

oil so generously offered, and went and told the wounded one. The sound of his laughter must have reassured the good folk in the kitchen, and convinced them that he was not dying of fright.

Some days later one of our party was so unfortunate as to catch cold—not a mild cold that could be treated with contempt, but one of the shivery, head-achey variety, and there was nothing for it but a day or two in bed. The people of the farm were very, very kind to her, and very anxious that she should take a good dose of castor oil, because there was nothing like castor oil for a bad cold.

It never rains but it pours, as the old saying hath it, and trouble was rife that week. One morning we found a wee chicken, strayed from the brood, and squatting on the ground a little huddled lump of misery. We took it into the kitchen; and later on went to enquire as to its progress. The old lady of the farm was holding it in her lap by the fire.

"No, indeed; it will not live. It has been trod on, or a dog has shaken it. I gave it a little castor oil, too—poor little thing!"

And, with a look upward as if for sympathy in its afflictions and untimely end, the little chick stretched its wings and died.

Then the old lady held forth on the merits of her favourite remedy.

"I've got the asthma very bad. It's the pure asthma." (Not being learned in diseases we were much impressed by the adjective, and still wonder what it meant.) "Many's the doctors I have been to, and I've tried bottles and bottles of medicine, but there's nothing does me any good but a little drop of castor oil."

And then we fled, lest we should be expected to drink her health in what appeared to be her favourite beverage.

On our last night at the farm there was great excitement. The servant stayed out a little late; and on the way from the village a tramp spoke roughly to her and demanded money. The girl ran for all she was worth, being light of foot outran the tramp, and rushed into the farm kitchen, flushed, panting and tearful. She just managed to tell, in disjointed sentences, the story of her adventure, and then indulged in a fit of hysterics; while the men of the house set out with thick sticks in search of the tramp.

We asked before going to bed how the poor girl was—and we could almost have foretold the reply—

"Thank you, miss; I gave her a dose of castor oil, and she feels herself better now. There's nothing like castor oil for taking the fright out of a body!" JESSIE HARVEY.

Interesting Competitions.

BOVRIL COMPETITION.

We desire to draw the attention of our readers to the Prize Competition arranged by Bovril, Ltd., 152, Old Street, E.C. Should this popular beef beverage be pronounced Bo-vril or Bov-ril? The question seems likely to excite as much interest as that which once raged in the nursing world round the query, "Does hot beef-tea turn cold beef-tea sour?" Our readers should consult our advertisement columns in last week's issue for details of the competition. The most successful competitor will win a prize of £100. The second prize is £25, and there are many others varying from £5 to 10s.

THE PERI-LUSTA GRAND FANCY-WORK COMPETITION.

The Peri-Lusta Fancy-Work Competition last year was so popular that we feel sure many of our readers will be glad to learn that the proprietors of these beautiful Peri-Lusta threads are again announcing a Fancy-Work Competition in connection with which over £100 is to be distributed in 84 cash prizes.

There will be three classes of work.—Class I.: Embroidery in colours. Class II.: White embroidery, including Broderie-Anglaise, drawn-thread work, and Hardanger work. Class III.: Crochet, knitting, and tatting. Competitors can therefore enter for the class in which they most excel, but Class I., which affords an opportunity for the demonstration of skill in blending the 250 lovely shades in which the Peri-Lusta threads are made is sure to be very popular. The choice of design and colour is left entirely to the worker, and Mrs. Humphry, "Madge," of *Truth*, will act as judge as last year.

The prizes in Classes I. and II. will be:—First prize, £10 10s.; second prize, £5 5s.; third prize, £3 3s.; with 25 extra prizes of £1 1s. and 10s. 6d. each. In Class III.—First prize, £8 8s.; second prize, £5 5s.; third prize, £3 3s.; with 25 extra prizes of 10s. 6d. and 5s. Rules and entry forms for the competition, which should be applied for without delay, can be obtained from Peri-Lusta, 19, Ludgate Hill, E.C., post free, or together with a shade-card, showing the various colours in which Peri-Lusta Threads are made, post free 7d.; or from Messrs. James Spence and Co., St. Paul's Churchyard, E.C., and Messrs. W. Whiteley, Ltd., Queen's Road, Bayswater.

A Food which is also strongly recommended for infants and invalids is RACIA, supplied by the CENTRAL RACIA DEPOT, Frame Food Factory, Southfields, S.W. It is starchless and soluble, and made from carefully-selected grain enriched by soluble albuminoids and organic phosphates. After sterilisation it is kept in hermetically-sealed tins. It is thus impossible for it to deteriorate while in stock, a great factor in its favour for tropical use.

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