

Domestic Economy.

When persons who do not otherwise appear to be ill suffer from continued wakefulness, this is a sure sign of mental exhaustion.

A physician says that nausea has its seat in the brain and not in the stomach, and that relief may be obtained by cooling the base of the brain.

To remove a glass stopper from a bottle, dip a piece of cloth in boiling water and hold it for a moment or two around the neck of the bottle. The heat will cause the glass to expand, when the stopper can easily be removed.

Instead of putting food into the oven to keep hot for latecomers, try covering it closely with a tin, and setting it over a saucepan of hot water. This plan will keep the food hot, and at the same time prevent it from drying.

To clean bottles, decanters, etc., half fill with warm water with a little soda then put in small cinders sufficient to cover the bottom of bottle. Shake well until all stains are removed, then turn out the cinders and rinse in clear warm water.

Jars and pickle bottles that smell of onions may be made quite sweet if filled with garden mold and left standing out of doors two or three days. When thoroughly washed, they will be found quite sweet, and may be used for jam or any other purposes.

CARE OF THE HAIR.

The use of oils on the hair has gone out of fashion, but there are many persons to whom something of this sort is almost a necessity. The hair becomes so dry that its beauty is gone, and in addition it is so badly nourished that it loses its strength and lustre. In such cases a little fine oil is the proper remedy. Those who have very dry and rough hair, especially if subject to pain and feverishness in the head, will do well to try some softening application, at least as an experiment.

TREATMENT OF EARACHE.

Onions are an old-fashioned but useful remedy for relieving earache where it is merely otalgia, proceeding probably from cold. Get a Spanish or large common onion, put it in the oven, or cut in half and hold (on a toasting fork) before the fire. When quite hot place on the ear, covered over (both sides) with thin flannel or linen. Continue to apply, putting the onions on as hot as they can be borne, till the pain is relieved or gone. As hot onions will tend to melt the wax in the ear, it should be seen afterwards whether the ear is quite clear; if not, syringe very gently with lukewarm water. A little lint of cotton-wool may be placed in the ear after the onions are removed, to avoid fresh cold being taken.

HOMEMADE YEAST.

Pare four good-sized potatoes, and let them lie in cold water for a half hour. Put one quart of boiling water in a saucepan. Now grate the potatoes quickly and stir them into the boiling water; stir over the fire for five minutes, then take from the fire, add a cupful of sugar and two tablespoonfuls of salt, turn into a stone jar or bowl, and let stand until lukewarm, then add one cupful of good yeast, cover and ferment three or four hours; stir it down every time it comes to the top of the vessel; then put it into a jar or large bottle, or something you can cover tightly, and stand it in a place where it will keep very cold, but not freeze. It will keep two weeks. Save one cupful of this yeast to start with next time. This is the simplest and best yeast that can be made.

HEALTH IN THE HOME.

By a Trained Nurse

Accidents.

FIRE.

In an accident of any kind it is of primary importance not to lose composure and self-control, for to retain these is the only way in which disaster can be prevented. A person who, taking fire, rushes screaming out of doors, throws away whatever chance there is of help. Fire cannot burn without oxygen. Therefore, if air can be quickly cut off from the burning object, the fire is choked and injury prevented. Anyone whose clothing catches fire while alone in the house had better make for the nearest bed, and wrap himself or herself up tightly in the bed-clothes, not moving quickly enough, however, to create a strong draft. A woman, while moving towards a bed, or rug, or blanket, or something of the kind, in which to roll herself, can wrap her skirts tightly about her. A man can remove his coat and use it as a blanket as the first movement, when nothing else is near at hand. If there is absolutely nothing available, lie down on the floor and roll over on the burning spot. A pillow or cushion can be used with good effect. There is seldom enough water standing near to do much good, but many country houses have a barrel for rainwater standing near the kitchen door, and supposing this to contain water, it would be sensible to get into it, a feat that most people could accomplish with the fear of burning to death as an alternative. It is essential to have something definite in mind. It would be madness to open the door and go out, except with the certain knowledge that there was water in the barrel, and the determination to get into it. Do not open the doors or windows with burning clothing on to call for help. If the blaze is not too strong, and the step taken immediately, the clothing may be quickly removed and

