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to all who are suffering from Affections of the THROAT and LUNGS, and I am certain that for WASTING DISEASES nothing superior to it can be obtained."

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ROBERT R. J. EMMERSON,
Sackville, N. S., Aug., 1889.

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FOR THE CRITIC.]

SLEEP.

How sweet to sleep, when the day's task is o'er!
When nature bars the golden gates of light,
And all the world, lulled with the breath of night,
Lies hushed to dreams—By some Lethæan shore
Man sinks to rest, nor asks one blessing more,—
His freighted barque of memory, in sight
Of port, furls all her storm-torn sails, and bright,
Loved faces greet him as in days of yore.

But sweeter far, their hallowed sleep, on whom
Life's sun has set, who bravely strove to keep
The simple path of right; and through the gloom,
And shine dispersed rich seeds of love, to reap
A full, ripe sheaf, beyond the empty tomb
How blest their visions—oh, how sweet their sleep!

H. H. P.

[FOR THE CRITIC.]

LETTER TO COUSIN CARYL.

*Dear Cousin Caryl,—If you are as fond of figs as we are, and especially now that the market is so plentifully supplied with fine fruit, you will welcome this addition to your list of puddings. Take three ozs. each of flour and bread crumbs, and two ozs. of finely shredded suet; mix them all together, and then add two ozs. of peeled and chopped apples, four ozs. of figs cut up small, and a tablespoonful of sugar, with just enough milk to make the whole firm, but not wet; press the mass closely into a well-buttered mould, and tie this up well in a cloth, leaving room in the mould for the pudding to swell; steam for three hours, and serve with wine sauce.

Figs, by the way, are laxitive in their nature, and are especially valuable where there are children because of the medicinal quality in so pleasant a guise. Of course you do not need to be reminded that rich puddings have no place in menus for little people. Let them eat their figs uncooked.

Anent the peculiar qualities of various foods it is quite worth one's while, indeed I believe it is every housewife's duty, to familiarize herself with them, else just so much possible value may go to waste.

For example, a supper of coarse, well-made bread, 24 hours old, sweet butter, stewed prunes, and fresh milk is a wonderfully pleasant exchange for a nauseous dose of pills. If persisted in in kind, though there may be variety almost *ad infinitum* in the details, wholesome, laxitive food is found to improve one's temper, not to mention complexion, along with one's health.

Prunes make such a nice sauce, and are so simply prepared they should be better appreciated, not to mention their wholesomeness *per se*. Good fruit is needed to begin with, next it should be washed in several warm waters, and then simply stewed slowly in water, with sugar to taste. To make a richer sauce, add more water and sugar in the beginning, cook a long time, and the result will be a preserve delicious as plum, which it much resembles.

Tapioca makes a delicious and wholesome dessert, and is cheap into the bargain where one has plenty of milk and eggs. Try this recipe for a pudding. Wash ten tablespoonfuls flake tapioca in warm water until perfectly clear. Put it into a dish with a quart of rich milk, and stand in a pan of water over a fire, stirring steadily until the milk thickens. A double boiler is just the thing for this process. Before removing from the fire add six tablespoonfuls fine sugar, and two of butter. Add, when these are dissolved, and after the dish is taken from the stove, lemon juice or extract lemon to flavor to taste. Stir in a little at a time (to prevent cooking in lumps,) four well-beaten eggs; pour the mixture into a buttered baking dish, and bake from twenty to thirty minutes in a moderate oven. The pudding will come out brown as to the top, and creamy and delicious as to the inside. To be eaten with or without thick sweet cream.

You ask about children being made household helpers. Yes and no, Caryl, I certainly think children should be taught the discipline for themselves, and the consideration for others that comes with learning to "pick up after themselves," as the saying is. Long before Hetty can understand why her hands should be slapped—supposing you are so foolish as to do that—for overturning your work basket, she will learn if you patiently but firmly make her restore everything to the basket, that the things belong there and not on the floor, that there is where you intend to have them, and a little but important lesson of obedience into the bargain. Older children can readily comprehend why they should do again what they have undone so far as they are able to do so, and Bob will be all the better, and you and the maid less weary, if he learns to hang up his own cap, brush the mud from his own rubbers, and so on. And he can "save steps" doing errands, and the like. Polly, too, should learn when she is old enough to throw open her chamber windows, spread the bed clothes to air, and to "pick up and put away," that housekeeper's bug-bear.

But do not get off the wise course on to unsafe footing. It cannot be Bob here and Polly there from morning until night without making drudges of the children and a cruel taskmaster of yourself. All work, you know, and no play. There must be genuine play, without a vestige of utility behind it some of the time, and that regularly. It is a fallacious doctrine, that if a child "is bound to be on his feet all the time he might as well be doing something useful"—meaning in the line of work. It is most useful and altogether important that the growing years of a child's life should be devoted to just that mental, moral and physical training that is going to introduce him or her later on to adult life as a splendid type of mankind or womanhood. Now if one has this sort of education in mind for her children, or those under her supervision, she surely is not going to stunt their growth or best possible development by giving them to do what they cannot do with safety to their little brains and undeveloped bodies.

There is all the difference in the world between children, and we are so apt to think them pretty much alike! But they are alike in having rights