

Blind-tooling—the decoration of book-covers, will be found another fascinating way of employing an agate burnisher. One often likes to bind one's loose papers together, giving them a cover of coloured paper, cardboard, or American cloth; but the cardboard cover may with a little skill and taste be turned into a dainty work of art by the use of this invaluable instrument. To get the best effect, gum or paste Whatman HP paper down upon the cardboard, and begin your work when that is dry. As in illuminating and flower-modelling, so in this there is room for large development of your artistic powers and taste. Ruled lines and freehand scroll-work can be easily embossed on the paper, and the title can be indicated in either raised or sunken letters. The latter need hardly any directions: all you have to do is to draw your design with a light pencil-touch, going over it with a heavy pressure of the agate, and then cleaning it with bread-crumbs. But the raised letters are not so easy to produce. They are made by pressing down the paper round them; and the prettiest way I know of doing this is that illustrated in Fig. 4. Having marked out the space round the letters with neat parallel lines (as A to A', B to B'), and designed the lettering with a pencil, you must draw the outlines of the letters with your agate, as just described, and then go over the ground with a firmly-marked dotting; beginning as at C, and making your dots closer and closer, until the whole is covered, as at D. At first, perhaps, you may find this rather laborious, but after a little practice you will find that you can lower the surface in a very short time, leaving the letters in high relief. When dotting, hold the agate between your thumb and first two fingers, quite perpendicularly to the paper, on which, or some other support, you must rest your wrist. If the ground surrounding the letters is first coloured with pale carmine or rose madder, it will give, when dotted, a very pretty effect, as of rough pink coral.

You will find the agate very useful in other operations of amateur book-binding, such as rounding the back, turning in the covering material round the edges of the boards, and bevelling the edges themselves. In the decoration, if you do not stop at blind-tooling,



FIG. 5.

but use gilding on the cover or leaf-edges, you will find both flat and pointed burnishers indispensable.

As a rule, I do not recommend book-illustrating (commonly called Graingerising) as a hobby, since in unskilled and ignorant hands it has caused the destruction of many a valuable volume and precious plate. But if for this, or any other purpose, you want to mount pictures on paper, you will find the pointed agate as useful as ever. Take your picture, and laying it on the paper in the position you wish it to occupy, and both on a blotting-pad, pierce a fine hole through picture and paper at each corner (as in Fig. 5), with a needle, about one-eighth of an inch distant from the adjoining sides. Then take the paper, and laying it on a sheet of glass or tin, cut out, with a ruler and a sharp knife, the oblong defined by the four dots. You will thus have a paper mount a quarter-of-an-inch each way smaller than your picture in its opening. When you have pasted this down on the picture, and dried it under heavy weights, or in a copying- or napkin-press, between sheets of heated

blotting-paper, you may begin to use your agate. Lay your mounted picture face-downwards on a smooth, hard surface, and first run your thumb-nail along the dotted lines, A, B, C, D, (Fig. 6), marking on the back of the picture the inner edge of the mount. Then go over this with the agate; and the result will be that the surface of the picture will be brought up to a level with that of the paper (E, F, G, H); and when looked at from the right side, if the mounting and tooling have been carefully done, both will seem to form one unbroken surface, so as almost to deceive an expert.

You will find the pointed agate most useful, too, if for any purpose you want to make an even fold along a narrow strip of paper. Rule the line, with a parallel or other ruler, and a firm, steady pressure of your agate; and you will then find the paper fold readily and evenly where you want it. No doubt many

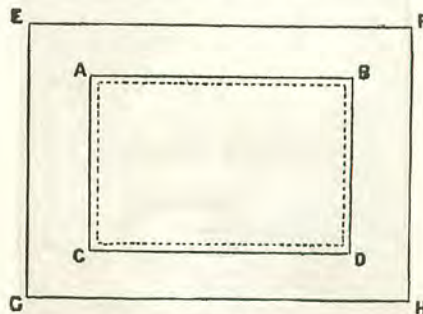


FIG. 6.

other uses of the instrument may occur to my readers; but I hope that in this article I may have added something to their enjoyment of entertaining hobbies and useful pursuits.

BARRINGTON MACGREGOR.

HINTS ON HOME NURSING.

PREPARATION OF THE SICK-ROOM.

CLEAN thoroughly beforehand if possible: hot sand well rubbed in and brushed off will clean boards when scrubbing is impossible, oil all locks, and soap window cords to make them work easily. Dry blacklead often eases woodwork when it sticks, especially drawers.

A FIRE-PLACE

is most essential in the room, for the sake of ventilation as well as warmth. Allow plenty of fresh air, and in lighting the sick-room avoid if possible the use of gas, which burns more oxygen than many other kinds of light; wax candles are best to use if possible.

IN VENTILATING

the room remember that warm air always rises, therefore an outlet for the impure air should be given at the upper part of the room, and the inlet is best above the heads of people, in order to avoid a draught, and for this reason in its entering it ought to be given an upward direction. The temperature should be from sixty to sixty-five degrees. Keep the register, if there is one, always open, and do not allow the grate to be stuffed up with curtains, or other furniture, when a fire is not needed. When a fire has to be kept in while a patient is asleep, strew sifted ashes or earth upon the hearth, to deaden the sound of falling coals, remove the fire-irons, and stir with an old stick instead. Put the coals into

paper bags or parcels so as to be able to lift them on to the fire noiselessly, the paper burns and the coals are equally distributed all over. Old corks, or sugar will often revive a fire that has nearly gone out.

FLOWERS

should always be kept fresh in the sick-room and the water ought to be frequently changed; a small piece of charcoal, or half a teaspoonful of Cond's Fluid helps to keep the water sweet. Avoid having flowers with too strong a scent.

IN MAKING A PATIENT'S BED.

If they have to remain in it all day, it is best to have a draw-sheet, i.e., a sheet folded crossways, and tucked across the bed, placed so as to reach from the shoulders to just below the knees; it can be then drawn through in the course of the day, so that the patient has a cool place to lie on. Put the bolster in a case of its own, as the under-sheet is less likely to get into rucks. Pillows should be put to the fire while the bed is made, it renders them soft and springy; if the person requires support, two pillows in one case are most effectual. A bed rest may be made with a child's chair placed upside down with the legs tied to the top rail of the bed, and a rug or pillow placed over it.

The bed-clothes should be light, but if the patient complains of them as tiring to him,

support them with an extemporary cradle, or a piece of wire or string stretched under the bed-clothes, and tied firmly to the head and foot of the bed. Do not place the bed opposite to the light, and if possible away from the wall on either side. A wire-wove bed with one mattress on the top is the most comfortable kind of bed for most cases, but in infectious illnesses it is sometimes well to use bedding made of long straw placed lengthwise in a bag; or seaweed used in the same way; this can be easily destroyed when infection is over, as it is very cheap to replace. Macintoshes should be placed under the patient when there are any discharges from the person likely to get into the bedding, a piece of oil cloth, or a busman's cape, or apron make a good substitute, or tarred brown paper, price one penny a sheet, answers the purpose well if macintosh is not at hand.

A cord from the ceiling or head of the bed is a help when lifting a helpless person, or to lift them in a sheet or a couple of strong towels.

LINSEED TEA

is an excellent drink for invalid children. Take one ounce of sugar, add the juice of one lemon, one ounce of whole linseed, and half an ounce of liquorice root. This mixture should be placed in a jug, and two pints of boiling water poured over it. The mixture should remain in a warm place for four hours, after which it should be strained and used.

lodging, and instruction for one month. Lastly, Scholarships of £20 and £60 a year are offered for competition to girls and boys alike, to enable them to proceed to secondary schools, or to a university. The organising secretary is Byron R. Simpson, Esq., County Hall, Northampton.

"The educational ladder is now fairly complete in CAMBRIDGESHIRE," says the Report. "The Minor Scholarships span the gulf between the Elementary School and the University, and the Major Scholarships render useful assistance in support of the University career."

The Minor Scholarships offer free tuition at a "secondary school," with railway fares if necessary, for a period not exceeding five years; the Major Scholarships are of the value of £30, tenable at any approved place of advanced instruction (such as Cambridge University). These are open to boys and girls alike. Classes for technical instruction are held throughout the county, and in addition to the usual "domestic economy" subjects, I observe that girls seem often to learn wood-carving. The County Council also encourages the formation of an "Organised Science School" for girls, where they shall learn Mathematics, Drawing, Physiology or Botany, Hygiene, Chemistry or Physiography, French, Cookery, Dressmaking. The organising secretary is Austin Keen, Esq., Technical Institute, Cambridge.

There is a "NORFOLK and Norwich School of Cookery, and Technical Training School for Women." The cost of board, lodging, washing, and training is 10s. per week, of which the County Council pays 8s., the parent or local committee 2s. This seems a very generous arrangement, and girls wishing to enter service should be eager to avail themselves of it. The scheme of scholarships open to girls seems particularly ample, and we can readily believe the secretary's statement that this county spends an exceptionally large percentage of the Technical Fund in this way.

There are (a) about fifty Junior or Elementary County Scholarships, value £10 annually.

(b) Fifteen Intermediate Scholarships of the value of £35 per annum for two years.

(c) Ten Senior County Scholarships of the value of £50 per annum for two years (to be increased to £75 in special circumstances).

(d) Science and Art County Scholarships of £50 a year for two years.

(e) A Domestic Economy Scholarship of £30 a year, tenable for two years at the Norfolk and Norwich Training School above-mentioned. All particulars can be obtained from the organising secretary, Edward Pillow, Esq., Shirehall, Norwich.

SUFFOLK.—The usual system of District Classes for Technical Instruction and of Continuation Schools is in force, and the secretary says: "The work, on the whole, is better done by girls and women, who in the rural districts appear to have more intelligence than the men." A large number of girls attend the Continuation Schools.

