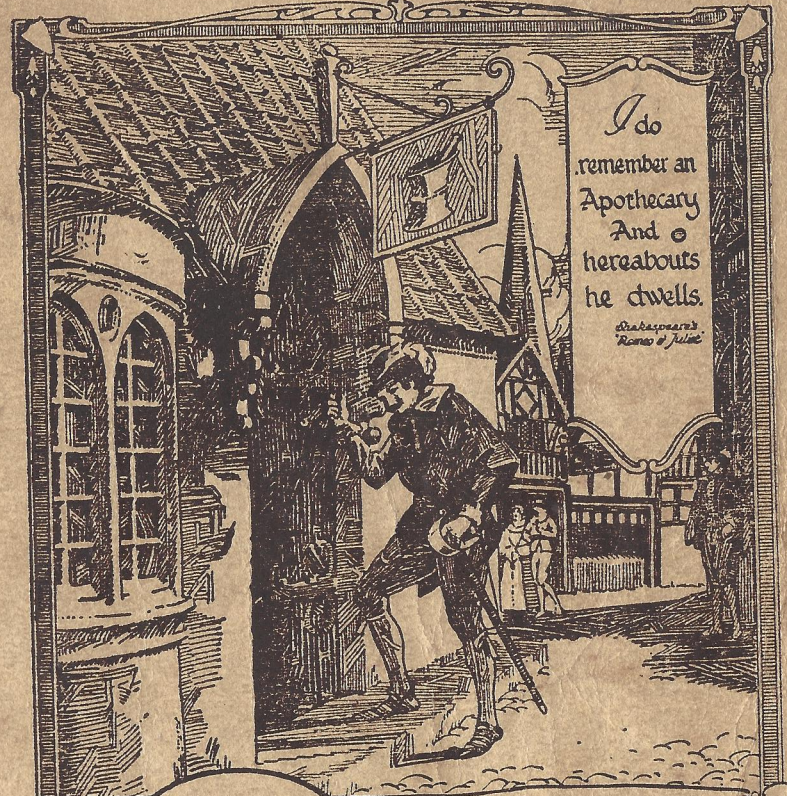


Please hang up for Reference.

Price 3^d.



The **Local** YEAR BOOK AND MEDICAL GUIDE
1926

With the Compliments of
W. FINLAYSON,
Chemist,
141, High Street, STOCKTON-on-TEES.

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Medical Guide

CONTAINS BEAUTY HINTS
& MEDICAL NOTES FOR
THE TREATMENT OF
EVERY-DAY COMPLAINTS
TOGETHER WITH OTHER
VALUABLE INFORMATION
FOR THE HOME.



Published by
THE UNITED CHEMISTS' ASSOCIATION LTD.
CHELTENHAM.

The "Family" Drink



Ucal Ginger Wine Essence.

One 9d. bottle will make a gallon of real old-fashioned Ginger Wine. All you need in addition, is plain water and sugar to suit the taste.

A NON-ALCOHOLIC AND SOOTHING DRINK.
WARMING IN WINTER TIME.
—REFRESHING AT ANY TIME.

*Always keep a 9d. bottle in the house
for the family—and your friends.*

Foreword

THE Yearly Publication of the Ucal Medical Guide affords us considerable pleasure, inasmuch as we feel that in so doing we are establishing a friendship and intimacy between our patrons and ourselves which will help to give greater confidence in each other; particularly as we have at all times the interest and well-being of our customers at heart.

This year, in addition to the Guide on the simple ailments of Life—which oftentimes are too trifling to consult a Doctor upon—we have made a special feature of "Beauty Hints."

The British Woman represents the world's highest standard in moral, physical, and facial loveliness—and we hope that the few pages devoted to *Beauty Culture* will be as helpful as they are intended.

The Special Section devoted to *H.M. The Baby* has been enlarged upon, and will, we hope, prove helpful in achieving the parents' and our country's aim—

"Better Babies."



**DONT
WAIT TILL
IT HAPPENS!**

*The Medicine
Cupboard.*

*The articles mentioned below should
be kept in a dry place in every house-
hold and overhauled occasionally:—*

- FEVER CURER.
- FOSTER'S POWDERS.
- STICKING PLASTER.
- BANDAGES (one each: 1 in., 2 in.,
2½ in., 3 in.).
- SAFETY PINS.
- SCISSORS, pair of.
- MEDICATED COTTON WOOL or
BORACIC LINT.
- BICARBONATE OF SODA (in a bottle
or tin).
- CARRON OIL (a pint bottle filled with
equal parts Linsced Oil and Lime
Water, to be shaken when using).

- LIME WATER.
- IPECACUANHA WINE.
- OLIVE OIL.
- THERMOMETERS
(Clinical and Bath).
- PERMANGANATE OF POTASH.
- UCAL OINTMENT.
- UCAL MEDICATED SOAP.
- ANTIDOTES TO POISONS
(see Page 60)
- STAINLESS IODINE OINTMENT

*How
to prevent the
nauseous
taste of
medicines*



Many grown-ups and nearly all children have a dread of certain medicines and obstinately refuse to take them. Sometimes there is no alternative which can be given, and the unpleasant task of compulsion must be resorted to.

A great deal can be done in the way of disguising the dreaded taste, and often the most unpleasant of doses can be given in this way without any trouble.

CASTOR OIL is, perhaps, one of the most difficult medicines to administer, but if carefully prepared can be taken by almost everyone without producing sickness. Dip a wine-glass into warm water and wet it thoroughly—take the juice of an orange, strain it and pour a table-spoonful into the glass. Now pour the oil into the centre of the juice, put some more juice on top

and gulp down quickly. Another method is to float the oil on hot coffee, or to shake it up well with some neat brandy.

COD LIVER OIL. Orange juice can be used with Cod Liver Oil effectively, whilst for **EPSOM SALTS** peppermint water has a more neutralising effect.

The old-fashioned method of nipping the nose, pouring the medicine down the throat and then taking a drink of water has a certain action in preventing most of the nasty taste.

A very pleasant laxative for children is **Ucal Syrup of Figs**. It is perfectly safe, and free from the slightest trace of any irritating matter. Its mild yet certain action has made it a favourite with mothers in all parts of the country.

The Best Way to give —and take Medicines

It is of the utmost importance that the directions for taking medicines should be followed down to the most minute detail. The size, interval between, and method of taking each dose, are as vital to the patient as the medicine itself.

If through some mistake a dose is missed, no attempt should be made to "catch up" by increasing the next one or curtailing the following intervals. The instructions, "Before Meals" or "After Food," etc. are given for a very definite purpose, and must be rigidly adhered to.

Many people have the idea that a medicine prescribed for one member of the family will do equally well for any of the others who claim to feel the same symptoms. This does not follow by any means. A drug may have an entirely different effect on one person to that which is observed in even a very near relation. Sex, age, constitution and temperament all have an influence on deciding the strength and frequency of administering a medicine.

"Shake the bottle" is a frequent injunction on a mixture containing solids in suspension, and unless it is carried out thoroughly before each dose, the proportion of some ingredients will vary, and consequently the maximum amount of benefit will not be derived.

All medicine bottles should be kept tightly corked and if possible in a cupboard out of the reach of the children. The original labels should be preserved intact, and poisons kept separately. The latter are invariably put into coloured ribbed bottles, so that they can be instantly recognised by sight or touch.



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Medical **Ucal** Guide

Abrasion. Loss of skin caused by a graze or other accident. A minor ailment, but a frequent cause of septic or poisoned sores.

Treatment. Clean affected part immediately with weak disinfectant, such as Lysol or Boracic Acid. Ucal Ointment should then be applied freely until the new skin has formed.

Abscesses and Boils. Causes—Low general state of health, infection or accidental damage to the skin.

Treatment. Scrupulous care is necessary to prevent spreading of infection to surrounding tissues. Hot poultices (Linseed, Boracic, Starch or Bread are all suitable) are useful in bringing the inflammation to a head. An antiseptic must be used at every dressing, and the surrounding parts thoroughly cleansed. Ucal Blood Mixture is indicated as an internal treatment to restore condition to the blood; Ucal Blood Tablets are also recommended as an effective remedy. Ucal Ointment can be used freely after all the matter has been drawn out, to hasten the healing of the broken skin.

Cod Liver Oil Emulsion is highly recommended in all cases where a lowering of the general health has resulted.

Chronic cases need medical attention, and the patient should have plenty of fresh air and good food.

It is frequently found that a course of special vaccine treatment will entirely stop a general disposition to boils, and if attacks are frequent no time should be lost in consulting a doctor.

Acarus. A genus of mites which burrow beneath the cuticle and true skin, thus causing that very troublesome malady known as the itch. The treatment should be the immediate destruction of the trouble maker and its eggs. Sulphur Ointment should be rubbed well into the affected parts. All clothing worn during the continuance of the complaint should be thoroughly disinfected by washing them in water containing a little Ucal Lysol.

Acne. An eruption of pimples with blackheads to which youths of 14 to 20 are especially liable. The skin is greasy, flabby and anaemic, and the scalp often troubled with dandruff at the same time.

Treatment. A sulphur lotion applied frequently helps the normal action of the skin, and prevents the spread of the disease. It is best used in the daytime, care being taken that it does not get into the eyes. Use Ucal Medicated Skin Soap, and take a good long walk daily.

Ucal Blood Tablets will be found most useful in clearing the

blood of all impurities. Greasy and rich foods must be avoided, and a good plain diet adopted. Obstinate cases sometimes require Vaccine & X-ray treatment.

Ague. Shivering fits such as attack those subject to Malarial relapses. The patient should rest, and quinine should be administered. The dose varies so radically with different individuals, that it is best to have medical opinion before giving more than five grain doses.

Anaemia. The treatment of this rather common complaint requires very careful management. The bowels should be kept well regulated by the use of a natural aperient water, such as Chelspa, or by a vegetable laxative. The diet should consist of lean beef, raw and lightly poached eggs, with plenty of fresh milk, vegetables and fruit; the following prescription is frequently given—it contains the necessary iron for which the blood craves:—Blaud Pills, gr. 5; if accompanied by lassitude or depression, triple syrup tablets (Hypophosphites).



Price,

10¹/₂d. per tablet.

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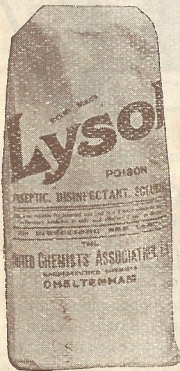
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Anasarca. A kind of dropsy, indicated by the effusion of serous fluid in the membranes, inducing a condition in which pitting is possible, that is, when the flesh will retain the impression of the finger. Usually attributable to disease of the heart or kidneys.

Treatment. A doctor should be seen at once—but a regular course of Ucal Californian Backache and Kidney Pills will be found beneficial.

Anthrax. An inflammatory tumour or carbuncle, in many cases proving fatal. A very bad form of Anthrax may be obtained from using cheap brushes, such as Hair Brushes, Shaving Brushes or Tooth Brushes.



10½d., 1/6, 2/9 and 4/9 per bottle

Apoplexy (Sometimes called a Stroke) is an affection of the brain which brings immediate unconsciousness. Medical attention is absolutely necessary.

First Aid. Restrain all unnecessary movement, raise the head and loosen clothing, especially round the neck. Apply ice or cold watercloths to the head, and put the feet in hot mustard and water. A dose of calomel is recommended by many medical men as an immediate purgative.

Precaution. It is always advisable when buying new brushes to first wash them in a very strong disinfectant fluid—preferably a mixture of Ucal Lysol and water.

Appendicitis.—Can only be cured by an operation. Prevention is quite a simple matter, however, and if the bowels are kept well regulated, there is little to fear from this comparatively common complaint.

Arthritis (Rheumatoid). Commonly known as Poor Man's Gout or Rheumatic Gout. Caused by insufficient nourishment together with overwork and prolonged mental worry. One or more joints may be affected, and if excessive pain is produced by movement it is wise to have the attention of a doctor.

This disease is very apt to become chronic, and particularly when regular exposure to cold is part of the patient's vocation.

A course of Ucal Emulsion of Cod Liver Oil will be found very beneficial and will give considerable relief.

Asthma. A most distressing though not usually a fatal disease. During the attack of gasping and struggling for breath Ucal Asthma Fume should be burnt in the bedroom and the fumes inhaled by the patient. Strict attention should be paid to the diet—it must be light and regular—tea, coffee, condiments, and beef should be avoided. In some cases complicated by Bronchitis a doctor will prescribe Vaccine treatment, which often has excellent results.

The effect of various climates on asthmatic patients differs considerably, and whilst in general dry climates are more suitable to them, it is impossible to lay down any definite rule.

Backache. The most common type is due to Muscular Rheumatism, and is not, as is generally supposed, due to Kidney trouble. Massage with a good embrocation (World's Embrocation is particularly suitable) is excellent as a local application, whilst internally the Mixture made up according to the following prescription is sure to give relief:—Potass. Nitrates, gr. 5, Potass. Bicarb., gr. 10, Inf. Buchu add 1 ounce. To be taken three times daily after food.



1/3 and 2/-

Medical Ucal Guide

Bad or Foul Breath is always an indication of some internal trouble, which is more often than not found to be chronic liver. Decayed teeth, Catarrh, or Indigestion, all give distinctive and offensive odours to the breath. A gargle with Ucal Compound Glycerine of Thymol will often remove the unpleasantness, but the cause of the trouble should be sought and the correct remedy applied.

Baldness. May be caused temporarily by severe illness—in fact, a high fever is often accompanied by an apparent dearth of all life in the hair. In most cases this is curable. The most common type is that which occurs with advancing years. Although this is commonly supposed to be incurable, much can be done by systematic care to stop, or at any rate to delay, its progress. The best application is Ucal Hair Tonic, which should be gently massaged night and morning into the roots. (See "Hair, care of the.")

Bed Sores. Ucal Antiseptic Dusting Powder will be found most soothing and cooling: in addition it will prevent chafing from roughness of bed linen, etc.



Price, 8½d. and 1/4 per bottle.

Should attacks of this description be frequent, it is advisable to have the eyes tested for astigmatism or other trouble. The symptoms resulting from eye strain

due to such a weakness may easily be mistaken for those due to stomaclic trouble.

Boils. See Abscesses, page (7).

Breathlessness. Shortness of breath when at rest or on slight exertion is often a serious symptom, and requires a careful examination of the heart and lungs by a doctor. Flatulence (excess of wind in the stomach) will cause temporary breathlessness, which will disappear when the cause is removed.

(For treatment see under Stomach).

Bronchitis. Often commences as a simple cold caused by exposure to cold and damp. It is usually accompanied by a feeling of chilliness, aching of the limbs and feverishness. Wheezy sounds are heard in the air passages, and often pains are felt in the chest. The patient should be confined to bed and the temperature of the room maintained at about 60° F. Rubbing with a good Embrocation, such as World's Embrocation, is beneficial.

The disease is most prevalent in cold damp climates, and in those subjected to rapid changes of temperature. Sufferers from Bronchitis frequently get a return of the complaint at irregular intervals, usually in the autumn or winter. They should avoid crowded rooms and places of amusement.

Bunions. Rest and hot fomentations and the subsequent application of Ucal Stainless Iodine Ointment will relieve the pain. Mild cases may be rectified by wearing socks with a separate compartment for the great toe, and a pad between this and the next. Severe cases require operation. Wear wide-toed boots with soft uppers.

Burns and Scalds. Immediate treatment will often prevent serious developments, and it is very necessary to keep the materials at hand so that no delay is occasioned should such an accident take

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place. The first thing to do is to exclude the air from the affected parts, flour or bicarbonate of soda answers the purpose very well. Carron Oil (equal parts of Olive or Linseed Oil and lime water) is a splendid first dressing, this should be applied on cotton wool or clean linen and renewed once a day. If a large surface of skin is injured or the burn be very deep, medical aid should be sought at once.

