

Right Food for Infants.

Farinaceous Foods with Milk.

SAGO.—Should be used only as an occasional change; for it is deficient in nutritive properties. Take one teaspoonful of sago, and macerate for two hours in one pint of water placed at the side of the fire, or in a slow oven. Then let it boil gently for a quarter of an hour, and before it is taken from the fire, add new milk, a little loaf sugar, and a few grains of salt.

TAPIOCA.—This is another of the articles which, though deficient in the elements of nutrition, may occasionally supply an agreeable change of diet. Take one tablespoonful of tapioca, and macerate for an hour in a pint of water, in a pan placed at the side of the fire, or in a slow oven. Then let it simmer gently for ten minutes, and before taking it from the fire, add milk, with a little loaf sugar, and a few grains of salt.

TOP CRUST.—The top crust of a light and well baked loaf may be prepared in the same manner as rusk food, by boiling in water for an hour and beating into a fine pulp. Mix with warm milk, and add a little loaf sugar, with a few grains of salt.

BAKED CRUMS OF BREAD.—Crum some bread on a plate, put it a little distance from the fire to dry; when dry, rub the crums in a mortar, and reduce them to a fine powder; then pass them through a sieve. Having done which, put the crums of bread into a slow oven to bake until they be of a light fawn-color. A small quantity of this baked crum of bread must be made into food, in the same way as gruel is made, and should then be slightly sweetened with lump sugar. This excellent food for a child is recommended by Mr. Chavasse, in his "Advice to a Mother."

Allen's Lung Balsam

Is warranted to break up the most troublesome Cough in an incredible short time. There is no remedy that can show more evidence of real merit than this **BALSAM** for curing **CONSUMPTION, COUGHS, COLDS, ASTHMA, CROUP, &c.**

Physicians having **CONSUMPTIVE** patients, and having failed to cure them by their own prescriptions, should not hesitate to prescribe this remedy. It has cured cases when all other remedies have failed.