

tongue, raise the head, drink a little water, and it is gone.

TO MAKE LIME-WATER.

Put two ounces of freshly prepared alaked lime into a stoppered jar. Add one gallon of cold water, shake thoroughly, leave for several hours, then strain off carefully to keep free from sediment. Bottle and use as required.

FOR HAND-FED BABIES.

To prepare cow's milk so that it as nearly as possible resembles human milk, slightly warm half a pint of milk and add to it a teaspoonful of essence of rennet. This will make it curdle. Then the curd is thoroughly broken by stirring with a spoon, boiled and strained through a piece of muslin that has been wrung out of boiling water. Add the strained whey to half a pint of milk. Stir in half a teaspoonful of sugar, and it is ready for use.

NIGHT-FEEDING.

For the first month baby will need two meals during the night. After that, feed at ten or eleven o'clock, and then allow him to sleep for six hours without being disturbed.

THE AGE FOR VACCINATION.

Three months is the best age to have children vaccinated. By this time they are generally much stronger than at birth, but have not yet begun cutting their teeth.

TO STERILISE MILK.

Heat to about 170deg. Fah. Keep at this temperature for half an hour.

FLATULENCE.

Flatulence or wind is a sign that in some way the digestive organs are being taxed too severely. Sometimes it is caused by the giving of too much food; or it may be because, for some reason or other, the little one is not digesting his food. The diet should be carefully regulated, and a few drops of peppermint given in a little hot water several times a day.

SICKNESS.

as a rule, is due to indigestion, and the cure lies in an amendment of the diet. For treatment of the attack, give small pieces of ice to suck. A pinch of bicarbonate of soda given in a little peppermint water several times a day will alleviate the vomiting.

AFTER MUMPS

children generally need a tonic. In the convalescent stage great care should be taken to keep out of draughts. The bowels must be kept open. Half a scid-fitz-powder given in a little water half an hour before breakfast is a very good aperient.

SUITABLE FOODS

for children recovering from a severe illness, when they have got beyond the dangerous stage, are milk, beef tea, mutton, veal, or chicken broth, egg and milk, milk pudding, white fish, chicken, and boiled or roast mutton.

INVALID MUTTON BROTH.

Cut half a pound of lean, uncooked mutton into small pieces. Put into a saucepan with one pint of water, and salt to taste. Bring slowly to boiling point, and simmer slowly for at least two hours.

Fashions in Wedding Stationery.

Simplicity of design characterises the new fashion in wedding invitations, and the old style of cards with elaborate borders, festoons, and floral designs, which were used ten years ago for wedding invitations, have now completely given place in fashionable circles to the plain white or cream-tinted notepaper (not cards, as formerly), with the crest or monogram of the sender in the corner.

Furthermore, the custom of sending wedding-cake to all the friends and relations of the bride and bridegroom unable to be present at the wedding is fast dying out—in smart circles, at any rate—and in the confectioners' shops, where formerly an immense supply of wedding-cake boxes were kept in stock, no more are to be seen, for no one wants them.

Prophecies About People.

PREDICTIONS THAT HAVE COME TRUE.

The astrologer who has been foretelling frightful disasters for the Russian Royal Family reminds one of some prophecies about popular—or shall we say notable?—people that have come true.

"Of course, everyone has heard that the famous Gypsy Lee told the Duchess of Portland that she would wear the strawberry leaves; but I believe it is not just as generally known that she foretold the accession of a duke at a period when four lives lay between him and the title, and moreover of disputes as to that title which have arisen since.

"The Duchess of Marlborough had two curious predictions made of her when she was a tiny maid of 4. One was that she would 'wear strawberry leaves,' the other that she would become the mother of a line of kings. I have heard that, the first having come true, there are members of the Vanderbilt family that have firm faith in the second. Just how they suppose it could come true it is difficult to see, unless they imagine the abolition of the United States Republic and the instalment of a future Duke of Marlborough as King of the New World.

"Cheiro is very discreet, but he could unfold some strange stories if he chose, and I know for a fact that he foretold the matrimonial troubles of a certain fair lady who was prominently before the world—and Sir Francis Jeune—in 1902, before the lady was even engaged.

"The late Bishop of London, when a schoolboy of twelve, was told by a New Forest gypsy that he would one day in-

habit a palace. He naturally laughed the prophecy to scorn, but it came true.

"Or course, there must be hundreds of prophecies about people which will never come true, but one does not hear of them, or they are forgotten. I remember a bride of lust season, who did not make a brilliant marry, had been told that she would marry at a certain age a very rich man. When she reached that age she became the wife of a poor one, but, as he said, 'Any man who married you, dearest, would be rich in the possession of such a jewel,' so she still has some faith in fortune-tellers. It is a mad world, my masters!"

Quinsy.

WHAT IT IS AND HOW TO TREAT IT.

Quinsy is an inflammation of the tonsils, which causes them to become so swollen and painful that swallowing is not only difficult, but occasions much suffering. The word "quinsy" comes from two Greek words meaning "a dog," and "to press tight," the idea probably being that the suffering caused by the ailment resembles that caused by a dog getting a grip of one's throat.

It may come from cold, following on a lowered state of the health, or it may be caused by bad drainage. It has a tendency to recur. Some people are very liable to attacks of quinsy.

The symptoms are shivering, fever, quick pulse, high temperature, headache, sore and swollen throat, pain, and difficulty in swallowing. The swelling in

the throat sometimes gathers, comes to a head, and bursts, when matter is discharged; after this there is great relief, and the fever subsides.

The patient should rest in bed in a warm, well-ventilated room. It is most important in all throat affections to see that the patient breathes pure air. These complaints are very weakening, and a stuffy room will still further lower the patient's vitality.

Inhalation of steam is very useful. If possible, procure an inhaler from a chemist, and use according to given directions. If this cannot be had, an improvised inhaler can be made thus: Take a quart jug, twist a towel round the top funnel-wise, leaving an aperture to admit the mouth. Fill the jug three parts full of very hot water, and inhale the steam. Care must be taken not to inhale it at a scalding temperature.

Gargling the throat is frequently very necessary. The best thing to gargle with is a so one tablespoonful boiling water, one pint. Dissolve. Use when comfortably hot. The application of hot flannel poultices assist, when an abscess is forming, in bringing it to a head. When the poultices are removed, the throat should be covered with heated cotton-wool and oiled silk.

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