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# MOTHERS' DEPARTMEN

# SLEEP

(Continued.) Although the room should be co Although the room should be com ably warm, it cught from time to tim be properly ventilated room soon bec foul, and, therefore, unhealthy. many in this world, both children adults, are "poisoned with their breaths !" An infant should not be allowed to

at the glare of a fire or of a lighted c as the glare tends to weaken the sight, sometimes brings on an inflammation o eyes. In speaking to, and in noticin baby, you ought always to stand before, not behind him, or it might make

equint. Ought a babe to lie alone from the f Ought a babe to lie alone from the fi Cortainly not; at first—say, for the few months - he requires the warmth another person's body, especially in winter; but care must be taken no overlay him, as many infants, from c lessness in this particular, have lost ti lives. After the first few months he better lie alone, one a horse-hair mattr Do you approve of rocking an infant sleep?

sleep? I de not. If the rules of health be served, he will sleep both soundly sweetly without rocking; if they be the rocking might cause him to fall in feverish, disturbed slumber, and not a refreshing, calm sleep. Besides, if once take to that habit, he will not g

sleep without it. Then don't you approve of a rock chair, and of rockers to the cradle ? Certainly not; a rocking-chair, or rock to the cradle, may be useful to a lazy m or mother, and may induce a child sleep, but that restlessly, when he of not need sleep, or when he is wet and comfortable, and requires "changin but will not cause him to have that sw and genetic and creminite that and gentle and exquisite slumber so ohat teristic of a baby who has no artificial pliances to make him sleep. No! rock are perfectly unnecessary, and the soo they are banished the nursery the bet will it be for the infant community. I not know a more wearisome and more onous sound than the everisome and mon to and fro in some nurseries; they often accompanied by a dolorous hull from the nurse, which adds much to misery and depressing influence of performance.

While the infant is asleep, do you wise the head of the crib to be cover with a handkerohief, to shade his e from the light, and, if it be summer tim

to keep off the flies? If the head of the crib be covered, If the head of the crib be covered, habe cannot breathe freely; the air wi in the crib becomes contaminated, a thus the lungs cannot properly perfo-their functions. If his sleep is to be freshing, he must breathe pure air. I not even approve of a head to a crib, child is frequently allowed to sleep on bed with the curtains drawn complete close, as though it were dangerous for breath of air to blow upon him. The practice is most injurious. An infa must have the full benefit of the air of t room; indeed, the bed-room door oug room ; indeed, the bed-room door oug to be frequently left sjar, so that the of the apartment may be changed ; taki care, of course, not to expose him to draught. If the flies, while he is asle annoy him, let a net veil be thrown or his face, as he can readily breathe throw Have you any suggestions to offer as the way a babe should be dressed when

the way a babe should be dressed when is put down to sleep ? Whenever hebe put down to sleep, he mo than usually p vricular that his dress loose in every part; be careful that the be neither strings nor bands, to orar him. Let him, then, during repose, him then ordinarily free and unrestraine more than ordinarily free and unrest

(To be continued.) USEFUL RECEIPTS.

the sheet that revealed the immonie out-line was coarse and scant, no king lying in state had more awful screenty on his white brow or more meaning in his pallid lips than this dead sailor, for his face was lips than this dead sailor, for his face was at once accuser and judge of the oriminal before him. And as Alonzo stood and stared at that soulptural mask, memory forced upon him another vision, another face, twin to this, except as woman never is twin to man, crowned with just such clustering gold, lit with such great blue eyes as he knew lay beneath those sealed lids; and he heard a voice saying in sonor-our Enclish accust

"Whom God hath joined together let f not man put asunder 1" He turned away silently, and quitted the house like one in a dream; but as he left the door Pete's yellow dog leaped up and flew at him, and the trivial attack turned back the unwonted current of his thought. He kicked the creature out of this path, and felt a fierce thrill of joy to think that just so this babbler had been flung from his track; there was only the certificate now, and this he must coax out of Polly Mariner.