There are Junior Scholarships offered to children of ability from Elementary Schools, value usually £12 to £15 per annum. In the Junior Scholarship Examination in January, 1897, two Suffolk girls were second on the General List in the country, one for Needlework, the other for History.

There are offered to women Sick-Nursing Scholarships, value £20 each; Cheese- and Butter-Making Scholarships, and Poultry Scholarships. The last class, though open to both sexes, appears to be taken almost entirely by women. The organising secretary is W. E. Watkins, Esq., 26, Buttermarket, Ipswich.

In ESSEX the County Council appears to give help to endowed schools to increase their efficiency. Among these is Palmer's Grammar School, Grays, an Organised Science Day School for boys and girls. Instruction is given in the usual subjects throughout the county, and the scholarship scheme is generous. There are—

1. Minor Scholarships, open to boys and girls not exceeding thirteen years of age. Six girls appear to be holding these scholarships, value £16 to £36, at Secondary Schools.

2. Continuation Minor Scholarships, offered for competition among the County Council scholars completing their second year under the above scheme, and enabling the successful ones to continue their education for a further period of two years. Three girls appear to be holding these scholarships, annual value £15.

3. Major Scholarships, for higher technical education, open to girls.

4. One Senior Scholarship open to holders of Major Scholarships.

5. Horticultural Scholarships, value £40 and £50. Of these by the Report four appear to have been recently taken by women, one of whom (Miss Cope) at the expiration of her scholarship "has been engaged at Kew Gardens, with every prospect of a successful career."

6. Dairy Scholarships. The training in Dairy Work is evidently of the highest order. We quote from the Report.

"At the British Farmers' Association Dairy Show at the Agricultural Hall, Islington, 1896, the following Essex students were very successful:—Miss E. Baynes, Broxton Hall, Dunmow, gained the Champion Prize and Lord Mayor's Cup, after a severe competition. She also obtained two other First Prizes at this Show. Miss Baynes received her only instruction at the Dairy Class, Thaxted, and the Dairy School, Colchester. Miss Robson, of Havering Park, Romford, was successful in obtaining a Third Prize, and Highly Commended. Mrs. Benson, Hanningfield, was also highly commended for cream cheese at this Show."

The teaching of Art is by no means neglected, and I observe that there has been a competition among students attending Technical Art Classes for a design for a county certificate, in which two lady students have been successful in carrying off the prizes. In brief, the work of technical instruction for women in Essex is evidently progressing apace.

The secretary, who has kindly furnished us with these particulars, is J. H. Nicholas, Esq., Duke Street, Chelmsford.

(To be concluded.)

LILY WATSON.

HINTS ON HOME NURSING.

TAKING OF TEMPERATURE.

This frequently falls to the lot of the home nurse and is of great consequence and importance to the treatment. The normal temperature of the body is 98.4 degrees; a rise indicates fever, and a fall much below normal very possibly denotes exhaustion or collapse. See that the indicator on the clinical thermometer is shaken down below ninety-five degrees before the temperature is taken, then place the bulb of the thermometer in the mouth, groin, or axilla, keep the thermometer in position, under the tongue for three minutes; if temperature is taken in the groin, see that the skin between the thigh and the body surrounds the bulb of the thermometer on all sides, and the same care should be taken when taking the temperature in the axilla or armpit, and in both cases leave the glass in position for at least five minutes. Always make a note of the result at once for fear of mistakes, the temperature should be taken at the same hours each day and in the same place. It is a mistake to take the temperature unless it be really necessary, as people are very often made nervous by the taking of their temperature needlessly.

RESPIRATION.

It may be necessary to count this at different times in the day. From fifteen to eighteen

respirations is the usual number per minute, though this varies a good deal after exertion or fright. The pulse is usually from about sixty to eighty beats per minute, and these beats may be counted by pressing the finger on any artery; those near the surface are most easily felt, as at the wrist, ankle, or on the temples the pulse increases in rate if there is fever, and often temporarily if there is any fright or nervousness, or after undue exertion. The skin acts an important part not only in carrying off waste material but also in equalising the temperature of the body, by the evaporation of moisture; sweating takes place when one is overheated and tends to reduce the temperature of the skin and therefore of the whole body. This sweating ought not to be suddenly checked by sitting in a draught, or suddenly taking a cold bath when very hot. A continued fever always means a burning up of tissue too rapidly, which is exhausting to the body, and many measures are now tried to bring this fever down by artificially applying cold to the skin and so reducing the temperature; there are many different methods of doing this. Cold sponging, ice cradling, cold baths, wet packs, water beds, but these are only given under a doctor's directions.

Always note the quantity of food taken, and see that it is served as tastefully as possible;

never take food in large quantities to the bed, have the cups and spoons polished and, if possible, fresh flowers laid on the tray. The nurse should take her meals if possible in a different room.

HYGIENE.

By hygiene we understand attention to certain laws and rules which are necessary for keeping the body and its surroundings in a healthy condition. Points: (1) cleanliness, (2) ventilation, (3) pure air and water, (4) wholesome food, (5) suitable clothing, (6) healthy exercise.

BED SORES.

These can frequently be prevented if care is taken in time. The parts of the body where there is much pressure should be well washed with soap and water in order to keep the skin in a healthy condition. If the skin gets shiny or red, paint it over with collodion, or the white of an egg whipped up into a cream, with a teaspoonful of olive oil. If the skin be broken, dress with zinc or boracic ointment, or lint soaked in tinct. benzoin co., olive oil and castor oil equal parts, or cod liver oil. Pressure must be relieved by means of waterbeds, or ring-pads, and the position changed as frequently as possible.

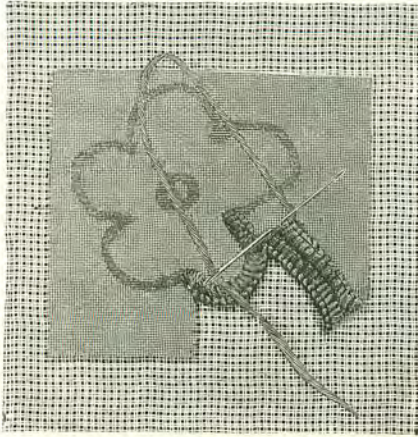


FIG. 2.

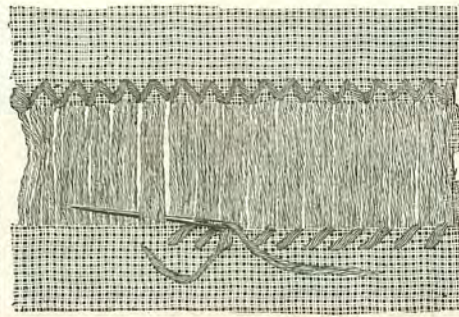


FIG. 3.

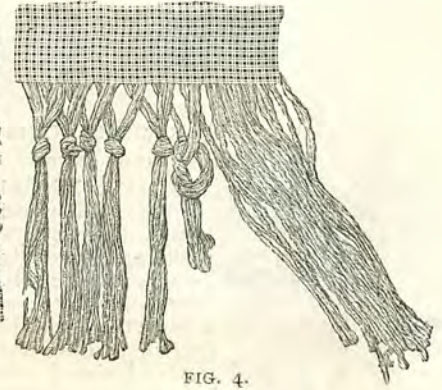


FIG. 4.

HINTS ON HOME NURSING.

IN NURSING THE SICK

it is very necessary to have plenty of tact in order to manage the patient well; and also to be loyal and honest in carrying out the doctor's orders. When nursing, these orders depend in a great measure on what you observe and report to the doctor. Therefore the better trained you are in observation, the more accurate details you can give of your patient. Notice as to sleep, whether it is restless, and the duration of it. If there is any cough, and of what character, if it be short and hard spasmodic, or loose, also whether there is sickness, or any expectoration; if such be the case it is well to save what is brought up for the doctor's inspection. Report as to the state of the skin, whether there is any sweating or not, or if the skin is very dry and burning. It is well to see if there be anything abnormal in the excretions, and when necessary show to the doctor. Always make a note of these observations and if possible keep a sick-room chart with everything of consequence written clearly upon it.

THE SKIN

is a most important organ of excretion; water and other impurities are carried off in the form of sweat which is poured on to the surface of the skin from numerous tiny tubes commonly known as the pores of the skin; these pores easily get blocked with dirt and need frequent cleansing to keep them in a healthy condition; if the skin becomes unhealthy the health of the whole body suffers more or less. Cold bathing is a very good tonic to the skin, if not succeeded by a feeling of chilliness and languor. Cold water bathing is very little use as a cleansing agent unless soap is used, the alkali of the soap unites with and removes the fatty matters of the perspiration. Warm baths relax the muscles of the skin and are soothing, and so are best taken at night. The temperature of a warm bath should be from one hundred, to one hundred and four degrees, and it is a great mistake that many people make to take a bath too hot, especially in the morning. A hot bath when given to children or invalids should always have the heat tested with a proper thermometer; if one is not obtainable the back of the hand, or the point of the elbow, are the parts most susceptible to heat, and so the safest to go by as a guide.

