

## How to Keep the Baby Nice.

My heart has often bled for the babies of wealthy people. Poor little victims of cleanliness and propriety! Not that I wish to intimate a preference for dirty babies, far from it, I love to see the darlings nice, no one can take a greater delight in their perfect sweetness; but there is moderation in all things, and it is my firm conviction that many infants are literally washed and "tidied up" to death—just as many older children are harassed out of all enjoyment of life by the perpetual reminder of pinafores, as if it were a crime to have a soiled frock or bib.

I know many households in which a child is as severely reprimanded for a spot on its pinafore as for telling a lie, and in which it is as great a misdemeanor to have dirty shoes as it would be to steal a ten cent piece. In such homes, morality, in my opinion, is as decidedly low as the obb; and so it is in those where a mother's pride in the nursery enforces a superficial and absurd cleanliness. These are homes where style is lord, and fashion reigns supreme. Certainly the children are pictures to look at in their dainty robes, and sweet to kiss and fondle with their scented hair and powdered skins; but how about their health! How do their muscles and the firm resistance of their flesh compare with those of the cottor's children, where nine unruly youngsters sprawl and toss and tumble about all day, other in one small room or in the unkempt garden in the rear, and where the mother congratulates herself if, in the midst of myriad avocations, she has found time to wash the baby at all!

I know just such a home had by, and go in when I may, I see the baby, healthy, rosy, smiling, in its common wooden crib, essentially clean and pure, kissable even; yet that mother has neither scented soap, powder, nor, I venture to say, very hot water at her disposal. I turn from such a scene and reach the curled and tended darling of another friend, whose nursery is a miniature place, whose bath-tub and washing apparatus are the envy of all other mothers; and I think of its peevish, irritable mother and tired out help, who repeatedly assures me that she never did see such a child for restlessness. Now these may be extreme cases, but the moral is the same. There may be overcleanliness quite as truly as slovenly neglect; nay more, it is possible to be slovenly and yet make a great parade of cleanliness.

Medical men have repeatedly assured me that young infants suffer greatly from the mistaken idea that they must be bathed morning and night in hot water. Nothing makes the skin so tender and liable to chaf and crack as hot water; grown-up people who habitually use it for the hands realize the need of glycerine, vasoline, or some protective salve, for the simple reason that the skin, by constant application of warm water, is unable to resist the influence of atmosphere. The rational treatment of babies is to sponge them, carefully and quickly over once a day, with tepid water, just warm enough to prevent its chilling the tender frame, using the water quite sparingly, and not luxuriating in that tempting process known as "bathing the baby," during which time its manifold graces and perfections are descended on to admiring observers, or, scarcely dry from its immersion, it is taught to "walk up" the mother's or nurse's lap and go through a series of gymnastics. All this is a mistake; and even when baby is large enough to splash around and play in its tub, and is infinitely charming in its naked purity, it is still a mistake. Let any grown-up person try it and judge by the result.

Radical cleanliness is of course the essential of keeping the baby nice; but what may be characterized as "fancy cleanliness," or the fine art of cleanliness, is best avoided.

So, too, in the matter of dress. What unnecessary worry is imposed on the child, to say nothing of the mother, by the changes which are by some thought necessary before it can be presented to any friend, or even the periodic changing of frocks twice or oftener a day which make up part of life's duties in many homes. Is this sensible? Far better is the old fashion, now almost exploded, of overall pinafores, or as our English grandmothers called them, "nursery save-alls." In old-fashioned, English nurseries they are still used made of some quiet print, usually the plain lilac sea-weed pattern, and can be worn all day long, if need be, and removed only when visitors come, or papa's hour in the evening arrives.

For an infant in long clothes, such protective garments are not necessary; but a creeping dresa, or apron, is almost indispensable when the little one begins to try its powers of locomotion on its own responsibility.

This can be made of calico, gingham, or Chambray (in plain sacque shape, or in "Mother Hubbard" style, with a yoke to which a scant skirt is attached), and should be made long enough to be turned up inside the petticoat and secured by buttonholes in the hem of the apron to buttons on the inside of the petticoat, just below the waist; or a string or elastic ribbon may be run in the hem and fastened around the body, but only just tight enough to keep from slipping down.

What tortures and torments of changing frocks such nursery save-alls prevent! What relief from that endless ironing of ruffled frocks and binds and tuckers weary mothers soon find out. Those who adopt this homely fashion need never fear that they will fall in keeping baby nice. No matter how unexpected the call may be, it is only necessary to remove the apron, and there is the nursery darling, sweet and tidy and clean underneath, as fresh as when released from nurse's hands in the early morning. —Janet E. Runtz-Rees in *Demoiselle's Monthly*.