When the healing process has commenced, Ucal Ointment may be applied freely and will assist the formation of new skin.

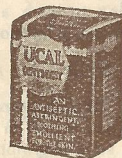
Catarrh. Inflammation of the mucous membrane (the sensitive membrane in the nose), which is accompanied by discharge from the nose, and frequently by headaches and running of the eyes. Nazol is a specially prepared soothing balm which relieves the clogged nasal passages almost immediately.

Chafing of the Skin. Very apt to occur in babies where any two moist folds of skin come together. Wash and dry carefully, and dress the surface with Ucal Antiseptic Dusting Powder.

Chapped Hands. Usually due to insufficient drying of the hands after washing in cold water. Lanoline is a good healing and softening application. A water softener can be used with advantage should the water supply be exceptionally hard. Ucal Skin Tablet will be found of remarkable value in chronic cases, as it restores the elasticity of the skin and heals the painful cracks in a very short time.



Price
3d. per tablet.



1/3 and 3/-
per jar.

Chicken Pox. An acute infectious disease characterised by the appearance of successive crops of small red spots. The spots form a scab in about six days which falls off in a few more days. Any part of the body can be attacked by this eruption and the scalp is frequently affected. To distinguish from mild cases of small-pox—with chicken pox there is *no* previous pain in the back, and the spots have *no* central depression. In small-pox the fever subsides when the rash appears, whilst in chicken-pox the reverse is the case.

Children are the most liable to chicken-pox, which takes thirteen to twenty days to appear. Infection ceases when every scab has fallen off, particular attention being paid to the scalp.

Treatment. Confine to bed and keep up the strength on a light diet. If at all doubtful whether small-pox is indicated, call in the doctor.

Chilblains. Persons subject to these should be careful to wear loose warm clothing, and to avoid exposing the extremities to extremes of heat and cold. Ucal Chilblain Paint is sure to give relief. Plenty of nourishing food should be taken, and as much fat, butter, cream, etc., as can be assimilated. A course of Ucal Emulsion of Cod Liver Oil will be found most beneficial in giving the added nourishment which is so essentially needed. Avoid tight boots, and see that the soles are thoroughly watertight, wash-leather socks are a splendid preventative.



Price
1/- per bottle.

Cholera. In this country is usually of a mild form, and is most frequently caused by drinking contaminated water. Asiatic Cholera is very dangerous, and needs the most efficient medical attention (See Diarrhoea).

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Colds. Can be prevented by the exercise of great care. Avoid hot stuffy rooms and public places, breathe through the nose, and gargle with a good antiseptic, such as Glycerine of Thymol, after being exposed to infection. Take Ammoniated Quinine at the first sign of having caught a cold. If the chest is affected, rubbing with Chilie Paste will often loosen the cough and give great relief.

Inoculation with a special vaccine has proved very successful in counteracting a tendency to take colds at frequent intervals. Don't neglect a cold—it is a danger both to the sufferers and all those who come into contact with them. Ucal Pine Inhalant, sprinkled on the pillow at night is often very successful in assisting the cure. Handkerchiefs, towels, etc., are all carriers of germs, and care should be used to avoid infection by these means.

Colic. If there is any possibility of this being merely a symptom of some underlying serious condition, call in a doctor at once. Simple Colic can be relieved by taking a couple of drops of Oil of Peppermint on sugar, and following it up by a table-spoonful of Castor Oil. Colic in hand-fed babies may be due to over feeding, inappropriate diet, or want of cleanliness of the feeding bottle. Remedy these, and give Infants' Gripe Mixture.

Constipation. The commonest complaint of modern humanity, it is the root of many more serious diseases, and afflicts alike all conditions and ages of men. Many and varied are the remedies offered to the public—most of them are merely relieving agents, and do not eliminate the cause. Cascara Sagrada (the extract of a special tree-bark) is undoubtedly one of the best and safest medicines—Cascax is a peculiarly convenient and agreeable form of this medicine. Children require usually a very mild form of Laxative, and Ucal Syrup of Figs is ideal for even the weakest

child. Attention should be paid to the diet if the complaint shows any signs of becoming chronic. Fresh fruit, prunes, coarse or brown bread should be taken regularly, and are most effective at breakfast time. Green vegetables and a reduction in the quantity of meat are also helpful.



Price
1/1½ and 2/- per bottle.

Every effort should be made to prevent this weakening and life-sapping complaint from becoming chronic. Open air exercise, abstinence from alcohol, and a fixed determination to establish a regular habit, are of vital importance.

Convulsions in Children. First Aid—Place the child in a hot bath (F. 98 or blood heat), administer a dose of Castor Oil, and send for the doctor. As a preventative during Teething Dr. Foster's Powders are extremely effective.

Corns and Bunions. The common practice of cutting or paring corns and bunions has been entirely superseded by the most up-to-date medical way of killing the corn by the application of the correct drugs. Pax is specially compounded for use as an external application to completely eradicate them. It is important in treating both corns and bunions that correctly shaped footwear be worn.

Coughs. Often due to secretion from the nose irritating a sensitive throat (For

Medical Ucal Guide

treatment of nasal trouble, see Catarrh). Those liable to coughs should take Cod Liver Oil during the winter and early spring, as it increases the bodily resistance to cold, and renders the cough less liable to become chronic. Ucal Bronchial Lozenges are a handy and effective means of subduing a cough, and can be taken freely without fear.



9d. and 1/6 per tin.

It should be noted that a cough is not in itself a disease, but is the result of some affection of one of the respiratory organs. Continual coughing actually sets up irritation, and should not be treated lightly—medical opinion should be taken if it persists.

Croup (Spasmodic). First Aid—Place the child in a warm bath (F.98 or blood heat) into which has been sprinkled an ounce of mustard. A tea-spoonful of Ipecacuanha Wine may be given to produce sickness pending the arrival of the doctor.

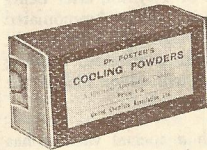
Prevention. In cold weather the child should be clothed from head to foot in warm woollen clothes, the throat and neck may be sponged daily in cold water to harden the tissues and lessen the sensibility to cold.

Dandruff. See "Hair, care of the."

Debility. A lack of vigour in any part of the body due to overstrain or malnutrition. Often a general state of lassitude and disinclination to use any energy. Ucal Syrup of Hypophosphites Compound provides just the correct strengthening tonic required.

Dentition, Disorders of. (Teething troubles in children). The first tooth makes its appearance about seven months after birth in an average

healthy child, and the full set of twenty milk teeth are usually cut by the age of two years. This period is characterised by



Price 1/3 per box.

many troublesome little illnesses. As each tooth comes to the surface there is a considerable amount of irritation and often a rapid rise of temperature (particularly in the morning). Diarrhoea, especially during the summer, is often attendant, and should be carefully checked. Dr. Foster's Powders are invaluable as a general medicine during this period. Cleanliness of the mouth must be constantly attended to.

The second set of teeth commence to appear about the age of six, and the health of the child often suffers as much, or more, than in the first period. Diarrhoea should not be checked too suddenly, and it is nearly always safe to administer Castor Oil as a preliminary to Ucal Diarrhoea Mixture.

Diarrhoea. If not dependent upon some disease of the bowels give a liberal dose of Castor Oil. When this has acted and pain subsides, give Ucal Diarrhoea Mixture. Avoid hot foods and drinks, vegetables, and meat. Boiled milk, arrow-root, sago, or rice may be taken at frequent intervals. The Summer Diarrhoea of young children requires medical attention.

Diphtheria. An infectious and sometimes epidemic disease characterised by the formation of a whitish coating on the mucous membranes of the throat, nose and larynx. The tongue is usually coated with white fur, and is red at the tip. Swallowing is difficult and constipation present.

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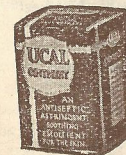
The treatment is by anti-toxin, and requires experienced medical supervision. As the severity of the attack is regulated, almost invariably by the early commencement of treatment, it is absolutely necessary to call a doctor at the first sign of the disease.

Dysentery. A disease occurring in many forms in various parts of the world. It is most prevalent in malarial districts, and is very prone to occur in military camps. The presence of blood in the stools is a symptom not to be regarded lightly, as it almost invariably indicates the presence of this disease in one form or another. Immediate medical treatment is necessary.

Preventative Measures. Dysentery can be avoided by perfect sanitation, a pure water supply, and the provision of good, well-cooked food, which should be as varied as possible.

Ear-ache. In most instances is due to acute inflammation of the middle Ear. It may also come from wax, boils, Eczema, or Neuralgia, affecting the canal into the ear. Have the teeth examined, as the pain from a bad tooth may be the cause of the trouble. Hot fomentations put over the ear, and a small mustard leaf behind, will relieve the pain. Neither syringe the ear nor put drops into it. If the pain persists consult a doctor.

Eczema. A term which is popularly used for any type of skin eruption, whether of mild or acute form. The most common form of complaint is that in which discharging sores appear upon the surface of the skin, accompanied by acute irritation and a general lowering of the bodily health. Great care must be taken to avoid spreading the trouble, and scrupulous care in burning dressings, etc., is very necessary. Washing the affected parts must be done very carefully—soft water and a suitable soap are most essential, to be followed by a dressing of Ucal Ointment.



Price 1/3 and 3/4 per jar.

Ucal Medicated Skin Soap is specially made for use of sufferers from any skin complaint. It does not irritate any sore places and is really helpful in healing the diseased parts, and prevents recurrence.

Erysipelas. (St. Anthony's Fire). This is a Notifiable Infectious Disease, and requires medical attention. Strict isolation should be observed. The responsibility of the patient should be given to a medical man.

Eye, Disorders of. Physical Diseases of the Eye, Eyelids, etc., are too vital to be neglected for a moment. It is outside the scope of this work to do more than recommend immediate recourse to a specialist should anything of this nature manifest itself.

Weakness of sight should also receive attention as soon as it becomes known. Go to your nearest Ucal Ophthalmic Chemist, who will examine and test the eyesight free, and recommend suitable glasses or spectacles if they are necessary. Frequent headaches, sickness or dizziness are often no more than Nature's warnings that the eyes need assistance. It is quite in the natural order of things that as a person gets older the sight becomes "longer"—that is to say, that glasses of some description are needed for reading.

Eye (Foreign Bodies in) Insects, pieces of dust or grit, should be removed as quickly as possible. A loop of thread or a small swale of cotton on a matchstick makes the most convenient means. Never rub the eyes, it only causes inflammation and does not relieve irritation. Ucal Eye Lotion is the best application to use if the eyes are inflamed or overstrained.



Price per bottle. 1/3

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Fainting. Lay the patient down with the head low, and loosen the garments about the neck and chest. When consciousness returns, and not before, a tea-spoonful of Sal Volatile in half a tumblerful of water may be given. A threatened attack of fainting can often be prevented if the patient will bend down with his head low, as if to unlace the shoe. Ucal Smelling Salts (either Lavender or Cologne) should be carried by persons subject to faintness, and if used in time will often ward off an attack.

Feet. The care of the feet is a very simple process, but often neglected even by those who are dependent on having their feet in the most perfect condition in order to carry out their daily occupations. The feet should be washed once a day, and if there is any tendency to tiredness or ache a tablet of Joy Walk in the footbath will act like magic. If the feet perspire excessively in hot weather, a little foot powder should be dusted into the socks.

Fever. An abnormally high temperature of the body is a definite symptom of many diseases, and usually is an indication that medical attention is required. A clinical Thermometer should be kept in every household, and the temperature taken at the first sign of illness. Normal temperature is 98.4.

Flatfoot. Can frequently be cured by the use of a well-fitted appliance, and the constant practice of tip-toe exercises.

Flatulence. The formation of gaseous matter in the alimentary canal due to some disorder of the Stomach. For complete treatment, see under that heading.

Gastric Fever. Another name for Typhoid Fever, which see.

Gout. See Rheumatism (page 18).

Gravel. See Kidney (page 16).

Growing Pains. A large proportion of the slight pains in the limbs and joints of children or young persons, are definitely

due to rheumatism. Rest, preferably in bed, should be insisted upon, and Ucal Aspirin prescribed. If these pains are accompanied by a considerable rise in temperature, a medical man should be consulted.

Hair, Care of the. The appearance of the hair is with most people a fair indication of their general bodily health—no part of the system is more susceptible to a change in the physical condition of a person. Unremitting care is needed, therefore, especially during illness, to keep the hair healthy, and thereby maintain its "life" and gloss. Most cases of baldness are preceded by a disease of the scalp, known as Seborrhoea (greasy or dry scalp, scurf or dandruff). Precautions must be taken immediately this malady is noticed.

As long as the small hair follicles are alive, new hair can be grown to replace that which is falling out. Ucal Hair Tonic should be well massaged into the scalp night and morning with the finger tips or a stiff brush, the friction being just as necessary as the tonic, which stimulates the scalp, and feeds the wasted tissues which produce the hair. Ordinary Soap should not be used for washing the hair, as it has a tendency to dry on the scalp and encourage the formation of scurf. The best shampoo is undoubtedly "Shampooa," the Super Shampoo, which softens and preserves the hair, and adds to its natural wave and beauty of tint.

Hair brushes should be kept scrupulously clean, and the grooming of the hair should be done very thoroughly at least once a day.



1/3, 2/3, and 4/-

Medical Ucal Guide

Use good stiff bristles, and brush for five or ten minutes. Fresh air and sunshine are good for the hair, especially after it has been washed. Nothing responds more quickly to care and the time spent on it than the hair, and nothing so quickly loses tone if it is neglected.



Price 1/- per tube.

Hay Fever. A distressing but non-dangerous complaint which attacks quite a large proportion of people in the British Isles every summer. The presence of pollen in the air is sufficient to induce an attack, and liability to recurrence lasts from four to six weeks each year. Residence at the seaside during the month of June is helpful in lessening the severity of the symptoms. Palliatives such as Smelling Salts, Nasal Douches, and cold shower baths, give a certain measure of relief. Nazol, a soothing aromatic balm, should be applied inside the nostrils each night.

Herpes. See Shingles.

Headaches. Are warning signals which should never be neglected; they can arise from innumerable causes, and their origin should be ascertained at once. Very frequent headaches indicate overstrain of the eyes and the need of glasses. Bad teeth, too, have a tendency to bring frequent headaches, and a dentist should be consulted if any teeth are decayed; disorder of the digestive system is often indicated, and the headache will in this case usually disappear if a laxative is taken immediately. Relief can be obtained by taking Kapsal Powders, which are perfectly safe and free from habit-forming drugs—Ucal Aspirin is also a useful specific for many constitutions.

Heartburn. See Stomach (page 20).

Hoarseness and Loss of Voice. Have the throat and chest well rubbed with a good embrocation and rest the voice. Take plenty of fresh air and avoid stuffy rooms. Bronchial Lozenges may be used freely to ease the husky feeling.

Housemaid's Knee. Inflammation about the knee, accompanied by a good deal of pain. The limb must be rested and the swelling painted with Ucal Stainless Iodine Ointment. On alternate days it is advisable to use Ucal Ointment to prevent the skin cracking; continue the treatment until every trace of swelling has vanished.



Price 1/3 per jar.

Hordeolum. A sty or tumour on the eyelid, resembling a barley corn.

Treatment. Regular bathing of the eye with a solution of Ucal Antiseptic Eye Lotion will ease the pain, but a doctor should be seen without any unnecessary delay.

Indigestion. See Stomach.

