

School and Home

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orange juice each day, preferably just before the second nursing. Beginning with one teaspoonful when the baby is a month old, the amount should be increased gradually until by the time he is a year old he is taking from one to three tablespoonfuls diluted with an equal amount of water. Strained tomato juice may be given in like proportion when oranges are not available.

HOW TO TREAT WHOOPING COUGH

Whooping cough is in all cases serious and in some dangerous. The associated disturbance of the stomach is the chief source of danger. With a view to the relief of these stomach disorders I under- took stomach lavage in several cases, which was followed by great relief in each instance.

In all these cases there was found in the stomach washings a white tenacious mucoid mass, which I under the microscope, I found that it consisted principally of thin walled semicircular threads, two to four microns in diameter, each divided into cells ten to fifty microns long, together with some round or oval sporelike bodies of the same diameter. Specimens of these were placed in various nutrient media and kept at ordinary room temperature. Most of them grew slowly at first, and in seven to twelve days developed aerial spores which were white at first but gradually assumed a distinct blue green color due to the ripened spores. The general character of the plant, the size of the cells, the thickness of the cell walls, varied with the kind and the abundance of nutrition supplied; but in every case it was penicillium, a form of blue green mold which often occurs on fruit and vegetables.

Whether the bacillus found by Koplik is the cause of whooping cough is still an open question. Unfortunately the treatment based upon that assumption has not proved effective. It is therefore in order to inquire whether whooping cough may not be due to the presence of penicillium in the stomach. The cough is characteristically a stomach cough. When the spasms are severe, relief is not obtained until vomiting occurs.

In eight cases lavage of the stomach has cured the disease in from three to six days. The relief is immediate. After the first day's treatment the spasms lose most of their intensity, and if the treatment is begun early three days is sufficient to end the cough. Lavage is given twice a day, before meals. Diet is restricted to food that is quickly digested, excluding milk, though malted milk may be given with advantage.

During the past winter there have been a good many cases of so-called concealed whooping cough, namely a persistent hoarse cough of a spasmodic character, but without the whoop. In six of these cases, penicillium was present in the stomach in moderate or small amounts, and they were cured in from one to three days by lavage. In one other case no penicillium was found; and in one other, which I failed to cure, another variety of penicillium was found in which the spores are the size of those found in the other cases.

For lavage I use two quarts of water at a temperature of 100 degrees Fahr., containing twenty minims of lysol; and I alternate this with water containing three or four drams of sodium bicarbonate. The distress caused by the treatment is less than is caused by a spasm of the cough; and is quite negligible.

Snowy white without boiling

THAT dull, grey, streaky look that you always had to boil out of your clothes is never there when you use Rinso. It soaks the dirt, softens it, loosens it so thoroughly that it all runs away in the rinsing, leaving the clothes sweet, snowy-white and fresh as new.

It's because Rinso is the new, modern scientific washing preparation that works in an entirely new way. It washes by soaking. It is altogether different from ordinary soaps and washing powders. So, it should be used differently. Do not pour Rinso itself into the tub. Make your Rinso liquid first, as per directions.

IF YOU USE A WASHING MACHINE

Soak your clothes in the Rinso suds as usual—for one hour, two hours, overnight, or whatever time is convenient. Then add dry Rinso solution and work the machine. Rinso and dry—you'll have a clean, sweet, snow-white wash.

At All Grocers Rinso Made by the MAKERS of LUX

For Quality



Call for them by name. It is your safeguard.

After the third treatment. Truck's double stomach tube is advisable.

HOUSEHOLD HINTS

Before stitching such materials as khaki and heavy duck and canvas, rub the hems and seams with hard yellow soap and the needle will easily penetrate.

Add ammonia to the water in which you are washing oily, greasy bottles. It will cut the grease and hasten the cleansing.

If you only have a few flowers in the vase and they look a little straggly put a few corks in the water. They will hold up the flowers and keep them in place.

SMILES

Smile today. Strive today. Be game, glad, and big today. Today you may start anew. This is the day to forget past failures.

Today you may put into action the experience of a lifetime. The whole fabric of your life may revolve around what you do today. A smile is the strongest possible weapon in the battle of life. It conquers the boorish and the disgruntled; it lifts the shadows and brings light where before all was darkness. It is all the time winning new friends, new customers, new business, new opportunities.

It is a tremendous asset in the business world; for everyone likes the genial, smiling man or woman who has a kind word for all. The value of a smile of that sort, which is not a mere parting of the lips, but a shining of the whole face, cannot be estimated; it is beyond price. Cultivate it and you will be welcome everywhere.

GOOD DEEDS

The memory of good deeds will ever stay. A lamp to light us on the darkened way.

A music to the ear on clamoring street. A cooling well amid he noon-day heat.

A scent of green bough blown through narrow walls. A feel of rest when quiet evening falls.