The hair of children attending school is best kept short; it may be cleansed when

necessary in an infusion of quassia chips; methylated spirit and one in forty carbolic are also useful to keep the hair clean. Paraffin is also frequently useful, especially the preparation which is scented and therefore less disagreeable to use. Turpentine and oil in equal parts cleanses the skin of the head from brown scurf. In ringworm, if the disease is discovered early, while still superficial, several simple remedies are worth trying, as vinegar, ink, iodine, carbolic one in twenty, or a blister applied after the hair all round has been cut quite short. If once the disease has been neglected, or has spread down to the roots of the hair before being discovered, it is a case often of months before a cure can be effected. Watch should therefore be kept on children attending school so that any disease may be discovered early. Spirits of wine and precipitate ointment are also useful to keep the hair clean. Milk and water for drinking purposes ought always to be boiled before using. If water after boiling is found to have a flat taste, this is because the air has been boiled out of it, and by pouring it from one jug to another held some distance off, air gets mixed up with it again and it becomes fresh-looking and sparkling. Filters if used ought to be cleaned frequently. All cisterns that supply drinking water ought to be well cleaned at least twice a year, especially if they are under the roof without being closed in.

All open drains should be flushed daily, and those sinks where greasy dishes, etc., are washed up should have the waste pipes kept sweet by very hot soda water being used to get the grease off the inside of the pipe before being flushed with cold water. Chloride of lime is cheap to use to disinfect dust-bins or dust heaps, but as much of the refuse as possible should be burnt in the kitchen grate after the cooking is done for the day. Fresh air in the sleeping rooms is very important; if possible have a crack of the window open at night, especially if gas is burned in the room. Meals should be regular and punctual, and children should not be allowed to get into the habit of eating between meals. Clothing should be light, and flannel always worn next the skin at night as well as by day.

BATHS

are employed in various ways as a remedy in illness. A hot bath is sometimes ordered to bring out a rash where an eruptive fever is suspected. Temperature 100 to 105 degrees, the patient to remain in about ten minutes,

care being taken that the heat of the bath is maintained, and that the patient is kept warm afterwards; it is best to leave them lying between blankets for at least an hour after a bath of this kind.

A COLD BATH

is given to reduce temperature; the usual plan is to place the patient in a bath at a temperature of sixty-five or seventy degrees, the temperature being reduced, if necessary, by fresh cold water being added to it. The patient should remain in until the temperature, which should be taken frequently, is reduced. Bathing for temperature should only be done under a doctor's orders, and the nurse should have ready hot bottles, and hot blankets, and some cordial in case of shock or collapse.

MUSTARD BATHS

are given in cases of croup, or convulsions; mix three quarters of a pound of mustard in cold water, then add sufficient hot water to fill a child's bath.

SODA BATHS

are sometimes ordered for rheumatism, or to reduce inflammation in burns. About one pound of common soda to a bath of ordinary size, the soda must be well dissolved, and the bath kept at a temperature of 100 degrees.

BRAN BATHS.

Boil four pounds of bran in one gallon of water, strain off the liquor and add to it a sufficient quantity of water to fill an ordinary bath.

VAPOUR BATHS.

These are ordered to promote the action of the skin in rheumatism, dropsy, etc., the easiest way to give them in home nursing is to place the patient on a wooden chair, standing in a flat bath. The bath and the patient's body must be completely enveloped by blankets, macintoshes, and paper, to help to keep the heat in; they must be pinned round the patient's neck so as to only leave the head uncovered, an edge of the blanket must be lifted up, and nearly boiling water poured into the bath. The patient's feet should rest on the edge of the bath, and if the blankets are well arranged no steam should escape; the vapour must be kept up by adding fresh boiling water, or by heated bricks put into the bath. The patient remains sitting in this steam for about twenty minutes, or until a profuse perspiration is produced.

except 'Mrs. Harcourt.' She shall never be 'mother' to me."

"Well, tell me, how is the good lady? I hope you have got her into a good temper for my benefit."

"Indeed, I haven't. I should think she is probably pouring a long tale of complaint into father's ears about my sins and shortcomings at this very moment."

"Now, Madge," he remonstrated, "what have you been up to? I gave you special injunctions to get her into a good humour. You see, I have a favour to ask—I shall want you with me all day long."

"Well, I did try, Jack, but, as I've told you before, it isn't the faintest use. If I pleased her for ninety-nine days and offended her on the hundredth, she would forget the ninety-nine in a moment. I came downstairs this morning full of good intentions. I managed to keep them too, for, although she told me I was late when I wasn't, and that my hair was untidy when it was perfectly smooth, I never said a word. In fact, I was successful all day until this evening. She found me reading on the lawn and told me to go and practice. I declined, as it was the first time I had opened my book all day. Presently she came again and tried to prevent my coming to meet you; as if anyone in the world could do that! Of course, I just came, and you can imagine the rest. I might as well not have tried at all, all day."

"What a tale of woe!" remarked Jack, pulling a long face and heaving an unnaturally deep sigh, "I wonder you have survived! Never mind, we'll soon bring her round," and then, to change the subject, he gave her a brief account of his own recent doings, which lasted until they reached home.

"It's a beautiful old place, after all,

Madge, in spite of its drawbacks," he said, standing for a moment to gaze at the dark pile of buildings sharply outlined against the sky. "If only it was nearer to London and not in such an out-of-the-way corner, how I should enjoy coming home oftener."

Madge was silent, and her eyes assumed a strangely wistful look, as she too gazed thoughtfully at her home. It made a pretty picture in the dim light, with its bodyguard of giant oaks, and behind them the Cumberland hills stretching away into the far distance.

"Oh! yes, it's beautiful enough," she answered presently, with a little catch in her voice, "but it isn't like home. I should be glad to see the last of it," and she shuddered a little. "Do you know, Jack," she continued in a softer voice, "I often wonder how it looked to mother, and if she ever felt like I do. I wonder if she loved those distant hills, or if they made her feel hemmed in and crushed down, as they do me. If I look at them for a long time I feel like a bird in a cage, beating its wings hopelessly against the unyielding bars. I feel as if all the hoping in the world would not help me to pass those hills and get out of my prison into the big, free world beyond; as if, for me, the hills stretched on and on interminably, and I should never reach a spot where I could see beyond them."

"But you shouldn't think such gloomy thoughts, Madge," he answered. "It isn't likely you're going to stay here all your life. As soon as ever we can manage it, you shall come up to town and have no end of a time."

"Perhaps by then I sha'n't care about coming. I shall always feel I am different from other girls, and that will make me dislike to mix with them. Besides, I don't think gaiety is what I want; but

come, we are very late, we must wait until to-morrow for a long talk," and she drew him forward quickly.

"You do think such queer things, Madge," he said, as he followed her; "I don't know anyone else who thinks as you do. Fancy dreaming of not liking London! It's glorious! Wait till you've tried it. You'll forget all about these dull times."

Madge made no reply, but her heart did not feel any lighter at the prospect held out to her. Deep down in that heart she knew only too well that it was not London and gaiety that would take the aching restlessness out of her life.

On reaching the house they found their father and Mrs. Harcourt waiting anxiously for them, for they were very late through lingering on the way. However, as Jack was there, Mrs. Harcourt expressed nothing but anxiety, and after the usual greetings he turned to the table and sat down.

"Aren't you going to keep me company, Madge?" he asked, as she remained standing.

"No, I'm not hungry."

"Nonsense, you must want your supper; where are you off to?"

"I'm going to bed," she replied quietly.

"Don't let Madge go to bed without having something to eat, *mater*!" he exclaimed, turning to Mrs. Harcourt. "It's half-past ten and I expect she had tea before five."

"I can assure you Margaret is quite capable of looking after herself," replied Mrs. Harcourt coldly.

Jack was about to answer, but something in Madge's expression stopped him. Without a word he returned her kiss and let her go.

(To be continued.)

HINTS ON HOME NURSING.

LOCAL APPLICATIONS.

The object of poultices, etc. is to relax the skin and the surrounding tissues and to apply warmth and moisture to any one part of the body, so causing a superficial redness to relieve a deeper inflammation causing pain.

Linseed Meal Poultice.—Pour boiling water into a basin, stir quickly with one hand and shake in with the other, sufficient linseed meal to make the poultice of a consistency to spread smoothly on a piece of rag or flannel, the edges of which should be turned over the ends of the poultice in order to make it look neat. See everything is in readiness before beginning to mix the poultice. Warm the utensils, and see that the water boils. Let the poultice be light and not too wet. Change the poultice frequently so that the person never feels it get cold.

A Bread Poultice.—To make this, coarse bread crumbs from stale bread should be stirred into a basin of boiling water, covered up and put to stand by the fire for three or four minutes, strain the water off, and add fresh water, boiling, pour it off and spread the poultice on rag or flannel and apply with muslin or tissue-paper over the surface, otherwise the gluten in the bread is apt to stick on to the skin and form a crust.

Mustard should be mixed with cold water

and warmed after being spread on a piece of flannel by the fire; it should have a piece of muslin over the surface next to the skin. A mustard poultice is also made in the same way as a linseed poultice with mustard stirred in, in equal parts, or two parts of linseed to one of mustard.

Charcoal Poultice.—One ounce of charcoal to four ounces of linseed meal or bread crumbs, stir the charcoal in while mixing, and sift finely-powdered charcoal over the surface before applying. Useful in cases of old sores and ulcers.

Bran Poultice.—Make a flannel bag, partly fill with bran, sew it up and pour boiling water over it, wring out, and apply; or the bran may be baked and applied dry. Salt bags may be used in the same way.

Fomentations.—Wring folded flannel out in boiling water and apply with oil silk over it to keep in the heat. **Soda Fomentation.**—Two ounces of soda to one pint of boiling water; useful in some cases of rheumatism.

Poppy-head Fomentation.—Break up the heads of two poppies, and boil them in two pints of water, till the quantity is reduced one-half. Wring out folded flannel in decoction, and apply; useful in cases of pain, when severe.

Laudanum Fomentation.—Sprinkle folded flannel after being wrung out in boiling water

with from one teaspoonful to half an ounce of laudanum, according to the size required, and apply with oil silk over it to keep in the heat.