## Oatmeal not Easy to Cook.

OATMEAL differs from the other cereals in cooking because it contains so much gluten. This substance is eighteen per cent. of oatmeal, and but ten per cent. of wheat flour, and twelve per cent. of Indian corn. But these proportions do not fully express the difficulty in cooking, arising from the presence of the large amount of gluten. Oatmeal does not leaven well, and bread made solely of it is generally unleavened. Loaves wet up with milk do better, and an addition of twenty-five to thirty-three and one-third per cent. of wheat flour still further improves the fermentation. Some of the peasants of Europe add a few potatoes to the oatmeal dough, with wheat and pea flour, milk, and a little pepper, cinnamon, nutmeg, and caraway seed, making a loaf greatly prized by the family. A lady, who has given the subject considerable attention, says that, to get a well leavened loaf, more than half the flour should be wheat.

The art of making oat-cakes is one requiring a great amount of skill. It is said that very few cooks can bake oat-cakes properly. In beginning the work the best way is to wet up the dough with cold water in small quantities as required, and only enough for one cake at a time, kneading it out as quickly as possible, and then baking it with equal dispatch, so as to have what is termed sweet, dry, crummy cakes, free from that insipid and boardy toughness and hardness peculiar to them when otherwise done. Oatmeal has a saccharine flavor when properly cooked, both in bread and pudding, and the difficulty in preparing and baking is to get this.

There are buttered cakes, sugared cakes, seed cakes, sponge cakes, etc., in great variety, as well as plain bread, to be made from oatmeal. Suet is better than butter. The fat should be melted in the water for making the dough, and incorporated with the meal while hot. The kneading, etc., then follow as in the case of plain bread. These cakes are short and very palatable. When sugar is added, which is seldom, it is dissolved in the hot or cold water used in wetting up the meal. Caraway seeds, if used, should be mixed with the meal before the dough is made. Soda cakes are sometimes made, but eggs are seldom used.

In baking, a gridiron is used over a clear fire, generally baking them under side only, but sometimes the cakes are turned and toasted on the upper side before the fire. The preferred way, however, is to toast the cakes before the fire on both sides, or cover it, on an open, slate-bottomed gridiron. The cakes cooked in this way are the best flavored. The cook who does not want to take all this trouble will use the oven, which is an allowable way to bake these cakes. —*Good Housekeeping*.

## Corn Biscuit.

Scald two cups of corn meal in one pint of sweet milk. Then stir together three-quarters of a cup of butter, two cups of sugar and a little salt, and add to it. Then add three eggs well beaten, a little flour and half a cup of hop yeast. Let it rise the second time, then roll out, and let rise the third time. Bake and send to the table hot. This amount makes about twenty-five biscuits.

## Apples as Food.

The acid of apples is among the most healthful of substances taken into the human stomach. It rouses the action of the liver when torpid, and thus enables it to eliminate and throw off the germs of bilious disorders, and those of other diseases arising from slow blood-poison. They must also be classed as among the most important and valuable of the vegetable growths, especially for that class who work with the brain.

## Correspondence.

## Law and Order League.

Editor Canada Citizen:—

Sir,—It is well that the Ontario Branch of the Dominion Alliance at its meeting in Toronto a few days ago recommended the formation of "Law and Order Leagues" in every community. Such organization is of temperance people to aid in the enforcement of the Scott Act, and all other restrictive temperance laws, are much needed; they should have been in existence, and at work long ere this, but "better late than never."

To organize a League let some person or persons move in the matter. Do not wait. "Every one's work is no one's" is an adage that applies here. Let a letter be sent to each temperance organization in the neighborhood, and also an invitation given to all who are friendly to the enforcement of temperance laws, but who may not belong to any temperance organization, requesting them to attend a meeting to consult with each other, and if expedient, to form a League for that neighborhood.

As some money will be needed, I would suggest a plan to raise it, that was acted upon some time ago, with much success. Say, the League needs \$100 to prosecute its work, a number of persons voluntarily assess themselves to raise it; some give 5 per cent. of the amount needed, some 4 per cent, some 3 per cent, some 2 per cent, and some 1 per cent., of course the greater the number of such contributions the more money will be raised or the assessment be made lighter.

One effect of this plan of raising money would be that the liquor-sellers seeing that there were many persons banded together to contribute any amount of money that might be required to prosecute them, would be discouraged and give up the contest. If any one can suggest a better plan of organizing or sustaining Leagues, all right. Anyway let Leagues be organized, and get to work as soon as possible.

