



Help Yourself



A tidy well-stocked first aid cupboard is really important. Periodically check the contents of your medicine chest so that in times of emergency you're fully prepared. Be quite firm about discarding disused half-empty bottles. Never run out of iodine for cuts, condy's crystals for disinfectant, bi-carbonate of soda for burns, castor-oil for gastric troubles, band-aids, and your favourite headache tablets and pain killers. Clearly label your doctor's prescriptions and put them together in one large envelope. And do keep a cellophane bag of clean boiled white rags for emergency bandages.

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To re-roll used bandages, take an ordinary sardine tin opener and roll the end of the bandage around once or twice until it grips. Then place the whole bandage on a table and roll it up by simply twisting the handle round and round. When the bandage is completely rolled you can ease out the key very simply.

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A child's play-pen makes an excellent clothes drier. Use it as a clothes horse. Collapse the pen at one side then stand it up to make a triangle. It holds many more clothes than the average clothes horse.

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Don't risk a nasty fall at spring cleaning time. Drill a hole in the top step of your ladder, push an old broom handle through the hole, and you'll find this an ingenious method of steadying yourself while you're working from the top step.

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To restore whiteness to clothes or linen, boil for twenty minutes in water to which one teaspoonful of Cream of Tartar per pint of water has been added. A paste of Fuller's earth and water will remove grease from wallpaper. Spread it thickly, leave it for several hours, then brush off. And a raincoat may be cleaned with hot salt applied with a flannel pad.

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Picnic without flies! It's well worth the effort of taking along this small tin with a tight-fitting lid if you want to really enjoy your picnics this summer. Place in the tin a sponge or rag soaked in oil of lavender and enjoy your meal in peace by setting the tin in the centre of your spread. You'll find the area completely free from flying pests.

Artificial flowers that have become faded and limp can be revived if held over the steam of a boiling kettle for a few seconds. Gently press the petals and leaves into shape with the fingers and let dry. If the flowers are past this stage they can be stiffened with a solution of gum arabic, sugar and water.

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To save the wear on the heels of your stockings caused from old shoes, glue a strip of velvet round the inside of the back of the shoe. This will keep the shoes from slipping up and down and will form a smooth lining.

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When father decides to do some painting and forgets to remove the paint splashes off the window panes, soak a rag in hot vinegar and rub over the spotted area. This will instantly remove the dry paint.

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Buttons on blouses and dresses make ironing a problem. Should you place the buttons face downwards on a folded face towel, the buttons will sink into the towel and make the material between them smooth and easy to iron.

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Children invariably are fond of chewing gum and what mother has not found, at some time or other to her concern, a piece well glued to her lounge or chairs? Removing chewing gum from fabric is not as difficult as you think. All you need use is carbon tetrachloride. Then wash the material with warm water and mild soap afterward.

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Mervyn Cohen, of Bellbrook, is an excellent horseman.