Turpentine Stoup.—This can be made in the same way as a laudanum fomentation, or a better plan is to sprinkle the folded flannel first with from two spoonfuls to one ounce of turpentine, and then wring out in boiling water; by this method the turpentine gets more equally distributed all over the flannel, and is not so likely to cause little blisters.

When carrying poultices from one room to another it is a good plan to put them between two hot plates to keep them hot. Always if possible use a wringer made like a small round towel with a stick run through each end; when wringing out fomentations it saves burning the hands. A patent fomentation heater saves all heating of water or trouble of wringing, and may be bought for about 2s. 6d.; it also warms up poultices, so that they may be used again if necessary.

A Cotton Wool Jacket can be made with cotton-wool tacked inside a calico jacket; it is useful, and often better than a poultice in cases of lung disease. When applying blistering fluid mark out the size the blister is required with oil or ointment to prevent the fluid running down the skin and so causing a blister of too large an extent.

by removing the pins and made up much as is any ordinary piece of silk or satin.

A stripe (see Fig. 2) is as easy as a check to make. For this also two colours of ribbon are necessary. Cut these into lengths as usual and fasten them into the frame, but this time let the coloured bands which form the warp be used alternately, and not be all of one hue. The weft also consists of first a ribbon of one colour, then one of the next all down, these being always passed over the warp-ribbons which are of the same colour as themselves. If they are passed under these the result will be a chequer like the first one shown, though obtained in a slightly different way.

So far it has been taken for granted that squares have been woven, and for these a frame of suitable size has no doubt answered well. But for tiny or irregularly-shaped pieces the use of too large a surround means a considerable waste of ribbon. There is a special make of frame intended for such weaving, the size of which can be altered, but the same result can be obtained by a home-worker, either by nailing a flat piece of wood across, or even by very tightly stretching a length of stout braid over the frame. For fanciful shapes a board is convenient, though the weaving is less easy to remove from it if loosely done than from a frame. Open weaving (to be mentioned later) needs mounting on silk or some other fabric, and it is easy to tack the ribbons down to this before taking them from a surround, but difficult to insert it between them and their solid background.

Close weaving on a board can be most economically managed, when a fanciful shape is required, by cutting the outline from paper, pinning this to the board and laying the ribbons over it, extending them but a little way beyond it and there pinning them down. When the work is lifted the paper is easily moved. Study the wall-pocket shown at Fig. 3 as an example of close and fancy weaving. The front is mounted over stiff buckram and the back is a heart-shaped piece of card, covered and lined with brown silk.

For the weaving were used: seven strands of black-ribbon velvet three-quarters of an inch wide, twelve of green moiré nearly half-an-inch, the same amount of white moiré,

and three lengths of deep orange ribbon three-quarters of an inch wide. Begin with the centre warp (upright) strand of black velvet, and on each side of it pin down two green, a black, two green, a black, two green, and, lastly, a black strip.

For the weft threads orange and white are to be used; thread the top white over the centre black stripe, under the next and over the last green on each side of it. The second white ribbon passes over the threads passed under before, and under those which were

and sequins, threaded on gold tinsel, dangle round the bottom of it. Bows and ends of the ribbons are arranged at the back of the pocket.

The second form of plaiting (open-weaving) deserves a few words. In this the ribbon strands are put more widely apart, permitting a background of silk to show between them. A specimen of this style of weaving is seen at Fig. 4, where wide and narrow ribbons are used transversely as well as down and across. The white warp threads should be secured each

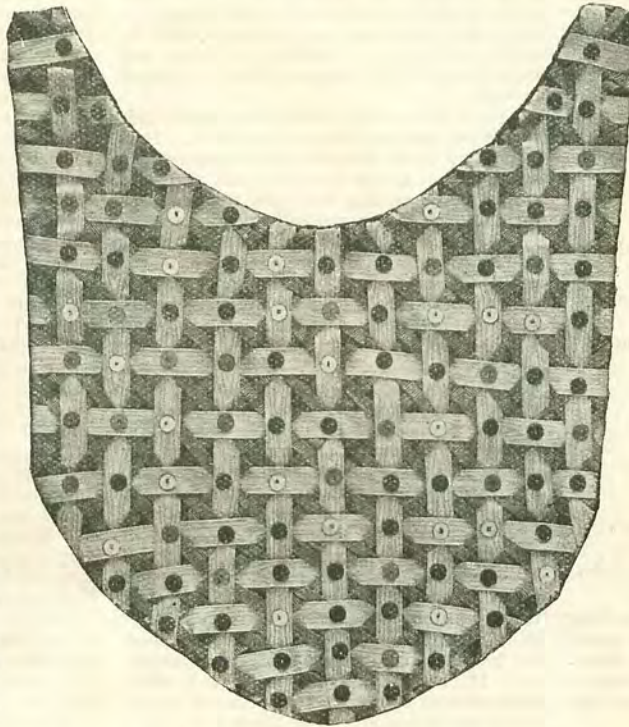
its own width distant from the next, and the weft ribbons are threaded over and under these. The first set of narrow ribbons passes right across the work diagonally, under the weft but over the warp lines.

The second narrow set crossing with these is arranged to come also under the weft and over the warp lines, and falls naturally over one of the former set of diagonal ribbons in every open space. A sequin keeps the strands together at each spot where they all meet. The last illustration shows the same pattern worked more closely as embellishment for the front of an open coat. The background is black satin, the wider ribbons and sequins are heliotrope, while the diagonal strands are pale green.

It has been shown that ribbon work is adapted for small articles of dress as well as to fancy trifles. The colourings can be greatly varied, and a bold or delicate effect be secured at will. The variety of patterns is quite bewildering, as a few trials and a study of fancy-straw weaving will soon show. Squares, diamonds and zigzags can be made of many kinds both in close and open weaving. In the latter the pattern of an ordinary cane-bottomed chair works out effectively.

As the finished work, lined if necessary, is equal in texture to a thick make of silk or brocade, it follows that it will serve in many cases for which these fabrics are also used: for mats, belts, covers for books, caskets, or fancy baskets; for *bonbonnières*, sachets, book-markers, pot-covers and a thousand other purposes it answers well.

It is pretty and modern, and readers are again advised to try it for themselves, and see how far better is the look of the real work than that of pictures into which colour cannot be introduced.



covered; this band is seen in the side curves also. The orange bands which come after every pair of white ones pass also over and under, alternating with the last ribbon threaded; in fact this simple rule suffices for the entire work, which results in little squares formed by the green and white ribbons and bolder details added by those of greater width. The completed weaving should be carefully laid on silk-lined buckram and stitched to the heart-shaped back.

A cord is carried all round the wall-pocket,

HINTS ON HOME NURSING.

FOOD

is required for two purposes. 1. To replace loss. 2. To supply warmth. All food for invalids must be carefully served, in as tempting a manner as possible. Milk is a perfect food and contains all the elements necessary to keep the body in health, and therefore frequently forms the staple article of diet ordered in sickness. It is more easily digested if boiled and less likely to contain germs of disease. A small pinch of bicarbonate of soda, or a little soda water added takes off from the cloying sour taste in milk, so disagreeable to some invalids. If allowed the milk may be thickened with gruel, arrowroot, cornflour, or Benger's food may be made in the following way: one tablespoonful of the Benger and four tablespoonfuls of cold milk, stir into a

smooth paste, add one pint of hot milk and place to stand for fifteen or twenty minutes. It should be then boiled, stirring all the time, and is ready for use.

THE WHITE OF AN EGG

in half a pint of milk makes a nourishing drink, or white of egg and one ounce of cream to half a pint of water is very nourishing, and can often be retained where ordinary milk causes diarrhoea and sickness.

TEA

made with milk poured over it when quite boiling instead of the boiling water generally used, and only allowed to stand for three minutes, will often be allowed to a patient who is getting tired of a milk diet.

BEEF TEA

must be carefully made, and the best way to make it is to take one pound of lean beef to one pint of water; cut the meat up into small dice, removing at the same time any pieces of fat or skin, place the meat in a stone jar, and allow it to simmer on the stove or in a cool oven. The beef tea must not be allowed to boil, it should stew slowly for about three hours, and then be strained. When cool any grease that may rise to the surface should be removed before being taken to the invalid.

EFFERVESCENT LEMONADE.

The juice of two lemons to one pint of water. One level teaspoonful of soda bicarb. will cause this to effervesce when required for use.

Mrs. Bramston's eyes looked suspiciously like crying although her lips were curved to laughter.

"I remember once that a sturdy little science student with short hair had to hurry off to a lecture. 'Dumps' was the ridiculous name they had for her, and she didn't seem to mind a bit. They said she had done some brilliant original work already. Directly the door was shut a hospital nurse, her closest friend I believe, began to tell in the drollest way about some half-consumptive student whom 'Dumps' had helped in his work, lending him books and things, and who now was hopelessly in love with her. The question was whether 'Dumps' loved him or not, and I must confess she seemed to have discussed it quite openly herself, a case of symptoms she declared it. He had 'flustered her' she confessed so that she could not do any of her work properly for a week; but that might have been abstract emotion! Then she forgot him usually when she was on her bicycle—fancy the poor girl remembering anything when she was riding through that horrible London traffic!—but once, it seemed, when she thought she was going to get crushed by a passing waggon she had been conscious of angrily regretting that she had not insured her life in his favour so that he could finish his studentship without any worry!"

Both Nita and I laughed involuntarily at this turn of the story, but I thought with her that there was a tragic side to it too.

"It is like the children pulling up the plants by the roots to see how they are growing, Mysie," she said. "If it doesn't kill the plant outright, it destroys its chance of flowering and I am afraid of fruit-bearing also."

I assented and she started again.

