

and it was impossible for her maid to return. Mrs. Carlyle got on easily with all the household, and kept the whole place bright and clean, except the large kitchen or house place, which grew to need scouring very much. At length she took courage to attack it. Filling up two large pans of hot water, she knelt down and began to scrub; having made a clean space round the large arm-chair by the fireside, she called Mr. Carlyle, and installed him with his pipe to watch her progress. He regarded her beneficently, and gave her from time to time words of encouragement. Half the large floor had been successfully cleansed, and she felt anxious of making a good ending, when she heard a gurgling sound. For a moment or two she took no notice, but it increased, and there was a sound of something falling upon the fire, and instantly a great black, thick stream came down the chimney, pouring like a flood along the floor, taking precisely the lately cleaned portion first in its course, and extinguishing the fire. It was too much; she burst into tears. The large fire, made up to heat the water, had melted the snow on the top of the chimney; it came down mingling with the soot, and worked destruction to the kitchen floor. All that could be done was to dry up the flood. She had no heart to recommence her task. She rekindled the fire and got tea ready. That same night her maid came back, having done the impossible to get home. She clasped Mrs. Carlyle in her arms, crying and laughing, saying, 'Oh, my dear mistress, my dear mistress, I dreamed ye were deed!'

## USEFUL HINTS.

### HOUSEHOLD RECIPES FOR DIARRHŒA.—

1. Heat a breakfast saucer to insure dryness; pour into it a wineglassful of pale brandy. Set the spirit on fire with a strip of clean lighted writing-paper, and let it burn until the quantity is reduced one third. Pour this into half a pint of boiling milk; drink it when moderately warm; repeat, if necessary, but take only half the quantity at once after the first dose. Arrowroot may be substituted for milk, but whether made with water or milk, should be boiled, not merely mixed with boiling liquid. 2. Take twenty to thirty drops of elixir of vitriol, or, as it is often called, diluted sulphuric acid, in a wineglassful of cold water; three to five drops of laudanum may be added to the dose when there is great internal pain. Repeat, if needful, either with or without the laudanum, according to circumstances. The dose is a medium one for an adult. A very eminent physician, who was peculiarly successful during a terrible outbreak of cholera, told the writer that he had found this most valuable in the early stages of that terrible disease and in diarrhœa.

### SIMPLE REMEDIES FOR RHEUMATISM.—

1. One of the best possible remedies for rheumatism is a soda bath. Dissolve 2 oz. sesqui carbonate of soda, or a  $\frac{1}{2}$  lb. of common washing soda, in an ordinary warm bath. Remain in it fifteen to twenty minutes, adding hot water from time to time, so as to keep up the temperature to the last. The bath may be repeated after an interval of three days, or a single affected limb may be bathed daily. 2. Rheumatic pains in a joint may often be much relieved, or even cured, by the application at the outset of spirits of camphor. Pour a little into the hand, and rub the part night and morning; the spirit dries almost instantly. In applying a mustard poultice, always interpose a bit of old transparent muslin between it and the skin. After removing the poultice cover the place inflamed by the mustard with a piece of cotton wadding. It gives great comfort.

Amongst the simple domestic remedies which should always be kept within reach may be classed dried camomile flowers. A strong decoction of these, used as a hot fomentation, is extremely soothing. The following are instances of the value of camomile. A dear little boy had a gathering under the nail of the great toe. His mother stewed camomile flowers, put them in a bowl, and immersed the child's foot in the decoction. She packed the flowers above and around the ailing toe, and as they cooled changed them for hot ones. So long as the child's foot was in the water he suffered little pain; so at bed-time it was packed in a mass of the stewed flowers in a flannel bag. He fell asleep, and in the morning it was found that the gathering had broken, and the toe was comparatively well. A boil on the cheek and a large gathering inside the mouth and neuralgic pains in the face have been similarly relieved by fomenting with a strong decoction of camomile flowers. The following is an excellent way of applying this simple remedy. Make two flannel bags and fill them; but not so tightly as to make them hard, with boiled flowers. Squeeze one bag and apply it, as hot as can be borne, to the painful part, and cover with two or three thicknesses of warm dry flannel to keep in the heat. When getting cool, change with the second bag, which should be kept steaming hot between two plates in an oven. Being freshly wrung through the strong decoction after use, and again put to steam in the oven, a supply of hot bags will be kept up. The heat is retained much longer than in the case of fomentations with flannels merely wrung out of the hot decoction and applied. The writer has so often experienced relief and been soothed from pain to rest by the above method of using camomile that she cannot speak too highly of its value as a domestic remedy. For strengthening the eyes, plunge the upper part of the face in a bowl of clean, cold water, opening and shutting the eyes two or three times in the water, so that they have a cold bath every morning. The sensation is neither painful nor unpleasant, but the effect is very beneficial. A very soothing application for inflamed eyes and eyelids is seared milk, prepared as follows:—Stir a cup of new milk with a red hot poker till nearly boiling; let the milk settle, then strain it through muslin, leaving all bits of dust behind, and, when lukewarm, apply with a bit of soft linen to the inflamed eyes. In using eye lotions take a separate rag for each eye, and only pour out as much of the lotion as you are likely to require at one time. Wash and rinse the rags or lint each time after using, so that you may always begin with a perfectly clean piece. The seared milk may be used very often, and is an excellent application, especially for the tender eyes of infants. Elder flower water—the simple distilled water without any mixture—is an admirable cosmetic. After exposure to a burning sun, wet the corner of a towel with elder flower water, and dab it lightly over the face. The heat and smarting will be immediately allayed, and freckles prevented. A rag wetted with it will remove the smarting caused by nettle stings, and is also a very cooling and pleasant application to a tender skin after washing. It may be used twice daily.

A PRACTICAL SUGGESTION.—At the end of a meal a good deal of tea is often left in the pot. Perhaps the readers of THE GIRL'S OWN PAPER may care to know what we do with such "leavings." We pour it into a large bottle and give it to a poor old woman, who is thankful to be thus saved the expense of providing herself with her favourite beverage. If the cork is left out the tea will keep perfectly through the day, and the old woman sends for it in the afternoon. It is easily warmed up, and she finds it has a far better flavour than what she used to buy for herself.