

# The White & Ribbon

FOR GOD AND HOME AND HUMANITY

VOL. 1.—No. 3. CHRISTCHURCH: SEPTEMBER, 1895.

2s 6d Per Annum.  
Post Free.

## THE WHITE RIBBON.

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### NOTICE.

All Literary Communications for insertion in **WHITE RIBBON** must be addressed to the Editors, Box 114, Christchurch.

## SOUTHERN CROSS SOCIETY.

A LARGELY-ATTENDED meeting of this Society was held in Wellington on August 22. Mrs Plimmer presided, and delivered an able address on the aims and objects of the Society.

The following officers were elected:—President, Mrs Plimmer; Vice-Presidents, Lady Stout and Miss Kirk; Secretary and Treasurer, Mrs Menteath; Committee, Mesdames J. Ross, Isaac Clark, Sherwood, A. K. Newman, Tonks, T. McDonald, T. W. Hislop, and Misses Allan and Duthie.

Lady Stout then read an admirable paper, which we have not space to reproduce. She said that the Society had been organised for the purpose of educating women of all classes and of all shades of opinion to take a wide view of

the questions of the day, and to do all in their power to advocate reforms that would benefit women and promote their independence, and that would make the conditions of life easier and better for those women who had to depend on their own exertions for a livelihood. Being but recently enfranchised, women required educating in politics. Political economy and the working of institutions must be studied to be able to judge correctly as to the purity of administration. Women had the power to raise the standard of uprightness and purity of character in men who filled public positions. They must make it known that they would not be content with mere cleverness in a candidate. The improvement of laws particularly relating to women was highly necessary. The divorce laws must be made equal. The founders of the Society believed that some years of education in politics would be necessary before it would be becoming for women to offer themselves as candidates for Parliament. When the proper time did arrive, it was to be hoped that the electors would prefer an able woman to an unsuitable man. The Society hoped to have women on Hospital, Education, and Charitable Aid Boards, on School Committees, and in other positions for which they were equally suitable with men. It would try to prevent the overlapping of Charitable Aid Societies, and to ensure that the deserving poor should receive help without humiliation. Another object of the Society was to promote temperance, and to insist on the licensing laws being rigidly enforced. The Society was not one for the suppression of mankind; it only desired that women should have equal rights with men, and not be debarred from living the fullest and freest life they might be qualified to live. Home would be happier when wives were competent to advise their husbands in every department, and were able to share their aspirations as well as their cares and sorrows.

## Wellington Convention Reports.

### NAPIER.

At this the close of another year of our Society, we have to report that twenty-six meetings have been held, with a very fair attendance. There are thirty-eight members on the roll, including five honorary. The Western Spit has been visited by Mrs Morrison, and literature distributed; and Onepoto Gully by Mrs Bischeno, and prayer meetings held. Mrs Begg continues to superintend the department of unfermented wine. Mission work has also been organised by Mrs Bischeno. Clippings from the daily papers have been regularly sent to the *Prohibitionist* by one of the members since August last. The Band of Hope was re-opened early in the year, under the superintendence of Mr Heron. Two lectures were delivered, under the auspices of the Union, by Miss Yates, on "Food Reform" and "Progress of the English-speaking People." At the request of the Prohibition League, the Union assisted in conducting the social and refreshment part of the conversazione. In addition to the *Union Signal*, the *Medical Pioneer* and *Woman's Signal* have been subscribed to.

September 19 being the anniversary of enfranchisement of the women of New Zealand, a public meeting was called, but, owing to the unfavourable weather, was poorly attended. At the beginning of the year meetings were held, in conjunction with the Good Templars, to take action on the Alcoholic Liquor Bill. Educational meetings have been held, and papers read and discussed, on the Living Wage, Gambling, &c. Twelve copies of the Rev Mr Wills' book on "The Church and the Liquor Traffic" have been taken by the members. In February of the year a branch of the W.C.T.U. was organised by Mrs Troy at Hastings, and correspondence with Gisborne entered upon, in hopes of forming a Union there. The latter place does not see the way clear at present. Napier Union was represented by Miss Harding at the New Zealand Alliance Convention held in Wellington. The desirableness of forming a Women's League has been discussed, and hopes are entertained of doing so as soon as possible.

