

## HOUSEHOLD.

## King Baby.

## HIS CARE AND CULTURE.

(By Lina Orman Cooper, in 'Home Words.')

To keep an infant in health is a comparatively easy matter, to tend him in sickness a very difficult one. In order that King Baby may flourish, we must give him plenty of air, plenty of food, plenty of sunshine, and plenty of warmth. We must see to it that he not only goes out every day, but that his bedroom is well ventilated. Many young mothers think windows and doors should be hermetically sealed whilst baby is asleep. Consequently, the boy passes more than half of his existence in an atmosphere likely to develop throat troubles or lung mischief. In his dainty white cot he is cuddled down under warm blankets, curtains are drawn round his head, gas is lit, whilst the air is further exhausted by the breath of two adults in the bed beside him. Now the best preventive of, as well as the best cure for, disease, is fresh air. No germs can live long in sweet, pure air. They are fed and fostered in an impure one. Breathing the same air over and over again, baby breathes in the deadly, poisonous, carbonic acid, given off from his parents' lungs as well as his own. Drowsy, headachy, feverish, the wee person tosses restlessly all night, and rises in the morning unrefreshed and peevish.

It is most important that outside air should be admitted, in order to counteract the vicious atmosphere of a closed-up house. Of course all draught must be avoided: so the King's presence chamber should be thoughtfully arranged. Bed and cot should never stand between window and door; then an inch of the upper sash may safely be left down.

No blind should ever darken the window of the nursery. Short curtains, running easily on slender rods, are far better. They can be drawn quite back, and hinder neither light nor air. Sunshine is needed to test the secrets of corner and cornice, to see where dust lurks and spiders spin. 'Where the sun never comes the doctor comes' is an old woman's adage, but a very true one. Carpets should be conspicuous by their absence from the nursery. In order that the floor need not be washed too often—a practice not to be recommended, as damp floors are a fruitful source of ill-health—it may be stained with a solution of permanganate of potash. Half an ounce of these crystals, dissolved in a bucket of water and applied with a large brush, will color the boards a deep, rich brown. They may then be polished with a mixture of beeswax and turpentine (just enough of the latter to cover the shreds of wax, and melted in a pan-crock on top of the range.)

Instead of washing the nursery every week, this may be rubbed on with flannel or brush until a hard, shining surface results. A clean, delightful smell is noticeable when this course is followed, and at the same time the potash acts as a disinfectant and deodorizer. This is the method of staining and polishing in hospitals, and is both sanitary and most inexpensive.

Rugs must be laid down in the nursery. Quite cheap ones will do. These should be shaken outside every day. Then, when King Baby is sitting on one playing with his toys in a flood of sunshine, he will not be enveloped in a golden hale of dust! The health-giving shafts will travel down the ladder of floating particles, but touch the little face with pure, soft finger-tips. A few pictures should hang on the nursery walls—not any dark, ugly 'cast-offs,' but bright, well-colored ones. The smallest baby takes delight in a picture of the Good Shepherd.

A fire-guard should be found in the King's room. Thereon may be always airing the garments that we mothers love to provide for him. A screen is a useful thing too, made from an old clothes-horse and covered with cretonne. It can be drawn round baby's bed or chair, keeping him safe even when windows are open and doors ajar. It is necessary, too, when the daily bath is given, or when mother is nursing him. No food should be kept in a nursery or bedroom. A cupboard outside can hold the

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milk-jug and basin of lime-water wherein lie the bottles in use. Even a few drops of milk spilt on shelf or floor of the King's room give it a sour, unwholesome smell. No napkins should be dried there either, and no soiled clothes rolled up.

## Tomato Croquettes.

Beat the yolks of four eggs light, and add to five cups of mashed potato. Mix well, then add two tablespoonfuls of chopped parsley, one-fourth of a cup of cream, one teaspoonful of onion juice, salt and pepper to taste. Mix well, stir over the fire in a saucepan until the potato is heated through. Cool, form into cone-shaped croquettes, cover with egg and bread crumbs, and fry in smoking-hot fat.

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