

tin lids to prevent actual contact with the bottom, the larger box being closed. This forms an excellent oven.

The lack of an egg-poacher may be overcome by cutting with a tin-opener a circular piece from the top of the lid of a round cocoa or shortbread tin, and using the rim as a poacher; or the whole lid may be used if buttered before the egg is put in. A "dutch oven" for roasting may be made in a few minutes with a large biscuit tin, a couple of small wire skewers, and two or three bricks on which to stand it before the fire. I have found that a Plasmon biscuit tin, being strongly made, forms a good steriliser for small instruments, etc., if used over a spirit lamp.

Where the patient's bed is narrow a very comfortable bed table may be quickly made with a piece of thirteen-inch board a little longer than the width of the bed, having affixed to the four corners legs formed of lengths of broom handles, or the white rods sold for a penny in most furnishing shops. This should be high enough to stand across the bed, and, in chronic cases, will be found a great comfort.

When it is necessary to have a screen between the bed and the door, one may be contrived with the aid of a length of blind cord attached to opposite points in the walls at a height of seven feet, and by suspending from this a curtain, or bed cover, reaching to the ground. To protect the patient from the direct light of a lamp or candle, a small table screen may be made from two or three pieces of stout cardboard, or thin wooden box lids, about twelve inches high, fastened together by strips of calico gummed or glued on. A hand-mirror placed against one fold of such a screen forms a useful reflector to aid the nurse in sewing or reading.

In cottages and old country houses having casement windows lacking proper fastenings, ventilation often presents a difficulty. This may be easily overcome by the following plan. Procure two or three strong, round dresser hooks from any ironmonger at the cost of a penny, the central piece of a bundle of firewood, and a length of stout string. Screw one dresser hook into the middle edge of the fixed casement, and another about six inches above. If there be no knob on the opening casement, fix the third hook into the edge of this near the middle. To this fasten securely one end of the string. Open the window as wide as possible, slip the piece of firewood within the hinge edge of the casement, and tie the other end of the string to the lower hook on the fixed casement, so that the string

is taut, and the window will be securely fastened wide open. This opening may be graduated from full width to that of one inch only by bringing the piece of wood nearer the centre, and winding the string up and down round the upper and lower hooks. With this suggestion I have met the protest of many cottagers that their windows cannot be opened because they have no means of fastening them back. In the case of sash windows, the common method of inserting a length of three-inch batten below the lower sash is an excellent one in rough weather, as the incoming air is driven up to the ceiling whence it gently falls over the whole room. Where it is necessary to darken a room without excluding the air, this may be achieved by drawing the curtains across the window, and then bringing their lower edges out into the room over two chairs placed at a distance of three feet from the window, and securing them to these by pins. This allows the air to enter at the sides and below. Where lace curtains only are hung, a dark curtain may be run on to a penny rod, the ends of this being slipped through round dresser hooks fixed in either side of the window frame. If these are placed a little below the top of the window frame it will allow free ventilation in that desirable position—namely, just below the ceiling. If a dark curtain be not available, any old muslin curtain may be dyed in a few minutes, preferably a dark green, by a penny bag of "Dolly Dye." When the bed faces the window, and it is desirable to have a screen at the foot, this can be arranged in a few minutes by lashing with tape a six-foot vertical rod to each leg, screwing to the top of either rod the smallest sized round dresser hooks, and between the rods suspending a horizontal rod, on which a curtain is run, by two tiny rings attached to a fine screw. All these fittings can be bought at any ironmongers for less than sixpence.

Often in country places a sheet of mackintosh is required without delay, and cannot be procured. A good substitute is American cloth, either white or marbled, and it is supplied at every village shop.

M. M. G. B.

(To be concluded.)

#### WELCOME HELP.

We acknowledge, with sincere thanks, the following donations towards the expenses of the Nurses' Registration Bill:—

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The Marchioness of Bath...	1	0	0
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[previous page](#)

[next page](#)