### WELLINGTON.

Notwithstanding the many drawbacks that have attended our efforts during the past year, we are pleased to report an increase of eleven in our membership, thus making a total of forty-nine on the roll, five of whom are honorary members.

A number of pledges have been taken, but unfortunately no record of the number has been kept.

During the year, ten ordinary and six special meetings have been held. At the April meeting, two delegates were appointed to attend the Conference at Palmerston North.

In accordance with the suggestion received from the Christchurch Union, a petition, praying that the age of consent be raised to eighteen, was signed by the officers of the Union, and, through Mr Barton, M.H.R., was presented to Parliament.

In spite of our failure last year, we again took a booth at the Agricultural Show, and regret to say that by so doing we are once more involved in financial difficulties.

Miss Wilkinson, superintendent of the Hospital Band, sends an encouraging report. The Band, comprising eighteen members, has paid monthly visits to the Hospital and Home for the Aged and Needy, the inmates of these institutions being cheered and comforted by the service of song.

The Chinese Missionary work has been regularly and steadily carried on, under the superintendence of Miss Kirk, who reports that "the hearts of the teachers have been cheered by the tokens of love and gratitude from these too often neglected Chinamen." May God's richest blessing rest on this and all branches of our work.

"Sunday Trading and Sabbath Observance," "Influencing the Press," "Evangelistic Work," and "Supplying Literature to Railway boxes," are all branches of work carried on by our Union.

Whilst thanking God for blessing received in the past, we desire in the future to go forward in His strength, praying that He may guide us and make us willing to spend and be spent in His service.

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The best example of self-denying liberality in the Bible is recorded of woman. The best example of loving service in the Bible is recorded of woman. The example of conquering prayer in the Bible is recorded of woman. The gift was a widow's mite; the service was the anointing of Jesus with a box of ointment; the prayer was a mother's for a daughter possessed with a devil. Jesus never let fall such words of royal commendation as concerning these three women. Of the poor widow he said, "She has cast in more than they all." Of Mary he said, "She hath done what she could." And to the Canaanitish mother he said: "O woman, great is thy faith! Be it unto thee even as thou wilt"—*Dr. Herrick Johnson*

THE extent to which the abuse of alcoholic drinks exists in private families is very great and the consequences are fearful. When the vice has become a habit it is difficult to cure in men; it is all but impossible in women.—Sir Andrew Clark.



## SCHOOL OF DOMESTIC INSTRUCTION.\*

That good housewifery is not instinctive only too many women have sadly found. And yet how often do we act as if it were as natural for a woman to know how to wash and bake, to clean and sew, as for a dog to know how to bark or an infant to cry. A girl who has never held household reins marries, and has charge of a house; cooking, cleaning, washing, ironing, sewing, and nursing await her inexperienced hands. Many are the failures, the perplexities, the mortifications she meets with. Her maid is probably quite as ignorant, having had no opportunity of seeing how work should be done; and so the home struggles on with but sorry comfort for all.

To remedy this state of affairs women are rousing themselves. Schools and classes for practical instruction in all housewifery arts are everywhere springing up. And not only will the homes be benefitted; the individual labourer, be she mistress or maid will be qualified to command respect and take her place as one of the skilled workers of the world.

Such a school has been in existence in Christchurch for some time. Wishing to learn something of the success attending the efforts of the promoters, I called one morning on the lady superintendent. Unfortunately it was holiday time. I had therefore no opportunity of seeing the classes actually at work, but Mrs Gardner kindly gave me all the possible information.

