

going to enlarge the daisies into ox-eyes, you must leave out the pink at the tips, and be careful to make the stalks sufficiently thick in proportion, or it will have a weedy look; but if carefully enlarged it would make a handsome border for a cloth, worked either on dark green or blue.

Fig. 5. This is a border for a round table in orange, and can be worked in almost any style or colour you like. It should be enlarged to four or five inches wide, supposing the border to be six or seven inches in depth; and it would be finished off with a fringe according to your taste and the style of the work, supposing it to be worked in natural colours. A very good fringe can be made with the same crewels used in the work by knotting in a few strands of crewel with perhaps a little silk now and then introduced. You should pass the crewel in about an inch and a half from the edge, very close together; then you can cut the bottom even, and leave the cloth to lie under the fringe, which will make it look handsomer, and prevent it getting tangled and out of place.

Dark green, or blue cloth, or Roman satin would be a good ground for this, and then you can work it in the hand, as, indeed, you can most of the designs I give in this paper. Do not work the oranges with too bright a yellow; a sort of yellow ochre or old gold colour will be best, and the flowers can be put in with silk. I daresay you have discovered by this time that oranges are somewhat difficult to work with, drawing the material. They should either be begun from the outside, and worked in circles to the centre, or else, taking the black eye, or spot, at the top of the orange for a starting point, work each side in a curve to the stalk. The latter method is rather less apt to draw, and gives a better effect, if done carefully, as it defines the roundness of the fruit better. Another way would be to work it in outline only (but you would then need a handsomer material, such as plush or velvet, and work with Japanese gold). And again another, to make an outline with gold, fill it up with subdued colours in silk; it would make a very handsome border like this. The same pattern will also do for brackets in any of the styles I have mentioned.

Fig. 6 is a broad border, which can either be worked on your tablecloth at once, or on a different material or colour, to be afterwards

put on. In this style of design, which is good for plush, you get a very good effect, with comparatively little work; the sprays and butterflies give just enough interest and lightness, and prevent too much of your handsome material being covered. This is a good plan for large tablecloths, as you often find the folds hide the work over which so much trouble has been spent. Should you work this on plush I would advise a gold outline, and simple flat colouring, as where there is so little pattern it should be clearly defined.

The limits of space will oblige me to close my chat about table-covers now; but, as I often say, my object is as much to lead you to help yourselves to designs as to make them for you, so I trust what I have already said will suggest to you others on which you can show your own taste and skill; though, of course, I am highly flattered when I find—as I have done in several cases—that you have managed to reproduce some of mine.

HELEN MARION BURNSIDE.

THE GIRLS' FRIENDLY SOCIETY.

THIS is an age of societies. The world is so large, the number and variety of minds and moods so great, the circle which any one of us can hope to influence so small, that had we each to work alone, we might be tempted to sit down in despair of doing any good.

True, there are still heroes who can, by their own individual characters, affect the world or large parts of it, people who come to the front by a rare combination of great powers and great opportunities; but these never were a numerous company, and few of us are apt to think ourselves likely to be of their number; so we prudently fall back on the old motto, Union is Strength, and wherever we see that a great work wants doing we try to find or make a society to do it.

Everyone who has tried to work in a society knows, however, that if it is to be united strength, and not united weakness, it must also be warm. There must be those in it who believe with all their hearts and minds in the objects for which they are as-

sociated, and who are not content merely to approve of a good work, but are ready to spend themselves and be spent for it. Fire like this will kindle fire, and fire is the one thing not lost but increased by being shared and given away.

Among all the many societies of which we read and hear so much at this time, none is more likely to attract the attention of the readers of this paper than the "Girls' Friendly Society." Its very name claims our interest at once; and the interest is on both sides, for THE GIRL'S OWN PAPER is warmly welcomed and eagerly read by many members of the Girls' Friendly Society.

It is now between seven and eight years since five ladies met in the drawing-room of the Archbishop's Palace at Lambeth, to consider whether anything could be done to protect and befriend young girls, especially girls from country districts, going out to employment in large towns. Those who had cared for them at home were unable to follow them just at the time they were exposed to new temptations, and most needed a friend; and though in many cases all went well, yet from time to time sad tales came home of wasted lives spent in the service of sin or vanity, instead of in the service of Christ.

It was resolved to try and meet the need by forming a society, and a few associates were enrolled, to whom girls thus leaving home might be commended from place to place.

