

**WHEN FOUND MAKE A NOTE OF.**

(BY MISS BURKE.)

**BABY'S BOTTLES.**—The use of soda is often neglected in the nursery. We are told that soda must not be used for this and that, but at the same time no one adds that for washing baby's bottles, teats, and all vessels used for milk it is needed. Milk is greasy, and is difficult to remove with plain hot water. This constitutes a real danger, because even a tiny scrap of sour cream or curd in a bottle, jug, etc., may very seriously upset the stomach. Of course, after washing the utensils and bottles in soda water they must again be thoroughly washed in plain water.

**HIGH PILLOWS.**—Do not allow your children to have a number of pillows. It is so much healthier for them to sleep with one pillow only. Train them to lie on the right side straight down in the bed. It is very bad for them to curl up like dormice, and it is very easy to teach them to rest in the most restful way. Heavy bedclothes should never be used. It is better to have a flannel nightdress and sleeping socks than to pile the cot with blankets.

**TO BRIGHTEN FAIR HAIR.**—Mix half an ounce of powdered sulphur with one ounce of powdered orris-root, sprinkle it into the hair at night, and brush it out in the morning.

**CRAMP.**—This comes from over fatigue, and is caused by the muscles contracting. If in arms or legs, rub with a hot flannel and stretch the limbs. If it attack the stomach a very little hot ginger and water does good. The sufferer should get into a warm bed should it last; and medical advice should be taken, as it can amount to colic if unchecked. In such a case, hot linseed poultices containing mustard should be applied, and the feet should be kept warm.

Almonds and raisins, which are so often taken after a full meal, are, like cheese, absolutely a complete meal in themselves.

Cocoa loses that raw taste if it is allowed to simmer for a good five minutes after being added to the boiling milk.