Influenza. A dangerous illness, often epidemic, and of recent years exceptionally virulent and far reaching in its visitations.

However mild the attack, the patient should go to bed, take a laxative and be placed on a light diet until the fever subsides. The temperature should be taken frequently, and the doctor called in if it becomes very high. Ucal Cold and Influenza Mixture is the standard Medical treatment, and is wonderfully effective if taken in the early stages of the disease. It should be kept in every household in readiness to administer on the first sign of the influenza symptoms.

Preventative treatment is very successful if systematically carried out. During an epidemic all public buildings should be avoided as much as possible, plenty of

Medical Guide

exercise in the open air and a sufficiency of good plain food will go far to render the body impervious to the attack of the germ. A disinfectant gargle should be used as frequently as possible, and a Ucal Formalin and Mint Tablet dissolved slowly in the mouth if one has to travel in the same carriage or tram with possibly infected persons.

Those weakened by Influenza or who seem specially liable to the infection will find Ucal Cod Liver Oil Emulsion the finest way of building up bodily strength and resistance.

Itch or Scabies. An infectious disease caused by a small organism which burrows under the skin, producing severe irritation. The parts most subject to attack are the soft skin between the fingers and toes, the wrists and abdomen. Scratching quickly spreads the complaint, so that prompt treatment is most essential. Bathe with Sulphur Soap for three days; the Soap must be used freely and well rubbed in. After each bath use Sulphur Ointment. On the fourth day use Ucal Ointment. All infected clothing must be stoved to prevent a recurrence.

Jaundice. A disease caused by some obstruction to the Bile Ducts, and is easily recognised by the yellow colour exhibited by the patient's eyes and skin. As there are many differing circumstances which may have tended to produce the symptoms self-treatment is apt to be unwise. It is safer to administer castor oil, put the patient to bed and call a doctor.

Kidney and Gravel Complaints. When disease of the kidneys is suspected the doctor should be consulted at once. Meantime, if much pain in the back is felt, the application of hot moist bran poultices should give relief. The Californian Backache and Kidney Pills have proved an excellent remedy for Backache, Gravel, Lumbago, and Sciatica. Chelspa is also a great help, and is prescribed by medical specialists in these complaints.



Price
2/6 per bottle.

Liver. The Liver is the largest glandular organ in the body, and unless its purpose is being fulfilled with unflinching regularity the bodily health suffers immediately. The habits and customs of the individual have a great influence on the state of the Liver. Excess in eating or drinking—neglect of the daily functions, lack of exercise, fresh air and good food, all have their immediate reactions on the Liver. The Liver in turn influences the mind and body of the individual. It is a sound habit to take a small quantity of Hepatic Salt in a tumblerful of cold or tepid water every morning before breakfast. The amount required by different people varies from a salt-spoon to a tea-spoonful. The excessive use of alcohol is one of the causes of the degeneration known as Cirrhosis, and in all Liver complaints Alcohol should be avoided on account of its irritating properties. The bowels must be well evacuated every day, and the patient is advised to take at least three pints of water daily between meals.

Lumbago has no connection with the Kidneys, although the pain is referred to the region in which they lie. A turpentine stupe or a couple of mustard leaves applied to the affected part will relieve the pain. Massage with World's Embrocation is helpful, and exercise, to improve the circulation in the lumbar region, will eventually drive it away. Keep the bowels well flushed.

Lungs, Diseases of. The Lungs are subject to many diseases, some of them common and none without danger to the patient. The treatment of Pneumonia, Consumption, Inflammation or even simple Congestion is so fraught with the possibility of complication as to be outside the scope of this book. A doctor should be consulted at the first sign of Lung trouble.

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Measles. A very infectious disease which is frequently epidemic amongst children. It attacks adults of all ages, but not with the same frequency as is observed with those under 14 years of age. Although in itself not a dangerous disease, it is so liable to leave weakness and complications behind that most careful nursing is necessary. The disease can be recognised by the spots which appear first near the temples and behind the ears, afterwards spreading over the whole body. Children in the same house should be isolated as far as possible and should not attend school. A child who has had measles should not return to school under three weeks from the appearance of the rash. During the attack and immediately afterwards every care must be taken to avoid a chill. The administration of Ucal Cod Liver Oil Emulsion is indicated as being calculated to restore the vitality and bodily strength more quickly.

Migraine or Sick Headache is commonly limited to one side of the head, and associated with nausea and vomiting. It is not always possible to prevent attacks coming on, but they can often be stopped by taking two or three Tablets of Aspirin, lying down absolutely quiet in a darkened room, applying cold water, or preferably, Lavender Water to the head, and abstaining from food. If the complaint is inclined to become chronic and attacks frequent, it is better to consult a doctor and find out the underlying cause. Should there be nervous or great physical weakness after an attack, Ucal Emulsion of Cod Liver Oil will be found most beneficial.

Mumps. A contagious epidemic disease which is due to inflammation of the salivary glands situated on either side of the lower jaw. It commences with more or less fever, swelling at the angle of the jaw, which gradually spreads to the face and neck in the vicinity of the gland. The patient should remain indoors. Hot

fomentations should be applied to the swelling. The diet should consist of milk, milk and soda, chicken and mutton broth, etc. As an internal medicine give Ucal Fever Cure. The neck and parts affected may be gently rubbed with World's Embrocation, and keep the bowels open—it is advisable to give a dose of laxative immediately the complaint manifests itself.

Considerable debility and anaemia may persist after the illness, and it is necessary to administer a tonic food for some considerable time. Ucal Emulsion of Cod Liver Oil is ideal for the purpose.

Nails, Ingrowing. Is practically limited to the toe-nails, particularly affecting the great toe. The nails should be kept cut short, square across, and not trimmed down the corners. Loose-fitting boots must be worn. Two or three times a day a little piece of lint, well soaked in Ucal Ointment, should be packed down the side of the nail between it and the skin. To avoid the condition, keep the feet scrupulously clean.

Nervousness. Usually the result of overstrain, worry, debility or lowered vitality after illness. Bright, cheerful surroundings are essential to recovery, and a certain amount of mental effort on the part of the patient is absolutely necessary. Give regular doses of Ucal Syrup of Hypophosphites, or the tonic, as per the following prescription:—Tab. Syr. Easton, half-dram. One tablet with water thrice daily after food.

Neuralgia. To avoid attacks those subject to the affliction should avoid sudden excitement and take plenty of exercise in the open air. At the same time avoid



Price
1/- per bottle.

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overstrain, either mental or physical. A regular diet of good plain food should be adopted, and regular hours of sleep cultivated. Ucal Neuralgia Mixture is useful in subduing the pain.



Price
1/3, 2/- and 3/6
per bottle.

Neurasthenia. A type of complete nervous exhaustion arising from some mental cause, and often accompanied by hysteria. Radical treatment is absolutely necessary. If at all possible, the patient should have a complete change of environment, and a week or so in bed followed by a seaside holiday in pleasant but quiet surroundings.

Nits and Head Parasites. At school, or in the tram or train, the cleanest child is liable to the intrusion of hair parasites. Ucal Nursery Hair Lotion absolutely clears the head of any pest of this character, and if used occasionally acts as a complete preventative. It leaves the hair beautifully strong, glossy, and healthy. In very obstinate cases the daily application of Ucal Nit Ointment for a whole week will positively rid the head of all the above trouble.

Obesity. Active exercise and strict moderation in diet can do much towards reducing the tendency to superfluous flesh. Avoid the following foods:—Sweets, pastry, butter, fat, meat, potatoes, and, above all, sugar. Saccharine may be used as a sweetening agent. Turkish Baths and a regular use of Chelspa water are of great assistance in keeping down the weight. Ucal Marienbad Tablets are specially compounded to counteract a tendency to obesity.

Piles (or Haemorrhoids). To prevent this painful ailment, avoid constipation by suitable exercise, diet, and if necessary, aperients. During an attack keep the parts perfectly clean, and use Ucal Pile Ointment freely. Sufferers should abstain from all alcoholic stimulants and take regularly a course of Ucal Pile Cure Tablets, one to be swallowed after each meal and two at bedtime. Cold baths and the avoidance of sitting too long at a desk are also helpful.



Price
1/3 and 3/- per jar.

Pleurisy. Inflammation of the protective walls of the chest. A disease characterised by many variations and complications. Each case must of necessity be treated on its merits, in accordance with the medical history and constitution of the person affected, so that the attention of a doctor is imperative.

Quinsy. An inflammation of one or both tonsils accompanied by fever and pains round the affected part. The patient should be examined by a doctor, especially if attacks are frequent—a slight operation may be necessary if the tonsils are permanently enlarged. Throat trouble arising from the tonsils can be prevented by regular use of Ucal Antiseptic Rose Gargle.

Rheumatism and Gout. These names cover a variety of diseases, complications and afflictions resulting from the secretion of Uric Acid in the body. An excess of this perfectly natural product in any part of the system will cause pain which can be either intermittent or continuous, recurrent or non-recurrent. In children the disease is often misnamed "Growing Pains," and requires the most careful medical attention, as the heart is very liable to be affected. In fact in any

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Price
1/2 and 2/-
per bottle.

case of chronic Rheumatism it is advisable to consult a doctor, and obtain expert advice on diet, exercise, districts to avoid, etc. If an attack is accompanied by a high temperature, the patient should go to bed and take a thorough rest. Ucal Aspirin Tablets taken every four hours will speedily bring relief, and the joints may be gently massaged with Ucal Menthol and Wintergreen Cream, and swathed in Medicated Wool. This latter treatment is specially suitable when the muscles are affected. Chelspa Water taken regularly is very efficacious in warding off attacks, the natural Salts which are present in this famous water acting very favourably on a system inclined to Rheumatism. Alcoholic stimulants should only be given on medical advice.

Rickets. Usually noticeable in a child when it first begins to walk, caused through lack of lime in the Bones. Once these are deformed nothing short of an operation can effect a cure, but a great deal can be done by suitable diet and treatment, if the disease is taken in time. The child should have plenty of fresh un-skimmed milk, meat juice, fresh air and sunshine. In order to provide the necessary bone-forming material, Ucal Emulsion of Cod Liver Oil with Hypophosphites is particularly useful.

Scalds. See Burns (page 9)
Scarlet Fever. An acute infectious disease which is most prevalent in children between the ages of two and ten.

Symptoms. Rise in temperature, headache, sore throat, sometimes sick-

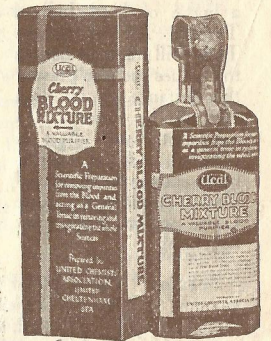
ness. In about twenty-four hours the rash appears. The patient needs medical care, and should be carefully guarded from complications. Isolation usually lasts six weeks.

Scurf. See Hair, care of (page 14)
Small-Pox. A notifiable infectious disease. Medical attention is absolutely necessary, and removal to an isolation hospital is usually insisted upon. Vaccination has proved most efficient in protecting the system against attacks, and greatly modifies the effects of the disease in the unlikely event of a vaccinated person catching it. Vaccination should be repeated every six or seven years to secure the maximum of immunity.

See Chicken-Pox for distinctive differences between the two diseases.

Shingles. For the actual eruption little is required beyond the application of Ucal Dusting Powder; the part should be covered with cotton wool and a bandage. Neuralgia often accompanies this ailment in elderly people, and should be treated with Aspirin. Ucal Nerve Tonic is highly recommended as a preventative to renewed attacks.

Skin, care of. Everyone—certainly every woman—desires to keep as long as possible a clear healthy complexion a skin free from blemishes and a look of fitness which is such an asset both in social and business life.



Price
1/3 and 3/-
per bottle.

Regular attention to one or two simple rules will go a long way towards making this possible. Providing there is no radical disease, the skin should be of firm, even texture, and heal quickly if it is cut or scratched. To avoid roughness use soft water and avoid strong alkaline soaps. Ucal Medicated Skin Soap is specially suited to tender skins; besides being such an efficient cleansing agent it is extremely soothing and perfectly antiseptic. As a healing agent, Ucal Ointment is supreme—for wind roughness or chaps, cuts, burns, or bruises it is equally effective, whilst Ucal Blood Mixture provides just the internal medicine required to remove from the blood those impurities which are apt to collect, especially in the springtime, and result in disfiguring blotches.

Skin, Preservation and Whitening. For general care of the skin Ucal Lemon Creme will be found most excellent in keeping the hands beautifully soft and white.

Sore Throat. Those susceptible to frequent sore throats should always keep a bottle of Ucal Iodized Throat Tablets handy. These will gradually harden the tissues and also prevent the entrance of infection through the throat. If a more astringent effect is required and the voice is husky and the throat relaxed Ucal Astringent Rose Gargle will be found most beneficial.



Price 1/3 per bottle.

Sprains The result of forcibly overstraining the ligaments of a joint. The part should be lightly bandaged, and the bandage soaked in cold water or Arnica Lotion. A sprain should always be treated at first with absolute rest. The pain and swelling should then subside in a couple of days; if this period is long delayed a doctor

should be consulted. When the swelling has gone down the parts may be gently massaged with World's Embrocation and gradually brought into use again.

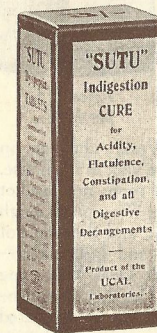
Stiff Neck. A form of Muscular Rheumatism, to be treated on the same lines as Muscular Rheumatism in other situations.

Stomach Disorder. Indigestion in its many forms is one of the most common of modern complaints. This is due in great measure to the high state of civilisation in which we live, and the complicated nature of the occupations which many of us have to perform. Much of the food which is eaten to-day is highly indigestible—cooking in many cases leaves much to be desired, and an undue load is continually placed on the digestive organs. The craze for elaborate dishes, and the lack of really hygienic instruction in the preparation of food are responsible for many after-dinner pangs. Sedentary occupations, lack of exercise, hurried meals, and a too rich diet, are invariably the forerunners of dyspepsia, or one of its kindred complaints. The symptoms of Stomachic disorder are many and varied. Constipation, Headache, Diarrhoea, General Lassitude, Acidity, Flatulence, are all indications that the process of digestion is not working smoothly. As disorders of this character are likely to become chronic if not checked at the outset, immediate steps should be taken to eliminate the cause.

Treatment. Common sense will dictate at once that more regular exercise, a thorough mastication of food, and strict moderation in the amount of food consumed are first essentials. This radical change of habits should be supplemented by a preparation specially designed to remove the cause of the complaint. The best preparation on the market is undoubtedly "Sutu" Tablets—a compound made under the strictest analytical control, combining the virtues of the following remedies:—

Pepsine—A digestive which naturally dissolves proteids and albumens—converting the less soluble proteids into those which are readily assimilated.

Pancreatine. A compound which will convert twenty-five times its own weight of starch into substances soluble in water, thus being indicated in every case in which an accumulation of undigested starchy food is acting as a stop to free digestive activity.



Price 1/3 and 3/- per tube.

Diastase. Specially indicated as an artificial digestant of starch food in dyspepsia cases in which there is a deficiency of saliva.

None of these are habit-forming Drugs, and the preparation is quite safe in use at all times. "Sutu" Tablets stimulate the natural action of the digestion.

Sty. See Hordeolum (page 15).

Thrush. Is due to a fungus growth appearing in the mouth of an infant, white pearly specks like milk-curd, which grow rapidly into a membrane. It only appears in those of impaired health, or who have been using dirty feeding-bottles. It should be removed by washing the mouth frequently with borax solution—10 grains to the ounce of water—and painting with Glycerine of Borax. The general health must be maintained, the bowels regulated, and scrupulous cleanliness of food and vessels attended to.

