

times a day. The fresh air will warm quicker than the impure air it displaces, and direct, though many times almost unobservable, drafts of air will be stopped. Tissue paper, and absorbent cotton are good material to fill the cracks with.

When the hyacinths are brought up to bloom, they may be kept in the shade. A room with no fire in it, where the temperature does not reach the freezing point, is a good place for them.

Bulbs of the Chinese Sacred Lily will do well either in soil or water, and should give bloom in six or eight weeks from the time of potting. These lilies sometimes do not do well where gas is used for lighting. They require warmth and sunshine.

Many people prefer to grow the Chinese Sacred Lily in soil. It comes more slowly in flower, but the duration of bloom is lengthened, and the flowers are more perfect. The bulbs should be potted in soil, and the crocks or pots then set in dishes of water.

Neglect and misdirected effort are common causes of the failure with the window garden. Plants do not "just grow," but must have intelligent care through the dark days of the winter months, if you wish satisfactory bloom later on.

Most failures with tulips grown in the house arise from the difficulty of giving them the very moist air they need. They must have moisture, and plenty of it; the atmosphere of the ordinary living room is always too hot and dry for tulips. They often suffer from insect pests.

There is still time to pot bulbs for bloom about Easter time. If you have never tried the Paper White and the Double Roman Narcissus, get a few bulbs and try them. Treat them just as you would the Chinese Lily, either in water or soil, and they will give you bloom in a few weeks.

A "cold frame" is merely a frame such as is used for hotbeds, with its covering of sash. This is placed over a bed of soil containing hardy plants, or the bed is made and the plants set in it. The sash should be covered with straw matting or light wooden shutters in severe weather and during high winds. On bright days, these must be removed more or less, and the plants given fresh air. The temperature is best kept about 50 to 60 degrees.

The spotted calla can be started in January, put away in a warm dark place until the pot is filled with roots, and during the spring months it will give a mass of beautiful foliage and a few flowers. If the bulb is very dry, an hour's soaking in warm water will fill it out and hasten growth. A small pot is necessary, and deep planting, using sand under and over the bulb, and moist, but not muddy soil.

For the Sick Room

Where there is sickness lasting any length of time, or where the patient must be nursed in a room, much used by others, a screen of some sort is well-nigh indispensable. This screen may be very cheaply made at home, or may be as expensive and elaborate as one's means and taste will allow. For an emergency screen, a small clothes-horse, or a temporary frame can be covered with some pretty, table oil-cloth, or cretonne, and will serve to shield the patient's eyes from the light, to intercept drafts of air, or to give the sick one a sense of privacy by closing out the other belongings of the room. For sanitary reasons, an oil-cloth is best to cover the frame, as it can be sponged off, and kept fresh-looking. On the inner side, patch-pockets may be stitched, and will be found useful for holding many necessities for the patient's comfort.

Among the simple remedies which

add greatly to one's comfort, is the use of water in catarrhal troubles. Water, if it contains no medicament, will often cause delicate surfaces to smart, as in the case of the eyes; but if a little salt is added to it, this will not be noticeable. For catarrhal troubles, which are at this season of the year so prevalent, the use of quite warm water—not so warm as to burn, however, "snuffed up the nostrils and blown out repeatedly is advised. The blowing must be very gently done, however, in order not to fret the delicate mucus surface. A teaspoonful of table salt to a quart, or even a pint, of warm water will add greatly to the remedial properties of the bath. This cleansing process should be used every night and morning, and will be found to be of much benefit.

For the headache which afflicts some people during the late night or very early morning hours, an excellent relief is a towel wrung out of quite cold water, bound around the head, reaching well down on the nape of the neck. If the cold water does not help, try water as hot as can be borne. Different persons are affected differently.

Talks With the Home Mother

Do not forget that prevention is much less expensive than cure. If you feel that you are not able, financially, to prevent, just count up the probable cost of a cure; include in the bill the time, service, anxiety and general upsetting of your household occasioned by a spell of sickness of even a few days' duration. Set a value on your own services, as well as on those of the physician, nurse and druggist. There will be the "wear and tear" to the patient's health, as well as of your own, but these can not be adequately valued. See which is the greater expense—sickness, or health.

Cold and wet feet are great enemies to the health, whether of the grown-ups or the children. Teach the grown-ups to set the proper value on dry footwear and look after the little thoughtless children, teaching them habits of caution. Look after the little shoes and stockings, and especially impress it on the minds of the school children, and those having chores to do in all weathers, that, when the day's work is ended, they should take off the outdoor footwear, and place it where it will dry, even if there is no other than old, worn footwear by which to replace it for the evening indoors. Do not allow them to go about in their stocking-feet, as by this they not only take cold, but wear out the stockings faster than they can be mended.

Do not have the living rooms over-heated. It is very comfortable, after one has spent the day in the cold, to hug up to a hot stove and "bake one's bones," but people take cold oftener from over-heating (and over-eating) than from too much cold. A burnt-out atmosphere, where no ventilation for fresh air is supplied, is a good breeder of troubles of the organs of the body. There should be a constant supply of fresh air, but one should be careful about sitting in a draft. An excellent method of ventilation is by transoms; but the transom should open downward, or by hinges at the end, as, if opening upward, the cold air is directed downward, striking disagreeably upon the head, neck or shoulders and producing "cricks" in the neck, or rheumatic twinges in the shoulders.