The fees are exceedingly moderate—classes for children, girls engaged in business, and domestic servants, 5s per term; other classes, 10s 6d per term. This fee admits to one two-hour lesson per week, and the hours are arranged so as to suit all comers—morning, 10 to 12; afternoon, 2 to 4; evening, 7 to 9.

Every morning a complete dinner is cooked, for which each pupil has to prepare some one dish (and have it ready to time), the good things concocted in the afternoon and evening classes being somewhat less substantial.

Several young men are preparing for up-country life by attending the evening classes.

In the laundry, the whole process of sorting, soaking, washing, and ironing clothes is gone through, while special attention is paid to the getting up of such varying articles as shirts, dresses, and laces.

Needlework is another important department. Instruction is given in all branches. Dressmaking is taught with use of the Columbia fitter.

Any girl who chooses to take a thorough course of instruction at the school will, of course, receive a certificate to that effect.

Though only in its infancy, the school numbered over 120 pupils last term—a most gratifying beginning. Space limit prevents further particulars, but we certainly advise those who wish to thoroughly prepare their daughters or themselves for household duties, as mistresses or maids, to call, inspect, and enquire for themselves.

## Query and Answer.

"C" writes, asking—How can busy W.C.T.U. members assist Band of Hope work?

If the busy member be not too busy, to devote a little time to helping the children learn recitations or dialogues, there are few Band of Hope superintendents who are not glad to find the children letter-perfect when they volunteer a "piece." Suitable recitations being somewhat uncommon, it is a good plan to cut or copy out and keep such verses and rhetorical passages as commend themselves, so as to offer the children a larger choice than their own books give. It is possible also, by personal influence, to ensure a larger membership, and more regular attendance, at Band of Hope meetings.—RURU.

"A Member" writes asking how the Federation scheme is to be worked out.

I imagine that the first step will be to form a local council, composed of all suitable women's organisations in each centre. The matters of forming a national council and of federating with the International Council may perhaps be held over until Mrs Sheppard returns to the colony in January next, when full and explicit instructions will probably be given.—L.

## WOMEN IN FRENCH PRISONS.

In a recent number of the *Nineteenth Century* is an article on the above subject by Mr Spearman, which evidences that in France they do some things better than in England. Mr Spearman says: "Serious endeavours are made, not only to humanise her, but also to raise her self-respect. She is encouraged to support her present position as an atonement to society—which she has offended; and to her family—whom she has disgraced. She is not treated as if she were dead to all family affections; on the contrary, frequent communication with her family is considered of the very greatest assistance in the work of reformation. Prisoners may see their relatives twice a week, and though they may write only once a month, there is an absolute discretion left with the governor to allow more frequent communication. The hair of female prisoners is not cut. Nursing mothers and those who have children born in prison are allowed to have the care of the little ones till the latter reach the age of four,

\*128 Lichfield Street Christchurch.

## Poetry.

What live we for but this?—  
 Into the sour to breathe the soul of sweetness,  
 To rear the stunted growth to fair completeness,—  
 Drown sneers with smiles, kill hatred with a kiss;  
 And to the sandy wastes bequeath the fame  
 That the grass grew behind us when we came.

S. BLACKIE.

\* \* \*

Work thou for pleasure: paint, or sing, or carve,  
 The thing thou lovest, though the body starve.

Who works for glory misses oft the goal;  
 Who works for money coins his very soul.

Work for the work's sake, then, and it may be  
 That these things shall be added unto thee.—*Selected.*

## Notes and Comments.

WE sincerely hope the Unions will carefully consider the matter of forming local and national councils in N.Z., and of federating with the International Council of Women. In the minds of many the objections seem uppermost, but the advantages must not be lost sight of. The chief advantage to an organisation is, that it can bring its work before much larger audiences than when working alone; another is greater unity of thought, sympathy, and purpose among women who find inspiration, breadth, and release from limitation through the respect they learn to feel for work differing radically from their own, yet like it in its purpose for the betterment of the evil conditions under which humanity labours to-day.

