perfect success, and the concourse of customers daily; viz:
10,000 is sufficient evidence that they are appreciated.

GREAT WESTERN COOKING DEPOT FOR THE WORKING CLASSES.

Prices.

Bowl of Broth.............One Penny.	PUBLIC BREAKFAST EVERY DAY,
Bowl of Soup............One Penny.	*Consisting of the following Dishes :—*
Bowl of Porridge........One Penny.	Bowl of Porridge,
Plate of Potatoes.........One Penny.	Bowl of Milk,
Cup of Coffee...........One Penny.	Cup of Coffee,
Cup of Tea ....One Penny.	Roll and Butter,
Bread and Cheese........One Penny.	Fixed Charge, 3½d.
Boiled Egg ....One Penny.	PUBLIC DINNERS EVERY DAY.
Lemonade...............One Penny.	*Consisting of the following Dishes :—*
Soda Water.............One Penny.	Bowl of Broth or Soup,
Ginger Beer ....One Penny.	Plate of Beef—Hot or Cold,
	Plate of Potatoes,
All of the Best Quality and always	Plum or Rice Pudding.
ready.	Fixed charge, 5d.

Roast Beef, Corned Beef, Minced Collops, Steaks. &c.

ALL THE DAILY PAPERS.

THE ALIMENTATION OF INFANTS.

The health of children depends in a great measure on how the
mother's milk is administered.   Too large quantity and too fre-
quent repetition should be carefully avoided, for over distension
of the stomach is almost as bad as giving indigestible food.
During the day the infant should not have the breast more than
once every three hours, and only once or twice at night, and not
have more than just sufficient to satisfy its appetite, after which
it should at once be removed.

If an *artificial diet* be judiciously selected, there is no reason
why a child should not thrive as well upon it as upon the breast,
but to this end it must consist of a liquid food possessed of heat
and fat-producing properties.   Cow's milk should in general be
preferred to that of other animals, and, when properly prepared,
answers all purposes.   To this end it must be diluted, and for
this purpose water is usually employed.   But in far the greater
number of cases mischief results from this, for the addition of
water does not improve the digestibility of *casin,* inasmuch as it