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put aside her sense of right and duty and alope with him. He swore by every oath he knew that the woman he once married in Liverpool was dead, --dead long ago; but he could not prove it. Then he said the mar-riage never was legal, for there were no witnesses; but this exouse revolted Clary more than his first subterfuge appeared her. He uttered every lie he could think of, and used every threat his experience sug-gested; and when they all failed against the strength of a pure purpose in this

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TOMATO SOUP.

TOMATO SOUP. Skim and strain one gallon of stock ma from nice fresh beef; take three quar tomatcee, remove skin and cut out ha center, put through a fine sieve, and add the stock; make a paste of butter an four, and, when the stock begins to bo stir in half a teacup, taking care not have it lumpy; boil twenty minute sasoning with salt and popper to tast When out of season, canned tomatoes w answer, two quarts being sufficient.

MEATLESS TOMATO SOUP.

One quart tomatoes, one of water ; ste till soft; add teaspoen soda, allow to effer vesce, and add quart of boiling milk, sal butter, and pepper to taste, with a litt relled cracker ; boil a few minutes an serve.

TURKEY SOUP.

Place the rack of a cold turkey and what remains of the dressing and gravy in a pot and oover with cold water; simmer genti for three or four hours, and let it stand to the next day; take off all the fat, and ski off all the bits and house; with the approx off all the bits and bones; put the soup of to heat till it boils; then thicken slight! with flour, wet up in water, an season to taste; pick of all the bits of turkey from the bones, put them in the soup, boil up and serve.

VEGETABLE SOUP.

VECETABLE SOUP. After bolling a soup bone or piece beef until done, add to the broth boiling and when boiling again add a large handh of cabbage cut fine as for elaw, a half pin of tomatoes, canned or fresh ; peel an onions, and two or three potstoes (som use a half tea-cup of dried or half pint of press oorn ; if dried corn is used, it shoul pe soaked). Let boll from half to three quarters of an hour ; if you like a littl thickening, stir an egg or yolk with a larg poonful of milk and a teaspoon of flour, pu in five or ten minutes before taking off this makes it very rich. Serve wit orackers. crackers.

VEGETABLE SOUP.

Three onions, three carrots, three turning one small cabbage, one pint of tomatoes one small cabbage, one pint of tomatoes very fine, have ready in a porcelain ketth three quarts of boiling water, put in all er or half an hour, then add the chopped cabbage and tomatoes (the tomatoes pre-viously stewed), also a bunch of sweet herbs. Let soup boil for twenty minutes, strain through a size, rubbing all the vegetables through. Take two tables poons of best butter and one of flour and heat them to a cream. Now pepper and sugar, ahalf cup of sweet cream if you have it, and last stir in the butter and flour ; let boil up and it is ready for the table. Serve with fried bread chips, or poached eggs, one in each dish. Three onions, three carrots, three turning

VEAL SOUP.

VEAL SOUP. To about three pounds of a well-broken joint of veal, add four quarts of water, and set it over to boil ; prepare one-fourth pound macaroni by boiling it in a dish by itself with enough water to cover it ; ad a little butter when the macaroni is tender strain the soup and season to taste with salt and pepper, then add the macaron with the water in which it was boiled onions or celery may be added for flavor as or celery may be added for flavor

BREAD-DICE FOR SOUPS.

TREAD-DICE FOR SOURS. Take alloes of stale bread, cut in sma squares, throw in hot lard and fry th brown, skim out, drain, and put in th sonp-tureen before serving the sour Crackars orisped in the oven are nice to serve with oyster soup.

CARAMEL FOR SOUPS.

CARAMEL FOR SOURS. For caramel, put one tea-cup sugar and two tearspoons water in a sauce-pan ove the fire, stir constantly till it is a dan pinch of all, let boll for a few moment take of and when cold bottle. To brown flour, put one pint in a sauce palout size constantly till it is a dan polour size constantly till it is a dan put when cold put away in a tim o