LEGISLATIVE COUNCIL.—We note that in Christchurch a proposal has been made to hold a public meeting to protest against the action of the Council in refusing to repeal the C.D. Acts, to raise the age of consent, and to extend the time during which a girl who has been wronged may appeal for redress. Such indignation meetings should be held throughout the colony. Some may prefer meetings for women only. Let our legislators see in what light the women of N.Z. regard such conduct. At each meeting condemnatory resolutions should be passed and copies forwarded to the Council.

BOTTLE LICENSES—HOW THEY ARE WORKED.—In one of our Southern towns a Union member was waited on for orders by a member of a leading grocery firm. When she declined to order anything in the way of spirits he said she need not be afraid of anyone knowing, as he would deliver it in mustard tins and enter it as groceries! Comment is superfluous.

THE NEW WOMAN. — A "White Ribboner" says that she is sometimes asked whether the Union belongs to the "New Woman" class. Replying recently to the question "Is the 'New Woman' coming?" Miss Susan B. Anthony said: "It all depends on what you mean by the term 'New Woman.' The 'New Woman,' as the phrase goes, may mean a loud, mannish woman affecting the boisterous conduct of men, with none of the saving graces of her own sex. If that be the 'New Woman' I do not welcome her coming. If by the 'New Woman' is meant a woman earnest, thoughtful, lofty of purpose, and equally well educated with men, why then she has come. We have got her in our homes, where she stands side by side with her husband, welcoming his friends on the common ground of intellectual equality, joining in their discussions — a college-bred woman who can do something more than pour tea when her husband entertains his friends."

EACH Union will, we presume, arrange to celebrate the New Zealand Woman's Anniversary, September 9th, in some suitable manner.

WE have received a copy of the temperance recitation "Fearless Frank." It can be supplied by the author (post-free) at 3d a single copy, or two shillings per dozen.

NOVEMBER SHOW.—It has been suggested to us that Unions might further the aims and objects of W.C.T.U. work in general, and our paper in particular, by distributing a number of copies *gratis* at the November shows. We think the idea a good one. The October issue will of course be the suitable one in point of time. Will those who think well of the motion please forward their orders at an early date, so that there may be no difficulty in supplying the same. The price for these extra copies will be 4/- per hundred.

## Gleanings.

More than half the working girls of Berlin, are members of the society for the benefit and protection of working girls.

The Good Templar organisation was the first temperance society to admit women on terms of equality. This it did in 1861.

"The best that any mortal hath is that which every mortal shares."

The great Polyglot Petition contains seven million signatures, attached in fifty languages.

Madame Antoinette Sterling was present at all the great Convention meetings. "Her voice was never in better condition."

At a recent London concert the whole programme was made up from selections from the compositions of women.



The *Woman's Signal* says, "Mrs Sheppard, of New Zealand, has been heard with pleasure and profit on London platforms."

At the great farewell Convention meeting in Exeter Hall, 30 women delegates from all parts of the world, spoke in the course of one hour.

Nearly 200 women have taken Medical Diplomas entitling them to enter their names on the British Register of duly qualified Medical Practitioners.

Rudyard Kipling derives his strange Christian name from a reservoir in Staffordshire called Rudyard Lake, on the banks which Mr Kipling's father proposed to the mother of the poet and novelist of our day

A Miss Fairclough conducts a "School of Cookery with the Use of Electricity," in London.

WITHIN two weeks fourteen bodies of murdered infants were found in London.

Miss Winifred Dickson, an Irish lady, is the only woman fellow of the Royal College of Surgeons in the United Kingdom.

Two Ulster women have the L.L.B., and one the L.L.D. degree of the Royal University of Ireland.

Two medical women with degrees are practising medicine in Belfast.

The "Woman's Commentary on the Bible" is to be issued under the superintendency of Mrs Elizabeth Cady Stanton.

A lady writer suggests that women should take up house-painting and decorating.

Russia has introduced female tram conductors.

