

CHANGE THE FOOD.

Does your baby thrive on the food you are giving it? Sometimes a baby's food is theoretically the best possible, and yet is too rich for its stomach, while a less "whole" food will agree with it much better. A physician, for instance, recommended a well known infants' food for a neighbor's baby. It grew constantly frailer, but no one thought of the food hurting it, for hadn't it been analyzed and found to be perfect? Another physician was consulted, who recommended trying a different food and seeing if it agreed with the child. This was done, and now the baby is bright and healthy. A mother of three children was obliged to use a different food for each one, as what agreed with one did not with the others.

THE CHILDREN'S PLAYTHINGS.

Have you ever visited a home where the children's toys were strewn from "garret to cellar," where often the mother has to clear out a chair before the visitor can be seated? Surely this is wrong. While we all want the children to enjoy themselves, there is a limit to this wholesale litter. We cannot all have playrooms or nurseries, yet we can set aside a closet or several drawers for the little folks and when they are not playing with their toys, insist upon them being kept therein. It is an excellent idea to keep some of their playthings out of sight for a few days, then bring them out and put others away. They will seem newer to the child and he will appreciate them more; again, they will last much longer. Little folks should be taught to put away their things at night; don't wait until the last moment, when they are tired and fretful, but have them do it early.

THE SWEETNESS OF GIRLHOOD.

Girlhood and young womanhood are such pure and sweet and beautiful things when they are what God intended them to be, that it fills one with unspeakable regret to see a young girl's life falling short of its appointed beauty. And every young girl's life falls short of this beauty if it lacks in modesty, in dignity, in purity of speech, in gentleness and kindness. The bold girl of pronounced dress and speech, the girl who sets at naught the opinions of others, the girl who is noisy and who seeks to be "dashing," the girl whose parents sorrowfully admit that she is "beyond them"—this girl is treading on dangerous ground and her life is falling far short of the appointed beauty and sweetness of girlhood.

Simple Recipes for Tasty Dishes.

A Sunday Pudding.—Two eggs, their weight in butter, flour and sugar. Beat the butter and sugar to a cream, add the eggs, and lastly, the flour, which has had half a teaspoonful of baking powder mixed in it. Butter a shallow pie-dish, spread with a layer of stewed figs, cut finely, pour the batter mixture over, and bake for half an hour.

Escalloped Eggs.—Some anchovy, a sprig of parsley, a slice of onion, several eggs, two ounces of bread crumbs. Chop the anchovy with the parsley and onion, mix with the bread crumbs, and put the mixture into a flat dish; break a sufficient number of eggs to fill the dish, cover the bread crumbs, season and bake for ten minutes. Serve very hot.

Egg and Bacon Pie.—Put a layer of short paste on a soup plate, put small pieces of ham or bacon previously cooked on the paste, beat one or more eggs according to the pie, season with pepper, pour it over the bacon, and then put a cover of short paste on the top.

Cheese Tartlets.—Put the yolks of two eggs, two ounces of grated cheese, and salt, into a half pint of white sauce and mix all together. Whip the whites of the eggs to a stiff froth, and stir them also in very lightly. Line patty-pans with puff paste, fill with the cheese mixture, and bake for twenty minutes in a quick oven. Shut the oven door very carefully when baking them or they will not be light.

Fish Fritters.—The remains of any boiled fish can be made into tasty cakes or fritters as follows.—Remove all bones from the fish, and put it in a basin; beat it up with a fork, and mix with it a small quantity of grated bread-crumbs, a little very finely chopped onion and parsley, pepper, salt, and a couple of well-beaten eggs. Put some lard into a frying-pan, and, when quite boiling, drop the mixture into it in small cakes; fry them a light brown on both sides. They can be eaten hot or cold. Tinned salmon, treated in the same way, makes delicious fritters; of course, the liquor in the tin must be drained off before using the salmon. As half the contents of the tin will make a good dish of fritters, the other half can be utilised by pouring speed vinegar over it, when it will keep good for some days.

Common Bread Cakes.—Take the quantity of a quarter loaf from the dough when making white bread, and knead well into it two ounces of butter, two of white sugar, and eight of currants. Warm the butter in a teacup of good milk. By the addition of an ounce of butter, or sugar, or an egg or two, you will make the cake better. A teacup of cream improves it much.