

Household Hints

Cure For A Cold

Persons attacked by the form of cold so prevalent at present, and commonly called "flu," will find wonderful efficacy in this simple remedy—abstaining altogether from all liquid food as long as possible, or until the symptoms of febrile excitement, watering of the eyes, and sneezing abate. The remedy has been repeatedly tried and found efficacious in many instances. It was originally recommended by a high medical authority.

There is a mistake, tho' the saying is old.

To hear a man tell you he has a bad cold;

We must drop the saying, though long it has stood,

For I never heard of a cold that was good.

Seasonable Colds

Many colds are largely unavoidable because they are contagious, and because sufferers scatter the germs with prodigal sneezes and coughs, and by using public telephones. Caught in this way the com-

celery. Milk, butter and cream are also good.

If you suspect that your too-frequent cold is caused by too much acidity in your system, next time you feel the symptoms of a cold coming on take a soda-mint tablet every half-hour all day. If the cold has not got a grip this will put enough alkali into your system to check it.

If you have caught your cold, however, and it is not possible to nurse it at home and stay in bed, procure a good inhalant from your chemist and use it on a handkerchief. For a cold that gives you a heavy catarrhal feeling at the back of the nose, have a mixture made up of 10 grains each of camphor and menthol and 10 drops of extract of eucalyptus in loz. of white vaseline. Insert a small bit in each nostril and sniff up as hard as possible.

At night, when you are safe and warm in bed, inhale eucalyptus, triar's balsam or camphor in boiling water, and take a hot lemon drink. For a cold that you fear will result from exposure, try the old-fashioned remedy of putting the feet in mustard and water and going im-



UP-TO-DATE HOUSEWIFE: "Why don't you use our new Electric Range, Mrs. Gibbons? I had it fixed ready for you."
 OLD-FASHIONED CHARLADY: "Fancy that, ma'am! And there was me a-thinking it was one of them things you scared yer 'air with!"

plaint is 60 per cent. more dangerous than when it results from climatic changes.

Some people regularly start the winter with a cold which persists until the warm weather arrives.

People who are susceptible to the seasonable colds are usually in a run-down physical condition and need bracing up. An excess of acid in the system leaves one liable to catch cold from atmospheric conditions as well as from contact with infection. Such a one needs to correct his or her diet. Too much sugar and starchy food cause the superfluity of acid, and to correct this one should eliminate from the diet white bread, meat, pastry, rice or any starchy cereal, eggs and oysters. Foods that have a reducing effect upon acidity are fruits and vegetables, such as apples, bananas, oranges, peaches, lemons, raisins, potatoes, turnips, cabbage, cauliflower, haricot and lima beans, lettuce and

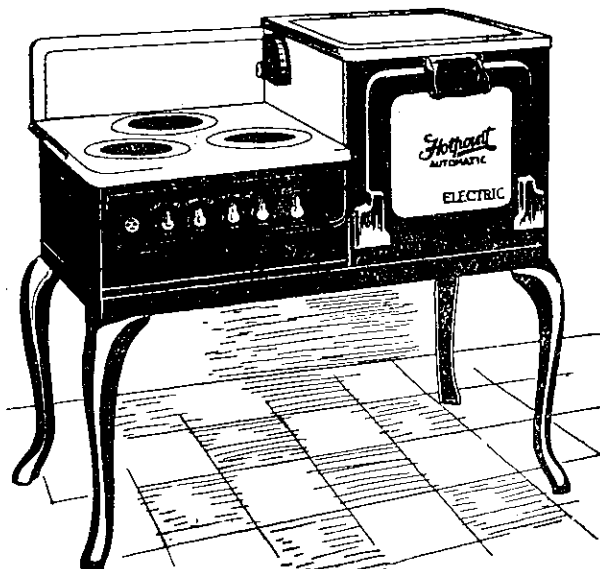
mediately to bed, or take a hot bath in which there is four ounces of eucalyptus extract. Be very careful to avoid chill in going from the bathroom to bed.

Fortify yourself against the biting winds and chilly night air, fogs and dampness by attending to your diet and by taking a good tonic that will improve your circulation and brace up your system—and go in for some form of exercise. These precautions will ward off the usual first cold and, after all, prevention is still better than cure.

Cleaning White Paint

Water, in which onions have been boiled, makes a magic cleanser for white paint. Boil the onions till the goodness is quite out, then use the water with or without soap. The dirt will disappear very quickly, leaving the paint white and glossy.

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Your Oven Heat Controlled—Automatically

If you have an electric range you know how constantly the switch has to be watched to keep the oven at an even temperature—how easy it is to "forget"—and then to find the cooking burned to a cinder.

What a blessing if some one could watch your oven-temperature for you. And this is just what the new Hotpoint Range does—with the ingenious Automatic Electric Timer! Simply set the lever for the exact temperature necessary for your cooking operation and turn the switch—the temperature is maintained automatically, just as long as you want it!

THE NEW 1926

Hotpoint

AUTOMATIC ELECTRIC RANGE

has many other features which make it the ideal Electric Range. The cooking top is white enamel—the oven top serves as a working table—it has a quick heating oversize oven lined with pebbled blue enamel. Stove is handsomely finished in black japan with polished nickle trimmings. It is furnished with appliance receptacle for iron, vacuum cleaner, etc., and counter-balanced shelf-door.

Before you purchase an electric range, call and see the Hotpoint—ask to see model RA73. You owe it to yourself—and to your family—to instal the Super Automatic Time and Temperature Controlled Hotpoint Electric Range.

National Electrical & Engineering Co., Ltd.

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