

jects in the care of milk will have been kept in mind. B. F. M.
Oxford Co., Ont.

On Keeping Fruit.

(Continued from last week.)

Marmalades.—Marmalades require great care in cooking, because no moisture is added to the fruit and sugar. If marmalade is made from berries, rub them through a sieve to remove seeds; if from large fruit, have it washed, pared, cored, and quartered. Allow 1 pint sugar to each quart fruit; rinse the kettle with cold water, put in alternate layers of fruit and sugar, cook slowly for about two hours, stirring frequently.

Cider Sauce.—Stew quartered apples or pears very slowly in diluted cider, adding sugar to taste.

Jelly-making.—Select sound fruit, somewhat underripe. The best fruits for jelly-making are currants, crab apple, apple, quince, grape, blackberry, raspberry, peach. Apples may be flavored as desired for jelly, or mixed with other fruits. Raspberries may be very nicely combined with currants. Juicy fruits for jelly should not be gathered while wet, after a rain, while large fruits must be boiled in a little water until soft. Apples will require 4 quarts water to 8 quarts fruit; peaches and plums about 3 or 3½ quarts water to the same amount. The jelly will be clearer and finer if the fruit is simmered gently, and not stirred.

When very soft, put the fruit in a double cheesecloth or flannel bag, and let drip without pressing strongly; all that is left may be made into marmalade. Measure the juice and allow a pint or ½ pint sugar, according to the fruit, to the pint of juice. Put the juice and sugar on the stove, stirring until dissolved, and when it boils up, draw it back and skim. Repeat this three times, then pour into hot, sterilized glasses, cover with panes of glass, and place in a sunny window. When set, cover with melted paraffine or

Health in the Home.

Bottle Feeding.

(By "Juanita," Que.)

Regularity, cleanliness and judgment are required in bottle feeding even more than in nursing a baby.

Allow 10 nursings in 24 hours, and continue until the baby is six weeks old. Nursing should be begun at 6 a.m. to 10 p.m., with one nursing at 2 a.m. In following the time-table of feedings, remember that all increases must be made gradually, allowing no more than a quarter of an ounce increase at each feeding; and in increasing the intervals between feedings as the child grows older, only a few minutes at a time.

Some people think it foolish to make a baby every two hours to be fed. They say "nature knows best." The result is that baby sleeps for hours in the day, and then is awake at night.

Feed the baby regularly in the day, and at six o'clock undress it and feed it, put it comfortably in its crib, and do not take it up until 10 o'clock, change it, feed it, put it down again until two o'clock, repeat the performance, then let it sleep until six. Two or three weeks of this treatment will get it into the habit of waking at its regular time, then going to sleep again. But if this rule is broken through and the baby fed often at night, it will wake often and cry to be fed, the extra feedings will cause indigestion, and the result is a nervous, restless, wakeful baby.

The following table of time and quantity varies according to the child's ability to digest. A small, delicate child does not require as much as a strong, large-framed child. In each case the mother must use her own judgment, as the exact amount to suit each individual child cannot be given.

TABLE OF TIME AND QUANTITIES.

Age of Child.	Interval Between Meals.	No. of Night Feedings.	No. Feedings in 24 hrs.	Quantity for 1 meal.	Quantity in 24 hours.
2 to 7 days	2 hours	2	10	1 to 1½ ozs.	10 to 15 ozs.
2 to 3 weeks	2 "	2	10	1½ to 3 ozs.	15 to 30 ozs.
4 to 5 weeks	2 "	2	10	2 to 3½ ozs.	20 to 35 ozs.
6 weeks to 3 mos.	2½ "	2	8	3 to 5 ozs.	24 to 40 ozs.
3 to 6 months	3 "	1	6	4 to 6 ozs.	24 to 36 ozs.
6 to 9 months	3 "	1	6	5 to 7½ ozs.	30 to 45 ozs.
9 mos. and up	4 "	0	5	7 to 9 ozs.	35 to 45 ozs.

circles of paper dipped in brandy, put on the tops and set away.

