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Domestic Department.

How to Train the Baby.

JUDICIOUS "letting alone" is a great gift. Happy the babies whose mothers possess it! Unfortunately there are comparatively few who do, and still fewer nurses.

Babies, especially first babies, are great sufferers from too much attention. They are very often, too, the victims of experiment or, even worse, prejudice. Grandmothers and old nurses have very rigid ideas concerning their training and discipline, while young mannnas have, on their side, a good many theories. Between those different influences the little nursery despot is often called upon to suffer many things.

It is a very trite thing to insist upon the fact that the very first month of the infant's life is a most important period in its educational training,—but it is so often forgotten by mothers that we must be excused for beginning at the very beginning.

The child should from the first be accustomed to absolute regularity in regard to its meals; but although this is essential, it is a very great mistake to apply the same rule to other matters—dressing, for instance. I have known many otherwise judicious mothers, with a mania for regularity, insist upon the baby's bathing-hour with as much energy as upon its evening meal, and allow of its being awakened to be washed. This is a very serious mistake. An infant's sleep should never be broken in upon. Even when the nursing hour arrives, it is exceedingly injudicious to arouse the baby for the sake of punctuality; but so easily are habits formed, that if the child is nursed at regular intervals, from the beginning, it will naturally stir about the right time, and can be lifted up and nursed without arousing it entirely.

Washing and dressing are quite different affairs. It is really better to let the infant remain unwashed than to waken it because the time for the bath has come. It is necessary to insist upon this fact, because calm is the key-note of training the baby. Fussy nurses and mothers, over anxious and fidgety, never have those sonsy, good-tempered, smiling babies whom we all love to see. The little ones in the over exact nursery are nervous, peevish, irritable; as unsatisfactory as those on whose training no thought whatever is expended.

Little children beginning to notice, and to babble out their monosyllabic utterances, are so engaging, that the temptation all the time is to wake up their faculties; they are always on exhibition, always being roused up to show their pretty ways to admiring friends, constantly on the alert, tossed and dandled and played with, when they had far better be left lying quietly in the crib.

A very great deal in the direction of training can be accomplished by accustoming the baby to lie still in its cradle when awake. Anxious mothers, on the watch for every movement, are far too apt to take the child up the moment it moves or awakens; it looks so pretty, and engaging too, with the pink color in its little cheeks, and the bright eyes opening with awakening interest. It is very tempting to take it up and toss it around, sing to it, make all those many uncanny noises which some mothers think essential to its development; and baby is so bright and winsome, so smart, as it is the fashion to say, or so cunning, that few reflect how bad all this excitement and turmoil is for the nerves, or trace a connection between the noisy chirping and tossing of the play hour and the restless, uneasy sleep in the evening. It is not a welcome fact, but it is a very pregnant one, that the less babies are talked to and noticed the first year, the better. All success in training them, indeed, depends upon this calm letting them alone, leaving the nerves unwrought upon, and allowing the little frame time to become accustomed to the strain upon it of acquaintance with this restless, rioting world of ours.

The children of the working poor are in this respect better off than those of the well-to-do; if later they miss much in the culture of good habits, they are, as babies, left so much alone, that, take them all in all, they are peaceable and quiet. One rarely hears the charwoman or seamstress talk of walking up and down all night with a fretful, excitable baby. One of the compensations of poverty is that its children are left in peace, for the reason that no one has time to spend on exciting them. It may be a negative training that they get, but it is the very best sort of training for the baby under a twelvemonth, and one that may be very advantageously copied by mothers and nurses.—Janet E. Runts-Ross in Democrat's Monthly for February.

How to Roast Meat.

Mrs. EMMA P. EWING, of the School of Domestic Economy at the Iowa Agricultural College, says:—

In roasting meats of all kinds the method adopted should be the one that in the most perfect manner preserves the juices inside the meat. To roast beef in the best possible manner, place the clean-cut side of the meat upon a smoking hot pan, which must be over a quick fire. Press it close to the pan until seared and slightly browned. Reverse and let the opposite side become similarly seared and brown. Then put it at once in the oven, the heat of which should be firm and steady, but not too intense, and leave it undisturbed until cooked. The time that should be allowed for cooking beef in this manner is twenty minutes to the pound, if it is to be rare, less half an hour deducted from the aggregate time on account of searing. In other words, a five-pound roast of beef will require an hour and a quarter, a six-pound roast an hour and a half, and so on.

If the oven is not too hot the beef requires no basting and is better without it. When the oven is at the proper temperature and the cooking is going on all right, the meat will keep up a gentle sputtering in the pan. If, upon opening the oven door, this sputtering is perceptible, more heat is required. But if in addition to the sputtering any smoke is discernible in the oven, the heat is too intense and should be lessened. Unless the heat of the oven is too great, the drippings in the pan will not burn and smoke, and when the meat is cooked there will be a thin coating of brown jelly in the pan where the meat rested, which by the addition of stock or water will make a delicious gravy.

