## 

HOUSE, FARM AND GARDEN.


Drowning.
Directions for the treatment of perkons who are in drowning conatiton are,
In briet, to send for mectieal ald and blankets as soon as posstble, but until they arrive to take at once instant messures for recovery, without waiting to remove the patient to a house, as delay may prove fital. Lay the patient
on his face, with one arm under his foreon his face, with one arm under his fore-
head, that any liguld may flow from his hena, that any liquid may nlow from his
mouth. Wipe away froth from this throat and nostrils. Turn him on hits side, and endeavor to excite respiration by applying sunff, pepper, or smellingsalts; altermately rub his chest and face, to promote warmth, and throw hot ned
cold water upon them. If these measures are not suceesfful, turn him gently, but completely on one side, and a little beyond, then towards his fice, and repeat thess movements alternately, deliferately, and perseveringly fifteen times
in a minute. Continue them for hours in a minute. Continue them for hours
if necesary, and meantime rub the limbs upwards firmly and energetically, and tear off the wet clothes, substituting blankets and warm coverings. This is all that can be immediately done.

## Thoughts for Wives and Mothers.

Reading rests us, physically and mentally. Said an overworked, careworn
woman, "It does me good sometimes to forget my work for a little whilie. If I can putit ont of my mind 1 can go back to it, and do twiee as much as $I$
could if $I$ kept on, when $I$ was all tired could if I kept on, when I was all tired
out," Overwork of any kind unfts us out, Overwork of any kind unfts us
for our duties, ne we know by sad exforience. How wretehed those days are when we get up in the morning with every muscele aching and every nerve on edge, when a child's voice asking a question irritates us like blow in the
face, when we feel "as if we couldn't face, when we fee " as if we coulant
speak a eivil word to anybody," all bespeak a civil word to anybody," all be
cause we "overdid" house.eleaning or sewing or preserving the day before. This work may have all seemed necessary. But this is only an additional reason for us to be economical of our
physical strentgh. Now after some such physical strentgh. Now after some such
day draw up your lounge, where the day draw up your lounge, where the
light will fall just over your shoulder, arrange your sofa pillows so that your head will be erect, while your spine and shoulders are supported, lift up your feet on the lounge and take your book.
Try reading an hour in this position, Try reading an hour in this position, do not lighten your burdens, and make you forget your weariness.
But haying aside the thought of our own rest and comfort, let us look a
little higher For the Bittle higher. For the children's sake
we must make the most ourselves. we must make the most ourselves.
Many an unselfish mother has sald, Mrany an unsefinh mother has said,
"Oh, I cannot take all this time, there are so many things to do for the children." She does not realize that she may do more for them in the end by cultivating herself than if she spends
all her time on elothes and cooking. A all her time on clothes and cooking. A generosity which makes the recipient
weak or selfifh is not a blessing, but a curse. Have you not seen grown up sons who snubbed their mother's opinlons in the same breath with which they called her to bring their slippers. The meek little woman has "trotted around" to wait on them so long that
they have come to think that is all she is good for. Their sisters keep "Ma" in the back-ground because she "hasn't a bit of style," and is "so uncuitivated," orgetting that she has always worn
shabby clothes that they might wear he fine ones ; that her hands have become horny with hard work, that theirs might be kept soft and white for the piano, and that the bas denied herielf books and leisure that they might have both. And there are other ehlidiren, too $a$ keen though seeret sense of loss as they kiss the dear withered cheek and think now much more of a woman "mother" might have been if she had not shat hereelf away from the culture and sweet companionship of books. dren to be permanent and valuable must be founded on genuine respect for character. Every mother has a right to time for mental and spiritual develop ment as really as she has a right to sumhine and air and to food and sleep. She cannot exist physically without the one
she cannot grow mentally and spiritualy without the other. If she throws hereelf so energetically into her dotites ns seamstress and nursery-madi that the else, ought she to be drappointed if in
the end the reeeives only teamstrees and nursery-maid's wages?
Fancy Pound Cake - One cup of sugar, one of butter, 4 eggs, two table flour, and one and a half teaspoonfols of baking powder.


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