"Another afternoon, Dumps was kneeling on the floor by Hetty's sofa making a semi-professional examination of her poor ankle and lecturing away on bone formation until I feared that she would be wanting to try some of her experiments on the child herself. In the midst of her chatter a pale shadowy-looking girl, an engraver on copper I think she was, came silently into the room and crouched down over the fire. She had not spoken to any of us, when she suddenly looked up and said in the queerest, driest kind of voice—

"'I've had a letter from home, girls. The dad died yesterday.' She had spoken so abruptly that none of us could get a word out

in answer for a minute, and she gave a little laugh and added: 'Well, he knows now.'

"'Knows what, dear?' said Hetty. I think she was so distressed for her friend that she hardly knew what she was saying.

"'That I smoke cigarettes, perhaps,' replied the girl trying to laugh again. 'Anyhow, I don't mean to wait so long as dad did till I find out if there's anything on the other side.'

"And if you will believe it, Mysie, the poor creature went on to talk of death in the vaguest, saddest way, of dying and suicide and the best way of leaving life behind her, just as if her father's death were the merest incident to her, on a level with any other death she might have read of in her histories or newspaper. And yet I believe that her heart was breaking all the time."

Mrs. Bramston sat silent for a little after that, her lips set very tightly together. When she spoke again it was on the same subject.

"They seem to think it a kind of weakness to show much affection for their home people. One splendid-looking girl described her mother as 'the most impossible infliction life had yet lain upon her,' and in the same breath insisted that Hetty should accept a pot of her home-made jam! She had just received a great box of good things from home, 'tucked in' she said 'with blankets. Mother never will believe I can be warm enough when I sleep in a garret seven storeys high!' Hetty said it was all journalese and I must not take any of it seriously. But—there is a 'but' in it, isn't there, Mysie?"

I honestly owned to thinking there was a very big "but" indeed!

"It all comes, I think," said Mrs. Bramston at last beginning to sum up her impressions, "of trying wilfully to do without the human relationships that God has set about us right from the very start. Men and women are not born grown up, right away, as units. There are a hundred ties in a family that can never be broken without a loss of life-blood all round. We need mothers and fathers and brothers and sisters, aye, and," with an affectionate look at me, "uncles and aunts and cousins. And when we are grown up ourselves and strong in our own strength we need the children and the old folks to keep us reverent and tender. Then if we live to grow old there is a natural place still for us, and life's hardships are tempered to our human weakness all the way along. Progress will come through an ever-widening out of the circle of those to whom we are thus 'bound,' perhaps some day till it includes

the whole human race. But meantime to voluntarily choose the unnatural isolation of that life in St. Edward's Chambers seems to me nothing short of moral suicide. Mind, I do not say that there isn't an immense field of work for women outside the home; but I would entreat of them as they desire to keep quick and sensitive to the claims of that work upon them, and to do it faithfully and well, not to cut themselves off from ordinary human relationships; but to start out to their work from a home and to come back to a home at night. They tell me that there is a growing amount of work that so exhausts a woman's strength and is so irregular in its hours that no home could arrange for her comfort and its own at the same time. If that is so I am old-fashioned enough to say that such work ought not to be, either for man or woman, and we only perpetuate an evil by providing other evil conditions to meet its requirements. Do I speak too strongly, Mysie? If you could only have watched those poor women as I did; their lack of all peace or rest of spirit; their unceasing recklessness, callousness even; the tastelessness that all life seemed to have for them except during moments of feverish excitement. They none of them seemed to want to be alone except when they were completely exhausted, and perhaps the strongest characteristic which they have in common is their dread of old age. They own that they dare not think of it. Even the power to save money for it comes to very few, the expenses of their life are necessarily so high. And the ties they make there seem to snap the moment they pass from actual sight of and contact with each other. 'Where is so and so?' they say. And when they have flung a smart epigram or two after her or made a few careless inquiries, the place that knew her knows her no more. Only the other day Hetty had a letter from one of the nicest of them, as I thought. She wrote that she was going to marry a man 'who has nothing but his power to make a home for me to render him even endurable.' She ended by daring Hetty to congratulate her. Poor lassie! poor lassie!"

But with that Hetty's bright voice was heard calling in the hall for "Mother" and "Auntie." And with a half-guilty look at one another we two older women hurried out to welcome our young people home with hearts brimming over with thankfulness that it was "home" in such real sense to them all.

(To be continued.)

HINTS ON HOME NURSING.

A ROLLER BANDAGE

ought to be from 5 to 8 yards in length, and the width suitable to the part to be bandaged, 2 to 2½ inches for the head and extremities, 3 to 4 inches for the thigh and abdomen, and about ¾ of an inch for a finger bandage.

The selvages should be torn off and the bandage rolled up very firmly.

WHEN BANDAGING REMEMBER

- (1) Fix the bandage by one or two turns, the outer surface of the roller being next the skin.
- (2) Bandage from below upwards, and from within outwards over the front of the limb.
- (3) Use firm pressure equally over the parts and bandage evenly.
- (4) Each succeeding turn should overlap two-thirds of the preceding one.
- (5) End by fixing the bandage firmly with a safety pin, or a neat stitching.

The roller bandage is put on in one of three ways, either spiral, reverse, or in the figure of 8.

THE MANY-TAILED BANDAGE

is made by placing a piece of bandage, the length of the limb, and placing across it pieces of bandage of sufficient length to go round the limb. The long piece is placed at the back of the limb, the shorter pieces tacked in their place pass horizontally round the part to be bandaged, and, when completed, ought to look like the figure of 8 bandage.

THE T BANDAGE

is made of two pieces of bandage in the form of a T; the horizontal piece is to go round the waist, the shorter piece passes between the thighs, and fastens to the waist portion in front.

IN PUTTING ON A SLING

the apex of the triangle should be placed at the elbow and pinned, the two ends being tied round the neck in a reef knot.

THE TRIANGULAR BANDAGE

is made by a handkerchief or piece of calico folded into a three-cornered shape; it is useful for keeping dressings on the head, breast, and other parts, it also makes a good sling to support the arm.

STARCH BANDAGE.

In some cases it is well to starch the bandage to prevent it slipping; one teaspoonful of starch should be mixed into a smooth paste, and add, while stirring, half a pint of boiling water; as soon as it is cool enough it should be spread all over the bandaged part.

OATMEAL DRINK.

Put a quarter of a pound of coarse oatmeal into a saucepan with three quarts of cold water, boil half an hour, sweeten to taste with brown sugar. It can be drunk either hot or cold as preferred, and flavoured with lemon.

CHILD'S WASHING HOOD.

THIS charming little pattern fits so prettily on the head, is of very simple construction, and just the thing for garden or beach.

A small piece of washing material suffices, as will be seen from the measurements given in Fig. 1. A and B are merely soft twilled

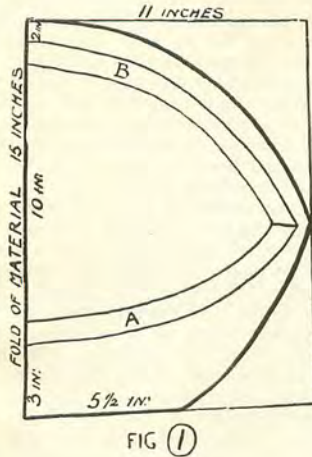


FIG 1

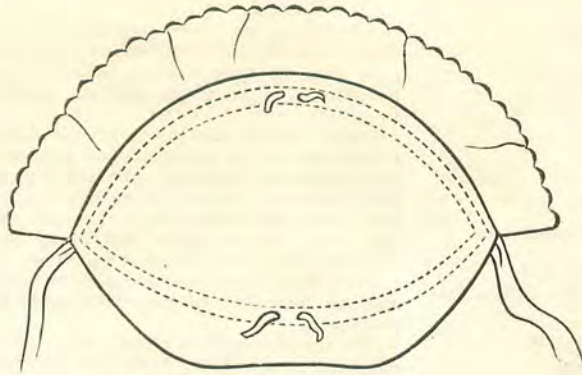


FIG 2



FIG 3

tape laid on and stitched at each edge to contain the runners of narrow tape, see Fig. 2, which shows the right side of the hood, the dotted lines indicating the stitching of the tape showing through from the wrong side.

There is a half-inch hem all round the hood, and the strings should be of ribbon, one yard, easily removed for washing.

One yard of embroidery is required for the edge, just eased on to set comfortably; one yard and a half of lace forms an inside frill stitched three-quarters of an inch further in than the embroidery.

If this frill is put on before the tape for the runners, the latter can be laid over the raw edges with a neat result.

"COUSIN LIL."

HINTS ON HOME NURSING.

BARLEY WATER.

Two ounces of pearl barley, cover with one pint of water and boil quickly to wash the barley; then throw away the first water, add fresh water, boil and throw away, then add a pint and a half of fresh cold water and let it boil gently for half an hour, *i.e.*, till the barley is quite soft. Then strain off and flavour with lemon, vanilla, or orange juice.

RESTORATIVE SOUP.

Another nice food for invalids is one pound of veal, one pound of gravy beef, one pound of mutton, half a large fowl, and one quart of water; allow it to simmer slowly for six hours, then strain and serve. Give one teaspoonful of the jelly thus made every half hour, or as often as necessary.

RAW MEAT JUICE.

Scrape one ounce of raw meat into a pulp and cover it with cold water (about half an ounce would be sufficient), and leave it to stand for two hours, stirring it about every ten minutes; then squeeze the juice through muslin, and give it to the patient. It is almost tasteless.

TO MAKE GRUEL.

