

IN THE SICK ROOM

HINTS THAT NURSE WILL DO WELL TO REMEMBER.

Occupation Is Trying at the Best, and Much Strain Can Be Avoided by Intelligent Methods of Work.

It is a great art to be a good sick nurse.

It is surprising how individuality comes out in the sickroom. The patient's individuality shows itself by the patient being either gentle and patient or irritable and unreasonable. The individuality of the nurse will be expressed in the way she meets these developments of the patient.

The strain on the part of the nurse to hold herself in check, to subdue her own individuality and adapt herself to the temperament, moods and whims of the patient is excessive. This mental strain is what wears out the trained nurse, because it is ceaseless. She goes from one case to another, and it is always the same thing, with variations.

But you home nurses may, fortunately, only have an illness in the family once in a long time, so that you do not have this endless strain. When it does come take it quietly and call into use all your self-reserve, for you may need it.

A very ill person, especially if delirious, may take a temporary dislike to some members of the family, and the queer part of it is that it is generally the patient's favorite when well. You will have to use tact and not let a thing of this kind ruffle you. Remember, it is the disease and not the real feelings of the patient.

The high fever is accountable for much of this fractiousness and you will always bear in mind that the patient would be distressed if conscious of the fact that she is behaving unreasonably and giving unnecessary worry and unhappiness.

A delirious patient may say something that will arouse your righteous wrath and your first instinct is to "answer back." But hold onto yourself and say nothing.

Be firm in giving the regular treatment at the regular times. The patient may object, then blame you afterward for not having done all things needed. By coaxing and using tact you can have your way about it, but you cannot if you go about it in a brusque way that will antagonize the patient.

In trifles humor the patient, but in things of vital importance try quietly to gain your point. Never use force with an ill person; persuasion answers better.

Never look tired and bored in the sickroom; it will annoy and distress the patient.

We often hear some one say, after there has been an illness in the family: "I never had my clothes off for weeks."

That seems the acme of good home nursing to many women. According to the trained idea it is absurd. It adds nothing to the comfort of the patient for you to be uncomfortable and unhygienic for weeks. It is so unnecessary from every standpoint. A hospital nurse is trained to take good care of herself, otherwise she cannot take good care of her patient.

Never eat your meals in the sick room; it annoys the patient and is not wholesome for you.

Never complain while in the sickroom of pain in your back from bending over the bed, though you will be sure to have it. Don't sigh and say you have a headache from staying indoors so much. The patient may feel bad as it is to give you this extra work and responsibility for caring for her. Don't add to her distress by repining or pitying yourself.

If you have no member of the family to help you, you should accept the help of a neighbor; they are always good about helping, too.

Dainty Top for Sponge Cake.

A secret learned from a Swede cook is to sprinkle a little white sugar over sponge cake before baking. It will come out of the oven with that dainty crust over the top.

Be sure and try this, and you will be greatly surprised at the result.

It Beats Ice Cream.

A delectable dessert, new to me lately, was made by pouring over dishes of ice cream a fresh maple syrup, cold, into which a quantity of chopped nuts had been mixed.

To Clean Nun's Veiling.

Make flour very hot in the oven spread the material on a clean cloth on a firm table, rub the hot flour into the stuff with a piece of clean flannel. Shake out the dirty flour and apply fresh till the surface is clean.

Flaky Pie Crust.

Use 1 1/2 cups flour, two-thirds cup lard, mix with as little cold water as possible, roll out, then spread lard on, and roll again; repeat the process several times. You can use it for tart crusts or patties, baked in pans.

DO YOU KNOW WHAT WHITE LEAD IS?

Its Chief Use and a Method of Determining Good from Bad Explained.

White Lead is the standard paint material all over the world. It is made by corroding metallic lead into a white powder, through exposing it to the fumes of weak acetic acid and carbonic acid gas; this powder is then ground and mixed with linseed oil, making a thick paste, in which form it is packed and sold for painting purposes. The painter thins it down to the proper consistency for application by the addition of more linseed oil.

The above refers, of course, to pure, genuine White Lead only. Adulterated and fake "White Lead," of which there are many brands on the market, is generally some sort of composition containing only a percentage of white lead; sometimes no White Lead at all; in such stuff, barytes or ground rock, chalk, and similar cheap substances are used to make bulk and imitate the appearance of pure White Lead.

There is, however, a positive test by which the purity or impurity of White Lead may be proved or exposed, before painting with it.

The blow-pipe flame will reduce pure white lead to metallic lead. If a supposed white lead be thus tested and it only partially reduces to lead, leaving a residue, it is proof that something else was there besides white lead.

The National Lead Company guarantee all White Lead sold in packages bearing its "Dutch Boy Painter" trademark to prove absolutely pure under this blow-pipe test, and that you may make the test yourself in your own home, they will send free upon request a blow-pipe and everything else necessary to make the test, together with a valuable booklet on paint. Address, National Lead Company, Woodbridge Building, New York.

GLAD TO HAVE HIM GO.