Half currants and half raspberries may be made into a jelly in this way, also raspberries and blackberries.

Another method is to boil the juice down almost the required length of time, then add the sugar, heated in an oven previously.

FRUIT JUICES.

To make strawberry, raspberry and blackberry juice, put the fruit in the kettle, crush slightly, and heat slowly for half an hour, crushing from time to time with a wooden spoon. Strain through cheesecloth and put over the fire again. When it boils up, draw back and skim, then add the sugar and stir till dissolved. Boil five minutes, skimming carefully. Put, while hot, into hot, sterilized bottles, place in pans of boiling water in a moderate oven for ten minutes longer, then fill up, if required, and seal. The proportion of sugar is 1 gill sugar to 1 quart juice. For fruit syrup, use about three times as much sugar.

Raspberry Vinegar.—Put 4 quarts raspberries in a bowl and pour over them 2 quarts vinegar. Cover, and set in a cool place for two days, then strain through cheesecloth. Put 4 quarts fresh raspberries in the strained juice, and let stand for two days again. Strain, add 3 quarts sugar, heat slowly, boil 20 minutes, and strain.

"So," said Tommy's father, "you took dinner at Willie Stout's house to-day. I hope when it came to extra helpings you had manners enough to say 'No.'"

"Yes, sir," replied Tommy. "I said 'No' several times."

"Ah! you did?"

"Yes, sir," Mrs. Stout kept asking me.

"I had enough."

PREPARATION OF FOOD.

The needed articles are a small white-lined saucepan, a tablespoon, a mixing cup, a white enamel, and a covered pitcher or jar to keep food in.

For warming food at night, a warmer, where a gas stove is not at hand, get a small coal oil stove.

The food used for a baby is the Montreal Children's Hospital's "Borden's Patent Baby Food," using the following recipe, enough is made for a day. Keep in a very cool place, and make fresh at night.

A Nurse's Recipe for an infant hampered from birth.—Mix one heaped tablespoonful of barley to a smooth paste in the saucepan, add half a teaspoonful of brown sugar and a pinch of salt, add slowly and carefully one pint of boiling water, stirring quick & a few times. After it is thoroughly mixed, boil for 10 minutes. Pour boiling water over one-third of a pint of new milk, thus scalding the milk without being away with any of the nutritious qualities, which is the case when milk is increased the milk as you feed the baby. Digest it until five tablespoonfuls of milk to three of barley water can be used. A babe of four months can have half barley water and half milk. A heaped spoonful of lime water added to each bottleful of food aids digestion and helps to prevent looseness. Lime water can be homemade by boiling one quart of boiled water over one heaped spoonful of slaked lime. This must be shaken thoroughly in a corked bottle at intervals of twenty minutes during the next hour. It should then be allowed to settle and stand for a day and night, after which the water should be carefully poured off. It should be used in the water given the baby. Mix one part of lime water to five parts of barley water. A baby should be given

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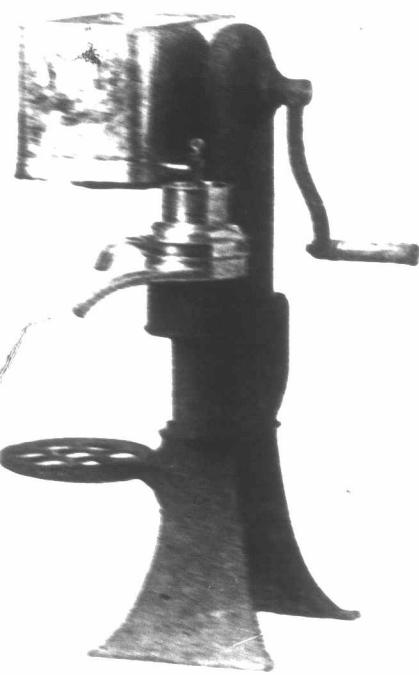
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