A woman auctioneer has made her appearance London.

## Union and Temperance News.

### PROGRESS IN CANTERBURY.

THE Christchurch Union have reason to be gratified at the measure of success attending Miss Kirk's meetings in the Canterbury district. Each branch has been stirred up, new members have been enrolled, and the aims and work of the Union have been set before the public in able, womanly addresses. We elsewhere give our readers an opportunity of judging for themselves as to the matter of these speeches, which, we may say, were enriched and enlivened by apt quotations and humorous touches in a manner we cannot attempt to reproduce.

At Christchurch Mrs Smalley and Mr T. E. Taylor shared the labours and honours with Miss Kirk at the public meeting, the utterances of each being stimulative and instructive. Two afternoon meetings were held, one at the Coffee Rooms, where Miss Kirk specially pleaded for scientific temperance instruction at Band of Hope

meetings. The other afternoon gathering met in the spacious drawing-room of our hospitable member, Mrs Wardell. About forty ladies attended, and after stimulating their brains by means of sundry cups of tea, devoted all their mental powers to the consideration of words which fell from the lips of Miss Kirk, Rev F. W. Isitt, and Mr T. E. Taylor. Personal responsibility and influence formed the theme of Miss Kirk's address. Every woman can at least influence, not her own family merely, but the butcher and baker, the milkman and pedlar, who come to her door day by day. One lady suggested that the probability of being harangued on the benefits of total abstinence, and asked to sign the pledge, might prove an antidote to the pedlar epidemic. Mr Isitt and Mr Taylor so vividly set forth the evils, woes, and horrors of the drink traffic as to induce several ladies to join the Prohibition League as well as the Union.

At Ashburton the meeting was held in the Wesleyan Church, which was filled. The Rev G. B. Inglis presided, while Miss Kirk's associates were Mrs Andrews and Revs Olphert and A. Blake.

At Timaru counter-attractions militated somewhat against the attendance. The quality of the meeting was, however, judging by reports, quite up to the mark. Miss McLean took the chair, while Rev C. E. Becroft and Mr Grainger showed their sympathy by giving short addresses. Miss Kirk kept the attention of the audience for upwards of an hour.

Capital public meetings were also held at Kaia-poi, Rangiora, and Lyttelton, and at each place special facilities were also afforded the leaders for converse with the Recording Secretary.

INVERCARGILL UNION.—Miss Reynolds, Secretary to the W.Y.W.C.A., recently visited Invercargill, and gave a lecture and an address under the auspices of the Union.

BLenheim UNION.—During the winter months Saturday evening "socials" have been held and have been decidedly popular. The Reading-room is very attractive, with bright fire, piano, etc. Mrs Rose, Secretary, held a drawing-room meeting, at which some 40 visitors assembled. The proceeds were devoted to reduction of the debt on the rooms, piano, etc. Happily this debt bids fair soon to be a thing of the past. Mr Buick, M.H.R., has helped by giving a series of lectures, illustrated by songs, duets, etc.

DUNEDIN.—At the general meeting the Federation proposal was discussed and negatived. Mesdames Kirkland and Dick were appointed a deputation to wait on the authorities arranging

forthcoming intercolonial congress, asking for a deliverance on "Alcohol as a Medicine." Miss Sears was appointed to take charge of work in connection with Children's Temperance Societies. Miss Nicol read a report of her work in and distributing literature on the unfermented wine department. At the Sailors' Rest recently Mr and Mrs Falconer were presented with a purse of sovereigns as a token of love and appreciation of work. Seamen were present from every vessel in port.

CHRISTCHURCH.—At the general meeting, a committee was appointed to arrange for celebrating the anniversary of our enfranchisement. A delegate was also appointed to confer with members of other societies as to holding a public meeting to protest against action of Legislature in dealing with repeal of C.D. Acts, raising age of consent, and extension of time during which a girl who has been wronged may apply for redress.