Toll-Gate Keeper Thought He Had Visit from His Satanic Majesty.

This is not the only age in which motor cars have created excitement and disturbance. In 1802 such apparitions were few and far between; at present they are too frequent to attract attention. Mr. Joseph Hatton, in "Old Lamps and New," tells of the fright caused by one of Trevithick's steam locomotives, made to run on unrailed roads in the early part of the last century.

Now and then one of these extraordinary vehicles would be encountered, snorting and puffing on the highway. The countrymen regarded them as the evil one in disguise.

One of the cars, coming to a toll-gate, stopped for the gate to be opened. The toll-man came hurrying out. He flung the gate open with trembling hands, and teeth which chattered audibly.

The driver asked him how much toll there was to pay.

"O, nothing, dear Mr. Satan, nothing!" hastily assured the man. "Go on as fast as you like; there's nothing to pay."—Youth's Companion.

A New Excuse.

"I suppose your husband is proud to contribute his share toward the support of our beautiful library?"

"Yes," answered the woman with the slightly acid expression; "only John was none too industrious in the first place and now he's tempted to put in most of his time reading novels and trying to get his money's worth."—Washington Star.

HAPPY OLD AGE

Most Likely to Follow Proper Eating.

As old age advances, we require less food to replace waste, and food that will not overtax the digestive organs, while supplying true nourishment.

Such an ideal food is found in Grape-Nuts, made of whole wheat and barley by long baking and action of diastase in the barley which changes the starch into sugar.

The phosphates also, placed up under the bran-coat of the wheat, are included in Grape-Nuts, but left out of white flour. They are necessary to the building of brain and nerve cells.

"I have used Grape-Nuts," writes an Iowa man, "for 8 years and feel as good and am stronger than I was ten years ago. I am over 74 years old, and attend to my business every day.

"Among my customers I meet a man every day who is 92 years old and attributes his good health to the use of Grape-Nuts and Postum which he has used for the last 5 years. He mixes Grape-Nuts with Postum and says they go fine together.

"For many years before I began to eat Grape-Nuts, I could not say that I enjoyed life or knew what it was to be able to say 'I am well.' I suffered greatly with constipation, now my habits are as regular as ever in my life.

"Whenever I make extra effort I depend on Grape-Nuts food and it just fills the bill. I can think and write a great deal easier."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

A REMARKABLE MAN.

Active and Bright, Though Almost a Centenarian.

Shepard Kollock, of 44 Wallace St., Red Bank, N. J., is a remarkable man at the age of 98.



For 40 years he was a victim of kidney troubles and doctors said he would never be cured. "I was trying everything," says Mr. Kollock, "but my back was lame and weak, and every exertion sent a sharp twinge through me. I had to get up several times each night and the kidney secretions contained a heavy sediment. Recently I began using Doan's Kidney Pills, with fine results. They have given me entire relief."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

One Woman's Wrongs.

Mrs. Smallpurse (who found only a few dimes in her husband's pockets that morning)—I am just sick of this plodding along year after year. Why don't you do something to make money?

Mr. Smallpurse—I can't make any more than a living at my business, no matter how hard I work.

Mrs. Smallpurse—Then do something else. Invent something. Any American can invent.

Mr. Smallpurse (some months after)—My dear, I've hit it, and I've got a patent. My fortune is made.

Mrs. Smallpurse (delighted)—Isn't that grand! What did you invent?

Mr. Smallpurse—I have invented a barbed-wire safety pocket for husbands.—New York Weekly.

Billion Dollar Grass.

Most remarkable grass of the century. Good for three mowings crops annually. One Iowa farmer on 100 acres sold \$3,800.00 worth of seed and had 300 tons of hay besides. It is immense. Do try it.

FOR 10c AND THIS NOTICE send to the John A. Salzer Seed Co., La Crosse, Wis.; to pay postage, etc., and they will mail you the only original seed catalog published in America with samples of Billion Dollar Grass, Macaroni Wheat, the sly miller mixer, Sainfoin the dry soil luxuriant, Victoria Rape, the 20c a ton green food producer, Silver King Barley yielding 173 bu. per acre, etc., etc., etc.

And if you send 14c we will add a package of new farm seed never before seen by you. John A. Salzer Seed Co., La Crosse, Wis. K. & W.

Couldn't Take the Case.


"You'll have to send for another doctor," said the one who had been called, after a glance at the patient.

"Am I so sick as that?" gasped the sufferer.

"I don't know just how sick you are," replied the man of medicine, "but I know you're the lawyer who cross-examined me when I appeared as an expert witness. My conscience won't let me kill you, and I'll be hanged if I want to cure you. Good-day."

Important to Mothers.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it bears the

Signature of  Use For Over 30 Years. The Kind You Have Always Bought.

It's All Right, Then.

She—You have kissed other girls, haven't you?
He—Yes; but no one that you know.—Harper's Weekly.

Garfield Tea—a simple and satisfactory laxative! Composed of Herbs, it regulates liver and kidneys, overcomes constipation and brings Good Health.

