

## OUR MOTHERS' COLUMN.

## THE BABY'S "SECOND SUMMER."

(Concluded from our October number.)

**T**HE proper method to be followed in preparing infants' food is as follows:—

Some moments before meal-time, so as to avoid hurry, measure out the different fluid ingredients of the food, one after the other; add the requisite quantity of milk-sugar, and mix the whole thoroughly by stirring with a spoon, and pour into the feeding bottle. The food must now be heated to a temperature of about 95° F. This can be done by steeping the bottle in hot water, or by placing it in a water-bath over an alcohol lamp or gas jet. Finally, apply the tip and the meal is ready. When feeding, the child must occupy a half-reclining position in the nurse's lap. The bottle should be held by the nurse, at first horizontally, but gradually more and more tilted up as it is emptied, the object being to keep the neck always full and prevent the drawing in and swallowing of air. Ample time, say five, ten, or fifteen minutes, according to the quantity of food, should be allowed for the meal. It is best to withdraw the bottle occasionally for a brief rest, and after the meal is over, sucking from the empty bottle must not be allowed, even for a moment.

The graduated bottles, now readily obtainable, greatly facilitate the preparation of the meals.

For children residing in cities an honest dairyman must be found, who will serve sound milk and cream from country cows once every day in winter, and twice during the day in the heat of summer. The milk of ordinary stock cows is more suitable than that from Alderney or Durham breeds, as the latter is too rich, and, therefore, more difficult to digest. The mixed milk of a good herd is to be preferred to that from a single animal. It is less likely to be affected by peculiarities of feeding, and less liable to variation from alterations in health or different stages of lactation.

## RULES TO KEEP A CHILD HEALTHY.

The following rules—being a portion of those recommended by the Obstetrical Society of Philadelphia, and published by the Board of Health of that city—are concise and worthy of quotation:—

**RULE 1.**—Bathe the child once a day in lukewarm water. If it be feeble, sponge it all over twice a day with lukewarm water and vinegar.

**RULE 2.**—Avoid all tight bandaging. Have light flannel as the inner garment, and the rest of the clothing light and cool, and so loose that the child may have free play for its limbs. At night undress it, sponge it, and put on slip. In the morning remove the slip, bathe the child, and dress it in clean clothes. If this cannot be afforded, thoroughly air the day clothing by hanging it up during the night. Use clean diapers, and change them often. Never dry a soiled one in the room in which the child is, and never use one for the second time without first washing it.

**RULE 3.**—The child should sleep by itself in a cot or cradle. It should be put to bed at regular hours, and be taught to go to sleep without being nursed in the arms. Without the advice of a physician never give it any spirits, cordials, carminatives, soothing syrups or sleeping drops. Thousands of children die every year from the use of these poisons. If the child frets and does not sleep, it is either hungry or else ill, it needs a physician. Never quiet it by candy or cake; they are common causes of diarrhoea.

**RULE 4.**—Give the child plenty of fresh air.

**RULE 5.**—Keep your house sweet and clean, cool and well aired.

## OUR COOKERY COLUMN.

**ONLY** reliable *tried* recipes published in this column. We will be glad to receive such from any of our subscribers who may care to thus favor us.

## POTATOES.

Cheap and commonplace as it is, the potato finds its way to the table once a day or oftener in every household; yet there are so many ways of preparing the vegetable that it might be served even more frequently and never appear twice in one week in the same form. The average cook professes, of course, to know them all, but generally after she has presented them as boiled, baked, fried and mashed her skill is exhausted. Even when prepared in these every-day forms, a certain amount of culinary skill is required to render the potatoe pleasant to the eye as well as to the palate. Boiled potatoes when properly prepared present a firm, snowy surface, the steam rising from their midst being the only evidence of moisture: they are uniform in size and shape, are easily broken by the fork, and almost melt in the mouth. They must be pared with a sharp knife, quartered lengthwise, all eyes and discolorations removed, and then plunged into cold water. A salt-spoonful of baking soda thrown into the salted water in which they are to be boiled helps to enhance the "mealiness" which makes the boiled potato specially attractive. When done, the water is drained from the potatoes, and the latter, closely covered, save for an outlet for the steam, are set at the back of the range until served. As a variation, just before serving in the heated dish, dash over them two table-spoons of melted butter and one of minced parsley, or half an onion finely chopped and fried crisp in butter or drippings. Baked potatoes are chosen uniform in size, are scrubbed clean with a tiny brush kept exclusively for this purpose, are wiped dry with a towel and then placed in a hot oven; or they may be pared, glazed with egg, dusted with pepper and salt, and roasted in a pan slightly greased. Prepared in the latter way, they can also be served as stuffed potatoes. Removed from the oven when done, the top end of each is cut off, the inner part removed and mixed with chopped and spiced spinach, or else with an egg and cream, and then returned to the empty shell, to be heated through before being sent to the table. To successfully fry potatoes two important items must not be overlooked; the pieces of potato, whether in quarters or in slices (Saratoga chips), must first be *wiped dry* with a towel, and then plunged into *deep* and *boiling* lard or drippings. The intense heat encrusts the outer surface of the potato the moment it touches the fat, thus entirely preventing the slightest absorption of grease, and the pieces turn delicately brown the moment they are cooked through. To mash potatoes they are first boiled and steamed as described above, then transferred to a heated bowl, where they are softened by adding a little warm milk or cream, a lump of butter, and pepper and salt. When well mixed and mashed the mass is piled upon a dish, smoothed with a wooden spoon, and garnished with sprigs of parsley. Potato snow, or vermicelli as it is sometimes called, is made by pressing the mashed potato through a colander held over the dish in which it is served.

**Potato Croquettes.**—Add the yolks of two eggs, a pinch of nutmeg, and one of cayenne to warm mashed potatoes; mould into tiny little cones or cylinders, dip into beaten egg and cracker dust, and drop into boiling fat. When done, remove with a wire spoon, and drain a moment upon tissue-paper.

**Potato Salad.**—Slice freshly boiled potatoes (still warm) into a bowl; add a white onion cut into rings, a table-spoonful of capers, pepper, salt and chopped parsley; pour over it a French dressing, or mask with mayonnaise.