

HOME



HINTS

Sunstroke

The immediate treatment for sunstroke is to take the person affected into the shade or the coolest place available. The clothing should be stripped from the trunk and the body and head should be soused with cold water. As soon as possible, the patient must be taken home where, under the instructions of a doctor if necessary, an effort will be made to lower the temperature by rubbing with ice or an ice pack. As a stimulant in heat prostration, a teaspoon of sal volatile in a wine-glass of water, hot tea or coffee, or diluted spirits may be given.

Lotion

There are lotions for various purposes: an evaporating lotion is used for cooling certain parts of the body; for a headache it may be used on the brow or it may be comforting for a sprained joint. A tablespoonful of vinegar in half a pint of water or one part of eau-de-cologne in two parts of water makes a lotion suitable for this purpose.

Eye Bath

An eye lotion for bathing any kind of sore or inflamed eyes may be made by dissolving as much boracic acid as can be taken up by a small quantity of hot water and then adding as much water again.

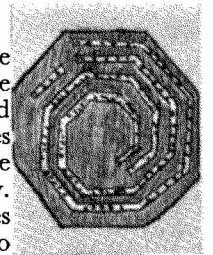


Sabelle Johnston, of Griffith, and brother Keith



A Better Crib Board

Crib players who often experience difficulty in knowing whether they are coming up or down the score board will find that this octagonal one solves the problem as the counting is done forward and in one direction only. Four players can keep separate scores on the board which makes it easy to compare the count.



To assemble the board, a piece of plywood is cut to an octagonal shape, after which the scoring holes are drilled, so that each succeeding five are slightly closer to the centre than the last five. This gives the spiral effect necessary to get the complete number of holes. Coloured lines make it easy to follow the holes, especially if pegs used are of the same colour.



Painting an attractive border around the chair rail in the kitchen or bathroom is easy if you use stencils made from playing cards.

Cut out the centre heart, spade, diamond or club with a sharp knife or razor blade and then trim the top edge so it can be lined up with the top of the rail to serve as a height gauge.

Variety in design is secured by alternating the cards and choosing contrasting colours. To avoid smearing the paint, use old linen-finished cards and replace them whenever necessary.