High aims form noble character and great objects bring out great minds.—Tryon Edwards.

Lewis' Single Binder straight 5c cigar. Made of extra quality tobacco. Your dealer or Lewis' Factory, Peoria, Ill.

It's easier for a woman to hold a strong man than her own tongue.

FILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of itching, blind, bleeding or protruding files in 6 to 14 days or money refunded. 50c.

It isn't idle curiosity that prompts a man to look for work.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Many a man is buried in oblivion long before he is dead.

WESTERN CANADA CROPS CANNOT BE CHECKED.

OATS YIELDED 90 BUSHELS TO THE ACRE.

The following letter written the Dominion Government Commissioner of Emigration speaks for itself. It proves the story of the Agents of the Government that on the free homesteads offered by the Government it is possible to become comfortably well off in a few years:

Regina, Sask., 23rd Nov., 1907. Commissioner of Immigration, Winnipeg.

Dear Sir: It is with pleasure that I reply to your request. Some years ago I took up a homestead for myself and also one for my son. The half section which we own is situated between Rouleau and Drinkwater, adjoining the Moose Jaw creek. It is a low level and heavy land. We put in 70 acres of wheat in stubble, which went 20 bushels to the acre, and 30 acres of summer fallow, which went 25 bushels to the acre. All the wheat we harvested this year is No. 1 hard. That means the best wheat that can be raised on the earth. We did not sell any wheat yet as we intend to keep one part for our own seed, and sell the other part to people who want first-class seed, for there is no doubt if you sow good wheat you will harvest good wheat. We also threshed 9,000 bushels of first-class oats out of 160 acres. 80 acres has been fall plowing which yielded 90 bushels per acre, and 80 acres stubble, which went 30 bushels to the acre. These oats are the best kind that can be raised. We have shipped three car loads of them, and got 53 cents per bushel clear. All our grain was cut in the last week of the month of August before any frost could touch it.

Notwithstanding the fact that we have had a late spring, and that the weather conditions this year were very adverse and unfavorable, we will make more money out of our crop this year than last.

For myself I feel compelled to say that Western Canada crops cannot be checked, even by unusual conditions. I am, dear sir,

Yours truly, (Signed) A. Kaltenbrunner.

The damage caused by rust is more to be feared than the wear and tear of work.—Haliburton.

I AM A MOTHER



How many American women in lonely homes to-day long for this blessing to come into their lives, and to be able to utter these words, but because of some organic derangement this happiness is denied them.

Every woman interested in this subject should know that preparation for healthy maternity is accomplished by the use of

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Mrs. Maggie Gilmer, of West Union, S. C., writes to Mrs. Pinkham: "I was greatly run-down in health from a weakness peculiar to my sex, when Lydia E. Pinkham's Vegetable Compound was recommended to me. It not only restored me to perfect health, but to my delight I am a mother."

Mrs. Josephine Hall, of Bardstown, Ky., writes:

"I was a very great sufferer from female troubles, and my physician failed to help me. Lydia E. Pinkham's Vegetable Compound not only restored me to perfect health, but I am now a proud mother."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

"OUCH" OH, MY BACK
IT IS WONDERFUL HOW QUICKLY THE PAIN AND STIFFNESS GO WHEN YOU USE
ST. JACOBS OIL
THIS WELL TRIED, OLD-TIME REMEDY FILLS THE BILL
25c.—ALL DRUGGISTS.—50c.
CONQUERS PAIN

W.L. DOUGLAS SHOES
\$3.00 \$3.50
SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY.
MEN, BOYS, WOMEN, MISSES AND CHILDREN.
W. L. Douglas makes and sells more shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.
W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price.
CAUTION. W. L. Douglas name and price is stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalog free to any address. W. L. DOUGLAS, Brockton, Mass.

The State of Wyoming

Is preparing to open for settlement ten thousand acres of irrigable land, under the Carey Act, at 50 cents per acre, as an addition to the now famous Wheatland Colony. For further information write to

J. R. MASON, General Immigration Agent, Wheatland, Wyo.

WEAR SHIELD BRAND SHOES
The Womens' Congress Gaiter—elegant patent leather trimmed fine kid vamps—easy as a slipper.
Price, \$3.00. If not at dealers ask us.
ELLET-KENDALL SHOE CO. MFGS.
Kansas City, Mo.

COLT DISTEMPER
Can be handled very easily. The sick are cured, and all others in same stable, no matter how "exposed," kept from having the disease by using **SPHON'S LIQUID DISTEMPER CURE**. Give on the tongue of the feed. Acts on the blood and expels germs of all forms of distemper, best remedy ever known for mares in foal. One bottle guaranteed to cure one case. 50c per 1/2 bottle; \$1.00 and \$1.50 dozen of druggists and hardware dealers, or sent express paid by manufacturer. Cut above how to purchase throats. Our free booklet gives every thing. Local agents wanted. Largest selling horse remedy in existence—twelve years.
SPHON MEDICAL CO., Chemists and Bacteriologists. Coshen, Ind., U. S. A.