IF A LAMP IS UPSET

and a blaze occurs, throw a heavy quilt over it, and as many other articles of the kind as come to hand, and stamp on it, to shut off air and stifle the fire, and let someone in the meantime get water and drench the whole. If grease takes fire in a pan on the stove, cover immediately with a lid, and, if necessary, put a flat-iron on top to keep it down. Matches, especially the kind that will strike upon anything, should not be kept in the regular match-box in very hot weather, but in a metal box or a covered china bowl. Matches sometimes ignite spontaneously, and are apt to do so if knocked down from a high shelf upon the floor, and on that account should be kept in a cool place, and out of the way of children and mice. The latter have been supposed to cause fire by scattering matches, which have afterwards ignited, and might easily do so by knocking them down. There should always be a metal, china or glass receptacle for burnt matches, and they should never be thrown into a waste-basket. Numbers of people have been burned to death through

STARTING A FIRE WITH KEROSENE.

A little kerosene can be poured on the wood when laid ready for lighting, and the match thrown in afterwards, but it is extremely dangerous and equally foolish to pour kerosene on a fire already started, even if it is almost out. The reverse of this rule applies to gas. Put the lighted match in first, placing it so that it will meet the gas where it first emerges, and then turn it on. This is the only safe way to light gas. Gasoline and other substances of the kind should never be used in the same room with a lighted stove, lamp or gas light. They

the mother's attention was for a moment withdrawn from the child.

THE RELIEF OF BURNS

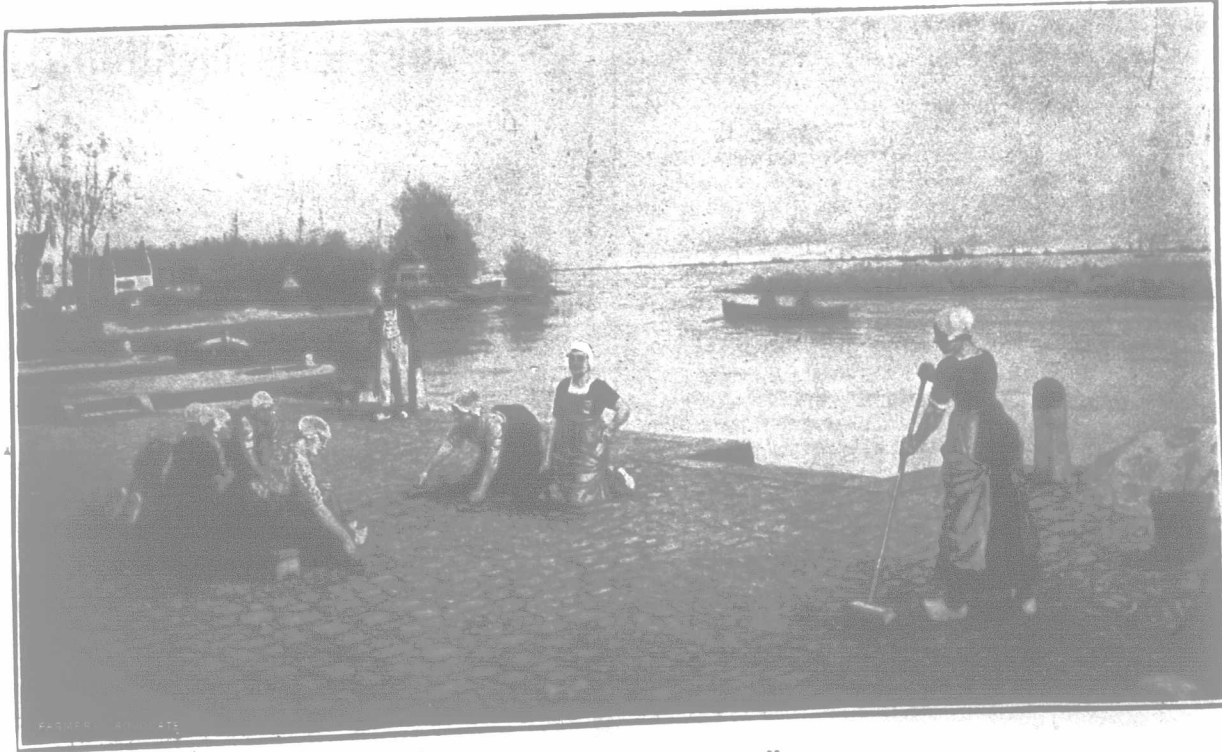
until medical aid can be procured consists in putting on an oily or alkaline air-tight dressing of some kind. A cloth wrung out in sweet oil may be laid upon the injured part, with some cotton or a piece of flannel over that, and a bandage applied. Butter or white of egg may be used instead of oil. Everything, of course, must be scrupulously clean. If the burn is not too deep, a cloth wrung out in a strong solution of baking or washing soda may give relief, or a combination of the virtues of both dressings may be obtained by using a strong solution of Epsom salts, made with glycerine and water, about half of each.