WELLINGTON.—A meeting, under the auspices of the Union, was held at Johnsonville (a township about eight miles from Wellington on the West Coast), on Monday evening, September 2. The President and several members went out from town, and addresses, songs, and recitations were given. A very profitable evening was spent, and thirteen pledges were taken. At the monthly business meeting it was decided to arrange for a series of cottage meetings. The Relief Superintendent reports having held a sewing class for poor children, who were afterwards allowed to take home the garments they had made. Another department of work—the "Unfermented Wine"—has now been taken up. One new member was proposed.

TEMPERANCE CONVENTION, INVERCARGILL.—All the meetings held in connection with the Convention have been very successful. A large number assembled at the open-air meeting on the Saturday night, and the theatre was filled on the following evening by an appreciative audience. Mr F. Graham (Dunedin) said that he and others had been accused of placing Temperance before Christianity. This was not true. They believed that loyalty to Christ necessitated fighting against strong drink. He said that it was impossible to regulate the drink traffic. The meetings held on the Monday and Tuesday were well attended, and much interest was manifested in them by the general public.

#### SUBSTANCE OF MISS KIRK'S ADDRESS.

WITHIN the memory of many is the Crusade of 1873, when saloons were banished from 250 towns and villages, saloon-keepers were converted, and beer-barrels were smashed in, and their contents poured into the gutters. But while three

barrels were being emptied, three thousand were being filled; saloons were closed, but others were opened. Hence arose the idea of organisation—the sober second thought of the Crusade. The first department of work organised was the evangelistic, which is the mother department. Then one thing after another was added, till now the "do everything" policy of the Union is universally acknowledged.

One of the most successful departments is that of scientific Temperance instruction in schools, of which the enthusiastic superintendent is Mrs Mary H. Hunt, erstwhile Professor of Chemistry. As the result of her toil in America, all the territories and forty-one out of the forty-four States include scientific Temperance instruction in the regular school work. If we teach the children of to-day, the adults of to-morrow are with us. In New Zealand, Temperance works are scheduled, and in some schools are used. The Minister of Education, during an interview, offered to schedule any other more suitable books, and expressed himself in favour of such teaching. The great point just now is to elect Temperance committees, who will place Temperance instruction on the syllabus. But we need to make it a pass subject. The teachers must be competent to teach it. A few leaves in a "Reader" will not content us; we take gratefully all we can get, and ask for more. In New Zealand, juvenile work is being carried on in the form of L.T.L.'s, cooking classes, sewing class, etc.

Literature: the W. C. T. U. does not forget Neal Dow's advice, "to sow knee-deep in literature." In Chicago the Women's Temperance Publishing Association has 90 employes, 85 of whom are women—who, by the way, are paid at exactly the same rate as men. Here in N.Z., the Canterbury Union has its own page in the *Prohibitionist*; while the N.Z. Union has recently ventured on the publication of the little WHITE RIBBON paper.

Other departments of work are flower missions; gaol visiting, rescue work, Sabbath observance; anti-narcotic; work among sailors, Chinamen, and Maoris; the organised protest against sin; and the Franchise Department. The oldest M.H.R. acknowledged, the other day, that the women's victory in New Zealand was largely the result of the efforts of W.C.T.U. women, with Mrs Sheppard at their head. And now, "What lightning is to the oak, so will woman's vote be to the liquor traffic." It is noteworthy that the women's electorate is the first instance of a newly enfranchised class setting to work to educate itself. Power to its remotest particle its duty. Power to prohibit the liquor traffic argues an imperative duty so to do. While we pray, work and hope for Prohibition, we take thankfully all we can get in the way



of restriction—glad of a reduction in the number of licenses, of restricted hours of sale, of Sunday closing, of laws regarding selling to minors and drunkards.

But reduction is not the goal we have set before us. Prohibition of the individual by himself, and of the legalised sale of intoxicating liquors as beverages in the country, by a vote of the majority of the adult inhabitants, is our object.

