many that my base of your peril think peril company of the peril company

OURDE BORDS.
The search of the

Serve a board English quives at his hot per common to the person of the backers of the regard years for the backers of the regard years for the backers of the regard years for the person of the pers

THERS' DEPARTMENT.

Artificial food must not, for the first five or six months, he given, if the parent be soderately strong, of course, if she be seble, a little food will be necessary. Many lolicate women enjoy better health whilst making then at any other period of their lives. It may be well, where artificial food, a sddition to the mother's own milk, is seded, and before giving any farinaceous food whatever (for farinaceous food until a child in six or seven months old is injurious), to give, through a feeding-bottle, every sight and morning, in addition to the mother's breast of milk, the following milk-water-and-sugar-of-milk food:

— Preth milk from one cow; warm water, of each a quarter of a pint, Sugar-of-milk one teaspoonful.

The sugar-of-milk should first be dissolved in the warm water, and then the fresh milk unboiled should be mixed with it.

grows older, he will require the whole of it a meal.

What food, when a babe is six or seven months old, is the best substitute for a mother's milk.

The food that suits one infant will not agree with another. (I.) The one that I have found the most generally useful, is made as follows:—Boil the crumb of bread for twe hours in water, taking particular care that it does not burn; then add only a little lump sugar (or brown sugar, if the bowels be costive), to make it palatable. When he is six or seven months eld, mix a little new milk—the milk of one cow—with it gradually as he becomes older, increasing the quantity until it be nearly all milk, there being only enough water to boil the bread; the milk should be poured boiling bot on the bread. Sometimes the two milks—the mother's and the cow's milk—do not agree; when such is the case, let the milk be left out, both in this and in the foods following, and let the food be made with water, instead of with milk and water. In other respects, until the child is weaned, let it be made as above directed; when he is weaned good fresh cow's milk must, as previously recommended, be used, (2.) Or out thin alices of bread into a basin, over the bread with cold water, place it in an oven for two hours to bake; take it out, beat the bread up with a fork, and then slightly sweeten it. This is an excellent food.

Another good food is the following:—

colour. A small quantity either of soiled, or of the baked flour, or of the derumb of bread, ought to be made food, in the same way as gruel is made, should then be alightly sweetened, acting to the state of the howels, either lump or with brown sugar.

(To be Continued.)

POOR MAN'S PUDDING.

A quart of milk, half tea-cup rice, salt to taste, and one tea-cup sugar; place in the oven while cold, stirring eccasionally while the rice is swelling. It is better to bake quite slowly about two hours. It should be cream-like when done. To vary this, a small cup raisins and a teaspoon smoon or vanilla may be added.

PINEAPPLE PUDDING. Butter a pudding-dish, and line the bottom and sides with slices of stale cake (sponge-cake is best), pare and slice thin a large pineapple, place in the dish first a layer of pineapple, then strew with sugar, then more pineapple, and so on until all is used, pour over a small tea-cup water, and cover with slices of cake which have been dipped in cold water; cover the whole with a buttered plate, and bake slowly for two hours.

Boil six good mealy potatoes, mash very fine, heat well with the yolks of five eggs, half pound white sugar, quarter pound butter; beat whites of eggs to stiff froth, add the grated rind and juice of one lemon, stir well, and id a little salt and a pint of good milk or cream; bake an hour and a half; reserve some of the whites of eggs, mix with sugar and ice the top.

PRUNE PUDDING.

Scald one pound French prones, let them swell in the hot water till soft, drain and extract the stones, spread on a dish and dredge with flour; take a gill milk from a quart, stir into it gradually eight tablespoons sifted flour; beat six eggs very light and stir by degrees into the remainder of quart of milk, alternating with the butter; add prunes, one at a time, stir the whole very hard, boil two hours, and serve with wine sauce or cream.

PUFF PUDDING.

PUFF PUDDING.

One and one-half cups flour, one of milk, we eggs, and a little salt; bake in hot wan twenty minutes in patty-pans, serve with sauce.

QUICK PUFF PUDDING.

QUICK PUFF PUDDING.

Stir one pint flour, two teaspoens baking powder, and a little salt in milk until very soft; place in steamer well-greased cups, put in each a spoonful of batter, then one of barries, steamed apples, or any sauce convenient, cover with another spoonful of batter and steam twenty minutes. This pudding is delicious made with fresh strawborries, and easen with a sauce made of two eggs, half-cup butter and cup of sugar, beaten thoroughly with a cup boiling milk and one of strawberries.

QUERN OF PUDDINGS.

One pint fine sifted bread-crumbs, one quart milk, one cup sugar, yolks of four egg, a piace of butter the size of an eggs (some add grated rind of lemon); bake until done—but do net allow to become watery—and spread with a layer of jelly. Whip whites of eggs to a stiff freth with five tablespoens sugar, and juice of one lemon, spread on the top and brown. Good with or without sauce, and very good cold. Make a hard sauce for it as follows:—One cup very light brown sugar, half cup butter, half grated rind and the juice of one lemon; best until very light. Vanilla may be used instead of the lemon.

Or, for cocca-nut pudding, soak half cup dessicated, cocca-nut in boiling hot milk for half an hour or more, and add to the pudding, baking and finishing as above; or for orange pudding add a half-dozen intended to the pudding, baking and finishing as above; or for orange pudding add a half-dozen intended to the pudding soak half cup