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# The PURITY COOK BOOK

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## HOME NURSING

**FOR ACID BURNS.**—The burned part should be carefully washed with boracic solution or cold water. Lime water or a mixture of baking soda and water may be poured over the burned area to neutralize the acid. Cover the burn well with boracic ointment or carbolated petrolatum. Dress with gauze.

**FOR ALKALI BURNS:**—Wash as for acid burns. Lemon juice or vinegar may be poured over the burned part. Dress as directed for acid burns.

**APOPLEXY (OR STROKE):**—Send for doctor immediately. In the meantime, loosen all tight clothing and let plenty of fresh air reach the patient. Apply cold water cloths to head, hot water bottles to soles of feet and keep body warm. *Never* give patient stimulants.

**BURNS OR SCALDS:**—Soak strips of clean linen in olive oil and apply to burn or scald. Cover this dressing with absorbent cotton, or flannel, to keep the air away. Do not bandage too tightly. Do not break a blister.

**CHOKING:**—When a particle of food or foreign substance lodges in the throat, causing the patient to choke, bend head well forward and strike a sharp blow between shoulder blades.

**COLLAPSE AND SHOCK:**—The patient has chills and heart action is feeble. Keep in reclining position, with the head quite low. Apply heat and rub extremities briskly. If conscious, give warm drinks, such as tea or coffee.

**CONVULSIONS IN CHILDREN:**—Place the child in warm mustard bath of 1 tablespoon of mustard to 5 gallons of water. Never keep child in bath longer than 10 minutes. Apply cold compresses to head. Repeat these treatments if necessary.

**FAINTING:**—Place patient in reclining position, with head lower than the feet. Loosen clothing. Give plenty of fresh air. Bathe face and hands with ice-cold water. Hold smelling salts to nose. When patient revives, give a drink of cold water, hot tea or coffee.

**FROST BITES:**—Bathe the affected parts with cold water, snow or ice. Rub gently, then gradually add warm water and continue bathing.

**HEMORRHAGE OR NOSE BLEEDING:**—Keep patient quiet, sitting in chair with head backwards. Do not blow the nose. Ice may be applied to back of neck and ice chips may be held in the mouth.

**INFECTION:**—To avoid infection, keep the following "don'ts" in mind:

1. Don't neglect a wound.
2. Don't touch open wound with fingers.
3. Don't cover with court plaster, use clean gauze.
4. Don't fail to call a surgeon if injury is serious.

**POISONING:**—First send for a doctor. If lips and mouth are burned, do not give anything to cause vomiting. Try to neutralize the poison. If a strong acid has been swallowed, give alkalis, such as baking soda, powdered white crayon or soap suds; or give raw eggs, milk or oil.

**PREVENTION OF CONTAGION:**—

1. Don't allow children in the sick-room.
2. Don't expose children unnecessarily.
3. Don't allow children to touch utensils, clothing and food from sick-room.

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**PURITY FLOUR**  
\* BEST FOR ALL YOUR BAKING \*

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