

Sunday, May 21

142 DAYS PAST

TUESDAY

224 TO COME

Headache.

In headache, or head pressure in nervous fatigue, a fomentation applied for five or ten minutes twice, and followed by a cold compress, is effective. If headache is congestive, use hot foot bath, followed by ice-bag to nape of neck and cold compress to forehead. Sitz baths at 90° F., or cold foot baths, often relieve.—Pope.

Weather

Temp.

Fine Melba & I sowed
Carrot seeds. Maudie went
to school. Melba & I took the
meat out the brine, & put it
to dry in the summer kitchen.
Maudie sowed some to
right up by the bees. John
has rolled & marked &
nearly planted his corn
ground.

March 5