Toothache. When a tooth aches immediate relief may be obtained by the application of Ucal Magic Toothache Cure. The care of the Teeth is a subject

which is rightly receiving an increasing amount of attention. Dental decay, which is the root-cause of all Toothache, can be prevented only by unremitting care, and by visiting a dentist regularly. The cleaning of the teeth is a very important process—a mere rubbing of the front surfaces with a little pleasantly flavoured paste once a day is next door to useless.

To prevent the collection and decay of food particles, the teeth should be thoroughly brushed after every meal, and special attention paid to the spaces between and behind them. Ucal Super Dental Paste, strongly antiseptic, is an ideal preparation to use to wash away all impurities, leaving a clean, antiseptic, and anti-acid state of the mouth,—besides being pleasant it is strongly resistant to the decay germs. For children and those preferring a mild flavour in Dental Creams, use Tucalia Dental Cream. Brush with a circular motion from the gum upwards, and sluice the mouth well afterwards with cold water, not forgetting to clean the roof of the mouth, the gums and tongue at the same time. If a tooth should show signs of decay see a dentist at once. No amount of brushing will stop the germ once it has penetrated the enamel. Stomach troubles, Neuralgic pains and many other disorders originate from decayed teeth, so that too much care cannot be bestowed upon them.

Typhoid Fever. A continued fever of long duration, usually accompanied by diarrhoea and the appearance of a rose-coloured rash. This disease is both infectious and dangerous—it requires the earliest possible examination by a doctor, and the most efficient and devoted nursing.

Ulcers. Are sores which discharge matter, and may result from any form of irritant, applied to the skin or other surface on which they may appear. Poorness of the Blood, general weakness of the constitution, or a defective condition of the circulation, are also factors in their production. Ucal Emulsion or Ucal Malt Extract is recommended to improve the nourishment, and

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Ucal Blood Mixture will help to get rid of obnoxious matters in the system. Ucal Hepatic Salt is particularly useful in varicose ulcers of the leg. Rest in a horizontal position will help the circulation in the latter condition. Wet Boracic Dressings followed by Ucal Ointment should be applied locally where possible. Ulcers in the mouth are frequently due to indigestion, in which case treat as in Stomach Disorders.

Urine. See Kidney Complaints (page 16).

Warts. Apply Ucal Wart Charmer, which will quickly rid the skin of these eruptions.

Weakness and General Debility. In cases of children give Ucal Nutritive Tonic or Ucal Emulsion, according to directions. In adults, Ucal Malt Extract with Cod Liver Oil, and plenty of nourishing food and outdoor exercise are indicated. Ucal Syrup of Hypophosphites is particularly useful where there is an increasing tendency to a nervous breakdown. The condition is usually a chronic one, and treatment must be persistent. An entire change of scenery and society is often useful.

Whitlow. The term may be applied to any form of acute inflammation or septic infection of the fingers. The deeper the infection the more serious is the condition, because it is likely to get into the tendon sheaths, and spread up to the hand or even further. The first symptom is a throbbing pain in the affected finger, made worse if the hand is allowed to hang down. The hand should be kept supported in a sling. A hot fomentation (Boric lint wrung out in hot water, and completely covered by a piece of oil-skin) may be applied to relieve the pain, and bring the inflammation to a head. When the wound is clean, an application of Ucal Ointment twice daily is necessary. A Whitlow may appear to be a very small thing for medical aid, but where lancing appears necessary, a doctor should be at once consulted.

Whooping Cough.

Is epidemic, and the child should be isolated from others who have never had an attack. During the first catarrhal bronchitis stage all cases are best kept in bed. Once a whoop has developed the patient is better to be up, always provided there are no complications; and strong children are undoubtedly better to be out of doors in

dry, warm weather. Weakly children, on the other hand, should be kept in the house, but in a freely-ventilated room, not in a hot stuffy atmosphere. Ucal Whooping Cough Mixture should be given, and the whole of the chest—front, back, and both sides—should be rubbed with Ucal Whooping Cough Embrocation. The diet should be light, but seldom needs to be restricted entirely to liquids. It is a good plan to feed immediately after a bout of coughing. When the cough has subsided, Ucal Malt Extract and Cod Liver Oil is of the greatest assistance in re-establishing the normal health.

Worms. "Starvation, medication, and purgation" is the key-note of the successful treatment of all kinds of intestinal worms. First of all, clear the bowels by giving a good dose of castor oil the night before. If this has not acted first thing in the morning, a dose of salts will assure it. The bowels being empty, the drug for killing the parasite, or at all events for temporarily paralysing it, will have the better chance to act. Keeping the patient without food in the meantime, Ucal Worm and Aperient Powders, or Ucal Chocolate Worm Cakes, may be given. Two hours afterwards another dose of salts will effectually expel anything which has been left. The treatment should be repeated in three or four days.



Price 1/3 per bottle.

Infectious Diseases

Disease	Incubation period	Infection after an attack ceases	Quarantine required after latest exposure to infection
CHICKEN POX.	10-16 days	When every scab has fallen off.	Twenty days.
DIPHTHERIA.	2-10 days.	Four weeks after the commencement of attack, if no complications.	Twelve days.
GERMAN MEASLES	7-18 days may be longer.	Ten days after the appearance of the rash.	Twenty days.
MEASLES.	10-14 days	Two weeks after the appearance of the rash.	Sixteen days.
MUMPS.	10-22 days.	Three weeks, or one week after disappearance of the swelling	Twenty-four days
RINGWORM.	1-8 days usually	When examination shows no broken hairs and no spores.	
SCARLET FEVER.	3-5 days	When sore throat, albuminuria and desquamation have disappeared. Never less than six weeks.	Ten days.
SMALL POX.	12-14 days	When every scab has fallen off.	Sixteen days.
TYPHUS FEVER.	5-14 days.	Four Weeks.	Fourteen days.
WHOOPING COUGH	7-14 days.	Five weeks, or two weeks after cough and whooping have disappeared. N.B.—In each case the number of weeks mentioned represents the shortest possible time.	Twenty-one days.

Hints on Nursing The Sick

IT falls to the lot of most women at one time or another to perform this sacred office. Some are constitutionally adapted to carry out the most arduous and distressing duties that devolve upon a nurse, whilst others find the simple tasks of attending a minor illness too much for them.

Yet the more serious the case, the greater necessity for self-sacrifice on the part of the nurse, who must faithfully obey every detail of the doctor's instructions.

The secret of good nursing lies in perfect freedom from dirt. A sick room should be a model of scrupulous cleanliness. No carpets, hangings or furniture likely to harbour dust, should be allowed. Fresh air and sunlight are as essential as medicine, and it is the duty of the nurse to see that she does her part without causing any annoyance to the patient. Light without glare and fresh air without draughts, are merely a question of arrangement. Warmth in winter and coolness in summer are not a matter of taste, they are a necessity to an invalid, and should be exactly gauged by a good house thermometer.

The bed and bed linen must be aired as often as possible, and not only when put on clean. If a large period of confinement to bed is anticipated, it is worth the extra trouble to have two beds—one for day and one for night use. Dusting with a damp cloth is the only way to clean a sick room, dry dusting merely spreads the dirt. Bedroom utensils should be cleaned out immediately after use, and not be allowed to remain in the sick room.

A good nurse is always cheerful yet firmly insistent on the fulfilment of the doctor's wishes. She is neatly and suitably dressed, and careful to the last degree about her personal cleanliness. She knows how to relieve the bareness of the sickroom with flowers, pictures, and decorative objects so as to break the monotony of the four walls which for the time being imprison her patient.

She is skilled in the preparation of tempting dishes that coax a jaded appetite, and in the persuasion which must often be exercised to induce her charge to maintain bodily strength by taking sufficient nourishment.

Close observation of an invalid and a correct report on the changes which may occur from day to day, are invaluable to the doctor, yet must be obtained without being perceptible to the patient.

During convalescence a nurse's duties are lighter, but her responsibility greater. The doctor's visits will be less frequent, so that the entire charge of the case falls on the nurse, who must assist and encourage in every way a gradual return to strength.

Three ways to Cure a Cold.

Ucal Bronchial Lozenges.

A Perfect Cough Medicine in the very pleasant form of a sweet, yet many times better than ordinary cough mixture. These lozenges are manufactured from the six best cough curing medicines known to medical science, and we are justified in saying that there is no more beneficial or curative medium for stopping coughs and colds than Ucal Bronchial Lozenges.

9d.
and
1/6
per tin.

Ucal Cold and Influenza Mixture.

A Sound Remedy for even the very worst cases of Influenza. During past epidemics this Mixture established a wonderful reputation for doing good, and undoubtedly saved many lives. It may be taken for colds as well as Influenza, and is equally reliable.

1/3
per bottle

Ucal Pine Inhalant.

A few drops on the handkerchief, or on the pillow at night will quickly clear the head and make breathing easy.

8 $\frac{1}{2}$ D.
per
bottle.



A Few Hints on The Care of Baby

Books by the score have been written on this very vital and interesting subject—and always there is more that can be said. The space at our disposal in this book is, however, limited, so that we can only enter into one or two of the most important points—which are oftentimes liable to be forgotten.

FEEDING.

The momentous decision as to whether or not a child is to be breast or bottle-fed, rests with the Doctor. There is one point, however, upon which all medical men agree, and that is, that the human milk is far ahead of any known substitute. If the baby *must* have a substitute, choose one that has reared hundreds of strong, healthy babies. *i.e.*, Ucal Malted Food.

REGULARITY.

Feed baby by the clock, and on no account give him anything between meal times. Accustom him to regular hours of sleep, and regular action of the bowels. Baby will benefit and so will you.

SLEEPING.

Let him sleep as long and as often as he wants; the bedroom should be kept at a temperature of 60 deg. F., and thoroughly ventilated. Rocking chairs and cradles are totally unnecessary—they merely develop bad habits. Baby should always sleep alone in his crib.

FRESH AIR

Is equally necessary, if not more so, than to grown-ups. Baby's face should never be covered over with anything—veils, etc., whether fashionable or not, are certainly not conducive to good health.

BATHING.

Baby's bath should be 90 deg. to 96 deg. Fahrenheit. It is advisable to always use a thermometer for this, as the heat of the bath is of vital importance. Castile Soap, a large sponge, and a flannel are necessary. At least once a day he should be bathed, and powdered with Ucal Baby Powder.

BOILED WATER.

All water used in the preparation of baby's food, and given him to drink, must be boiled.

CLOTHING.

Warmth without weight, loose and fastened with buttons and tapes. *NO* pins. A cap

is not necessary, but the thorough airing of every garment is essential.

EXERCISE.

The first and most natural form of exercise is for Baby to lie on the floor or bed, and kick. He should be taken out every fine day until three months old, and regularly every day afterwards.

MINOR AILMENTS.

"WHEN BABY HAS WIND."

If baby is troubled with wind, it will probably be found that one of the following is the cause:—

He is having unsuitable food.

He is being over-fed.

His food is too rich.

He takes his food too quickly.

The food is too hot or too cold.

He is constipated.

He is fed at irregular intervals.

He has been "wind sucking" through having a comforter, or through drawing at an empty bottle.

The chill of a perpetually wet napkin.

PREVENTION.

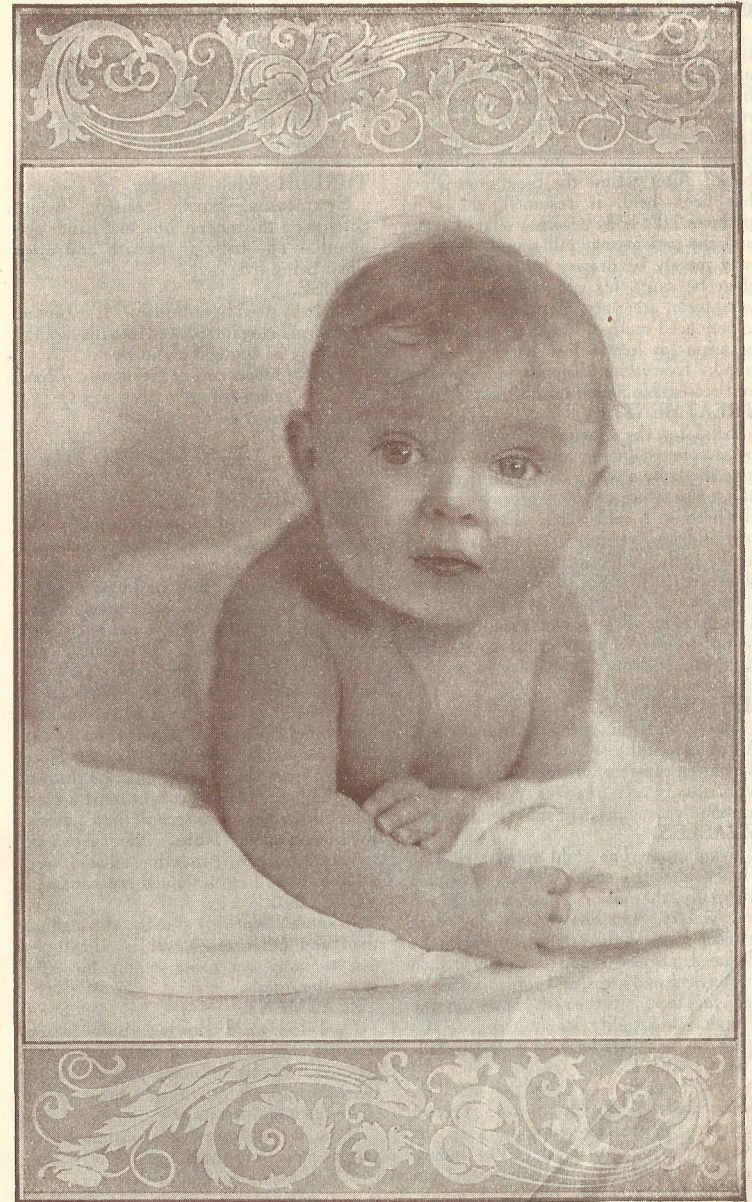
Remove the cause when possible. About half-way through each feed and at the close of the feed, raise baby gently against the shoulder and softly pat his back until he has brought up the wind.

TREATMENT.

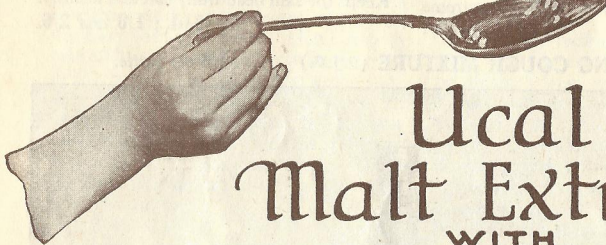
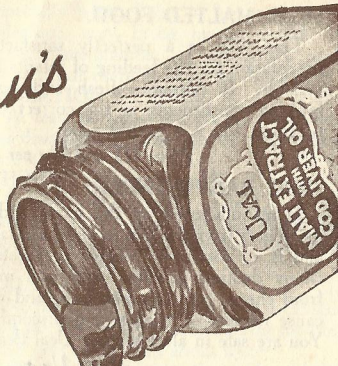
A little Ucal Gripe Mixture will quickly relieve baby when he is suffering from flatulence; a spoonful of warm boiled water also gives relief.

CONVULSIONS.

(Causes)—Faulty or injudicious feeding, irritation from the teeth, intestinal worms, wax or foreign bodies in the ears, or similar causes of irritation in the nose, adenoids, excessive crying, coughing as in whooping cough, the onset of some acute illness or fever—there are really innumerable conditions which may be responsible for an attack.



The Children's
body
builder!