HOW TO WORK

Ten little duties! Does no good to white; Skip about and do one, then there are nine.

Nine little duties; it never pays to wait; Do one quick, and presto, there are but eight.

Eight little duties; might have been eleven; One done no time, now they're just seven.

Seven little duties; 'tisn't such a fix; Do one more, and—bless me—they're only six.

Six little duties; Sure as I'm alive; Never mind, one's over, now only five.

Five little duties knock at the door; Send one to Doneland, that leaves but four.

Four little duties, plain as plain can be; Can't be shirked one's over—leaving only three.

Three little duties like a soldier true; Meet them, vanquish one, then there'll be but two.

Two little duties between you and fun; Just a minute longer, then there'll be but one.

One little duty; now what will you do it! Why surely. Now you are through.

TWO HEAPS

I see in this world two heaps—one of human happiness and one of misery; now if I can take but the smallest bit from the second heap, and add it to the first, I carry, a point if, as I go home, my child has dropped half-penny, and by giving it another I can wipe away his tears, I feel that I have done something.—John Newton.

AGE

Age is a matter of view-points, not simply the result of an accumulation of birthdays. Whatever your age, if you look forward and build for the future, and act in terms of future results, you are young, conversely, if you look backward all the time and get your greatest pleasure out of reminiscence, you are old—old in spirit and outlook, even though not so termed in years.

Of course most young men and women naturally look forward, naturally plan in terms of future accomplishment; so they are not likely to need admonitory words about facing forward. On the other hand, it is, of course, equally natural for those who have passed the meridian of life to look backward most of the time; they are the ones that need the exhortation

that they face forward in respect to what they think and plan and do.

Once, while we were taking an automobile trip, we stopped at a farmhouse to get a drink of water. In a nearby field, the owner was setting out apple trees. He admitted that on his next birthday he would be seventy-eight years old; he looked twenty years younger, though. He was asked why he was doing work the fruits of which he couldn't expect to enjoy himself. His reply was significant.

"I am building for the future, and whether I am personally benefited or not is a matter of no consequence. It is the point of view that I have to take when I am setting out apple trees that keeps me young."

Isn't he right, you fifty-year old, sixty-year old, and seventy-year old? Of course he is. So, if you would keep young in spirit—and the spirit that is young keeps the body young—face forward all the time in your thinking and doing; for facing forward 'is the foe of age, the friend of youth.—The Pace Student.

RIDDLES

1.—Why is it better to be burnt than have your head cut off?—Because a hot steak is better than a cold chop.

2.—Why cannot a deaf man be legally convicted?—Because it is not lawful to condemn a man without a hearing.

3.—What smells most in a perfumer's shop?—The nose.

4.—On what toe does a corn never come?—Mistletoe.

5.—What instrument of war does the earth resemble?—A revolver.

6.—What kind of robbery may be said to be not dangerous?—A safe robbery.

7.—If your uncle's sister is not your aunt what relation is she to you?—Your mother.—Sent by Christine Gayton.

MAY BE

A great man once said that no matter how tall or how short a man was, his legs were just long enough to reach the ground. We add that no matter how long or how short a boy may be his head will show above the crowd—if he is the kind of boy who knows what to fill his head with.

BRIEFS

Work that is not finished is not work at all; it is merely a botch, an abortion.

Poverty and hardships have forced into prominence many a man who would have otherwise remained unknown.

Keep on just as long as you can—then keep on a little longer—perseverance wins.—Sheldon.

It is a grander thing to be nobly remembered than to be nobly born.

Labor found the world a wilderness and has made it a garden.

To take things easy will make you uneasy a little later on.

I have seen Heaven, for I have looked into the love-lit eyes of a good woman.

I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him.—Abraham Lincoln.

Whatever be your talents, whatever be your prospects, never speculate away on a chance of a palace that which you may need as a provision against the workhouse.—Bulwer.

O, mischief! thou art swift To enter in the thoughts of desperate men!—Shakespeare.

When to mischief mortals bend their will, How soon they find fit instruments of will.—Pope.

VICTORY

I call no fight a losing fight If, fighting, I have gained some straight new strength; If, fighting, I turned over toward the light, All unaltered with forces of the night; If, beaten, quivering, I could say at length: "I did no deed that needs to be unnamed; I fought—and lost—and I am unashamed."—Miriam Teicher.

Grandma Used Sage Tea To Darken Hair

She Mixed Sulphur With it to Restore Color, Gloss, Youthfulness

Common garden sage brewed into a heavy tea, with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store, all ready for use. This is the old time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time by morning. All gray hairs have disappeared, and after another application or two your hair becomes beautifully dark, glossy, soft and luxuriant.



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BROWN FLOUR

If your family is fond of gravies and sauces made of browned flour, it is well to keep some on hand. It can be browned readily by spreading thinly on a plate and placed in a moderate oven, stirring the flour until brown. It should then be put in a bottle and corked tightly, when it will keep indefinitely.

