerable tact and patience. The one to enable her to know when to remain silent, and vice versa, and the other to put up with him when his temper is ruffled.—Scottish American

UNPLEASANT TABLE TALK

If there is ever a time when one should particularly avoid unpleasant conversation it is at table. It has been said that a merry heart aids digestion, and certainly ill-timed remarks and gossip are not conducive to a state of content. The hostess, therefore, who has the tact to keep the conversation at dinner in a happy channel, or the woman who can guide the table talk at home in a merry channel is a missionary of more importance than she often realizes.

An excellent example of this thought is given in the story of a young man, around whose table some distinguished men and women were gathered, and who was startled by the loud statement of her guest of honor that he had spent the day in the court room, where a scandalous divorce case involving the honor of a well-known man and a hitherto much-loved woman was then being tried. The hostess with all the courteous courtesy of a voice too pleading to be offensive, interrupted:

"Forgive me, general, but it is sorrowful enough to know it is going on, please do not talk of it."

Although rebuked of his proposed position of reporter, the general, with a new deference in his manner, said "I beg your pardon, I forgot that you might not be interested," and himself led the conversation in a different direction.

"My hostess achieved something for herself," he said, in telling the story, afterward, "something for her fellow-women, and much for the young men about her, by plainly and definitely showing her deserved displeasure."—Philadelphia Inquirer.

THE HYGIENIC VALUE OF FISH

Fish constitutes one of the most valuable articles of diet for mankind, although the popular notion that it is a good brain food because of the phosphorus it contains is incorrect. As a matter of fact, fish meat in general contains less phosphorus than most kinds of flesh meat. But it is good for brain indirectly, for it is less stimulating than flesh meat, is usually digested more easily and causes the production in the system of fewer of the waste products which, if not at once eliminated, act injuriously upon the delicate nervous system.

The last mentioned property is one which renders fish of especial value in the diet of persons suffering from Bright's disease and other affections of the kidneys, from rheumatism, gout, and all those diseases which many physicians regard as the result of excessive formation or retention of uric acid. For convalescents also, it is most useful, as it supplies a fair amount of nutritive material in palatable form, with a minimum of tax on the digestive organs.

Among the most nourishing and at the same time digestible fish are blue fish, shad, red snapper, fresh codfish, whitefish, striped bass, halibut and flounder. And equally nutritious, although perhaps less digestible, are brook trout, lake trout, salmon, mackerel and eels. Roe is not particularly nutritious, but it is agreeable to the taste and fairly digestible.

The mode of preparation has much to do with the digestibility of fish, as it has with that of all other foods. Boiling and broiling are better modes of cooking than frying.

The chief objection to fish is its proneness to decomposition, even when kept on ice. It may be free from any taste or odor, and yet it may have undergone changes which make it poisonous. Some fish are poisonous in themselves, containing in the natural state some substance which will cause alarming symptoms, or even death, if eaten. With some persons fish in any form does not agree, causing digestive disorders or skin eruptions. This is notably true of lobsters and crabs.—Youth's Companion

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