A roast of beef should never be washed, and if it has accidentally been wet or moistened, it should be carefully wiped dry before it is seared or put to cook. Searing almost instantly coats the cut side of a piece of meat and prevents the escape of juices in the after process of roasting, while a firm, steady heat gently but thoroughly cooks it, and thus both juices and flavor are preserved. Basting is a troublesome as well as damaging process. And as salt and water have a tendency to toughen and extract the juices of meat, they should not be used on it while roasting, if it is desired to have the meat sweet, juicy and tender.

Ducks and Turkeys.

To Boil Ducks.—Clean and pluck them, taking care that the skin be preserved from rents while plucking; salt them for about thirty hours previous to cooking; flour a clean white cloth and boil them in it, a moderate sized duck will take about an hour's boiling; make a rich onion sauce with milk, and send it to table with the duck. When the duck is boiled fresh it may be stuffed as for roasting, and served with the same description of gravy.

To Roast Ducks.—Ducks should be well plucked without tearing the skin, all the plugs being removed. Some cooks go so far as to skin the duck, holding it a minute by the feet in scalding water, that the skin may peel easier; clean the insides thoroughly with a little warm water, and stuff them with the same stuffing as for geese, using perhaps a little more bread for the sake of mildness; roast them before a brisk fire, but not too close, and baste very frequently; they will take from half an hour to an hour, according to the age and size; when the breast plumps, they will be just done; serve them with a rich brown gravy.

BOILED TURKEY.—A hen bird is considered the best. It may be stuffed with truffles, chestnuts, or sausage meat. Boil it in a clean floured cloth, throw some salt into the water in which it is boiled. Cover close, and simmer for two hours, removing the scum frequently. Serve with white sauce, or parsley and butter; the latter is now scarcely ever brought to table.

ROAST TURKEY.—Stuff it with veal stuffing, with or without truffles; if the latter, chop and pound them, and mix in the stuffing, keeping all your large ones to be whole for the body of the turkey; you must keep them in the turkey for two days. Chestnuts should be used raw; pare and pound them, and roast at a slow fire, covered with buttered paper.

TURKEY, WITH SAUSAGE MEAT AND TONGUE.—Bone the turkey, then fill the inside with sausage meat, with or without tongue; if with it, it should be boiled the day before; cut off the root and tip to the length of the turkey; if you have a few to spare wrap the tongue in this after it is boned, and place it in the middle of the turkey, surrounded with sausage meat; introduce truffles if you like: if for

boiling, cover it with fat bacon and slices of lomon tied in a cloth, pouring whatever sauce you propose over the turkey.

TURKEY HASHED.—Cut up the remains of a roasted turkey, put it into a stewpan, with shallots, truffles, mushrooms, chopped parsley, salt, pepper, two spoonfuls of cullis, and a little stock, boil half an hour, and reduce to a thick sauce. When ready add a pound of anchovies, and a squeeze of lemon. Skim the sauce free from fat, and serve all together.—The Temperance Caterer.

THE ONTARIO LEGISLATURE.

On Wednesday of the present week the Ontario Legislature was opened, and the Speech from the Throne delivered, laying out the Government programme of business for the present session. While there is a good deal of legislation proposed, much of it of a very important character, we regret exceedingly that no reference has been made to one of the most important public questions with which the Local Legislature has to deal, in reference to which much anxiety has been felt, and in dealing with which it was generally hoped some advanced steps would be taken at the present session.

Under our form of government the provincial authorities have in their hands the preservation of order and the enforcement of law. Over and over again during the past year, two matters have been specially pressed upon the attention of our Provincial Cabinet:—(1) The necessity for the enforcement of a small force of provincial police to assist in suppressing the lawlessness that in many places is rampant; (2) The desirability of legislation providing for the licensing of all public-houses so as to bring them under inspection and control, and for the protection and convenience of the travelling public.

There are other matters demanding careful attention, in connection with Scott Act enforcement work, and the improvement of the license law, but the points specifically mentioned are those of the most immediate urgency. Our government ought to have been prepared to deal with them and their intentions in that direction should have been indicated in the Speech from the Throne.

We sincerely trust that the omission does not mean that the matter is to be ignored, and we earnestly hope that there will be enacted such wise measures as the public desire and the situation demands.

A GOOD MAN GONE.

Rev. John Smith is Dead.

PROBABLY every one of our readers is already aware of the sad fact that one week ago to day Rev. John Smith, pastor of Erskine Presbyterian Street Church, in Toronto, and one of the foremost of the Dominion Alliance workers, was suddenly called from the field of fight to wear the victor's crown. On Thursday evening, January 19, Mr. Smith attended two meetings, in both of which he took an active part. He walked home after the meetings, did some work in his study, was taken suddenly ill, and almost at once became unconscious. Before three o'clock in the morning he was dead.

A memorial service was held on Monday afternoon in his church, which was crowded to its utmost capacity, many being unable to obtain admission. Another memorial service will be held under the auspices of the Dominion Alliance and the Y. M. P. C., in the Horticultural Pavilion, on Sunday afternoon next.

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