FOOD FOR THOUGHT

There is always one color in which a woman looks best, and if she is limited as a model, she isn't it wise and economical to keep pretty close to that one color?

THE OLD FAMILY TOOTH BRUSH

When cleaning the carving on furniture, use a soft tooth brush to apply polish. Rub dry with a piece of cheesecloth.

SUET DUMPLINGS

Before putting the suet dumplings into the pan, prick them well several times. Then they will not stick to the bottom, but will be light and float.

SMOKE IN THE KITCHEN

Don't forget to open the kitchen windows at the top and bottom when frying eatables. The draft created will carry out any smoke as fast as it is produced.

ECONOMICAL BUYING

Don't always telephone for your order. Make one trip to the store each week as you can. Keep in touch with your grocer and butcher and know the prices of the articles you are buying.

A NEW POT ROAST

It is nice to know new ways of preparing meat that will not require heating the kitchen by lighting the oven. Buy several slices of beef from the top of the round, about a half-inch thick, and cut into narrow strips. Into each strip roll a piece of bacon and fasten with a toothpick. Pot roast in a covered iron pot as usual.

SOAK MEAT IN VINEGAR

To keep meat fresh for a short time and free from flies, the following method is suggested by an English correspondent:

Make a muslin bag big enough to hold a fair sized joint of meat and before the meat is placed in it soak it in vinegar. Hang the bag with its contents in a cool place and the meat will keep fresh even when the weather is sultry, and flies will not attempt to settle on the vinegar soaked muslin.

The muslin bag should be washed occasionally and soaked again in vinegar.

Whether or not this would apply in our heated summers is uncertain.

WHY CLIFFS CRUMBLE

At any seaside place where there are high cliffs you will come across places where tons of rock and earth have given way during the winter's storms. It is of course, the force of the sea's thundering blows that has caused these miniature landslides; but the waves would do comparatively little damage to our coasts if

SCHOOL LAND HOME LEMONS

When only half a lemon is needed, place the other half on a dish, cut side down, and put in the refrigerator. It will keep quite a while in this manner.

DISH TOWELS

Linen toweling is once more within the limit of everyone's worth while to break it up in purses and the good housewife has order to see the animals that do her usual dozen back again in her dressmaker. A number of tea towels is good economy, if not an actual necessity.

THIS AND THAT

Stale bread is best for chicken filling.

Hot vinegar will remove paint stains from windows.

Rhubarb and strawberries make an excellent filling for tarts.

Clean the window shades with a rough flannel cloth dipped in flour.

Time and trouble will be saved by putting snaps on your sofa cushion covers.

Clean the hairs and ravelings of dyeing cotton goods, add a half from the vacuum cleaner brush package of black dye to the blue, with a coarse comb.

PAY IT TODAY

MR. READER:—

If you promised to help a candidate win one of the big prizes, "make good" on your promise now. Clip out the coupon below, fill it in and send it direct to the Guardian or to your candidate. The most votes are given now. Get your subscription in by next Saturday night.

HELP YOUR FAVORITE WIN THE STUDEBAKER

Subscription coupon form with fields for Name, Address, and Candidate.

Many Troubles Come Through The Blood

If Kept Rich and Red Good Health Will Be Yours

Nearly all the common diseases are caused by bad blood, weak, watery blood poisoned by impurities. Bad blood is the cause of headaches and backaches, lumbago and rheumatism, indigestion and indigestion, neuralgia, sciatica and other nerve troubles. It is bad blood that causes disfiguring skin diseases like eczema, and salt rheum, pimples and eruptions. The severity of the trouble indicates how impure the blood is, and it goes always from bad to worse unless steps are promptly taken to enrich and purify the blood. There is no use trying a different medicine for each trouble, for they all come through the one cause—bad blood. In conditions of this kind Dr. Williams' Pink Pills have been found very beneficial, as they have a direct action on the blood, enriching and purifying it. That is why this medicine is so often successful, after other remedies have failed—they reach the root of the trouble in the blood. Mr. Albert E. Giffin, Mount Pleasant, P. E. I., tells what these pills did for him. He says: "Some months ago I was in a badly run-down condition. My blood was poor, I had no appetite and my work left me completely tired out. I fell off in weight, was altogether in a miserable condition. I was taking medicine, but it was not doing me any good. At this stage a friend who had used Dr. Williams' Pink Pills with beneficial results, advised me to take them, and acting on his advice I did so. The result can be summed up in a few words: I took the pills for a little more than a month, when I can honestly say I never felt better in my life. I can now eat a hearty meal, do my work with comparative ease and have gained in weight. I advise weak, run-down people to give these pills a fair trial."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Advertisement for J-A-Marven Limited biscuits, featuring 'Marven's White Lily Biscuits' and 'Verne Biscuit'.