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Barley Water-Washed barley one part, water sixteen parts. Boil until reduced one-half. Then strain the liquor. Add a very little sugar and lemon juice if necessary to make it palatable. used in inflammatory stomach and intestinal troubles.

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Milk for Infants-Cow's milk one part, water two parts, loaf sugar as desired. These proportions altered as the child

Beef Tea-Lean beef cut into shreds one pound, water one quart. Boil 20 minutes removing the scum as it rises. After it grows cold strain the liquor. Add salt and pepper to taste.

Chicken Broth - First and second joints of chicken, boil in one quart of water till very tender. Season with very little salt and pepper.

Mutton Broth-A pound of mutton to a quart of water. Add tablespoonful carefully washed rice. Boil till meat leaves bone. Skim carefully. Season

Stewed Oysters-Put dozen oysters in a colander, pour on a cup of hot water, drain, place liquor in a porcelain-lined saucepan, let it come to a boiling point, skim, pour off into another heated dish, all except the last spoonful. Then pour back, add oysters, heat to boiling point, add a lump of butter, a teaspoon of cracker dust, a little pepper and salt, and a half cup of fresh sweet cream.

Squinting Eyes

The eves are meant to look both in the same direction, and thus to help each other to see, as the feet help each other to walk or run. When they do not do so, there is a squint, or a "cast" in one or both eyes, or to use the medical term, "strabismus." Not only disfigurement, but also impaired vision re-

Little babies squint more or less during the first few months of life. That is not a serious matter, although it often frightens a young and inexperienced mother. It is generally caused by a slight disturbance of the digestion, and passes when that is corrected. But a squint that appears later, when the child is beginning to develop vision by the constant use of the eye muscles, must not be neglected. If it is, the unfortunate condition will probably last through life.

The eyes should work absolutely in unison, just as two horses harnessed to a cart ought to pull together. When they do not focus on the same point at the same time, the crooked eye soon abandons the struggle, and leaves the straight eye to do all the work. That is unfair to the good eye, and fatal to the other, for an eye that is not used grows gradually blind from lack of exercise. Even if the squint is so slight that the child makes an unconscious effort to force the affected eye to its task, he is sure to suffer the distressing ache of eye-strain.

When a young child has strabismus, take him at once to a trustworthy oculist, in order that he may have the glasses that his condition demands. And when he has been fitted with glasses that pull the crooked eye into line with the straight eye, and make it do its work properly, see that he wears them every waking minute, except when he washes his face.

If the squinting eye has already got the habit of shirking, it may have to be trained by exercises. The good eye must be shut at intervals, so that the other will have to do all the work; but the oculist in charge of the case must decide the precise character and frequency of the treatment.

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young man, you are in the best condition," and he sounded me all over, and I again thank you for the same, and I give my consent to use my letter as a testimonial to anyone, as I have been cured. Hoping you and your firm much success your firm much success. Yours truly,

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