

proud of her abilities as a nurse. Said she:

"I can take a patient and nurse him quite as well as these trained nurses of the hospital. I took care of my father during his last illness. He died before we had trained nurses. I remember that I kept a record of his temperatures, the times he received nourishment, and the times I gave him medicine, just as the nurses do now. I have often nursed people in the hotels where I have been stopping, and I don't believe that I have ever had a greater pleasure than seeing them get well under my care. The secret of good nursing is common sense, just as common sense is the secret of money making."

"Common sense is worth more than doctor's sense," Mrs. Green went on. "I remember a case I had which illustrates this. It was my laundress. She had been working for me for many years, and all at once she became sick. She tried the doctors, but could not get better. She thought she had a worm in her stomach which crawled up at night and ate at her throat, almost choking her."

"At last I said that I would come and nurse her. I first took her out on the front porch when the sun was shining, so that I could get a good sight at her, and look her over. I made her open her mouth wide, and, on looking in I saw that she had a very long palate, and that her tonsils were quite sore. You see, her palate had dropped down at night, and she thought it was a worm. I told her that I could kill the worm, and I sent for some alum and a preparation of iron. I put the alum on a spoon and touched it to her palate. You know how alum acts, it puckers your palate up. I then used the iron preparation for her tonsils. Well, that night the worm did not bother her. I continued the treatment for several days and it made her well."

"Now," concluded Mrs. Green, "that cure was accomplished by the use of common sense. Common sense, I believe, is the most valuable possession any one can have. Such success as I have had in life has been due to it, and to the fact that I was not afraid to use such common sense as God gave me. I believe in the Ten Commandments and I obey them as far as I can. I try to treat every one fairly and I think it is my duty to defend myself when I am imposed upon. As to fashion, I care nothing for it. I live simply, because I like to do so, and because I believe it is better for my health. The chief end of my life is not to make a show, but to do the work which seems to lie before me just as well as I can."

*Frank G. Carpenter*

#### DOMESTIC SCIENCE.

Matings should be frequently wiped off with salt water, allowing a pint of salt to a gallon of water.

Fatty foods should find no place now on the family bill of fare, as its members will suffer much less from heat if they are omitted. Brown and whole-wheat bread, vegetable salads, ripe fruits in abundance, fish and plenty of milk, afford a diet cooling, wholesome, and appetizing. Much sickness may be avoided

ed by a wise adaptation of foods to the climate and season of the year.

Any one who has been confined to the bed for even a single day, appreciates and deprecates the ache of shoulders and back that makes itself manifest by night. The most restful thing in such circumstances is the course followed in the hospitals—a gentle rubbing with alcohol and the bare hand. This treatment will be found efficacious in the case of babies and little children whom the heat of the day has made restless and uncomfortable.

In laundering calicoes and gingham, it should be borne in mind that blues and greens are strengthened by vinegar in the rinsing or bluing water. Allow one teaspoonful of vinegar to each quart of water.

If a half teaspoonful white of egg is added to the yolks and seasoning of a mayonnaise dressing before the oil goes in, the danger of its curdling will be lessened.

The Domestic Economy Day Schools carried on in London by the County Council Technical Educational Board, continue to increase in members and efficiency, and there is a constant demand for the services of the girls who desire to enter service at the end of their five months' course. Evening classes in cookery, dressmaking and needlework are held at nearly all of the eighty-nine centers, while in some there are also classes in millinery, housewifery, laundry-work, hygienic, sick nursing and "first aid to the injured." Sixteen higher scholarships in cookery each half year have been offered to those girls who have done best in that subject at the terminal examinations of the Domestic Economy Schools. These scholarships have been very eagerly sought for.

Table accessories continue to grow in number and daintiness. The new silver bread baskets, shallow and oblong in shape, stand upon tiny little claw feet, while their sides and handles are cleverly made to represent grass and wheat heads.

A step recently taken by the Lady Cyclists' Association of England, for the comfort of its members, is one that might be commended to the consideration of their cycling sisters of the United States. A cottage among the Surrey hills has been rented and furnished as a house of rest for members of the association. It has been provided with all requisites for simple cookery; and, although intended mainly as a resting place, may be occupied by a member for a day, or even a week, by arranging with the secretary.

One of the numerous activities of the Bermondsey Settlement in London is the "Guild of Play," where a leader of the Settlement gathers the children of the street every night in the week to tell them fairy tales, teach them what real play is, and substitute healthy amusement for the sordid recreations of the street. The beneficent results of this work are already showing themselves most appreciably.

The members of the Belgian League for Women's Rights find themselves

very busy just now, arranging for the Woman's International Congress, to be held in Brussels in August. Among the important subjects to be brought up for discussion are the free admission of women to trades and professions, their power to act as guardians for minors, the claim of women to sit in municipal bodies, and the conseil de famille which has so large a share in domestic life in France and Belgium.

The delicious "Boston Brown Bread" which "Katie," the Pratt Institute restaurant cook, always furnishes her patrons along with their Thursday's "Boston Baked Beans," is made in quantity after this recipe: To four quarts of corn meal and four quarts of rye flour, add four quarts of sour milk in which eight teaspoonfuls of soda has been dissolved, two quarts of molasses and eight teaspoonfuls of salt. Stir until well mixed, pour in greased molds with tight covers, and steam for five hours, never allowing the water to stop boiling.

While the summer hegira to Europe is still in order, it may be of interest to the individual who, though on "pleasure bent," has still "A frugal mind," to know that Norway is the Mecca where delights of various sorts abound and living is exceedingly cheap. The very best hotels charge but about seventy-five cents a day, while in pensions or private houses it may be obtained for still less. Ignorance of the language is no disadvantage here, as English is spoken almost everywhere. It is taught in all the government schools, even in the country districts.

To a plain American woman, the hold that smoking has obtained over the ladies composing the "smart set" of London and the large continental cities is not only an astonishing but exceedingly repugnant idea. Even such women of rank and worth as Lady Currie, wife of Sir Philip Currie, the English ambassador to Constantinople, are devoted to the weed, joining their husbands in the post-prandial smoke formerly conceded to men alone. In this connection it is a relief to know that two of London's women's clubs—the Writer and the Pioneer—have issued the fiat that their members must not smoke; they will be asked to resign if they do. The Writer's club, composed exclusively of women authors and journalists, positively forbids tobacco altogether; but before the promulgation of its interdiction, the members of the Pioneer club used to retire to a private room and smoke there.

Buttermilk is one of the most wholesome and cooling of summer drinks. Physicians are recognizing its medicinal properties more and more. In certain stomachic or kidney troubles, patients are put upon a buttermilk diet, its only accompaniment being a few thoroughly browned croutons. Buttermilk is also valuable to the housewife, and should never be thrown away. It can be kept a long time in good condition for cooking, by covering with water, which should be often changed for fresh.

Although the fragrant strawberry is the concomitant of the "short-cake," facile princeps, this delicious supper or luncheon bread should not be allowed