Ucal Malt Extract WITH Cod Liver Oil

COMBINING the richest of Malt Extract with the purest and sweetest of Norwegian Cod Liver Oil. A product which has attained the highest standard of purity and body-building qualities. It is invaluable in all cases of wasting disease, being a perfect body-builder rich in vitamins, and is easily digested. Doctors everywhere recommend it.

GROWING Children must be able to digest, assimilate, and obtain the very fullest nourishment from their ordinary food—Ucal Malt and Oil, being specially prepared, is a powerful digestive agent—thus obtaining all the nutriment possible from ordinary food, in addition to the valuable flesh and bone-forming properties contained in UCAL COD LIVER OIL AND MALT EXTRACT.

Prices: 1/-, 1/6, 2/9 and 5/.

Calendar for 1927

JANUARY.							FEBRUARY.							MARCH.						
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BANK HOLIDAYS, ECLIPSES, etc., FOR 1926.

Good Friday and Easter Monday, April 2nd and 5th.
Whit Monday, May 24th.
Bank Holiday, August 2nd.
Christmas Day and Boxing Day, December 25th and 26th.
Grouse Shooting begins August 12th.
Partridge Shooting begins September 1st.
Pheasant Shooting begins October 1st.



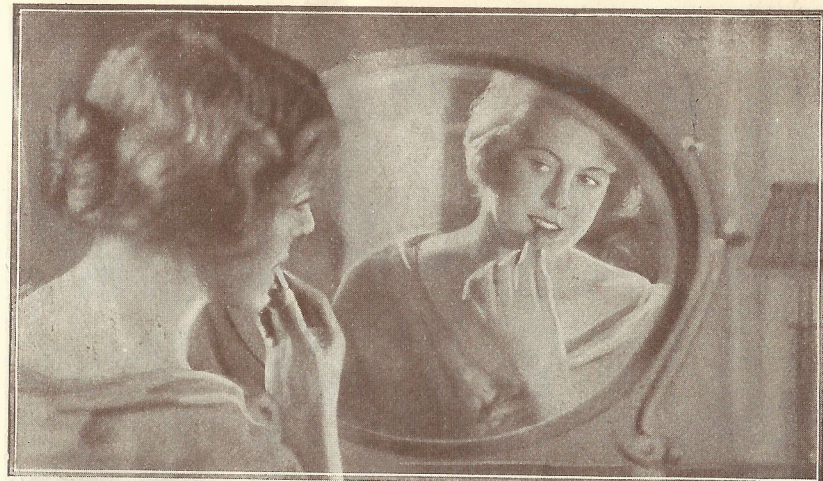
Nice Eyebrows and Long Lashes

NICELY shaped eyebrows are only a matter of training. Keep a small soft brush on your dressing table and use this to train your brows in the way they should grow. Before brushing, just dampen your finger-tips with your tongue and "lay" your eyebrows and then gently brush. Uneven eyebrows may be shaped by removing the straggling hairs with a small pair of toilet tweezers or they may be treated by electrolysis.

For your lashes, you should take the slightest smear of good vaseline on your fingers and apply it to your eyelids with a gentle upward motion. This will promote their growth and darken them. Very careful and very slight clipping of the lashes every few months strengthens and thickens them. Use a pair of small curled scissors for the purpose. To get that becoming slight curve of your lashes, you should make your little finger wet with your tongue, then place your finger under your upper lashes and gently coax them into a curve. If you do this morning and night for a few weeks, you will train your lashes to curve nicely.

January

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How to use your Powder Puff and Lipstick.

YOUR powder-puff should be a good one. Choose one made of pure swansdown and keep it in a special box, away from dust.

Before beginning to powder, rub into your skin a very small quantity of Ucal pure Cold Cream. Let this remain a minute or two and then remove any excess with a soft cloth. Ucal Cold Cream is perfectly pure and free from any ingredient that tends to grow hair.

Now for your powder. Apply your powder thickly, leave it on for a few minutes and then brush off any excess very lightly with your puff. (Never make the mistake of using a small quantity of powder, nor rub it vigorously into your skin).

Just a touch of lipstick is all that is necessary. Apply a little at the centre and work it gently into your lips. In the event of you having an objection to the use of red lipsalve, you should rub your lips lightly with pure glycerine before going out into the open air.

February

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Remember that the skin of the lips is extremely delicate; and once it becomes chafed and cracked, it is very difficult to render smooth and soft again.



Care of the Arms

ANY dinner party or evening dance will show you who does and who does not really care for her arms. And yet, every woman can, in exchange for a little time and trouble, have arms of which she might be proud.

If the arms are thin and the skin is rough and of a bad colour, a week or two's careful and special treatment will give surprisingly good results.

Begin by bathing the arms each night in hot water. Then take an Egyptian loofah and soap and rub them for several minutes, gently, but firmly. Then bathe them again with more hot water. Now rub in some good olive oil or a reliable cream. Then, keeping your fingers close together, proceed to pat the muscles of your arm with an uplifting movement—especially where the skin is rough and discoloured. Now wipe the arms, apply your powder and smooth it off with the fingers.

Dimples in the elbow add to beauty, but a sharply pointed elbow is ugly and the point should be immersed in hot water for half an hour a day and massaged.

Occasionally you should give your arms a "dry massage," especially the backs of the upper arms. Rub them gently but briskly till they seem "all aglow." This "friction bath" will take any flabbiness from the flesh and will wonderfully improve the texture of the skin. If the skin on the upper arm is very rough and red, it can be made smooth and white by a gentle rubbing with toilet pumice-stone and lemon-juice, or Ucal Lemon Crème

March.

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Treatment for Blackheads and Pimples.

BLEMISHES like blackheads are diseases of the skin-glands; and need to be treated locally and by purifying the blood.

Skin blemishes are far more common to young people than to adults. Many girls who are troubled with skin complaints in their early years, find that they "grow out" of face blemishes in the course of time.

Treatment should consist in steaming the face at night, and afterwards rubbing a little Eau de Cologne into the skin. A good blood-purifying tonic should be taken (Ucal Blood Mixture is the best we know), and fruit, like oranges and figs, should be eaten freely. Carrots and turnips are very helpful in attaining a clear complexion.

Pastry, sauces, cheese and all greasy foods are generally unsuitable foods. Highly seasoned dishes should be strictly avoided and cocoa and warm milk should take the place of tea and coffee.

The use of a little "Blackhead Remover" (obtainable at most chemists) is necessary for local treatment. A Ucal Sulphur Blood Tablet sucked now and again is also very good.

April

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Hints on Softening and Whitening the Hands.

YOU will find that lemon-juice is an excellent thing for redness and roughness and stains on the hands. It softens and whitens and has a tendency to keep your fingers slim.

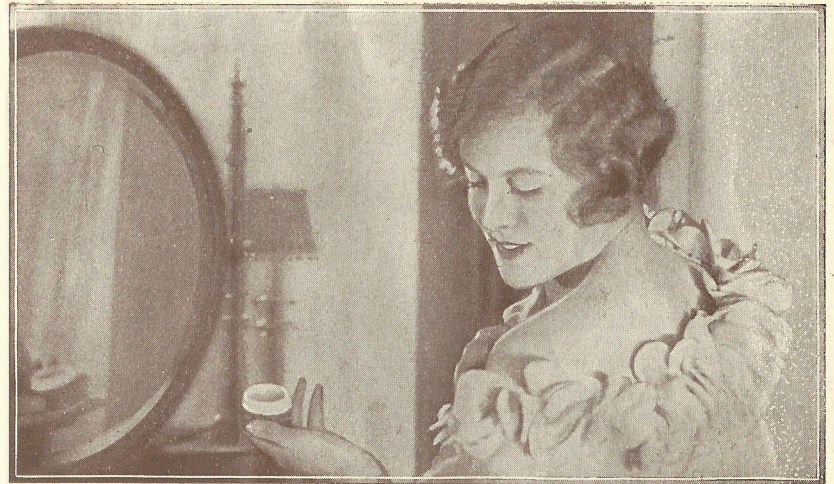
A very good preparation is made with the juice of half a lemon and half a pint of olive oil. Then, having washed your hands and dried them, pour a little of this mixture over the backs and rub it well in. Never omit to do this before going to bed.

Before beginning housework, scrape the nails along a soft bar of soap. This will prevent the dirt finding a way down your nails. If you also slightly vaseline your hands and wrists, you will be able to keep the dirt out of the pores and lines of your skin, and your hands will come clean again twice as easily.

Endeavour to keep your hands out of water as much as possible, and always rinse your hands in cold water after having immersed them in hot. Ucal Skin Tablet will prevent or heal chaps, and an ointment made of cold cream and mustard is excellent for unbroken chilblains.

If you are troubled with warts, you will find nothing better than a few applications of Ucal Wart Charmer.

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Developing the Neck & Shoulders.

MANY a girl's pretty evening frock loses a lot of its charm for her if there are hollows in her neck, and her arms and shoulders are too thin. The aim, of course, should be to get "plumper;" for no amount of mere local treatment will do as much as good flesh-forming foods and a lot of extra sleep. Milk (especially hot at bedtime), eggs, jellies, rice gruel, dried figs and sugar candy are all fattening foods. A few weeks of deep breathing exercises will work wonders in filling out hollows in the neck.

Massage, too, should be resorted to; for whether the neck is too fat or too thin, careful massage will improve you. An ideal lotion for massaging a thin neck is a mixture of almond oil and vaseline, or small quantities of cod liver oil, well rubbed in.

Shoulders are improved by rubbing them nightly with good olive oil or skin cream. Rub firmly and with a circular motion.

June						
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Exercises are helpful. Those are best that bring into play the muscles of the arms and shoulders. Tennis for instance. If you cannot engage in outdoor games, exercise in your bedroom. Stretch the body along the floor, resting on your toes and palms of your hands. Keeping your body stiff, bend your arms till your chin almost touches your hands. Push the body back to the horizontal and repeat till you tire.



Beautifying the Nails.

REGULAR manicure is essential to the woman who desires beautiful fingers; and most dressing-tables have the few necessary articles to keep the finger-nails clean and glossy.

To keep nails beautiful they need careful filing once a week and polishing every day with the buffer. Before beginning your weekly manicure, soak the nails for a few minutes in warm, soapy water. Having clipped and filed your nails, rub them with a little vaseline. Wipe this off and polish with powder and the buffer.

For short nails there is nothing better than a daily soaking in salt water to make them grow. If the nails are stained, cut a lemon in half and plunge the tips of the fingers into it, moving them in and out till the stain has gone.

Every time you wash your hands, take an orange stick and push back the skin at the root of the nails. This will save you a lot of time when you give your hands their weekly manicure.

July						
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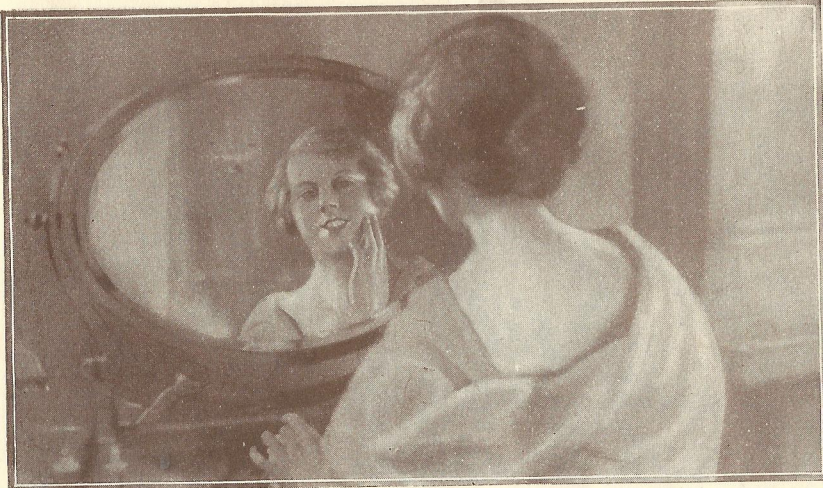
Applying your Rouge and Powder.

THE chief secret of "putting on" rouge or powder is to lay it perfectly even. The old-fashioned "hares-foot" helps you to apply rouge properly. Rouge, however, should be used always with caution and very sparingly.

When powdering, apply it over the whole of the face, not troubling to avoid the eyebrows and lashes. When you are satisfied that there is no sign of "patches," you can damp your finger-tips with your tongue and take the powder from your lashes and eyebrows.

August						
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Remember that, while powder is an excellent protection for the skin, it should always be thoroughly washed off at night. It should be your aim always to improve your complexion from within rather than from the surface and to use the least powder possible.



To cleanse the Skin and remove Wrinkles.

A PART from the usual practice of cleansing the skin with nice hot water and a good soap, you will find a Turkish face-bath occasionally of much benefit.

To take this you should half fill your toilet basin with really boiling water and hold the face in the vapour for several minutes. This will open the pores; and consequently is splendid treatment for eruptions like blackheads.

The little tell-tale lines, like crows-feet around the eyes, and forehead lines, can be gently treated by finger massage. Begin in the middle of the forehead and pass the fingers outward toward the temples, remembering that in all treatment for wrinkles, the direction is always around and outward. Always move the tissues of the face lightly, for if you stretch the skin, it will become relaxed and then very difficult to treat successfully. Work in a rotary movement around the corners of the eyes. The wrinkles that run from the base of the nose to the mouth need constant treatment.

Hold the flesh firmly by pressure of the fingers and massage gently with an upward and downward motion (chiefly upward). Then proceed in a circular motion across the face in the direction of the ears.

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How to treat a Dry, Delicate Skin, and General Hints.

IF your skin is dry, a nightly application of a cream of a greasy nature is the one thing desirable; Ucal Lemon Creme is very desirable. A tablespoonful of good olive oil, taken daily, tends to offset excessive dryness. Never use very hot water if you have a dry skin; for the heat will absorb any little natural grease that your pores may secrete.

Good general advice is to use good soap and to thoroughly cleanse your skin before going to bed. If you cannot get rainwater for your toilet, soften the hard water with oatmeal or Ucal Water Softener. Before going out into a strong wind or the sun, always use a good vanishing cream and a touch of powder.

Don't sit too long or too closely over a fire (especially after a walk in the cold air), if your skin tends to dryness. The fire is a foe to a good complexion. It destroys the elasticity of the skin and encourages the early arrival of wrinkles.

October

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A Turkish-bath, now and again, should be taken by every woman who wants a clear and healthful skin. A hot vapour bath cleanses the pores, which are inclined to become clogged with powder and make the skin shallow. Keep the pores cleansed and the surface skin protected, and you will do much toward the attainment of complexion beauty.



Nice Lips and a Pretty Chin.

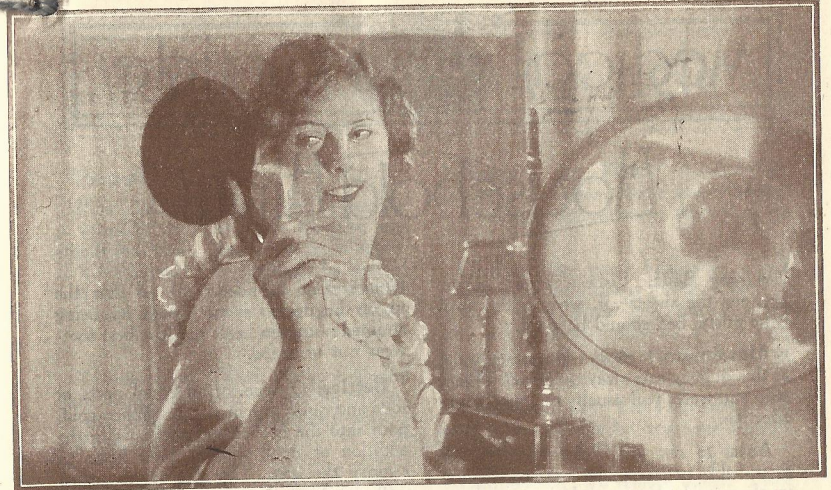
PALE lips are nearly always due to anaemia, in which case a good iron- tonic or blood-making wine are necessary if you want "cherry-ripe" lips. When lips tend to crack, frequent application of a softening lotion like glycerine should be made. Gently biting the lips restores their colour temporarily.