## ENFORCEMENT.

Guelph, March 25th, 1888.

## The Temple of Bacchus.

## A FEW SPECIMEN BRICKS.

## Frozen to Death.

At Huntingdon, Pennsylvania, Thomas Teeler, while drunk, laid down on the river bank and slept, covered with snow until frozen to death.

## Drowned while Drunk.

A dispatch from Hood City tells of the drowning of a saw mill employee about 50 years of age, who fell through a railway bridge while drunk.

## Poisoned Himself.

At Potomac, Virginia, a druggist named Jesse March went on a prolonged spree, then took a dose of laudanum to soothe his nerves, and was found dead with a half-empty bottle in his hand.

## Shot in a Liquor Quarrel.

A quarrel occurred a few days ago over the Liquor Traffic at Uptonville, Kentucky, and Dr. Overstreet, an old and respected man, was shot fatally, by an angry citizen.

## An Awful Crime.

From Raleigh, N. C., comes the report of a horrible crime committed at an illicit distillery, at a place called Blaine's Creek. Andrew Call cut, a young man in a gambling party, got stupidly drunk, and his companion scallwags poured whiskey over him and set him on fire. He was literally roasted alive.

## Those sad, sad Facts.

The "Central," published in Detroit, records in one issue, the death of a teacher at Black River, who laid down to sleep on a railway track while drunk, and was killed by a passing train, the finding, at Lawton, of John Emory and his wife after a debauch, the man stupidly drunk, and the woman dead; and the case of a fourteen-year-old boy, who was arrested in Detroit, too drunk to walk along the street.

## Shall Your Boy Go?

Your vote for license, sir, you say!  
(I do you ever think,  
Of the dreadful school your vote sustains,  
You who vote to license drink.

Have you ever stood by the gay saloon  
With its foully tainted air?  
Have you ever watched with curious gaze  
The feet that enter there.

Ah, sir, you know who enter there,  
Our brightest, fairest boys,  
The dearest thoughts of a mother's prayer,  
And the chief of a father's joys.

They are going in for one harmless glass;  
Perchance for a friendly game;  
When men like you sustain the cause,  
Do you think the boys are to blame!

They are coming out with poisoned breath,  
And slow, untimely tread;  
It is not the boys who entered there—  
They have given us these instead.

They are hurrying on with quickened pace  
To lives of crime and woe,  
They are flung down to drunkards' graves  
Are you willing your boy should go!

Ah, sir, you know the picture true,  
You know the fatal end;  
You have seen the way the victims go;  
Have you boys you would like to send.

Joseph Rusan, Percey, writes, "I was induced to try Dr. Thomas' Electric Oil for a lameness which troubled me for three or four years, and I found it the best article I ever tried. It has been a great blessing to me."

## OTHER LANDS.

## A Great Society.

We have received the annual report of the Secretary of the "Massachusetts Total Abstinence Society," and have perused it with a great deal of interest. Some idea of the extensive work being carried on by this Society may be gathered from the fact at present it employs seven colporteurs and agents, and five lecturers. The lecturers, however, do not devote their full time to the work. The agents during the year that has just closed, visited upwards of 20,000 families and addressed over 1,000 meetings. An immense amount of literature was also gratuitously distributed. The total receipts of the Society for the year were \$12,509.66, and the expenditure \$11,773.69. Early last year under this organization a convention was called, and a "No License League" for the State was organized. This organization has been pushing work vigorously since its inception. The T. A. S. has also made vigorous efforts in the direction of securing the teaching of Temperance in public schools, and much of the report is taken up with a discussion of this important question. The President of the Society for 1888 is Hon Rufus S. Frost, Chelsea, and the Sec. Treasurer, is Benj. R. Jewell, of Boston. Hon. B. B. Johnson is Chairman of the Board of Directors.

## What Will the Senate Do?

Friends of Woman Suffrage are anxiously watching the action of the Massachusetts Legislature. The House of Representatives by a vote of 118 to 110 has passed a bill providing that women may vote on the question of "License or no License." If the State Senate ratifies this measure it will at once become law.

## Progress in Kentucky.

Local option has made such progress in the State of Kentucky that the liquor traffic is now shut out of fully five eighths of the entire state.

## Couldn't Stand the Storm.

The results of the terrible storm that swept over New York the other day are the strongest kind of evidence that hard drinkers are in special peril in case of any sudden change of temperature or severe exposure. An immense proportion of such persons suffered during the blizzard.