But little did the first promoters guess what a mighty power of growth was in the seed thus sown. Elder women found everywhere that this organisation gave them the means of communication they wanted in order not to lose sight of the young girls whom they cared for; maidens, not only those at first thought of, but of all classes and occupations, found in the rules of the new society a help to their efforts to live true, pure lives, and warm sisterly companionship for those who were lonely; and so the society spread almost like wildfire over the country, till at this time, though barely eight years old, it numbers in England alone over seventy thousand members, and nineteen thousand associates, while Scotland, Ireland, America, and many of our Colonies have taken up the idea and formed corresponding societies.

These are the three central rules of the



FIG. 5.—CONTINUOUS TABLE-COVER BORDER—ORANGE.



FIG. 6.—BROAD TABLE BORDER—BRANCHES OF ROSES AND BUTTERFLIES.

society, on which the whole working is based:—

1. Associates to be of the Church of England (no such restriction being made as to members), and the organisation of the society to follow as much as possible that of the Church, being diocesan, rural deanery, and parochial.

2. Associates (working and honorary) and members to contribute annually to the funds, the former not less than 2s. 6d. a year, the latter not less than 6d. a year. Members' payments to go to the Central Fund.

3. No girl who has not borne a virtuous character to be admitted as a member; such character being lost, the member to forfeit her card.

The objects of the society are stated to be these:—

1. To bind together in one society ladies as associates and working girls and young women as members, for mutual help (religious and secular) for sympathy and prayer.

2. To encourage purity of life, dutifulness to parents, faithfulness to employers, and thrift.

3. To provide the privileges of the society for its members wherever they may be, by giving them an introduction from one branch to another.

Mutual help, mutual prayer, mutual love—in a word, to be friends to each other. Even a member in a lonely place, where there is no branch of the society within reach, does not lose the privilege of helping others; for her prayers and her subscription do more than she may often think for; but it is where many are gathered together in a branch that the chief work begins.

The associates and members of one town or district combine to form a branch, and it is desired to have a branch in every rural deanery, and one or more branches in every large town according to its requirements.

The branches, of which there are now about 640, can make their own rules, subject to certain limitations, arrange their own meetings, organize whatever they find most useful for their own members. For business girls, clubs or recreation rooms, where they may spend the evening, are a great boon; and evening classes of all kinds are often combined with these. In other cases members manage to afford each other help in sickness. Sometimes a country branch invites a member out of one of the great towns for a week or fortnight of country air. Such a change often prevents an illness and brightens a girl's life for many a day. Some undertake to send flowers to their sisters in the large towns. To young servants many branches offer small premiums for length of service with good character in one place. There is no end to the ways in which those whose hearts are warm can help one another.

Each branch is presided over by a branch secretary, chosen by the associates from among themselves. The branch secretaries of a diocese, with a few other ladies chosen by them, form a G. F. S. diocesan council, which elects a president for the diocese.

To the diocesan councils, which reach over a wider field than any single branch, belong more properly such works as the establishment of lodges for servants between their places or for girls looking for employment, homes of rest for the weary or ailing, or circulating libraries through which members may be supplied with plenty of pleasant and wholesome reading.

Finally, the presidents of the dioceses, with the addition of a few elected members, form the central council, to which are referred any questions affecting the whole society, and which elects the president of the council, who superintends the whole work. This post was held till this year by Mrs. Townsend, the

lady from whose wise and loving thought the whole scheme arose.

Some idea of the variety and magnitude of the work undertaken by the society can be gathered from the list of its nine different special departments, besides the general work in the branches. The first five of these have reference to the needs of girls in different employment. They are:—

1. G.F.S. Members in business.
2. G.F.S. Members in mills and factories.
3. Workhouse girls.
4. G.F.S. Members in service.
5. G.F.S. Registry.

The other four belong more to the society as a whole.

6. G.F.S. Lodges and lodgings.
7. G.F.S. Literature department.
8. Homes of rest for sick members.
9. Domestic economy and industrial training.

It will be seen that there is room here for everybody, and a variety of work for the associates to suit everyone's taste. Some, who cannot afford much time, undertake to spend an evening at regular intervals at one of the recreation rooms; and more volunteers for this work are especially wanted in the East End of London. Some can manage the looking after the box of books for their branch from the Girls' Friendly Society circulating library. Others, again, who have attended ambulance or cooking lectures, reproduce these in the evening for the benefit of the Girls' Friendly Society members who have not been able to attend themselves.

