

nipple which is stretched over the mouth of the bottle is the most preferable.

SUNLIGHT AND AIR FOR LITTLE ONES.

PUT a little child in the dark, and, like a plant, it soon becomes pale and drooping. It is, therefore, of the utmost importance that the brightest and sunniest room in the house should be selected for the nursery, or the family room, where a nursery proper is inconvenient. The temperature of the room should, of course, be kept moderately warm, especially in cold weather, but it should never be overheated. When a child cannot inspire fresh, cool air properly, it is deprived of another essential element teeming with life-giving qualities.

HAVE CHAIRS FOR THE CHILDREN.

It tends to make children awkward to try to sit in a chair twice as large as they need. How often we go into a home where there are children but no small chairs, or perhaps only one. I always enjoy seeing a small chair, even in a house where there are no children, as it seems to say that children are welcome. How would we feel to visit a giant's home and have to climb into his high chairs!

A HAPPY CHILD IS A GOOD CHILD.

CHILDREN should be always kept busy. Give them good books to read, toys to play with and pencils to scribble with. Let the latent genius have something to feed upon, that it may develop into fair proportions. If children have congenial pursuits and surroundings, they are always happy, and a happy child is a good child.

DEFINING BY EAR—A teacher requested each scholar to give a sentence containing the word "toward." One boy, of nine years, evolved: "I toared my pants!"

Simple Recipes for Tasty Dishes.

Eggs à la Parisienne.—Melt two ounces of butter in a stew-pan, stir in an ounce of flour, and half a pint of boiling milk, pepper and salt. Boil for seven minutes add flavoring of lemon-juice, and some chopped parsley, and half an ounce of butter. Cut some hard-boiled eggs into quarters, put them into a dish, and mask them with the sauce; put them in the oven for a minute, and serve.

Children's Meat Pudding.—Cut some slices of bread very thinly, spread them with dripping and place in a pie-dish with alternate layers of raw meat seasoned with pepper and salt and chopped onion (first par-boiled); have the bread at top and bottom of the pudding; pour some brown stock over it, and bake for about an hour. Let the top be brown and crisp.

Cheap Plum Pudding.—Mix together two pounds of flour, a pound of chopped suet, one and a half pounds of currants and raisins, two ounces of candied peel, one ounce of mixed spice, and three-quarters of a pound of melted molasses. Put all in a greased basin, cover with a scalded cloth and boil for six hours.

Herrings with Mustard Sauce.—Scale and clean four herrings, remove the backbone by cutting them down the back and working the bone out from the top downward with the fingers; brush them with egg, dip into breadcrumbs, and fry a light brown in some butter. Drain well and serve with mustard sauce.

Mustard Sauce.—Melt two ounces of fresh butter and stir into it an ounce and a half of fine flour, and moisten with half a pint of warm water; stir till it boils, add a dessert-spoonful of mixed mustard, the juice of half a lemon, and a table-spoonful of double cream.



FIG 3.—A GIRL'S APRON.