Try this treatment for "double-chin." Wring a folded flannel in *very hot* water. Then hold it under the chin, so that the heat is absorbed by the superfluous flesh you are treating. Apply these heated compressions for about five minutes. Dry, and apply Ucal Cold Cream. Now place both thumbs under the chin, fingers resting on cheek bones just in front of the ears. Press the thumbs firmly back under the jaws till they reach the fingers, coaxing away the superfluous flesh sideways.

One of the best treatments for double-chin is a series of exercise. Throw the head upwards and backwards and thrust forward the lower jar. Then clench the teeth, draw the muscles of the throat upward and then relax them. Then turn the head from side to side to the farthest angle to which it is capable of turning. Ten minutes a day for a few weeks will be sufficient to give excellent results.

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How to beautify the Eyes.

OCULISTS say that anything that tends to preserve the eyesight and to strengthen it, will do something toward beautifying the eyes. To keep eyes bright, you should recognise these "Thou shalt nots."

Never strain your eyes by reading in a dull light, or concentrating on fine sewing for long periods. Never cycle or motor for a long journey in dust, or wind, without glasses or goggles.

If you find your eyes tire when watching the "movies," avert your eyes for a moment or completely close them.

Cold water strengthens the eyes. The times to use it are: always after prolonged reading, before going to bed and the first thing on awakening.

Occasionally give your eyes an internal bath. Dissolve a little boracic powder in a tumbler half full of warm water, fill an eye-cup, put it to the eye, tilt the head backwards; then open and close the eye once or twice. This will cleanse and brighten the eyes and help to preserve the sight.

If your eyes are weak, you will find a very beneficial treatment is to bathe them in Ucal Antiseptic Eye Lotion.

December

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Household Hints

Airing Beds. Place a hand mirror between the sheets—if, when withdrawn, it be misty, bed should be aired.

Aluminium, to clean. Do not use soda, as this quickly eats away the metal. Plain soap and water will usually be found quite effective.

Ants, to remove. Take advantage of their dislike to lemon juice—cut up a lemon in slices and place round the spot from which they enter. A few applications will remove the nuisance.

Blankets, to wash. Stock liquid 2 large tea-spoonfuls of borax to 1 pint of soft water. Place two blankets in water, then add above quantity of borax solution, allow them to soak overnight, then next day rub, drain and rinse in two changes of water, then dry (Do not wring them).

Bloodstains, to remove from clothing. Soak in several changes of cold water, or sponge lightly with warm water in which has been placed a few drops of ammonia. Then wash in the ordinary way.

Boots. To Waterproof Welts, Soles, and Uppers. Mix two parts beeswax with one part mutton fat, and apply to leather at night. Polishing will be more difficult at first on top of this dressing, but after one or two cleanings the shine will come brighter than ever.

Boots. To soften, remove squeaks, and preserve. Wash first in warm water and then rub in castor oil.

Boots, care of. For comfort, economy, and appearance it always pays to buy the best footwear. The same pair should not be worn every day, an occasional rest—on trees—is very necessary. After a wetting leather requires very careful drying, and it is best done on trees. Get

repairs done in good time so that the fit of the uppers is not spoilt by being strained; uneven heels pull the best foot-wear out of shape.

Bottles, to clean. Boil equal parts of soda and quicklime in water. When cold, pour into the bottles and shake well—the addition of small shot or sand helps to remove the dirt. Dry thoroughly when well rinsed out.

Brass Candlesticks, to clean. Mix together two pints of the soda and quicklime stock solution with 2 ozs. of alum. Soak the candlesticks well, then drain off and polish.

Brass Ornaments. Wash thoroughly with Ucal Cloudy Ammonia, use a brush to get into the ornamental portions. Rinse in clean water, dry, and polish with a clean wash-leather.

Bronze is best cleaned with pulverised whiting. To impart the correct colour, rub the surface with a paste made of plumbago and saffron, finish by heating before a fire (wood for preference).

Brown Boots, to remove stain. Rub well with a piece of lemon or banana skin. Apply polish with a soft cloth and rub well in, then finish off with brush and velvet.

Brushes, to wash. First comb the hair from the bristles, then dip them into boiling water, to which a pinch of soda has been added. Keep the backs and handles as dry as possible. Rinse the brush in cold water, dry the backs but not the bristles. Set to dry near a fire. Do not use soap or wipe the bristles.

Carpet Beating. Always beat on the wrong side first, and then more gently on the right side.

Carpets.

Daily Cleaning. Use a vacuum cleanser if possible, as it is more efficient and entails less wear than any other method. If a carpet must be brushed, be careful to do so the way of the pile. Tea leaves or fresh grass strewn over the carpet prevent the dust from being scattered.

To remove ink. Wash the spot stained immediately with milk. Pour the milk on to the stain and rub vigorously with a piece of clean flannel.

To remove grease. Put down at once a mixture of flour and whiteness to prevent spreading, leave this for a time to soak up as much as possible, then clean with a flannel dipped in turpentine.

Carpets, to restore colour. Mix in a bucketful of hot water a tea-spoonful of common salt, and half pint of ox-gall. Rub this solution well into the pile with a soft brush, wash the lather and dirt away with clean cold water, and rub dry with a fresh cloth.

Chamois Leather. To clean. Soak in a pint of water to which three table-spoonfuls of Ucal Cloudy Ammonia have been added. Press out the dirt, rinse well, and dry in the shade.

Children's Clothing, to render fire-proof. Linen, cotton, muslins, etc., when dipped in a solution of tungstate of soda, or common alum, will become combustible. A little alum should, therefore, always be added to the rinsing water.

Chimney on Fire. Exclude all draughts by shutting doors and windows and blocking up crevices; throw salt on fire.

Cinders. In every household where coal fires are used to any extent, it pays to have a good up-to-date cinder sifter. The saving effected day by day is very considerable, and soon repays the cost of the equipment.

Combs, to clean. Get a fine hard brush and remove all dirt by brushing it away, then wipe with a cloth.

Cupboards. To remove damp. Place a box of quicklime inside, shut the door tightly, and leave for a few days, when the moisture will all have been absorbed.

Dresses. Coloured, to wash. Soak for two hours in a strong salt solution to which has been added a pinch of alum. This will "set" the colours and prevent running of embroideries, etc.

Eggs, to preserve. It is a good plan to preserve sufficient eggs in the spring to last through the winter, and if the process is carried out properly no fear need be entertained that the eggs will be spoilt. Get Ucal Water Glass from your chemist, and follow the directions carefully. An earthenware jar, a large bowl or a bucket will do, and this should be covered over with a cloth. Wash the eggs before use, and puncture the shell with a needle before boiling.

Flannels, to Shrink. Before being made up, they should be well soaked, first in cold, then in hot water.

Ucal Super Cold Cream.

AN old-fashioned recipe still a great favourite with those who really value a good complexion. It is prepared with all the care and attention devoted to the latest and most complicated cosmetic. A veritable luxury for the skin, and a perfect safeguard against rough winds and the Springtime changes in the atmosphere.



PRICE
9d. and 1/3
per jar.

Medical Guide

Eiderdown Quilts, to wash. This light, fluffy material requires most careful washing, and needs the preparation beforehand of a quantity of clean soap suds in a separate vessel. The suds should be squeezed through the quilt time after time until the dirt is all washed away. Then three or four changes of rinsing water are necessary before drying can be commenced. Drying should be slow and even, whilst frequent shakings improve the softness and fullness of the stuffing.

Flannels, washing. Ammonia added to the water is a good thing; use two table-spoonfuls to the bucket. Only pure white soap should be used, and it must be free from soda. During the soaking process, cover up the tub to keep in the steam, and always squeeze the material instead of rubbing.

Flies. The household fly is distinctly a household enemy, and should be discouraged from entering the house by every possible means. Use a dust and rubbish bin with a cover, and see that this always fits, and that the bin is emptied at frequent intervals. If you use fly papers they can be just as effective in inconspicuous places.

Fruit Stains, to remove. Spread the stained material over a basin and rub common salt well into the fabric. Then pour boiling water on. This method is applicable to all coloured fabrics except those with any fugitive dyes.

Furs, care of. The best way to keep furs during the summer is undoubtedly in a special cold storage. If this is too expensive or not available, a tin-lined wood chest is a good substitute. Sprinkle Naphthaline Balls freely amongst the furs.



PRICE
4½d.
per box.

Ucal Morning Salt.

FEW of us get sufficient regular exercise. So, every now and then, most of us become sluggish and depressed. A little Morning Salt before breakfast will soon put you right and brighten your spirits. Excellent for Liver and Kidney troubles.

48

Gas Globes, to clean. Scrub well with a solution of curd soap and soda, afterwards rinsing in warm water, stand the globe upright and allow to drain and dry without wiping. The inside may be polished afterwards with a soft clean cloth.

Gas Mantles, to remove. Stick a hat pin carefully through the cord and gently lift the mantle off the forked support. The mantle can then be lowered into a large tumbler or jug and supported by the pin, left in safety whilst any necessary cleaning of the fittings is carried out.

Gilt Frames, to clean and renovate. Shake up in about one pint of water a little flowers of sulphur until the water becomes yellow, then boil in it three or four onions, crushing them so as to extract as much juice as possible. Strain the liquid when cold and paint with a brush the old or gilt frames.

Glass, to remove stains. Fill vessel with a liquid consisting of equal portions of vinegar and salt; shake well at intervals and continue until stains are removed. Wash and rinse in usual way.

Glass should always be washed in cold water, which gives it a much clearer and brighter look than when cleansed with warm water.

Glass Stopper in Bottle, to loosen. Press the thumb against crown of stopper, and tap the neck of the bottle on the opposite side, with a coin—preferably a penny.

Gloves, Cleaning.

White Kid. The removal of spots or smudges may be successfully accomplished by rubbing them with cream of tartar. Benzine and breadcrumbs are also useful for removing very dirty marks.

Medical Guide

To wash them, make a strong solution of curd soap in warm water and soak in that a piece of flannel. Smooth out the glove on some hard, smooth surface, such as the bottom of a basin, and rub out the dirt with the flannel. The fingers must be turned, and care taken to cover every part of the glove, cleaning and rinsing the flannel from time to time. To dry the gloves, pull them out to shape without rinsing and lay them on a clean towel, preferably in the sun.

Chamois, or Washleather. Rub out grease spots with cream of tartar, then soak the gloves for an hour in warm soap suds to which a very little ammonia has been added. Squeeze all the dirt out, rinse well, then dry slowly, rubbing occasionally to prevent the leather becoming stiff.

Gold and Silver Embroidery, to clean. Spirits of wine, either pure or mixed with water, cleans and brightens—also gin may be used with equal success.

Hot Water Bottles (Indiarubber), care of. Do not use boiling water, put near a fire or fold up. When not in use these bottles should be carefully drained, dried, and stored in soft tissue paper or hung up in a cool place.

Ironmould Stains, to remove. Get a small quantity of Eau de Javelle from your chemist and soak the stain out by dipping the part to be treated in a saucerful of the liquid. All traces must be washed away immediately.

Ivory, to clean. Make a paste of prepared chalk, sal volatile and olive oil, rub it on with a wash leather, leave to dry in the sun, and then brush off and polish.

Knives. The introduction of stainless steel has saved every housewife much tedious cleaning. For those who still have some ordinary knives in use the following tip will be useful. Keep a jar of hot soda solution ready and plunge the blades in as soon as possible after use. Be careful not to dip the handles, which should be cleaned separately by means of a cloth wrung out in warm water. Powdered charcoal is very useful for imparting a high polish.

Lace. Should be kept in blue tissue paper to protect it from the light. Washing must be very carefully done, squeezing rather than rubbing should be resorted to in order to get rid of the dirt. To dry, pin out on a clean white muslin cloth.

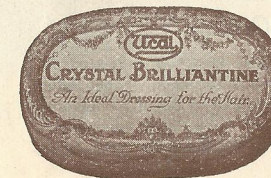
Lamps, Oil. Should be kept full and when not in use have the wick turned down below the top of the wick holder. Trimming is best done by rubbing—cutting spoils the wick. Clean chimneys with spirit as it prevents cracking.

Lemons, to preserve. Lemons keep very fresh and juicy if placed in clear, cold water, which must be changed every few days.

Linen, to whiten. Put two or three slices of lemon in the boiler with them—this will both whiten, and remove stains.

Linen, wine stains. Hold the article in milk while it is boiling, and the stains will soon disappear.

Linoleum, to preserve. This should never be treated with soap or soap powders. The daily dusting should keep it perfectly clean if it is treated with this method about once a month. First wash over with warm water and dry thoroughly with a clean rag. Then rub in a little warm linseed oil and polish with a soft cloth.



PRICE
1/-
per box.

Ucal Crystal Brilliantine.

AN excellent Brilliantine of the greasy type—specially suited for gentlemen who experience a difficulty in fixing the hair. Delightfully perfumed.

49

Medical Guide

Looking Glasses. Dust over the surface with the finest sifted whiting, having previously removed all dirt. Now polish with a soft cloth—silk is best for this work. If spirit of wine is used to remove spots great care must be exercised to avoid touching the frames or gilding.

Marking Ink, to remove. Get ready two vessels, one containing a solution of chloride of lime and the other liquid ammonia. Immerse the marked portion of material first in the chloride of lime until the letters turn white, then quickly plunge it into the ammonia, leave for two or three minutes, then rinse in clean water.

Matting. Should not be washed, but cleaned by applying coarse salt and tepid water, afterwards wiping dry.

Moths, to guard against. Summer clothes put away for the winter, or furs stored during the summer, and all spare blankets, etc., should be carefully guarded against the ravages of moths. Do not trust to any second-hand furniture without first scrubbing it out with tobacco liquor and spirits of camphor to kill any possible moth's eggs. Aromatic herbs, camphor, naphthaline, etc., are used to lay in drawers and chests to keep moths away. A very efficient and convenient preparation is "Antimo," a "Ucal" Product more reliable than the old ones.

Paint, to remove stains of. Rub gently with a rag dipped in spirits of turpentine.

Paint, care of—Unvarnished Paint. Wash carefully with slightly soapy soft water; use a good white soap which is free from soda, work downwards and rinse in warm water, dry with soft rag. Polish with dry chamois leather.



PRICE
1/-
per jar.

Ucal Lemon Crème.

A most delightful cream, specially prepared for softening and whitening the skin. Most ladies know the value of the lemon as an agent for keeping the skin clean and white. We have accordingly introduced into our cream, oil from the very finest Messina Lemons.

Paint, to remove smell of. Sprinkle a handful of chopped hay on a bucketful of water and let it stand in the room.

Varnished Paint. Proceed as above but use cold water.

Paraffin Lamps, to prevent smoking. Place a lump of sugar in the bowl at the time of filling with oil.

Pianos, care of. Keep free from damp by having a fire in the room frequently in wet weather, and drawing the instrument away from any wall. Do not load the top with ornaments which are apt to rattle. Keep well polished and the keys free from grease and stains. A good method of restoring the colour to the keys is to clean them with spirits of wine.

