

Domestic

BY 'MAUREEN'

Eggs as Food.

German doctors have been investigating the length of time that eggs are retained in the stomach. If it be granted that the length of time that food is retained in the stomach is a measure of its digestibility, lightly-cooked eggs are the most digestible; next come raw eggs, then buttered eggs, and finally hard-boiled eggs and eggs in an omelette. The nitrogen of hard-boiled eggs is absorbed to about the same extent as that of meat, but the fat is much better absorbed than that of meat. Another investigator showed that lightly-boiled eggs and raw eggs have a higher food value as part of a mixed diet than a corresponding amount of meat.

Stockings and Health.

Socks and stockings have a much greater influence on our health than might be imagined. Stockings must be thick and warm, both in summer and winter, and must be of such a size as shall not compress the foot or alter the position of the toes. On the other hand, they should not be so loose as to involve a lot of superfluous material at the toes or under the soles. Stockings are often so short that they cramp the toes, and so give rise to corns, or to a good deal of pain and discomfort. Socks or stockings after the manner of gloves are in the long run more comfortable; they are certainly more cleanly; they prevent the formation of corns between the toes, and they also allow a much greater freedom of movement.

Brilliant Windows.

The woman whose windows were the most brilliant on the street, whose panes fairly danced in the sunlight and gave back the evening lights hue for hue, was never seen washing them. Sometimes—once a month in winter and oftener in summer—she appeared and smeared the glass within and without with a fine white liquid. After all the windows had been covered with this she returned to the first one and with a big, soft chamois rubbed the white-wash, by this time dried, entirely off. Pails, soaps, rags of various sizes for various purposes, were unknown to her. One day she generously told her secret. A liquid paste made of alcohol and whitening kept her glass clean and brilliant. The paste was made a very little at a time on account of the evaporating habit of alcohol.

A Good Cement.

A good cement for fastening handles on handle bars is made by soaking white glue in water until soft, when a gentle heat will bring the softened glue in solution. This liquid glue is then mixed with whiting to a thick paste and applied to the inside of the handle with a stick. A day or two should be allowed for the cement to harden before using the bicycle.

Sleep and Food.

Old people can hardly have too much sleep, to restore, if possible, the loss by physical and mental strain upon the constitution. Old folk should learn by experience just how much supper to eat in order to secure a good night, and also the amount of sleep to indulge in. If they possessed such knowledge, it would tend greatly to increase the term of life, and make them more restful while life did last. An important point in regard to sleeping is to avoid the heavy and late supper which is so common among some English people. The best hour for supper is half-past six, and it should be light. The heaviest meal should be the mid-day meal, for those, at least, who care for and study their health.

Nervous Headaches.

'Nervous headaches occur in hysterical or neurasthenic individuals and those suffering from overwork or worry' (says Dr. Jean Williams in the *Woman's Home Companion*). 'In this class might also be mentioned headaches due to eye-strain. The error of vision may be so slight that the patient is not conscious of any impairment of her sight, but the constant effort to counteract it is sapping her nervous energy. When frequent headaches occur, it is important to have vision carefully tested by a competent eye specialist. No further search for a cause may be necessary. Disease of the ear; a deviated septum in the nose, adenoids, enlarged tonsils, and other abnormalities of the nose and throat are often responsible for persistent headaches that resist treatment. In all cases these possible conditions must be considered and, one by one, eliminated. Persistent headaches require careful study by a careful, competent physician, and painstaking observance of the advice and directions he gives.'

Maureen

For Chronic Chest Complaints,
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BROTHERS OF THE GOOD DEATH

Had you stood in the gate of S. Lorenzo one day recently (says *Rome*), you would have seen a strange and edifying spectacle—viz., a band of Roman gentlemen pertaining to the confraternity called the 'Fratelli della Buona Morte', marching out into the Campagna, that dry waste which lies between Rome and Tivoli. They were Brothers Ocelli (lawyer), Feliziani (editor of *La Veru*, Rome, a high-class illustrated weekly), Pietro Willy, Adolph Tibaldi (commercial), Enrico Grassi, and some others, accompanied by their chaplain, Don Carlo Oudin, and they wore the habit of their society, a loose over-all of rough material tied with a rope at the waist, and a hood over their heads and covering the faces completely. Two holes for the eyes and one through which to breathe completed this weird attire. Information had been conveyed to them that an aged mendicant had died at the roadside at some miles distance from Rome, and they were proceeding on foot to find the body and carry it to the Eternal City on the stretcher which they bore in their turn upon their shoulders.

One of the rules of this confraternity of laymen in Rome binds the members to search the Campagna and the banks of the Tiber occasionally for bodies, and to see that proper burial be given them. In no picture gallery of Europe have I seen a more touching painting than that in a certain house in Rome, representing the 'Brothers of the Good Death' kneeling by a bier at the Mulvian bridge at midnight. The picture is a mere daub, but the details are truly pathetic. Kneeling round the body of a female just drawn from the river, with her hair dishevelled and misery written on her dead face, are a dozen members of the confraternity. The chaplain, in surplice and cassock, reads the prayers, for the dead by the light of two torches carried by the Romans, and four members await the order to uplift the stretcher and bear it into Rome. By the covering they had thrown over the body, the past of the poor creature, whatever it was, seemed closed, and nothing but charity and pity prevailed.

As the hour for each member comes to go to the tomb, his body is accompanied by its hooded brethren, all bearing torches and chanting psalms, through the streets. He is buried with simplicity and a wealth of love, for his own life was one of charity. Though some of the members are the most wealthy and most representative men in Rome, all are buried with extreme austerity, and, I may say, severity. Everything savouring of pomp is avoided to such an extent that I have seen poor peasants buried with much more display than those earnest Roman gentlemen.

That old enemy of the human race—consumption—still claims its victims, and in increasing numbers. A cold neglected—that is always the start—always. It seems inconceivable that persons who know perfectly well that a neglected cold will cause the sufferer to find a consumptive's grave persist in neglecting themselves. Don't let a cold get a start—stop it right at the beginning with TUSSICURA—a truly marvellous throat and lung tonic.

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