THE WEIGHT MAIL TORONTO FIRMS PROBLEMS IS AND ADMINISTRATION OF THE PROPERTY O

# MOTHERS' DEPARTMENT.

AN INFANT'S DIET. (Continued.)

(Continued.)

There will, then, in many cases, be quit sufficient nourishment in the above; have known some robust infants brough up on it, and on it alone, without a particl of farinaceous food, or of any ether food in any shape or form whatever.

The milk, as a general rule, ought to be unboiled; but if it purge violently, or if i cause offensive motions—which it some times does—then it must be boiled. The moment the milk boils up, it should be taken off the fire.

Food ought for the first month to be given about every two hours; for the second month, about every three hours lengthening the space of time as the baby advances in age. A mother must be careful not to over-feed a child, as over-feeding is a prolific source of disease.

Let it be thoroughly understood, and let there be no mistake about it, that is babe during the first nine months of his

babe during the first nine months of hi life, must have—it is absolutely necessar for his very existence—milk of some kind as the staple and principal article of hi diet, either mother's or wet-nurse's, o

asses', or goats', or cow's milk,
What ought to be the diet either of wet-nurse, or of a mother, who is suckling.

It is a common practice to cram a wet nurse with food, and to give her strong ale to drink, to make good nourishment and plentiful milk! This practice is absurd for it either, by making the nurse feverish makes the milk more enaming the nurse feverish. for it either, by making the nurse feverish makes the milk more sparing than usual or it causes the milk to be gross and un wholesome. On the other hand, we mus not run into an opposite extreme. The mother, or the wet-nurse, by using thos means most conducive to her own health will best advance the interest of her little

will best advance the interest of her little charge.

A wet-nurse ought to live somewhat in the following way:—Let her for breakfas have black tea, with one or two slices of cold meat, if her appetite demand it, but not etherwise. It is customary for a wet nurse to make a hearty luncheon; of this I do not approve. If she feel either fain or low at eleven o'clock, let her have either a tumbler of perter, or of mild freshale, with a piece of dry toast soaked in it She ought not to dine later than half past one or two o'clock; she should eat, for dinner, either mutton or beef, with either meally potatoes, or asparagus, or Frencheans, or secale, or turnips, or broccoli, or cauliflower, and stale bread. Rich pastry soups, gravies, high-seasoned dishes, salted meats, greens, and cabbage, must one and all be carefully avoided; as they only tent to disorder the stomach, and thus deterior attention.

rate the milk.

It is a common remark, that "a mother who is suckling may eat anything." I do not agree with this opinion. Can impure or impreper food make pure and prope milk, or can impure and improper milk make good blood for an infant, and thus good health?

good health?

The wet-nurse ought to take with her dinner a moderate quantity of either sound porter or of mild (but not old or strong ale. Tea should be taken at half-past five ale. Tea should be taken at half-past five or six o'clock; supper at nine, which should consist either of a slice or two o cold meat, or of cheese if she prefer it with half a pint of porter or mild ale; oc casionally a basin of gruel may with advantage be substituted. Hot and lat suppers are prejudicial to the mother or the wet-nurse, and, consequently, to the child. The wet-nurse ought to be in be every night at ten o'clock.

It might be said that I have been to minute and particular in my rules for wet-nurse: but when it is considered or what importance good milk is to the well doing of an infant, in making him stron and robust, not only now, but as he grow up to manhood, I shall, I trust, be excuse for my prolixity.

(To be continued.)

**USEFUL RECRIPTS** BRIED SPRING CHICKEN.

Pat skillet on the stove with about on half tablespoon each of lard and butter when het lay in chicken, sprinkle ove with flour, salt and pepper, place lid o skillet, and cook over a moderate fire when a light brown, turn the chicke and sprinkle flour, salt and pepper over th top as at first, if necessary add more-lar and butter, and cook slowly until done make gravy just the same as for bake chicken. As a general rule half a hour is long enough to fry sprinchicken. To make rich and nice gravy without cream, take the yolk of an egg beat up light, strain and stir slowly intended the gravy after the flour and milk have been stirred in and thoroughly cooked; a soon as it boils up the gravy is done, and should be removed from the stove. All gravies need to be stirred well and thoroughly cooked over a moderate fire.

FRIED GUMBO.

FRIED GUMBO. Cut up two young chickens, and fry i skillet; when brown but not scorched put in a pot with one quart fine-choppe okrs, four large tomatoes, and two enior chopped fine; cover with boiling water boil very alowly, and keep the kett tightly closed; add boiling water as wastes, and simmer slowly three hours season with salt, pepper, and a little but ter and flour rubbed together; serve with boiled rice.

Cook six chickens in a small quantity of water, until the meat will part from the bone easily; season to taste with salt and pepper; just as soon as cold enough the handle, remove bones and skin; placement in a deep pan or mould, just as comes from the bone, using gizzard, live and heart, until the mould is nearly ful. To the water left in the kettle, add three fourths of a box of Coxe's gelatine, die actived in a little warm water, and boil until it is reduced to a little less than quark, pour over the chicken in the mouls leave to cool, cut with a very sharp kni and serve. The slices will not easil break up if directions are followed.

JELLIED CHICKEN. JELLIED CHICKEN.

JELLIED CHICKEN. Cut up two chickens, boiled till tende in water to cover. Take out, remouskin and bones, season the liquor (ou and a half pints), with butter, pepper an salt, and juice of lemon, add a quarter a box dissolved gelatine, put the chicke in liquer, boil up once, and pour in mould

JELLIED CHICKEN. Boil one chicken till it will separat from the bones, take out, cut in sma pieces, mix light and dark meat—not usin skin; add salt, pepper, and about half box of Coxe's gelatine to the gravy; bo and pour over chicken, entirely covering the salt of the covering the cove

Boil four chickens till tender enough for meat to fall from bones; put meat in atone jar, and pour over it three pints cold vinegar, and a pint and half of the water in which the chickens were boiled add spice if preferred, and it will be read for use in two days.

PRESSED CHICKEN. Take one or two chickens, boil in small quantity of water with a little sa and when thoroughly done, take all t meat from the bones, removing the sk and keeping the light meats separate from the dark; chop and season to taste with salt and pepper. If a meat presser is hand take it, or any other mould such a crock or pan will do; put in a layer light and a layer of dark meat till all used, add the liquor it was boiled which should be about one teacupful, a put on a small weight; when cold cut alices. Many chop all the meat togethe put on a small weight; when cold out alices. Many chop all the meat togethe add one pounded cracker to the liquor was boiled in, and mix all thoroughly fore putting in the mould; either way

Rub the chicken on the inside with p er and half teaspoon of salt, place teamer in a kettle that will keep it