USEFUL HINTS.

When the sound of carriage wheels was heard upon the gravel outside the house, "There is Doctor Garnett," remarked Miss Daughton, with a glance at the clock. "Twenty minutes to seven; I thought we were nearer dinner-time."

Daisy scarcely heard her cousin's talk about the crows at that moment. Her heart had given a quick throb at the thought of seeing her uncle. He was to be her guardian for the future, the protector who would fill the place of her lost parents; and the girl was silently longing to love him. Her father had never allowed himself to be loved; he had always behaved as if he thought affection a weakness.

"Would Dr. Philip Garnett be like him?"

(Would be continued.)

USEFUL HINTS.

Household Recipes for Diarrhea.

1. Heat a breakfast sauce to insure dryness; pour into it’s wineglass of pale brandy. Stir the mixture slowly with the top of a clean, lighted writing-paper, and let it burn until the quantity is reduced to one third. Pour this into half a pint of boiling milk; drink it when moderately warm; repeat, if necessary, but take only half the quantity at once after the first dose. Arrowroot may be substituted for mud. If no milk is at hand, or the milk should be boiled, not merely mixed with boiling liquid. 2. Take twenty to thirty drops of dilute sulphuric acid, diluted with two glasses of cold water; take one to five drops of iodine may be added to the dose when there is great internal pain. Repeat, if needful, either with or without the iodine, according to circumstances. The single dose is a medium one for an adult. A very eminent physician, who was peculiarly successful during a terrible outbreak of cholera, told the writer that he had found this dose valuable in the early stages of that terrible disease and in diarrhoea.

Simple Remedies for Rheumatism.

1. One of the best possible remedies for rheumatism is a very acid carbonate of soda, or a lb. of common washing soda, in an ordinary warm bath. Remain in it fifteen to twenty minutes, adding hot water from time to time, so as to keep up the temperature to the last. The bath may be repeated after an interval of three days, or a single affected limb may be given a daily treatment. 2. Rheumatic pains in a joint may often be much relieved, or even cured, by the application at the outset of spices of camphor. Pour a little camphor in a little night. 3. After having moved the poison cover the place inflamed by the mustard with a piece of cotton wadding. It gives great comfort.

Amongst the simple domestic remedies which should always be kept within reach may be classed dried camomile flowers. A strong decoction of these, used as a hot fomentation, is in many instances both soothing and efficacious in the instances of the value of camomile. A dear little boy had a gathering under the nail of the great toe. His mother stewed camomile flowers with honey for the child's foot in the decoction. She packed the flowers above and around the ailting toe, and as they cooled changed them for hot ones. When the child's foot was better, he suffered little pain; so at bed-time it was packed in a mass of the stewed flowers in a flannel bag. He fell asleep, and in the morning it was found that the nail was much improved, and the toe was comparatively well. A boil on the cheek and a large gathering inside the mouth and nasal passages in the face have been similarly relieved by fomenting with a strong decoction of camomile flowers. The following is an excellent way of applying this simple remedy. Make two flannel bags and fill them; but not so tightly as to make them hard, with boiled flowers. Squeeze one bag and apply it, as hot as can be borne, to the part, and cover with two or three thicknesses of warm dressing to keep the heat. When getting cool, change with the second bag, which should be kept steaming hot. This is a very efficient way of doing freshly wrong through the strong decoction after use, and again put to steam in the oven, a supply of hot bags will be kept up. The heat retained may be greater than in the case of fomentations with flannel, merely going out of the hot decoction and applied. The writer has so often experienced relief and been soothed from pain by this, the use of camomile that she cannot speak too highly of its value as a domestic remedy. For strengthening the eyes, plunge the upper part of the face in a bowl of warm water, opening and shutting the eyes two or three times in the water, so that they have a cold bath every morning. The sensation is neither painful nor unpleasant, but the effect is very beneficial. A very soothing application for inflamed eyes and eyelids is scalded milk, prepared as follows:—Stir a cup of new milk with the back of a spoon, and when it rises, milk settle, then strain it through muslin, leaving all bits of dust behind, and, when lukewarm, apply with a bit of soft linen to the inflamed eyelids. If a separate rag for each eye, and only pour out as much of the lotion as you like to require at one time. Wash and use the rags at the same time as you use the lotions. Do not always begin with a perfectly clean place. The scalded milk may be used very often, and is an excellent application, especially for the tender eyes of infants. Elder flower water—the simple distilled water without any mixture—is an admirable cosmetic. After exposure to a burning sun, wet the corner of a towel with flower water and place it on the face. The heat and smarting will be immediately allayed, and freckles prevented. A rag wetted with it will remove the smarting and the freckles. A gentle steaming and pleasant application to a tender skin after washing may be used twice daily.

A Practical Suggestion.—At the end of a month, a good pot of tea is left in the pot. Perhaps the readers of THE GIRL'S OWN PAPER may care to know what we do with such "leavings." We pour it into a basin and put it to the children's use. Many who are thankful to be thus saved the expense of providing herself with her favourite beverage. If the coast is left out the tea will keep sound for several months, and the children enjoy it, and the family has the pleasure of making use of what was once considered an "offering."