To one tablespoonful of oatmeal or prepared groats, allow one pint of water and a small piece of butter. Mix the oatmeal with a little cold water, add the rest of the water with the butter when boiling. Stir well to prevent lumps. The prepared groats require ten minutes' boiling, the oatmeal requires twenty minutes' boiling. If milk is used instead of water the piece of butter is not required.

CHILDREN WHEN ILL

require special care, as their diseases develop very rapidly and much depends on their being carefully watched. Many diseases in children are due to mistakes in feeding them, especially

is this the case in children under two years of age. To understand the principle of artificial feeding of children is therefore of great importance. Human milk is the natural and best food; it contains everything that is necessary for the formation and nourishment of a child during the first few months of life; it ought therefore to be made the type food of all artificial feeding of infants. First as to quantity, one pint of milk in the twenty-four hours during the first few weeks of life, increasing in quantity as the child grows older. Regularity in feeding as to time and quantity is essential. Cow's milk diluted with water one to three and three grains of soda bicarb. added is a good substitute; or the cow's milk diluted with lime or barley water in the same proportions, and artificial human milk are useful to try where the child has to be brought up by hand.

To Make Artificial Human Milk.—Heat half a pint of skimmed milk to about ninety-seven degrees, *i.e.*, just warm, and well stir into the warmed milk, three grains of extract of rennet. When it is set, break up the curd quite small, and let it stand ten or fifteen minutes, when the curd will sink; then place the whey in a saucepan, and boil quickly. In this whey dissolve a heaped up teaspoonful of sugar in milk. When quite cold add sufficient new milk to make one pint, and two teaspoonfuls of cream, well stirring the whole together. If the milk is too rich use rather a larger proportion of whey.

PEPTONIZED MILK

is an excellent preparation of partly digested food, only it must not be continued too long, as the digestive powers of the infant may become weakened from want of use. Mix three quarters of a pint of fresh milk with a quarter of a pint of water, warm to about forty degrees, add two level teaspoonfuls of Benger's liquor pancreaticus and half a level teaspoonful of soda bicarb., stir in quickly and allow it to stand for twenty minutes, it is then

ready for use; but if the peptonizing process is to be stopped, the milk must be boiled.

EGG JELLY.

Half an ounce of gelatine soaked in half a pint of cold water, add rind and juice of two lemons, then some sugar to sweeten, and half a pint of boiling water. When cold strain on to three eggs well beaten, then strain into a mould.

No starchy food should form the chief element of diet during the first year of life as it tends to make the child rickety. Care must be taken that the feeding-bottle is kept absolutely clean. The boat-shaped bottle is the best. Do not allow children to get into the habit of having so-called "comforters" to suck. Wash out the mouths of infants with warm water after feeding, it keeps the gums healthy and renders teething easier for the baby; and a soft tooth-brush should be used for children as early as possible. Four teaspoonfuls of glycerine to one ounce of honey with one teaspoonful of borax is often of use as a mouth wash where the gums are sore and bleed easily.

For children inclined to rickets raw meat pulp scraped from a juicy piece of beef and spread on bread with a little sugar, or made into balls with sugar like little raspberries will often be taken by children, and is very good for them. Oranges, limes, and cream are also good to be taken when possible, and the food should contain as much of the fatty element as possible.

IN MEASURING MEDICINES AND LOTIONS.

1 minim	= 1 drop.
60 minims	= 1 dram, or 1 teaspoonful.
$\frac{1}{2}$ an oz.	= 4 drams, or 1 tablespoonful.
1 oz.	= 8 drams, or 2 tablespoonfuls.
20 oz.	= 1 pint, or 2 breakfast cupsfuls.
40 oz.	= 1 quart.
4 quarts	= 1 gallon or $\frac{1}{2}$ an ordinary sized bucket.

"Yes, I knew that was it! It's your grand London friends you are thinking of. If they are too good to come here, let them stay away. Father is a greater man than any of them, if he is not rich."

"Girls, girls, girls, what is all this?" Miss Briggs pulled aside the curtain over the doorway, and came hurriedly into the room. "I heard your voices across the hall. Are you quarrelling the first day Hilary is at home? Don't let your father hear, I beg you, he would be terribly grieved. What is the matter?"

"It's Hilary's fault, she has done nothing but grumble all day long, and I can't stand it. She has made Lettice miserable; the servants are as cross as they can be, and there's no peace in the house."

"Norah has been very rude to me, Miss Briggs. I am obliged to find fault when things are wrong, and I can't help it if the servants are cross."

Miss Briggs looked at the younger girls. "Go upstairs, dears, and change your dresses for dinner. I want to speak to Hilary by herself," she said quietly, and Lettice and Norah left the room with awed faces. The kind old governess did not often interfere with the girls now that they were growing up, but when she did, there was a directness about her speech which was very telling, and this afternoon was no exception to the rule.

"Hilary," she said slowly, when the door had closed behind the two younger girls, "I have been with you now for ten years, and have watched you grow up from a little girl. You were my first pupil, and I can't help taking a special interest in you. You were a dear little child. I thought you would grow up into a sweet, lovable woman, but you will have to change a great deal, Hilary, if you are to do that! You will think me very unkind, but your mother is dead, and I must be truthful with you for your own good. I think you have behaved very unkindly to your sisters to-day. You have been away enjoying yourself while they were left at home;

they did their best to fill your place, and counted the days until your return, and you have made them miserable from the moment of your arrival. The house is as you left it, but even supposing you had noticed a few things which were not to your taste, you could have put them right quietly, or spoken of them in a pleasant, kindly manner. Things have gone on smoothly and quietly while you were away—more smoothly than when you are at home, my dear, for though Lettice is not such a good manager, she has a sweet, amiable manner which makes the servants anxious to please her by doing their best. You are very young, Hilary, and you make the mistake of over-estimating your own importance, and of thinking you are necessary to the welfare of the household. You can easily make yourself so, if you wish, for you are a very clever housekeeper, but if you continue to be as self-satisfied and as regardless of the feelings of others as you are at present, I tell you plainly that you will end in being a hindrance rather than a help. I am not saying that the other girls are faultless, that would not be true—but instead of setting them a good example, in nine cases out of ten, you are the one to begin a quarrel. You think me very cruel to speak like this—it's not easy to do, Hilary—but you may thank me for it some day. Open your eyes, my dear, and try and see yourself as you really are, before it is too late!"

Miss Briggs swept from the room in a flutter of agitation, and Hilary sank into the nearest chair, and gazed blankly at the fire. Her heart was beating in heavy thuds, and she put her hand to her head in stupefied fashion. For several minutes she sat motionless, unable to form any definite thought. She only felt a curious shattered sensation, as though she had come through some devastating experience, which had laid waste all her fondest delusions. What had Miss Briggs said? The household arrangements had been managed better in her absence

than when she was at home. If she did not alter, she would end in being a hindrance rather than a help. She set a bad example to the younger girls and was the instigator of quarrels! Hilary's cheeks burnt with a flush that was almost painful. Her pride was wounded in its most sensitive point. She would have been ready enough to acknowledge that she was not so sweet-tempered as Lettice, or so clever as Norah, but she had been secure in her conviction that no one could touch her in her own department, that she was a person of supreme importance, without whom the whole fabric of the household would fall to pieces. And things had gone on better while she was away! Better! Hilary writhed in humiliation, and the flush burnt more fiercely than before. If she could only manage to disbelieve it all, and wave it aside as a piece of foolish prejudice; but she could not do this, for her eyes were opened, and she saw the meaning of many things which she had mis-read before. Miss Carr's quizzical, disapproving glance; her father's anxious gaze; the little scornful sniff on the face of the old cook as she took her morning's orders. Could it be that they all felt the same, and were condemning her in their hearts, as a stupid, consequential little girl, who had no importance whatever except in her own estimation? And—"a hindrance!" The word brought with it a throb of something deeper than wounded pride, for, with all her faults, Hilary was devoted to her father, and her brothers and sisters, and the thought stung like a whip that they might not care for her—that the time could ever come when they might even wish for her absence!

The light was growing dim in the deserted room, and, as Hilary laid her head back in the old-fashioned chair, the tears which rose to her eyes and trickled slowly down her cheeks were the bitterest she had known in the course of her short life.

(To be continued.)

HINTS ON HOME NURSING.

GIVING OF MEDICINES

(1) A marked measure glass should be used when possible. (2) The medicine must be given regularly. (3) Measure carefully and correctly. (4) Pour out on the side furthest from the label. (5) Wash the glass or spoon after each dose. (6) Keep applications for external use only in blue fluted bottles, and in a different place from those medicines to be taken internally, for fear of mistakes. (7) Always read the label before pouring out.

COD LIVER OIL

is best given early in the day and after food; it may cause diarrhoea, especially in hot weather; if so, a different preparation may be tried.

IRON

should be taken after meals, and it often gives rise to constipation, so watch should be kept and an aperient given when necessary. Should indigestion be set up by iron, a different preparation may be tried.

TO GIVE CASTOR OIL.

This may either be given in strong coffee or warm milk; the latter method is the better way for young children. Another way is to give it in boiling water, which breaks up the fat globules and renders it less greasy; or the castor oil may be given in soda water.

SOOTHING POWDERS

should not be given to babies unless ordered by a doctor, they often contain opiates, and may do grave harm.

EFFERVESCENT MEDICINES

should be brought to the patient in separate glasses and mixed when the patient is ready to drink.

POWDERS

may be mixed with jam, sugar, or glycerine, or put to the back of the tongue, and a drink of water given to carry it down.

IN SCARLET FEVER,

the most infectious time is when the person is convalescent, and the skin is peeling; it is a good plan to rub the patient with some disinfectant ointment or oil to prevent the particles of skin from flying about. Flannel ought to be worn next the skin, especially over the region of the kidneys, so as to avoid any chance of a chill, which is a serious matter, after even a slight case of scarlet fever.