Plated Ware, to clean. Wash as soon as the pieces are removed from the table, in water to which a tea-spoonful of ammonia has been added, and a little Soap. Powdered magnesia can be used for polishing, and the article carefully finished with a chamois leather.

Rust, to prevent. Dissolve half oz. of camphor in 1 lb. of lard, then mix in as much black lead as is required to give it the colour of the metal to be treated. Clean the iron or steelwork well before applying, then leave for twenty-four hours and finish off with a clean cloth. New tinware should be covered with lard and well baked in the oven before being used. This makes it last longer, if repeated occasionally will keep the rust away.

Screws, to loosen. Run a drop of kerosene round the head and leave it for a few minutes, the screwdriver should then easily remove it. A red hot iron held for a moment or two on the head will sometimes loosen a screw which has been rusted in.

Medical Guide

Silk, to restore colour. When colour has been taken from silk by acids, it may be restored by applying to the spot a little Hartshorn or Sal Volatile.

Sponges, to clean. Dissolve three ozs. of bicarbonate of soda in a quart of water. Leave the sponge in this for a day. Then take it out and soak it for a couple of hours in half a gallon of water to which has been added a wine-glassful of muriatic acid. Rinse in clear water for some time and dry in strong sunlight.


Tea Stains, to remove from table-cloth. Rub a little of the best glycerine in before washing.


Umbrellas, care of. A good umbrella deserves a great deal more attention than

it usually gets, and is nowadays far too expensive an item to neglect. Before using a new one, rub a little vaseline into the hinged portions of the frame. This will prevent rust and ensure easy opening and closing. Always dry an umbrella by standing it on the handle so that the water will not collect at the ferrule end.

Wall Paper, to clean. Use either oatmeal, breadcrumbs, or dough. Whatever material you are using, you must begin at the top and work down each piece of paper separately.

Washing Day. A tea-spoonful of paraffin in a tubful of clothes ready for washing, will considerably lighten the work.

Why you should always
deal at a  Pharmacy



The Registered Trade Mark of the United Chemists Association Limited is your guarantee that the product on which it appears is manufactured under the strictest Analytical control.

Ucal Products are made in a factory controlled entirely by Qualified Chemists, and are sold only by Qualified Chemists.

DISPENSING.—This is a highly skilled business needing a fully qualified and experienced Chemist who uses only the best active drugs and chemicals. You can be sure of getting this skill, excellent service and high quality medicaments if you always attend a UCAL PHARMACY.



Price
1/3, 2/3, 4/-
per bottle.

My Lady's Hair.

BEAUTIFUL Hair is very often an accomplishment rather than a gift. No matter how lovely the hair may be, unless it is properly cared for—it will eventually lose its beauty.

BRUSHING is exceedingly good for both hair and scalp—but this alone is insufficient—the hair, like plants, needs food—stimulation.

THE most stimulating lotion for the hair is UCAL HAIR TONIC. The regular use of this will speedily improve the condition of the hair, making it thicker, as well as longer, and imparting that beautiful lustre which is so significant of "life," and so essential to Hair Beauty.



Cleansing the Hair.

SHAMPOODA

The Super Shampoo

for
Cleansing and
Beautifying
the Hair.

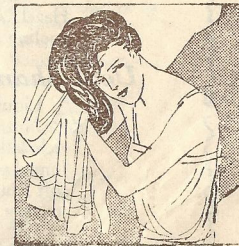
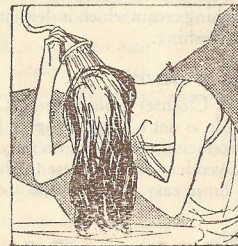


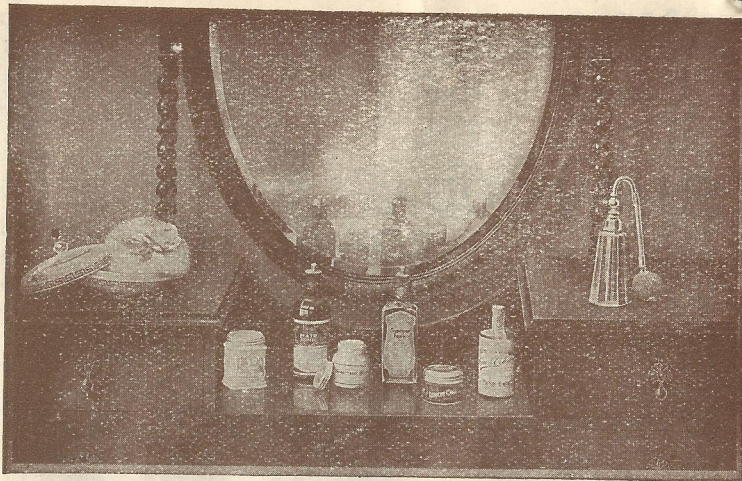
3d.
Packet.

How to use Shampooda.

1. Wet hair and scalp with warm water, and then apply the Shampooda Solution. Work up a generous creamy lather and massage well into scalp.
2. Rinse thoroughly in clear warm water. Lather again, massage, and then rinse till water runs clear.
3. Dry quickly with heated towels. Finish drying by fanning or gentle heat. Apply a little Ucal Hair Tonic.

See page 52.





My Lady's Dressing Table

Ucal Eau de Cologne

NO other known perfume is so beautifully refreshing, so cool and sweet. A bottle on your dressing table shows taste and appreciation of the beautiful.

Price
2/3, 4/-, 7/6

Ucal Super Cold Cream

EXCELLENT for use as a Night Cream, quite as good as the more expensive Night Creams, and equally beneficial for the complexion.

Price
9d. and 1/3
per jar.

Ucal Rose Hazel Snow

AN exquisite preparation for the skin, containing fresh distilled Extract of Witch Hazel. A vanishing cream which is delightfully cooling and refreshing.

Price
1/3
per jar.

Ucal Shampoo Foam

A Liquid Hair Cleanser whose base is Cocoa Nut Oil. It is not a dry Shampoo, but a rich lather-producing preparation faintly perfumed with lavender. After its use the hair is soft but not limp, easy to dress and looking its very best.

Price
2/3
per bottle.

Business Abbreviations in Everyday Use

A1. First-class (of ships).	F.A.S. Free alongside ship.	% Per cent.
A/c, Acc., or acct. Account.	F.O.B. Free on board.	‰ Per mille.
A.D. Anno Domini (in the year of our Lord).	F.P.A. Free of particular average.	Oz. Ounce.
A/s. Account sale.	Fcp. Foolscap.	P., PP. Page, pages.
@ At.	Fig. Figure.	P.A. Power of Attorney.
Ad lib. Ad libitum (at pleasure).	Fo. Folio.	P.Av. Particular average.
Amt. Amount.	Fr't. Freight.	P.M.G. Postmaster-General.
Ans. Answer.	Ft. Foot, feet.	P.N. Promissory note.
Avoir. Avoiràupois.	Fur. Furlong.	P.O. Post Office.
	F'wd. Forward.	P.S. Postscript, written afterwards.
B.E. Bill of exchange.	G/A. General average.	P.T.O. Please turn over.
B.L. Bill of lading.	G.P.O. General Post Office.	Payt. Payment.
B.P. Bills payable.	Gal. Gallon.	Pd. Paid.
B.P.B. Bank post bill.	Gr. Gross.	Per or ₪. By.
B.R. Bills receivable.	H.B.M. His Britannic Majesty.	Per an. Per annum (by the year).
Bls. Bales.	H.M.C. His Majesty's Customs.	Per cent. Per centum (by the hundred).
C.A. Chartered Accountant.	Hhd. Hogshead.	Per pro., or p.p. Per pro-curation.
C.E. Civil Engineer.	I.e. Id est (that is).	Pcs. Pieces (of cloth).
C.F. Cost and freight.	I.O.U. I owe you.	Pkgs. Packages.
C.F.I. Cost, freight, and insurance.	Ib., Ibid. Ibidem (in the same place).	Pro forma. As a matter of form.
C.O.D. Collect on delivery.	Id., Idem. The same.	Pro tem. For the time being.
C/o. In care of.	Insc. Insurance.	Prox. Proximo, next month.
Chq. Cheque.	Inst. Instant, the present month.	Qr. Quarter, quire.
Co. Company.	Int. Interest.	Recd. Received.
Com. Commission, commissioner, committee.	In trans. On the passage.	Rect. Receipt.
Con., Contra. Against.	Inv. Invoice.	Reg. Register.
Cr. Credit, creditor.	J.P. Justice of the Peace.	Retd. Returned.
Cs. Cases.	Jr. or Jun. Junior.	Sec. Secretary.
Cwt. Hundredweight.	K.C. King's Counsel.	Ship't. Shipment.
D/A. Documents attached (sometimes documents for acceptance).	Kilos. Kilogrammes.	Stg. Sterling.
d/d. Days after date.	L. or £. Pound sterling.	Tr. Transpose.
D/D. Demand draft.	L. or lb. Pound weight.	U.S. United States.
d/s. Days after sight.	L/C. Letter of credit.	Ult. Ultimo, last month.
d/y. Delivery.	L.S.D. Libra, solidi, denarii (pounds, shillings, pence).	V., Versus. Against or in opposition.
Dft. Draft.	M/d. Months after date.	Vid. Vide (see).
Disct. Discount.	M/s. Months after sight.	Viz. Videlicet (namely).
Do., ditto. The same.	MS., MSS. Manuscript, manuscripts.	Vol. Volume.
Dr. Debtor.	Meast. Measurement.	W.C. West Central.
E.C. East Central.	Memo. Memorandum.	W.I. West Indies.
E.E. Errors excepted.	Messrs. Gentlemen.	Wt. Weight.
E.G. Exempli gratia (for example).	Mo. Month.	X.D. Without the dividend.
E. & O.E. Errors and omissions excepted.	N.B. Nota bene (note well).	Xmas. Christmas.
Ed. Editor.	N.D. No date.	Yr. Year.
Enc. Enclosure.	No., Nos. Number, numbers.	Yd. Yard.
Esq. Esquire.	N.P. Notary Public.	4to. Quarto.
Etc. And the rest.		8vo. Octavo.
Ex. From; out of.		
Exch. Exchange.		

Do You Know These?

Why is a person reading these conundrums like a man condemned to undergo a military execution? Because he is pretty sure to be riddled to death.

Why was Goliath surprised when David struck him with a stone? Because such a thing never entered his head before.

What gives a cold, cures a cold, and pays the doctor's bill? A draft (draught).

When is a schoolmaster like a man with one eye? When he has a vacancy for a pupil.

What is the most dangerous time of the year to visit the country? When the bull-rushes out, and the cowslips about, and the little sprigs are shooting all around.

Who was Jonah's tutor? The whale that brought him up.

When can donkey be spelled with one letter? When it is "U".

What herb is most injurious to a lady's beauty? Thyme.

Why is a bald-headed man like the North Pole? Because it is a great white bear (bare) spot.

When a church is on fire, why is the organ the least likely to be saved? Because the engine cannot play on it.

Why is a lover like a tailor? He presses his suit.

Why are teeth like verbs? They are regular, irregular and defective.

Why are pretty girls like fireworks? Because they soon go off.

What ship is it that no woman objects to embark in? Court-ship.

Why cannot a deaf man be legally convicted? Because it is unlawful to condemn a man without a hearing.

What is the difference between an auction and sea-sickness? One is the sale of effects, the other the effects of a sail.

If you were to ride upon a donkey, what fruit would you resemble? A pear. (A pair).

Where can happiness always be found? In the dictionary.

Why are washerwomen great travellers? They are continually crossing the line and running from pole to pole.

Why should a quill pen never be used in inditing secret matter? Because it is apt to split.

Why are some women like facts? Because they are stubborn things.

What is a kiss? A receipt given by a lady on paying your addresses.

When is a clock on the stairs dangerous? When it runs down and strikes one.

Why is a vote in Parliament like a cold? Because sometimes the eyes (eyes) have it, and sometimes the nose (nose).

Why is a room full of married people an empty room? There is not a single person in it.

What root must you hold in your hand to stop the toothache? The root of the tooth that aches.

What is the difference between forms and ceremonies? You sit on one and stand on the other.

Why is a baker a most improvident person? He is continually selling what he kneads himself.

What are the most unsociable things in the world? Mile stones, for you never see two of them together.

What is that which Adam never saw, never possessed, yet left two to each of his children? Parents.

What word by taking the first letter from it, makes you sick? M-usic.

Have you heard the story about the smoky window pane? No. If I told you you wouldn't see through it.

What is the difference between a spend-thrift and a pillow? One is hard up and the other is soft down.

What is full of holes and yet holds water? A sponge.

Tucalia Dental Cream,

THE final result of long research into the problem of the prevention of dental decay. It cleans, disinfects, and deodorizes the teeth and gums, leaving a delightfully fresh feeling in the mouth which lasts a long time.

PRICE
6d. and 1/-
per tube.



The Year in the Garden

January.

Manure, dig, and trench the ground. Protect plants from frost, especially strawberries and raspberries. Sow potatoes, early peas, beans, and radishes.

February.

Remove covering from strawberries; fasten raspberries to stakes. Put litter over sea kale and rhubarb. Later peas, broad beans, cauliflowers, may be sown. Transplant and sow cabbages.

March.

Stir the soil between the rows of strawberries and raspberries, and prune the latter. Protect potatoes from frost. Sow vegetables. Prune wall trees. The tender annuals are to be sown in hot-beds. Hardy annuals may be sown in the open ground, and transplanting of all kinds of plants, shrubs, etc., may now be done.

April.

Plant potatoes and later cauliflowers. Stir the soil about onions and radishes, stick peas, sow beans, carrots, beet, and turnips. Thin out parsnips. Stocks may be sown in the open ground.

May.

Protect young vegetables from frost and blight. Stir the soil about sea kale and cauliflowers. Take up radishes. Sow peas and kidney beans for succession. Sow scarlet runners. Thin out carrots. Litter over the early turnips. Plant out lettuce and celery.

June.

Take up new potatoes. Keep strawberries off the ground and well watered. Plant out celery. Hoe weeds, stick scarlet runners. Thin out carrots and parsnips, sow turnips. Put out dahlias, geraniums, petunias, etc. Roses require a good deal of attention.

July.

Dig over ground cleared of potatoes, and plant early turnips. Earth up celery. Clear ground of peas. Cherries, peaches, and plums may now be budded. Cuttings of pansies may be made.

August.

Clear litter, runners, and weeds from strawberries and raspberries, and apply liquid manure. Take up onions. Sow Tripoli onions for spring. Chrysanthemums will be better for some strong liquid manure.

September.

Remove haulms of peas, beans, etc., and give space to savoys, broccoli, etc. Clear away weeds. Plant spring cabbages and cauliflowers.

October.

Take up carrots. Tender plants should now be taken up and potted. Lift variegated geraniums with great care. Hyacinths, tulips, and crocuses may now be planted. Daisies, snowdrops, wallflowers, sweet williams, etc., may be planted.

November.

Put stable manure between the rows of strawberries and raspberries; cut off runners and old canes. Protect broccoli from sharp frosts. Keep cabbage plants free from slugs. Early peas, beans, and radishes may be sown. Take up potatoes and other kitchen roots. Transplant roses and shrubs. Supply chrysanthemums liberally with liquid manure.

December.

Prune gooseberry and currant bushes. Cover up celery with dry litter. Dig up, ridge, and manure vacant ground, as this is the month in which the least can be done in sowing or planting. All leaves from trees, etc., should be collected.

Weights and Measures

Lineal Measure

4 Ins. make 1 Hand	5½ yds. make 1 Rod.
9 " " 1 Span	Pole or Perch
12 " " 1 Foot	4 Poles make 1 Chain
3 feet " 1 Yard	10 Chains " 1 Furlong
5 " " 1 Pace	8 Furlongs 1 Mile
6 " " 1 Fathom	3 Miles " 1 League.