LARGE BLISTERS

may be treated by pricking at one point with a needle, allowing the fluid thus liberated to run into and be absorbed by a piece of cotton held in readiness to catch it. This fluid must not be allowed to run over the skin, as it will cause another blister wherever it goes. The needle used for this purpose must be boiled or passed slowly through a flame, and not allowed to touch anything of any description after that until it has been used to open the blister and is no longer needed. A needle not treated in this way might be the cause of blood poisoning. After the fluid has run out of the blister into the cotton, some talcum powder or boracic acid powder may be dusted on the part, which is then covered with a scorched rag, handled after scorching by the extreme corners only, and bandaged, not too tightly. A little vaseline may be used if there is nothing else at hand, but powder is better. A. G. OWEN.

"Weeding the Pavement."

Our picture this time takes us to Holland, probably to the entrance of the canal on the banks of the river Maas, not very far from Rotterdam. This river empties itself into the North Sea or German Ocean. This group of women weeders is typical of the dainty cleanliness of the Dutch people in every department of social life, indoors and out of doors. Between the stones upon the landing-place whereon cargoes are discharged and passengers arrive, not even a blade of grass, certainly not a solitary weed, is to be suffered to grow; whilst, after their roots have been prodded out by the hardy fingers of the kneeling women, there is still the further process of sweeping up the stray fragments, and even carrying them away in a basket, no such slipshod makeshift as brushing the rubbish into the canal ever entering into the minds of the cleanly Dutch workers. Note the somewhat nondescript building, which may be a homely little church or even the town hall, and you may be sure that the painter, G. H. Boughton, would not risk his reputation for accurate representation by leaving out of his picture the inevitable summer-house, in which the Dutch pater familias loves to smoke his pipe, and, "tell it not in Gath," his gossip with his chums. It is to one of these summer-houses that the old Dutch Captain will presently retire when he is tired of watching the busy weeders upon the pavement. H. A. B.



"Weeding the Pavement."

rolled into a hard bundle, in which case it cannot go on burning. If precautions are taken instantly, the chances are that serious damage will be prevented, but death may be the result of a few moments wasted in screaming and running about. Draperies in the house catching fire should be pulled down and rolled up quickly, and fire can sometimes be put out by beating with wet cloths. If something in a room catches fire and efforts to put it out fail, shut the doors and windows, and get the family out while someone goes for help.

should be used out of doors or by an open window, being very inflammable, and when no longer needed thrown out the window, and not down the sink. Articles cleaned with gasoline should be hung in the air until it has all evaporated. Children should never be left alone in a house where they can by any means get at the stove, neither should a pan of boiling water ever be put upon the floor or within the reach of a child, unless some grown person is present, and even then it is not safe. Many babies have been fatally burned in this way, because

picture the inevitable summer-house, in which the Dutch pater familias loves to smoke his pipe, and, "tell it not in Gath," his gossip with his chums. It is to one of these summer-houses that the old Dutch Captain will presently retire when he is tired of watching the busy weeders upon the pavement. H. A. B.

"That was a terrible typographical blunder your paper made," said the foreign nobleman to the editor. "What was it?" "You referred to the heiress I am about to marry as my fiancée."