IN DIPHTHERIA

all the discharges are highly infectious, all rags, etc., used should be burned at once. The patient should be kept lying down as much as possible to give the heart rest, and be watched afterwards for any sign of paralysis. The first indication of this is very often the liquid food comes down the nose, instead of being swallowed naturally, owing to the muscles at the back of the mouth being paralysed.

The sadness in her voice touched him deeply, and he drew nearer to her. "Poor old girl," he said tenderly, "I wish I could make you happier. Don't you think you might help yourself a little more. Why not give up studying learned subjects and worrying your head about things that don't really matter in the least."

"I don't seem as if I could, Jack, I want so to know, and it seems such a hopeless quest. You know we may be wrong all the time on some of the most interesting subjects. Fancy the years that people believed the Ptolemaic doctrine, that the whole universe revolved round the earth. It's quite funny to think of it now," and she smiled a tired little smile, "but it was all right then, and everyone looked up to Ptolemy as such a great and learned man. One could understand people fancying themselves a little when they believed that. I think I should like to have lived at that time, it would be nice not to feel quite so dreadfully insignificant. Not that it has made much difference, for people fancy themselves now as much as ever, although they know better how foolish and ignorant they are. I can't think how they can; to me the thought of our insignificance is almost overwhelming." She paused a few moments, then added, "And all the time you are so careless and gay and light-hearted in your indifference. Oh! I wish I had been made like you, I am so sick of everything."

"If you did more as I do, you would grow more like me," he said. "Why not take up golf, read novels and study the fashion papers for a change?"

"I can't," she answered in hopeless tones. "It's no use trying. Exciting novels aggravate me, and I don't care for games a bit."

"I wish you did," he said, looking perplexed. "Do you know you're growing so bitter and hardened that you gave me quite a shock to-night."

"Yes, I know," she answered in a voice of suppressed eagerness. "I do it on purpose, I want to grow hard. I can't bear to know so little, so I try not to care about anything. It's all so confusing, you know. I—I—oh, Jack, you don't know what I'm becoming. I can't even say the prayer mother taught me now, it seems like a farce. At night the stars laugh at me and in the day the sunshine mocks me. I can't get away from myself and my own ignorance and the hopelessness of unravelling things. I must know more about God if I'm to love Him," and the strained look deepened on her face, as she knit her brows to steady her voice and quell the rising emotion in her heart. "My step-mother's bigotry, narrow-mindedness, and hypocrisy have sickened me against religion altogether," she said, and drew her hand across her eyes wearily.

"Poor old girl," he said again, gently, "you have got in a bad way, and no mistake. I could see it in your letters and have been feeling quite

anxious about you. But it'll all pass off in time," he continued in a hopeful voice. "It's chiefly owing to the life you have been leading, and you'll soon be able to change it now. You see if you don't laugh at yourself, Madge, before very long, and wonder how you could have given way to such feelings!" and as he spoke he rose and prepared to return to the house.

Madge sighed, and stood up beside him, but she said nothing in answer.

"We mustn't stay longer now," he continued, "but we can have another chat to-morrow. You're going to be nice to Guy, aren't you? Come, you said you would for me, you know."

"I'll try," she answered, "but I'm not certain to succeed."

"That's right," he said brightly, and putting his arm round her, he led her back to the house.

Guy looked up curiously as they entered, and was struck by the change in Madge's face. She looked very white and tired, and though her lips wore their old compressed look, there was a spiritless expression about her dark eyes that affected him strangely. Then he noticed the cold civility between the girl and her step-mother and wondered at it, for it seemed to him greater than the circumstances warranted, and finally he went to bed still more confirmed in his first impressions, that Madge might have been very nice, but had completely spoilt herself.

(To be continued.)

HINTS ON HOME NURSING.

MOUTH WASHES.

The juice of a lemon with an equal part of glycerine and water. Sanitas, Condy's fluid, or myrrh diluted freely with water are useful to cleanse the mouth with in illness. Powdered alum or alum water will often cure small gumboils.

TO GIVE INHALATIONS,

the remedy to be inhaled may be put into a jug and a cloth put over the mouth of the jug, leaving an aperture large enough to admit of the mouth and nose, partly fill the jug with boiling water and inhale with deep inspirations. An inhalation is best taken at night; and any chance of a cold afterwards should be avoided. Turpentine, one dram, is very good to inhale in cases of bad colds to one pint of boiling water. Where the breath is offensive, one dram of creosote to one pint of hot water every four or six hours is useful. Tincture or benzoin co. is sometimes used where the breathing is difficult owing to laryngitis, two drams to a pint of hot water, vinegar, two drams, or eucalyptus oil, one dram, to a pint of water, is also good where the cough is troublesome.

IN BRONCHITIS

a steam tent is made by hanging curtains or screens round the bed and putting it near the fire, on which a bronchitis kettle should be kept boiling, or an ordinary kettle with a child's tin trumpet, or a funnel of brown paper or cardboard on the spout, helps to direct the steam towards the patient. The kettle may be kept boiling on a spirit lamp or oil-stove, if there is no place near the fire available.

GLYCERINE INJECTIONS

are given in a small syringe sold for the purpose, and able to contain one or two teaspoonfuls of glycerine; it is sometimes more convenient than the simple enema.

THE DRESSING OF WOUNDS,

whether large or small, require care, in order that they may heal well and quickly. The following rules ought to be attended to.

(1) The wound must be cleansed and kept clean. (2) The divided tissues must be accurately re-adjusted and kept in position. (3) The part must be kept at rest. (4) All fluids must be allowed to escape and be taken up by the dressings. In small superficial wounds, washing with water that has been boiled is sufficient; but if the wound is deep or has been exposed to the air for any time, it is safer to use some antiseptic lotion, such as carbolic, one in forty, or perchloride of mercury, one in two thousand; however small the cut is, it will heal up very much quicker if the part is kept at complete rest.

Wounds heal in one of three ways, (a) by first intention, (b) by granulation, (c) under a scab.

BY FIRST INTENTION

means when the edges are carefully re-adjusted, and the wound heals without any discharge or pus forming.

BY GRANULATION,

when into the wound is poured lymph, little blood-vessels force up this lymph; tiny excrescences are formed, these are called granulations, and they increase and grow until the

wound is healed up; if the wound is active the little cells increase tremendously, and those that are not used die, and these dead cells are called pus, and must be cleansed away when the wound is dressed.

HEALING UNDER A SCAB

means that the admission of air to a wound being a serious thing, it is prevented by means of a scab; an artificial scab is sometimes formed by painting the part over with collodion.

IN DRESSINGS,

where antiseptic treatment is carried out, the idea is to prevent air getting to the surface of the wound and so causing decomposition. The existing germs are destroyed by washing the part with an antiseptic lotion. The wound is then covered over with some substance thick enough to prevent these germs from again getting to the surface of the wound. Lint and wool steeped in antiseptic lotion cover the wound and kill any germ before it gets to the wound. It is of great importance then to see, if you are nursing wounds treated antiseptically, that the dressings put on by the doctor are not allowed to get loose or dirty, and must not on any account be taken off or loosened without the doctor's leave.

FOR EAR-ACHE

laudanum placed on a piece of warm cotton wool. A roasted fig, split in half, and laid over the ear as hot as possible to be borne. A piece of hot onion placed just inside the ear, or a mustard plaster put behind the ear will give relief.

ball-fringe and galloon to match. These we made up ourselves. The prices quoted here were rather lower than above those in the catalogues we had consulted, so we asked to look at stair-carpeting also.

"Roman" was strongly recommended for this, but it was too costly, as we required close upon forty yards and stair-rod to boot. So we came back to a plain felt which had been our first thought, and in the best qualities found an exceedingly pretty shade of chestnut brown which would suit our walls and contrast well with the white painted sides of the staircase. It was agreed that a man should be sent to take exact measurements for these and for the brown paper which was to go underneath before this was cut off the piece, that there might be no mistake, and the same man was to lay them down for us when we were ready.

After this we had the distractingly important purchase to make of a new dinner-service, and also some tumblers and water-jug, and an umbrella-stand for the hall which we wished to be in the form of a terra-cotta jar. For these we betook ourselves to the china department. The final result was the selection of a complete service of seventy-two pieces of the "York" design; may-blossom and roses in grey on a white ground and a fine gold edge.

It was somewhat thin and very pretty in shape, but would not prove the more breakable on that account; the joy I had in unpacking and arranging that dinner-service no one knew; to this day it is the pride of my heart, so dainty does it look, and it has suffered but slight damages, so far all repairable.

Our umbrella jar of glazed brown clay we found at an art pottery dealer's in the Queen's Road. When all these purchases came in we began to realise the joys of possession, tempered alas, by the realisation of how little money remained in the fund. Some Mungh mats for the hall we bought at two shillings each, and very excellent we found them in wear and in appearance. Here also we picked up a bright Jap rug for our breakfast-room. We had two or three brown sheepskin mats for the bedroom doors among our home goods; odd pieces of carpet also, all of which found a happy resting-place somewhere, as this mansion took a deal of filling.

The home things arrived about a week before Mrs. Norris came in, and we had a busy time in placing them and arranging all our belongings. How homely a touch they gave, seeming to breathe a spirit of comfort into the barrenness, almost like the presence of mother herself. There were a few pictures, a fine set of engravings for the dining-room walls, my

own drawings, and a few older odd ones, some ornaments and clocks. Of clocks indeed we had a grand supply, very nice ones too; we had been noted for timepieces in the olden days, but I fear we were not any the better timekeepers for all that, at least we of the younger generation were not!