It is better to have light-weight, warm woolen underwear than thick, fleeced cotton, for many reasons. If the light-weight woolens are worn, there should be some adequate wrap, or over-wear to slip on during a fall

in the temperature, and this can be easily removed when warmer conditions prevail, without so much danger of taking cold from the change. Garments of wool and cotton mixed, and of loose weave, are better than the thick, close-woven cottons, being more pliable, and fitting closer to the curves and turns of the body, besides being much more easily laundered. The weather will now be, for some time, so capricious and variable, that one must be ever on the alert to prevent the "slight cold" which, in too many instances, only serves to open the door to many graver diseases.

For the Baby

Don't forget that the crawling baby is in the coldest, most vitiated atmosphere of the room. Even the little one, so cutely seated in its tiny rocker, must breathe an atmosphere loaded with impurities which the larger children and adult can escape on account of their height. Or, the floor section of the air may be warmed by the baseburner, or furnace heat, but it is still vitiated, as the bad air, being the heaviest, sinks to the floor. Take the baby up often, and out of doors as much as possible, with proper protection.

Another habit, which is very injurious to the baby, should be broken up. Infants, and many young children, are often compelled to sleep in the beds with the parents, under the bed clothing mostly, where they inhale air reeking with the transpirations from the bodies of two adults. Physicians tell us that many diseases of the respiratory organs of young children are brought about by this method of disposing of them during the night. Try the plan yourself, and see how you like it. A young child should have a bed, or crib, by itself, where the mother can, by reaching out her hand, keep herself well informed as to the baby's needs, and should sleep alone.

Washing Blankets

Choose a warm, dry day for washing the blankets; if a good breeze is blowing, so much the better. If there are any particularly soiled spots on the blankets, mark them with a thread of white darning cotton run around the spot before wetting. Prepare a tubful of quite warm soapsuds and mix with it either household ammonia or a tablespoonful of powdered borax dissolved in cold water. Put the blankets into the suds and let soak a few minutes; do not rub, except in places where much soiled, and do not use any soap on them. "Sozzle" them up and down and around in the suds until they show signs of cleanliness when squeezed between the hands. Have another tub of suds ready, and after squeezing out all the water possible with the hands, put them in the fresh suds and repeat the "sozzling." If two waters are not enough, give them a third. Then rinse well in two or three clear warm waters, until all soap is removed. From the last rinse water put the blankets through the wringer and hang on the line by the side edge, giving a good shaking to get them straight, and shake several times while drying. Leave them out all day, and if the day has been warm and sunny, the blankets will be thoroughly dried and ready to lay aside or return to the bed by evening. Care should be taken to have them perfectly dry before using. Blankets should not be used until very much soiled before washing.

Do not forget that your closet needs airing as much as any room in the house. Especially must you air a closet in which clothing that is much worn must hang. Garments should be thoroughly aired and all perspiration dried out before putting in the closet. The clothing will be all the

better for an occasional hanging out on the line in the morning sunshine, and a thorough beating with a rattan beater will remove much dust. Folds and the heads of ruffles should be freed from dust by wiping with a soft cloth and gently brushing with a soft brush broom.

My Creed

Do not keep the alabaster boxes of your love and tenderness sealed up until your friends are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them, and while their hearts can be thrilled and made happier by them; the kind things you mean to say when they are gone, say before they go. The flowers you mean to send for their coffins, sent to brighten and sweeten their homes before they leave them. If my friends have alabaster boxes laid away, full of fragrant perfumes of sympathy and affection, which they intend to break over my dead body, I would rather they would bring them out in my weary and troubled hours, and open them, that I may be refreshed and cheered by them; while I need them, I would rather have a plain coffin without a flower, a funeral without an eulogy, than a life without the sweetness of love and sympathy. Let us learn to anoint our friends before their burial. Post mortem kindness does not cheer the troubled spirit. Flowers on the coffin cast no fragrance backwards over life's weary way.—August Gast.

Cleaning Wallpaper

Do so with a lump of dough made of flour mixed with a little soda water. The soda will not injure the paper and the work will be done more rapidly with it.

A DOCTOR'S TRIALS He Sometimes Gets Sick Like Other People

Even doing good to people is hard work if you have too much of it to do.

No one knows this better than the hard-working, conscientious family doctor. He has troubles of his own—often gets caught in the rain or snow, or loses so much sleep he sometimes gets out of sorts. An overworked Ohio doctor tells his experience:

"About three years ago as the result of doing two men's work, attending a large practice and looking after the details of another business, my health broke down completely, and I was little better than a physical wreck.

"I suffered from indigestion and constipation, loss of weight and appetite, bloating and pain after meals, loss of memory and lack of nerve force for continued mental application.

"I became irritable, easily angered and despondent without cause. The heart's action became irregular and weak, with frequent attacks of palpitation during the first hour or two after retiring.

"Some Grape-Nuts and cut bananas came for my lunch one day and pleased me particularly with the result. I got more satisfaction from it than from anything I had eaten for months, and on further investigation and use, adopted Grape-Nuts for my morning and evening meals, served usually with cream and a sprinkle of salt or sugar.

"My improvement was rapid and permanent in weight as well as in physical and mental endurance. In a word, I am filled with the joy of living again, and continue the daily use of Grape-Nuts for breakfast and often for the evening meal.

"The little pamphlet, 'The Road to Wellville,' found in pkgs., is invariably saved and handed to some needy patient along with the indicated remedy." Name given by Postum Co., Battle Creek, Mich. "There's a reason."