

Thursday, October 24

298 DAYS PAST

Friday

68 TO COME

The Hot Water Bottle.

The hot water bottle may be made to serve several useful purposes. Filled with small pieces of cracked ice, it takes the place of an ice cap. In congestive headaches it may be filled with cold water and applied to the forehead or back of the neck. After using a hot water bottle and it has been drained by hanging mouth downward, it should be inflated with air before screwing the plug. This keeps the walls from collapsing and sticking, thus causing disintegration of the rubber. Rubber goods should be kept dry, and wrinkling so far as possible prevented.--*Medical Summary*

Weather

Temp.

little rained a
little last night
John ploughed the old
day. I gathered the
Cabbage. Melba and I
did the work that care
of grace. I