Each branch usually holds an annual festival, which is made an occasion for assembling as far as possible all the associates and members of the branch; and at almost all of these the central place is occupied by the service in church, for which a special form of service was sanctioned by Archbishop Tait.

The society has the sanction of the archbishops and bishops, and is under the patronage of Her Majesty the Queen. The Princess Christian has become an associate, and the Duchess of Connaught and the Duchess of Albany have become patronesses in the dioceses in which they reside.

If it is desired to form a new branch in any place, application should be made to the Diocesan President, whose name and address can always be learned from the Secretary, G.F.S. Central Office, 3, Victoria Mansions, Victoria-street, London, S.W.

DOMESTIC POISONS, THEIR DETECTION AND ANTIDOTES.

By AN ANALYST.

IN our own, and most other civilised and densely populated countries, the essential necessities of human life are all more or less poisoned. The air we breathe is mixed with noxious gases and fumes, arising from the combustion of coal and manufacturing operations. Nor are our meat and drink more pure; and, besides, there are the germs of many diseases, which recent investigations have taught us to look for everywhere. That this affects the average duration of life can hardly be doubted. When the contaminations rise above certain limits it is painfully evident; as in the pale faces and premature old age of those compelled to live in the dirt and squalor of dark and damp cellars in the crowded courts of all our great cities, and from the epidemics which have been clearly traced to bad water, bad drainage, or the consumption of diseased food. Unfortunately the only remedy for this, the most destructive form of domestic poisoning, is the limitation of the contamination to the lowest practical

point—a remedy that can only be arrived at by the most scrupulous cleanliness on the part of the whole population, better sanitary arrangements, and a wider knowledge of the laws of health. With this part of the subject we do not in the present paper purpose to deal. Our attention will be confined to a few brief notes on the commonest of those substances which are capable, even in very minute doses, of destroying life or causing severe suffering, and which are more popularly termed poisons.

The progress of chemistry in recent years has been so great that many substances entirely unknown a hundred years ago, at least outside the laboratories of chemists, are now produced in enormous quantities, and employed in numerous manufacturing operations. Many of these are violently poisonous; and thus, although the deaths due to poison wilfully and wickedly administered are probably much fewer, the actual number of deaths, and of persons who suffer from poison, is continually increasing, owing to the greater liability to accidents and mistakes.

I.—MINERAL AND OTHER IRRITANT POISONS.

Poisons may be conveniently divided into two classes:—Irritants and narcotics. The former are principally derived from mineral sources; and act chiefly by corroding and irritating the gullet, stomach, and intestines; or by absorption into the tissues and blood, and so altering or destroying the vital functions. With most of them two kinds of poisoning occur. When a quantity sufficient to cause death is swallowed, severe pains are soon felt in the abdomen, followed by nausea, vomiting, and other symptoms peculiar to the different poisons. Medical men call this *acute* poisoning. But when smaller and even harmless doses are taken repeatedly and constantly, the poison appears to accumulate in the system, and finally produces *chronic* poisoning and even death. This *chronic* poisoning is often very difficult to distinguish from disease, though in most cases there are certain marks which indicate the cause of the suffering to experts. This is all the more important as the only effectual remedy is the removal of the source of the poison.

Recovery from acute poisoning on the other hand depends on the prompt administration of antidotes, or the removal of the poison from the stomach. The latter is by far the most important. Fortunately most of these poisons in large doses naturally produce vomiting, and on discovering that a person has swallowed poison, the first thing to do is to assist this action by an emetic. A convenient material for this purpose is mustard made into a thin cream with warm water. Two or three spoonfuls of this will usually produce the desired effect, and it should be repeated every few minutes. The emetics may be assisted by oily or albuminous drinks, made from linseed-meal, raw eggs, and oils, with warm water; and along with these the appropriate antidotes. Hot greasy water may also be used to promote vomiting; but no time should be lost in getting a doctor, as the stomach-pump is usually superior to other means for clearing the stomach.

In the case of persons swallowing any of the strong acids, such as oil of vitriol or aquafortis, or the caustic alkalis, this treatment cannot be used. The lining membranes of the gullet and stomach are instantly destroyed, and a neutralising liquid must be administered. For acids the best and most convenient antidote is washing or baking soda dissolved in warm barley-water; and for the alkalis a mixture of strong vinegar and water. Unless these are swallowed without delay there is great danger of the mucous membranes swelling up and producing suffocation. A liquid even more dangerous than these is carbolic