INS. BELIARS DASAIL.

THE WEEKLY MAIL CORONTO, PRIDAY, PERBUIARY 21, 1880.

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| The content of the

MOTHERS' DEPARTMENT.

AN INFANT'S DIET. (Continued.)

Have you any remarks to make on sugar for sweetening a baby's food?

A small quantity of sugar in an infant's and fattening, and making cow's milk to resemble somewhat in its properties human milk; but, bear in mind, it must be used sparingly. Much sugar cloys the spontage, weakens the digestion, produces acidity, sour belchings, and wind:—

Things sweet to taste prove in digestion sour. If a babe's bowels be either regular or If a babe's bowels be either regular or relaxed, lump sugar is the best for the purpose of sweeteninghis food; if his bowels are inclined to be costive, raw sugar ought to be substituted for lump sugar, as raw sugar acts on a young babe as an aperient, and, in the generality of cases, is far preferable to physicking him with opening medicine. A infant's bowels, whenever it practicable (and it generally is), ought to be regulated by a judicious dietary rather than by physic. VACCINATION AND RE-VACCINATION.

Are you an advocate for vaccination? Are you an advocate for vaccination?
Certainly. I consider it to be one of the greatest blessings ever conferred upon mankind. Small-pox, before vaccination was adopted, ravaged the country like a plague, and carried off thousands annually; and those who did escape with their lives were frequently made loathsome and disgusting objects by it. Even inoculation (which is cutting for the small-pox) was attended with danger, more especially to the unprojected—as it caused the disease to spread like wildfire, and thus it carried off immense numbers. mense numbers.
Vaccination is one, and an important

Vaccination is one, and an important cause of our increasing population; smallpox, in olden times, decimated the country. But vaccination does not always protect child from small-pox?

I grant you that it does not always protect him, neither does inoculation; but when he is vaccinated, if he take the infection, he is seldom pitted, and very rarely dies, and the disease assumes a comparatively mild form. There are a few, tery few fatal cases recorded after vaccination, and these may be considered as anly exceptions to the general rule; and, ossibly, some of these may be traced to he arm, when the child was vaccinated, of the hidden and adults were re-vaccinated—say every seven years after the first vac-

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nation—depend upon it, even these rare asses would not occur, and in a short time mall-pox would be known only by name. Do you consider it, then, the imperative uty of a mother, in every case, to have, there the lapse of every seven years, her nildren re-vaccinated?

I'decidedly do: it would be an excellent lan for every person, once every seven ears to be re-vaccinated, and even oftener, small-pox be rife in the neighbourhood. accination, however frequently per-

small-pox be rife in the neighbourhood, accination, however frequently perrmed, can never do the slightest harm, and might do inestimable good. Smallox is both a pest and a disgrace, and aght to be constantly fought and battled ith, until it be banished (which it may adily be.

I say that small-pox is a pest; it is orse than the plague, for if not kept in bjectiou, it is more general—sparing ither young nor old, rich nor poor, and mmits greater ravages than the plague er did. Small-pox is a disgrace: it is a igrace to any civilized land, as there is no agrace to any civilized land, as there is no cessity for its presence: if cow-pox were operly and frequently performed, small-x would be unknown. Cow-pox is a

risen were, every seven years, duly and operly vaccinated, small-pox might be utily exterminated; but as long as there are the lax notions on the subject, and such at Dr. Jenner, the discoverer of cow-tass a preventative of small-pox, strongly rocated the absolute necessity of every son being re-vaccinated once every seven rs, or even oftener, if there was an demic of small-pox in the neighbour-od.

ISEFUL RECEIPTS. POULTRY. (Continued.) DAST TURKEY WITH OYSTER DRESSING.

oast turkey with ovster dressing.

Dress and rnb turkey thoroughly inside out with salt and pepper, steam two is or until it begins to grow tender, ing the cover occasionally and sprinkling itly with salt. Then take out, loosen legs, and rub the inside again with salt pepper, and stuff with a dressing preda as follows: Take a loaf of stale do, out off crust and soften by placing pan, pouring on boiling water, drain-off immediately and covering closely; mble the bread fine, add half a pound ted butter, or more if it be very rich, a teaspoon each of salt and pepper or ugh to season rather highly; drain off or from a quart of oysters, bring to a skim and pour over the bread-crumbs, ing the soaked crusts and one or two is; mix all thoroughly with the hands, if rather dry, moisten with a little et milk; lastly add the oysters, being full not to break them; or first put in conful of stuffing, and then three or oysters, and so until the turkey is d; stuff the breast first. Flour a cloth place over the openings, tying it down in a twine: spread the turkey over with oysters, and so until the turkey is d; stuff the breast first. Flour a cloth place over the openings, tying it down he a twine; spread the turkey over with er, salt, and pepper, place in a dripten, in a well-heated oven, add half a hot water, and roast two hours, bast-often with a little water, butter, salt, pepper, kept in a tin for this purpose placed on the back of the stove. A b made of a stick with a cloth tied on end, is better than a spoon to baste b. Turn until nicely browned on all s, and about half an hour before it is e, baste with butter and dredge with a le flour—this will give it a frothy aprance. When yeu dish the turkey if re is much fat in the pan, pour off most is much fat in the pan, pour off most is and add the chopped giblets previous-tooked until tender, and the water in ich they were cooked now stew down to ut one pint; place one or two heaping lespoons flour (it is better to have half the towned) in a pint bowl, mix smooth he a little cream, fill up bowl with cream rich milk and add to the gravy in the spoil several minutes, stirring conntly, ard pour into the gravy tureen; we with currant or apple jelly. A key steamed in this way does not look well on the table heit.

ENGLISH ROAST TURKEY.

Cill several days before cooking, prepare the usual manner, stuff with breadmbs (not using the crusts) rubbed fine, stened with butter and two eggs coned with salt, pepper, parsley, sage, me, or sweet marjoram; sew up, wer, and place to roast in a rack with-dripping-pan; spread with bits of butturn and baste frequently with butter, per, salt and water; a few minutes beit is done glaze with the white of an idiah the turkey, pour off meet of the add the chopped giblets and the water hich they were boiled, thicken with a and butter rubbed together, stir in the ping-pan, let boil thoroughly and serve gravy-boat. Garnish with fried ers, and serve with celery-sauce and gravy-boat. Garnish with fried ers, and serve with celery-sauce and ed gooseberries. Choose a turkey thing from eight to ten pounds. If it me toe brown, cover with buttered er.

we with currant or apple jelly. A key steamed in this way does not look well on the table, but is very tender and

rising occurred at Ciudad, Bolivis, on 29th ult. Gen. Castillo, Commander he place, was killed. The rebels promed Gen. Colina their chief. Guzmanace is taking active measures to supset the rising. Three steamers and 2,000 are ready for the campaign.