Alcohol is not helpful to any vital process. Sir Andrew Clarke says: "Perfectly good health will, in my opinion, always be injured by even small doses of alcohol, injured even in the sense of its perfection of loveliness. I call perfect health the loveliest thing in the world. Now, alcohol, even in small doses, will take the bloom off, will injure the perfection of loveliness, both mental and moral."

The appetite for alcoholic drink is cumulative. "Your honor's given me a glass of beer, and it's made another man of me, and now the other man wants a glass." It is of no use trying to form a total abstinence society of drunkards alone. Rise from the selfishness of petty indulgence, and dare to stand on what you know to be the side of righteousness! "Falter who must, follow who dare!" Take courage from the signs of the times. Lord Churchill says, "The instincts of people are on the side of sobriety." The people's majority for Prohibition in Canada was 132,000. The Liquor Dealer's Association, met lately in Toronto, requested permission to call on the Mayor, but received the unexpected answer that he had no time to give to an association the objects of which, in his judgment, were contrary to the best interests of the people.

## The Home.

### DIPHTHERIA.

(By A. W.)

THE very name has power to send a thrill of horror through those who have helplessly witnessed its cruel ravages. It behoves the watcher who perceives symptoms of fever, accompanied with sore throat, to be at once on the alert. The first thing to be done in the fight is to reduce the fever, which can with a little trouble and loving care be accomplished. A blanket may be wrung out of water in which Barilla soap, cut up, has been boiled, and wrapped round the patient, care being taken to bring it well round the throat. Over the hot soapy blanket two or three dry blankets should be placed that the heat may be kept in. At the same time the feet and legs should be packed in

another blanket, the head being cooled, if necessary, with cold cloths continually changed. After the blankets have cooled, the body should be carefully sponged with warm acetic acid and water, and then gently rubbed. When by these means the fever is abated, the danger for the time is over. Meanwhile measures may not be relaxed. A teaspoonful of acetic acid and water may with great benefit be given at short intervals. The proportion of acetic acid to water may be about a small teaspoonful to a cup of water. If gargling is possible, alternate the gargle with strong salt and water, and strong acetic acid and water. A little sulphur blown down the throat through a quill is also admirable as an aid in destroying the gathering in the throat. The fever may again run up after a few hours, then give the patient a hot soapy sitz bath and gently lave the body with the water. After sitting for a short time in the warm bath the water may be gradually cooled with cold water and the process of laving continued. It may be necessary, perhaps, whilst the patient is in the cold sitz bath to place the feet in warm water. On being taken out of this bath the body should be sponged under the bed clothes with warm vinegar and water, and then gently rubbed till a warm glow is obtained. But all is not done that can be done. The throat may now be packed with a small towel wrung out of cold water, over which a dry cloth must be placed. A wet towel at the same time may be packed round the body. To the feet should be placed a hot-water bag or bottle, covered with a wet cloth, so that moist heat may be imparted to them. If, after all, the sufferer does not sleep, a lather of Barilla soap made in the same way as lather for shaving purposes should be laid in a flannel cap and the head placed in it. Sleep will follow. Next day, if the disease returns, be ready for it, and with good courage meet persistence with persistence. The victory shall be yours as it has been ours.

**GOLDEN PUDDING.**—Take a quarter of a pound each of flour, bread crumbs, suet, sugar, and marmalade. Mix all together with one egg, and boil two-and-a-half hours.

**COCOANUT PUDDING.**—Fill a dish with slices of bread and butter, and between each layer put a liberal supply of dessicated cocoanut, cover with well-sweetened custard, and bake slowly.

**RUSTY FLAT-IRONS.**—Beeswax and salt will make rusty flat-irons as clear and smooth as glass. Tie a lump of wax in a rag and keep for that purpose. When the irons are hot rub them first with the wax rag, then scour with a paper or cloth sprinkled with salt,

# Prayer-Book and Ledger.

By M.S.P.