1,151 Miles make 1 Knot.
A Mile varies in different countries:—

England	1,760 yds.	Ireland & Scotland	1,984 yds.
Italy	2,025	Russia	1,167
Spain	6,600	Germany	8,239
Sweden	11,067	Hungary	9,113

France measurement is Mean League of 3,666 yards.

Square or Land Measure

144 Square Inches	= 1 Square Foot
9 " Feet	= 1 " Yard
30½ " Yards	= 1 " Perch
40 Perches	= 1 Rood
4 Roods	= 1 Acre
640 Acres	= 1 Square Mile

An Acre equals 4,840 Square Yards.

Troy Weight

3.17 Grains	= 1 Carat
24 " "	= 1 Pennyweight
20 Pennyweights	= 1 Ounce
12 Ounces	= 1 Pound
100 Pounds	= 1 Hundredweight

The standard for gold coin is 22 carat fine gold and 2 carats alloy; for silver 11 oz. 2 dwt. silver and 18 dwt. alloy.

Apothecaries' Weight

20 Grains ...	= 1 Scruple
3 Scruples (60 grs.)	= 1 Drachm
8 Drachms (480 grs.)	= 1 Ounce
12 Ounces (5,760 grs.)	= 1 Pound (lb.)

Drugs are compounded by this weight.

Avoirdupois Weight

16 Drams ...	= 1 Ounce (437.5 grs.)*
16 Ounces ...	= 1 Pound (lb.)
14 Pounds ...	= 1 Stone (†)
28 Pounds ...	= 1 Quarter
112 Pounds ...	= 1 Hundredweight (cwt.)
20 Hundredlbs. ...	= 1 Ton

*A grain is the same in all weights.
†Butcher's Stone is 8 lb.
By Avoirdupois are weighed the larger and coarser kind of goods, such as groceries, cheese, butter, meat, corn, etc.

Measures of Capacity—Dry Measure

1 Minim ...	= 1 Drop
1 Dram ...	= 1 Teaspoonful
2 Drams ...	= 1 Dessert-spoonful
4 " ...	= 1 Table-spoonful
60 Minims ...	= 1 Dram
8 Drams ...	= 1 Ounce
20 Ounces ...	= 1 Pint (nearly ½ litre)
4 Gills* ...	= 1 Pint (34.659 c. in.)
2 Pints ...	= 1 Quart (1 and one-tenth litre)
2 Quarts ...	= 1 Pottle
4 " ...	= 1 Gallon (277.274 c. in.)
2 Gallons ...	= 1 Peck
4 Pecks* (8 gal.)	= 1 Bushel (1.2837 c.ft.)
2 Bushels ...	= 1 Strike
3 " ...	= 1 Sack
4 " ...	= 1 Coomb
8 " ...	= 1 Quarter
12 Sacks ...	= 1 Chaldron
5 Quarters ...	= 1 Wey or Load (51,347)
10 " ...	= 1 Last

An Imperial Gallon of distilled water weighs 10 lbs. Avoirdupois.

A wine-glass holds about 2 oz.; a tea-cup about 3 oz.

*In the North of England half a pint is called a gill and a true gill a "noggin."

Corn is sometimes sold by weight. The average weight of a bushel of barley is 47 lb. oats 38 lb., wheat 60 lb.

Wines and Spirit Measure

4 Gills ...	= 1 Pint
2 Pints ...	= 1 Quart
4 Quarts ...	= 1 Gallon
31½ Gallons ...	= 1 Hogshead
63 " ...	= 1 Hogshead
84 " ...	= 1 Puncheon
2 Hogsheads ...	= 1 Pipe
2 Pipes ...	= 1 Tun

Measures of Space—Angular Measure

60 Seconds ...	= 1 Minute
60 Minutes ...	= 1 Degree
30 Degrees ...	= 1 Sign
45 " ...	= 1 Octant
60 " ...	= 1 Sextant
90 " (a right angle)	= 1 Quadrant
180 " ...	= 1 Semi-Circle
360 " ...	= 1 Circle

New Postal Rate

INLAND, FOREIGN & COLONIAL.

Rates in Force on and after Midnight, 14th May, 1923.

INLAND POST.

Letter Rate.

Not exceeding 2 oz. in weight ..	1½d.
For every additional 2 oz. or fraction thereof	½d.

Postcard Rate.

For every postcard	1d.
" " reply postcard	2d.

Printed Paper Rate.

Not exceeding 2 ozs. in weight. ..	½d.
For each additional 2 oz. or fraction thereof	½d.

Newspaper Rate (unchanged).

One penny for every copy not exceeding 6 ozs. in weight, with a further charge of one halfpenny for every additional 6 ozs. or fraction of 6 ozs.

Parcel Rate.

Not exceeding 2 lbs. in weight ..	6d.
Exceeding 2 lbs. but not exceeding 5 lbs. 9d.	
" 5 lbs. " " 8 lbs. 1/-	
" 8 lbs. " " 11 lbs. 1/3	

Registration Fee.

For every article registered .. 3d.
The fees for insurance have been raised by adding 1d. at each point of the scale.

Advice of Delivery of Registered Postal Packets.

For every article 3d.

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Poisons and their Antidotes

CALL IN A DOCTOR.

SYMPTOMS.	POISON.	ANTIDOTES.
Similar to Acid Acetic strong, with white blisters and breath smelling of carbolic.	Acid Carbolic (Phenol)	Wash out stomach with water of 60 Fah. containing one table-spoonful of Magnesium Sulphate or Sodium Sulphate in each half-pint of solution. Follow later with white of egg beaten up with milk or olive oil, half to one wine-glassful.
Mouth blistered, white or stained, acute pain, vomiting, tendency to suffocation, shock.	Acids, strong.	NO EMETICS.—Magnesia, milk of lime, chalk or carbonate of soda in water, followed when acid is neutralized by olive oil, gruel, milk or other demulcent.
Yellow or orange stain shows Black stain shows Red angry stain shows White blistering with smell of vinegar shows	Acid Nitric. Acid Sulphuric, str. Acid Hydroch., str. Acid, Acetic, strong.	DO NOT DELAY.
Breath smells of bitter almonds, eyes fixed, pupils dilated, skin cold and clammy, insensibility, gasping respirations.	Acid Hydrocyanic (Prussic Acid) or Cyanides.	Cold water to chest and head, use artificial respiration, and give stimulants—brandy if able to swallow <i>ad lib</i> —or if unconscious, administer hypodermically brandy or Strychnine Sulphate 1/60 grain.
Leering, vacant expression, giddiness, pupils of eyes dilated, pulse strong, skin sweating.	Alcohol (Acute).	Cold douches to head, rouse patient and keep awake. Give hot strong coffee or tea. When recovered keep warm.
Mouth blistered and white, slimy to touch, acute pain, etc., as in "Acids, Strong."	Caustic Potash. Caustic Soda. Liquid Ammonia. Quicklime.	NO EMETICS.—Give common vinegar or a solution of Acetic Acid containing one tea-spoonful of the glacial acid per wine-glassful, or else solutions of Tartaric or Citric Acid of similar strength; or Lemon Juice. Later give Olive Oil, Linseed, or other demulcents.
General symptoms of irritant poisons with possibly odour of garlic in breath.	Arsenic, Salts of.	Give freshly precipitated Ferric Hydrate suspended in the minimum quantity of water in quantities of 1 to 2 table-spoonfuls, or failing this, treat as for irritant poisoning in general.
Stertorous breathing, characteristic odour of breath.	Chloroform.	Artificial respiration. Flick the face and chest with wet towel. If poison was swallowed give emetics, if patient is not insensible.
General symptoms with peculiar odour in breath, or vomit.	Iodine.	If detected immediately, emetics may be given. If taken some time give repeatedly two table-spoonfuls of saturated solution of Sodium Bicarbonate.
General symptoms with colic of stomach.	Lead Salts.	Give Magnesium or Sodium Sulphate one table-spoonful in a tumbler of water, after first treatment with emetics.
General symptoms with particular swelling of mouth and lips, and vomiting of stringy mucus.	Mercury Salts.	Emetics first, followed by repeated administration of a tea-spoonful Sodium Phosphate with an equal quantity of Sodium Acetate in 4 table-spoonfuls of water.
Rigid convulsions, with impeded respirations, feeble pulse.	Nux Vomica and Strychnine.	Give 0.5 gm. (or 8 grains) Potassium Permanganate, or 1.5 gm. (24 grains) Tannic Acid suspended in half tea-cupful of warm water, or animal charcoal <i>ad lib</i> . If possible use artificial respiration.
Excitement followed by headache and stupor. Pupils of eyes contracted to a point.	Opium and Morphia.	Emetics if possible, followed by Potassium Permanganate (0.5 gm. in half breakfast-cupful of water, or 8 grains in half tea-cupful). Then hot strong coffee, and flip the face and chest with a wet towel, and apply smelling salts to the nostrils.
Vomit luminous, and has characteristic odour.	Phosphorus.	NO OIL TO BE GIVEN.—Emetics first, followed later by milk or gruel.
Vomiting, faintness, weak sight.	Tobacco or Nicotine.	Emetics followed by stimulants.
Vomiting excessive, with quick pulse and breathing pain and paralysis of muscles.	Zinc Salts.	NO EMETICS.—Give milk and white of egg followed by repeated doses of Sodium Bicarbonate in saturated solution.
EMETICS FOR USE IN CONJUNCTION WITH THE ABOVE		One table-spoonful of powdered Mustard in 1/2 pint of lukewarm water. Two table-spoonfuls of table salt in 6-ozs. of lukewarm water. Tickle the back of the throat with a feather, taper, or the finger, or Give prepared powders of Ipecacuanha Pulv. (20-30 grains) in 2-ozs. of warm water

Selected List of Ucal Specialities

THERE is a Ucal Product to meet every requirement in Medicine. Toilet Requisite or Drug. If you don't find listed here what you are wanting, ask your Ucal Pharmacist to get it for you

Anaemia Mixture 1/3	Extract of Malt with Cod Liver Oil—
Antiseptic Dusting Powder 1/-	Jars 1/-, 1/6, 2/9, 5/-
" Talcum " 1/-	Eye Lotion 1/3
Asthma Fume 1/6	Eye Ointment 1/9
Back and Kidney Pills 3d.	Fever Cure, P.J.F. 1/-
Baby Powder 1/-	Foot Powder 6d., 1/-
Baby Cream 1/-	Formalin and Mint Tablets 1/-
Balsamic Elixir 1/3	Foster's Infant Powders 1/-
Bath Crystals (perfumes—Lavender, Rose, Violet, Cologne and Verbena) 2/-, 3/6, 7/6	Gargle, Astringent Rose 1/3
Bath Powder (water softener) 2d.	Glycerine and Cucumber 1/-, 1/9
Bay Rum 10 1/2d., 1/6, 2/9	Glycerine, Lemon and Honey 1/-
Bismuthated Magnesia 1/3, 2/-	Glycerine Suppositories—
Blaud's Pill—Gelatine Coated 1/3	Infants 10 1/2d
" Pearl " 1/3	Children's 1/-
Blood Mixture 1/3, 3/-	Adults 1/6
Boric Ointment 2d., 4d.	Glycerine of Thymol 1/-, 1/4, 1/9, 3/-
Brilliantine 9d., 1/3	Gout and Rheumatic Mixture 1/3
Bronchial Lozenge 9d., 1/6	Gripe Mixture 1/3
Capitas Headache Powders 2d.	Hair Tonic 1/3, 2/3, 4/-
Capsicum Tissue 9d., 1/6, 2/6	Health Salt 8 1/2d., 1/4
Cascalax 9d.	Head and Stomach Pills 3d.
Chelspa 1/3, 2/-	Hepatic Salt 2/6
Chilblain Paint 1/-	Hyd. Peroxide—10 volumes 1/-
Chlorodyne 9d., 1/3	" 20 1/3
Children's Chest and Lung Balsam 1/3	Indigestion Mix., Guy's Hosp. 1/3
Cinnamon and Quinine 1/-	Iodized Throat Lozenges 8 1/2d.
Cloudy Ammonia 10 1/2d., 1/3	Joy Walk-Foot Tablets 9d.
Cod Liver Oil from 1/-	Junket Tablets 9d.
Cold Cream 2d., 3d., 9d., 1/3	Kapsal Powders 1/-
Cold and Influenza Mixture 1/3	Kidney Pills 1/-
Cologne, for the bath 2/-	Lavender Water 2/3, 4/-
Corn Plaster—Mulberry Leaf 7 1/2d.	" for the hand-bag 1/6
Corn Paint—Pax 9d., 1/3	Lemon Crème 1/-
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Dry Shampoo Powder 3d.	Lysol (Ucal Brand) 10 1/2d., 1/6, 2/9, 4/9
Ear Drops, Golden 1/-	Magic Toothache Cure 6d.
Eau de Cologne from 2/3	Marienbad Tablets (Anti-Obesity) 2/6
" " for the handbag 1/6	Malted Food 1/3, 2/-
Embrocation, World's 1/3, 2/-	Menthol and Wintergreen Cream 1/3
Emulsion Cod Liver Oil, 1/-, 1/6, 2/9, 5/-	Morning Salt 4 1/2d
" " with Parrish's Chemical Food, 1/6, 2/9, 5/-	Nazol (nasal cream) 1/-
Emulsion, Petroleum 1/6, 2/9, 5/-	Neuralgia Mixture 1/6
Extract of Malt (Ucal)—	Nit Ointment 6d.
Jars 1/-, 1/6, 2/9, 5/-	Nursery Hair Lotion 1/-, 1/9
	Nutritive Tonic (Children's) 1/6, 2/6
	Oatmeal Cream 1/-, 1/9
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	Orange Quinine Wine 3/4
	Olive Oil, for table use 10d, 1/6, 2/6

Ucal Specialities—continued.

Olive Oil and Malt Extract	2/-, 3/6	Sunburn Lotion	1/6
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Pine Inhalant	8½d.	Syrup of Hypophosphites	1/3, 2/-, 3/6
Pine Lung Tonic	1/3, 2/6	Toilet Paraffin	1/-, 1/9
Pile Ointment	1/3, 3/-	Toilet Powder, Borated Zinc & Starch	6d.
Pin Halo	1/3	Toothache Drops	9d.
Quinine and Iron Tonic	1/3, 2/3	Tooth Powders—	
Resorcin Ointment	1/6	Peroxide, Smokers', Thymol, Carb.	
Saline (Fruit)	1/9	and Quinine, Formalin	6d.
Sanitary Fluid	1/3, 2/-	Tucalia Toilet Cream	1/9
Seidlitz Powders, lemon flavour	3d.	Ucaloids (Menthol and Liquorice	
Shampooa	3d.	Pellets)	4½d.
Shampoo Foam	2/3	Vani-Sha (Vanishing Cream)	1/3, 2/-
Powders (Henna)	3d.	Violet Powder	2d., 6d. & 1/-
Shampoo, Coconut Oil—		Wart Charmer	1/-
Liquid	1/3	Water Softener	10½d., 1/6
Powder	3d.	Whooping Cough Embro. P.J.F.	1/3
Shaving Soap.	1/-	" " Mixture, P.J.F.	1/3
"Shift 'em" Corn Ointment	4d.	Wind and Indigestion Pills	3d.
Smelling Salts	1/-	Witch Hazel Extract	1/-
Soap Dentifrice	6d.	Worm Cakes	2d. and 3d.
" Medicated	10½d.	" and Aperient Powders	1/3
Stainless Iodine Ointment	1/3	Zinc Ointment	2d., 4d.

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