One of the small cases contained jam, a part of the supply which we had made during summer days. I remember well how nearly I broke down when I opened that case. Wedged in between the jars were all sorts of odd little things such as only mother could have thought of putting in, and as I came across these fresh evidences of her loving care the tears streamed down my face. "There is no one in all the world like my mother!" I cried. One of the jars, a tall, glass one, holding some five or six pounds of jam, had broken into splinters, but the jam itself remained in a solid column not a bit the worse! With these jars the larder shelves looked quite "fit," as in addition I had a small stock of orange marmalade made in one of the spare weeks while we were waiting for the tenant to come.

We were quite straight, delightfully straight by the time Mrs. Norris made her entry, but the manner of that I must tell in another chapter.

L. H. YATES.



HINTS ON HOME NURSING.

EYE DROPS.

If you are told to drop in any application to the eye, to be of any use it must have access to the surface of the eye-ball. The patient should sit down with the head held well back, the lids should be separated widely with the fingers, and the drop placed in the outer corner of the eye and allowed to run over the surface of the eye-ball. One drop of castor oil or olive oil is very soothing if an eye has been inflamed by something flying into it.

In bathing the eye where there is any discharge, care should be taken to see that all rags or pieces of wool used are at once burnt, as discharge from the eye is frequently of an infectious nature.

INFECTIOUS DISEASES

are those which are carried from one person to another by the breath or emanations of the person. Isolation from the rest of the household is necessary at once to prevent the further spread of disease. For this reason a room at the top of the house is best if possible. Remove all unnecessary furniture, carpets and curtains, and hang a sheet outside the door, large enough to cover all the crevices of the door when open, and to allow of a few inches to lie upon the floor. The sheet must be kept wet with carbolic, one in forty, or some other disinfectant. The easiest way to keep it wet is either to syringe the sheet with the fluid or to have one corner of the sheet kept lying in a basin filled with the

disinfectant, the whole of the sheet will be then kept wet by the moisture being drawn up by capillary attraction. Visitors should not, on any account, be allowed to enter the infected room, and the nurse should be kept away from the rest of the household as much as possible, and only mix with others after she has used some disinfectant for her person and changed her dress. A cotton washing dress should always be worn in the infected room, and calico sleeves drawn over the dress are an extra safeguard; the sleeves of an old night-dress may be used for this purpose, and taken off when the nurse leaves the infected room. The floor of the room should be wiped over with a cloth damped with some disinfectant. All linen or clothes for the wash should be soaked in some kind of disinfectant before leaving the room. All utensils, jugs, etc., must be rinsed in disinfectant solution before leaving the room, and should be kept for the patient's use alone. The nurse should on no account use the same things as the infected person, and should always stand to windward of her patient when attending to her, and must be careful not to take the patient's breath.

MEASLES

is infectious some days before the rash comes out, and therefore is more difficult to isolate in time to prevent the spread of disease; the same precautions should be taken as to isolation. Avoid trying the eyes with too much light at first, and be careful as to keeping the

person in a room at an even temperature, as the lungs are easily affected by any cold in a person who has measles.

AFTER INFECTION IS OVER

the room must be thoroughly disinfected. If you do this disinfecting yourself, sulphur gas is best to use to disinfect an uninhabited room. Paste up all crevices of doors, windows, fireplace, etc., with paper. Put one pound and a half of sulphur in an old iron saucepan, which should be stood for safety on bricks placed in a pan of water, the sulphur should be lighted (a little methylated spirit poured on it makes it light more easily), the person should then at once leave the room, pasting up the door by which he has made his exit, on the outside. The room should be then left to fumigate for twenty-four hours, after which it should have a thorough airing; all bedding and blankets, etc., must be sent to be baked, and the room cleaned, some disinfectant being used in the water. All drawers, cupboards, etc., should be left open during the fumigation.

IN CONVULSIONS,

a common occurrence with children when teething, remove all tight clothing, and if convulsions continue, place the child in a hot bath for ten or fifteen minutes, or until movements cease. Then put to bed in a hot blanket. Give an aperient, such as one grain of grey powder.

She leaned her head wearily on her hand.

"I think Jack would probably have wished it," she mused. "He was so fond of him, he would have been sure to like me to marry him better than anyone else. It isn't as if I should be likely to love anyone else, because I know I shouldn't. If I don't accept Guy Fawcett I may have to stay on here indefinitely, and I can't do that—I can't," and she clenched her hands. "And why shouldn't I go to him? I don't care where I am, or what I am so that I am not here. If I go away I might forget a little, but here I never can—never, never. Oh! Jack," and she buried her face in her hands, "I want you every hour of every day; it can't be that I shall never see your dear face again!" She started up with a convulsive movement.

"Oh! I can't bear it," she moaned. "The emptiness and the monotony and the craving are killing me. I thought I could drown feeling, but I can't. Every step and every stone reminds me of him here; it might not be so bad somewhere else and I have no other chance to get away."

"But you don't love him," whispered a voice within her.

"I can't help that," she reasoned, "and at least I like him better than any other man. He says he will be content with a little. He isn't very much in love with me, I know he isn't by the way he talks. Some people say it is better so. That passionate love soon burns itself out and often ends in

miser, while affection lasts on. Yes! yes!" and she pressed her hand to her head to still its violent throbbing. "I will let him come. Whatever I do, fate is cruel to me so I will take the easiest path and brave it. At any rate I couldn't be worse off, and for him—it is his wish."

Not long after a letter fell into the letter-box, which made its way to Guy Fawcett's hands.

It only contained a few words, but those were enough, and the next train to the north bore him with it.

They plighted their strange troth that very evening in the little summer-house in the garden, with the snow all about them and a cheerless grey sky overhead.

Madge was a little diffident and cold, but Guy thought he had never seen her look so beautiful as in her rich sable furs. Besides, he had seen her in this mood so often that it did not strike him particularly.

"You are sure you understand that I am not capable of loving deeply, and shall be much the same to you that I always have been," she said doubtfully.

"Yes," he answered cheerfully. "It's just as well, because I couldn't be desperately in love myself, but I'm awfully fond of you, Madge, and I'll do my best to make you happy."

"Don't set your heart on succeeding," she said, "for you'll only be disappointed. You can't make me forget."

"Anyhow, I can try," was the hopeful answer, "and I know you'll like London."

"I can't do any visiting among your

friends," she said, "I detest all that sort of thing. You won't mind, I suppose?"

"Rather not, I hate it myself. I haven't any but men friends, so you won't be bothered."

"I'm glad," and she turned away as if to go in.

"Then it is settled?" he asked eagerly.

She bent her head slightly.

"Then I'll go and see Mr. Harcourt now," he said, and slipping his arm through hers they walked to the house together.

Before they left the seclusion of the shrubbery however, Guy stopped suddenly.

"I should like a kiss, Madge," he said, a little doubtfully.

For answer she turned her cold, clear-cut face to his and received, in unresponsive silence, his first salute. As his lips touched hers, he was conscious of a chill sense of disappointment, but he shook it aside and laughed a little.

"You are a very cold queen," he said, with an attempt at lightness.

But Madge did not smile. "I'm not fond of kissing and all that sort of thing," she said, and moved forward.

Guy felt a little further chilled, but he would not give way to it, and in a few paces they reached the house.

Finally, three months later, before the snow-drops were quite dead and when the spring flowers were just appearing, Madge Harcourt and Guy Fawcett became "man and wife."

(To be continued.)



HINTS ON HOME NURSING.

ICE

is employed in various ways in illness as a remedy. The ice-bag is applied to the head in cases where there is severe pain, and to various parts of the body to reduce inflammation. If a proper bag is not at hand, a common bladder from the butcher may be used filled with ice broken up into small pieces, so as to lie on the part more comfortably; if a cork is placed in the centre it may be tied more securely. The ice-bag should be slung over the place so that the weight of the bag does not rest on the part, but just be in contact with it; a piece of folded flannel or lint should be placed under it so that the bag does not rest on the bare skin; it might cause gangrene without this precaution.

Ice is given to stop sickness, or in cases of hæmorrhage from the lungs, a small piece is placed on the tongue frequently. Ice should be kept in large lumps if possible, and these ought to be wrapped in a flannel or blanket. When required to be kept by the bedside a piece of flannel is tied over a cup or basin,

the ice resting in the centre, the water then runs, when melted, into a cup, and prevents the ice from melting too quickly. A darning needle or bonnet pin is the best thing to break up the ice with, if a proper ice pick is not at hand.

IN CROUP

place the child in a warm mustard bath. Give an emetic of one teaspoonful of vin ipecac in water, or if this is not at hand, an emetic of salt or mustard and water. After removing the child from the bath place in a warmed bed, and keep hot applications to the throat. If the spasm does not pass off put the child into a steam tent. See that the bowels are opened as soon as possible.

IN FAINTING FITS

make the person lie down with the head lower than the rest of the body. Apply smelling-salts to the nose, and throw cold water on the face. Allow plenty of fresh air, and see that the clothes are loosened.

A TOURNIQUET

is made by a bandage or handkerchief tied over the pad, with a reef knot and a stick thrust in under the knot and twisted round until firm pressure is obtained. N.B. A tourniquet is only a temporary remedy, and must not be left on indefinitely.

IN CASES OF HÆMORRHAGE,

until you can get a doctor's assistance, (1) Make the person lie down, and raise the bleeding part above the level of the body, and keep it at perfect rest. (2) Press the point of the thumb directly over the bleeding part until you can get help. (3) Wash the part with cold water. (4) Notice if the bleeding is from arteries or veins. The bleeding is from an artery when it is a bright red colour, and flows out in a rush; when from veins the blood is a darker, purplish red colour, and it flows out in an even stream. Place a pad on the bleeding point, and fix with a tourniquet if necessary.

M. D. GOLDIE.