A STORY FOUNDED ON FACT.

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## CHAPTER IV.

By the time the family lawyer had arranged matters with regard to the doctor's will and the presence of his daughter at Chelford was no longer necessary, ten days had elapsed, and Richard must hasten home to his charge. His wife still looked so unfit to face the sordid surroundings of their London home, that he persuaded her to spend a few days in the Somersetshire village where his father was vicar. Gertrude had always been a great favourite with her husband's family. Mrs Joyce had felt her heart warm towards the gentle girl who had never known a mother's love, and now longed to comfort her in her sorrow; while the bereaved daughter found it inexpressibly soothing to pour out her grief into the sympathising ear of "mother." Richard's young sisters—Ethel and Winnie—took almost entire charge of little Lionel, and grandpapa was never tired of trotting him on his knee and shewing him his "tick-tick."

The fresh air and bright, wholesome life at the vicarage proved very refreshing, but still Gertrude's nights were weary, and sometimes almost sleepless. One night, when the dear old vicar—who still held religiously to the customs of his forefathers—was sipping his usual glass of whisky-toddy, a sudden thought occurred to him, and, turning to his daughter-in-law he exclaimed: "My dear, what you want is a 'night-cap;' mix her one, Ethel—but not as strong as mine—it will make her sleep."

Ethel willingly complied, and the prescription had the desired effect. Gertrude slept better, so the nightly potion became a regular institution, which was continued after her return home.

The "mothers" mustered in full force to welcome back their beloved leader, whose bright and winning ways made her a general favourite. Mrs Jones, however, was not able to be present, her frequent visits to the public-house around the corner making such serious demands upon her time that meetings had to be given up. The curate's wife had not succeeded in her attempts to reform that good woman—she really couldn't do without a "little drop;" and, as Gertrude herself found it equally indispensable, what could she say?

There is in South America a plant known as the pitcher-plant, which ekes out a living by eating insects. The extreme end of its leaf is shaped like a pitcher, the outer lips being

smearred with a luscious substance. Attracted by this, an unwary fly alights upon its surface, and wanders on and on, enjoying the delicious nectar, and oblivious of the fact that he is penetrating deeper and deeper into the vessel. Presently he finds himself upon a slippery plane of downward-pointing hairs. Too late he endeavours to retrace his steps, the sharp points render return impossible. His frantic struggles only hasten his descent, and he falls headlong into the fermenting liquid below, where the bodies of former victims await his coming.

Just as pleasantly does the devil's drink-trap lure its victims on to ruin. Oh, if teachers and parents would only warn the young committed to their care of the danger which lurks in the wine-cup, that they might beware of the first draught!

Gertrude's nerves had received a severe shock, but her constitution was a good one, and once more amid the daily routine of duty, where there was so much to draw her thoughts off from herself, she began to recover. But even while engaged in the Master's work among His poor and suffering, she was traversing the downward path. There were times when she had a suspicion that she was taking too much in the way of stimulant. Then she would resolve to do without it, and for a couple of days would adhere to the resolution; but the deadly poison with which she was tampering speedily weakens the will-power—that divinest gift to humanity. The dreadful depression which follows such indulgence—the unstrung nerves, the lassitude and weariness—soon overcame her scruples, and each return to the old habit only served to rivet its chains more firmly.

Richard, busy with the growing concerns of his parish, saw nothing of all this. Sometimes, coming in unexpectedly, he would wonder to find his wife lying on the couch, with flushed face, in a heavy slumber, but she always had some excuse ready; and to associate the word "drunkard" with her beloved and honoured name was the last thought to occur to his mind. It was well the doctor had been called home too soon to be aware of the misery and degradation his advice had caused. But we will draw a veil over the months which followed, and when next we see our friends great changes will have taken place.

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What words may be pronounced quicker and shorter by adding syllables to them? Quick and Short.

Why is the schoolmistress like the letter C? Because she forms lasses into classes.