## Dakota in Line.

The State of Dakota had a big Convention for the purpose of organizing a Prohibition Party. The meeting was held at Huron, and was a success above what was anticipated by its promoters. D. K. Grover of the Dakota Standard is the Chairman of the Central Committee.

## A French Law.

There is a law in operation in France by which every person who may be condemned twice by the police for open drunkenness is held incapable of voting, of elective eligibility and of being named for the jury of any public office.

## An Interesting Insurance Report.

The Scottish Temperance Life Assurance Company held its fifth annual meeting a few days ago at the Religious Institution rooms in Glasgow. Mr. Wm. Collins presided. The directors report showed a total of new policies issued during the year of 917. The year's work showed a large increase in the income, with a decrease of about five per cent in the rate of expense. After writing off all that remained of the preliminary expense account of the company, a dividend of about four and a half per cent was declared. A hearty vote of thanks was tendered Sir William Collins who has given his valuable assistance to this movement as well as in many other lines of temperance effort.

## Annual Meetings.

The Scottish Temperance League held its annual meetings on Saturday, April 28th, and the four following days.

## The Cause Moves On.

Several more counties in Missouri have voted in favor of "No Saloon." The vote in that State now stands as follows: 81 counties have voted, 49 having voted against the saloon and 31 for, and one doubtful.—*Prohibition Advocate*.

**YOU ARE A LAW-MAKER, IN GOD'S PROVIDENCE. USE THAT PRIVILEGE IN GOD'S SERVICE**

## Suing for Damages.

Mrs. Mary Ryan has entered suit in the Saline County Circuit Court of Illinois, against four saloon-keepers of Harrisburg, for damages aggregating \$12,000 which she claims to have suffered by reason of the death of her husband, Patrick Ryan, formerly a section boss on the Cairo, Vincennes and Chicago Railroad. His death was due to the excessive use of liquor, which Mrs. Ryan alleges, was purchased in the places of the defendants. The Women's Christian Temperance Union are giving Mrs. Ryan every encouragement in this suit, and the liquor-dealers are making a united and stubborn defence.—*Christian Statesman*.

## Against the People.

The Mississippi Legislature has adopted a *Scientific Temperance Instruction Bill*, a full two-thirds vote being recorded in its favor in the House of Representatives, and the Senate passing it unanimously.

A petition was presented to the Governor from the W. C. T. U. imploring him for the sake of their children to sign it; but Governor Lowry has overridden his Legislature and vetoed the bill.

The *Union Signal* says in reference to this outrageous abuse of official power:—Hon. A. F. McIver, chairman of the temperance committee in the house, writes that the governor gives absolutely no reason for this prostitution of the veto power; he could have none worth the respect of decency. His conduct is inexplicable, except on the ground either that the liquor power hold a rod over him, or that he is in full sympathy with it. Perhaps Hamilton in his cell for the murder of Mississippi's young martyr, still exercises some of his old-time power. Gen. Sharp of Lowndes, claims the honor (!) of securing the veto, in conjunction with Major Magruder of Vicksburg. The time will come when these men will not glory in their deed of shame.

## ATLANTA.

As was feared by Prohibitionists, the repeal against prohibition in the city of Atlanta, Ga., and substituting for it "High License," is working sad havoc with the morals of the Republic. The New York *Force*, in an editorial on the subject, says:—

"Although the prohibitory law was passed in July 1885, the licenses failed to expire same of them for a year. From July 1886, to December 1887, was really the only prohibition period, and this was nullified by the provision of the law allowing wine-rooms. But with this defect and with the disadvantages that always attend the fragmentary prohibition obtained under Local Option, the results are seen by the following little table:—

Month.	Arrests for drunkenness.	
	Under Prohibition (1886-7).	Under High License (1887-8).
December	97	205
January	59	191
February	77	186
March	49	173
Total	273	555

These figures do their own talking. They show an increase in four months of High License from 273 arrests to 555. No wonder the long-headed liquor-dealers are crying out hosannas to High License.

If your children are troubled with worms give them Mother Graves' Worm Expeller; it is safe, sure, and effectual. Try it and mark the improvement in your child.

## ON TRIAL.

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## F. S. SPENCE,

19-21 Richmond St. E., Toronto

Mark your ballot AGAINST THE PETITION, against the traffic that curses and kills.

For the homes where sin is raging.  
Fight the drink!  
For the wives whose hearts are breaking.  
Fight the drink!  
For the love of God and right,  
Let us go forth in His might,  
We shall win if we unite,  
Fight the drink.