THE VIDEOUS MAIL FORMED PRINTS AND THE PRINTS AND T

MOTHERS' DEPARTMENT

EXERCISE. (Continued.)

Can you devise any method to indubabe himself to take exercise?

He must be encouraged to use musc exertion; and, for this purpose, he of to be frequently laid either upon a rucarpet, or the floor; he will then straight his limbs and kick about with peglee. It is a pretty sight, to see a lefellow kicking and sprawling on the flucture with delight and thoroughly joys himself; it strengthens his back enables him to stretch his limbs, and to his muscles; and is one of the best kine. enables him to stretch his limbs, and to his muscles; and is one of the best kine exercise a very young child can t While going through his performances, diaper, if he wear one, should be fastened, in order that he might through his exercises untrammelled, adopting the above plan, the babe qui adopting the above plan, the babe qui enjoys himself—his brain is not over cited by it; this is an important consid-tion, for both mothers and nurses are to rouse, and excite very young childre their manifest detriment. A babe requirest, and not excitement. How wrom their manifest detriment. A babe request, and not excitement. How wron is, then, for either a mother or a nurse exciting and rousing a new-born but is most injurious and weakening to brain. In the early period of his exist his time ought to be almost entirely sin sleeping and in sucking.

Do you approve of tossing an inmuch about?

They seen a child tossed nearly to

I have seen a child tossed nearly to ceiling! Can anything be more crue absurd? Violent tossing of a young ought never to be allowed; it frightens him, and has been known to k on convulsions. He should be ge moved up and down (not tossed); exercises causes a proper circulation oblood, promotes digestion, and soothe sleep. He must always be kept quiet mediately after taking the breast; if h tossed directly afterwards, it intermediately afterwards and afterwards afterwards afterwards and afterwards afterwards afterwards afterwards and afterwards afterward with his digestion, and is likely to pro SLEEP

Ought the infant's sleeping apartmen be kept warm?

The lying-in room is generally kep warm, its heat being, in many instal more that of an even than of a room. a place is most unhealthy, and is fra with danger both to the mother and baby. We are not, of course, to run an opposite extreme, but are to keep chamber at a moderate and comfor temperature. The door ought occar ally to be left ajar, in order the ually to change the air and th make it more pure and sweet.

A new-born babe, then, ought to be comfortably warm, but not very warm is folly in the extreme to attemp harden a very young child either by al room without a fire, or by dipping hi cold water, or by keeping him with a clothing on his bed. The temperatur a bedroom, in the winter time, should as nearly as possible, at 60° F

(To be continued.) USEFUL RECEIPTS.

BEAN SOUP.

Boil a small soup-bone in about quarts water until the meat can be rated from the bone, remove bone, a coffee-cup white beans soaked for hours, boil for an hour and a half, three potatoes, half a turnip and a par all sliced fine, boil half an heur longer just before serving sprinkle in a few bread crumbs, season with salt and pe and serve with raw onions sliced very

MEATLESS BEAN SOUP. Parboil one pint beans, drain off water, add fresh, let boil until per tender, season with pepper and sair, piece of butter the size of a walnu more if preferred; when done skim half the beans, leaving the broth with remaining half in kettle, now add a cupful of sweet cream or good mi dozen or more of crackers broken up it come to a boll, and serve.

CARROT SOUP. Put in soup-kettle a knuckle of three or four quarts cold water, a finely-sliced carrots, one head or boil two and a half hours, add a ha rice, and boil an hour longer; s with pepper (or a bit of red pepper and salt, and serve.

CELERY SOUP. Put in pan a tea-cup boiled rice, quarts boiling milk (or part water), five or six sticks (or a head) of celer fine, place in steamer over boiling to cook one hour or till celery is tende butter size of an egg, season with sa pepper, add one or two well-beaten and serve hot.

CHICKEN SOUP. CHICKEN SOUP.

In boiling chickens for salads, etc. broth (water in which they are boiled be used for soup. When the chicke to be served whole, stuff and tie in a To the broth add a dozen tomatoes quart can), and one thinly sliced o boil twenty minutes, season with sa pepper, and two well-beaten eggs serve.

One large fowl, or four pounds weaknuckle or neck will do), put over one gallon of cold water without salt, tightly and simmer slowly till meat from the bones, not allowing it to trags, as the meat will make a nice dibreakfast or lunch, or even for the disease with the meat a cup liquor; strain the soup to remove all and rags of meat; grate one dozen green corn, scraping cobs to remove green corn, scraping cobs to remo neart of the kernel, add corn to sour salt, pepper, and a little parsley, an mer slowly half an hour. Just befor ing add a tablespoon flour beaten thoroughly with a tablespoon leave hot. To serve the chicken oput the cup of broth (which was residued to the country of the coun put the cup of broth (which was res in a clean sauce-pan, beat one egg, a spoon butter and a teaspoon flour to very thoroughly, and add to the brot salt, pepper, and a little chopped p Arrange the meat on a dish, pour or dressing while boiling hot, and set

MOCK TURTLE OR CALF'S-HEAD

Lay one large calf's head well and washed, and four pig's feet, in of a large pot, and cover with a gawater; boil three hours, or until fle water; boil three hours, or until fie alip from bones; take out head, I the feet to be boiled steadily whi meat is cut from the head; select care enough of the fatty portions top of the head and cheeks to fill a and set aside to cool; remove brain sauces, and also set aside; cho rest of the meat with the very fine, season with the very fine, season with salt, powdered marjoram and thyme, spoon of cloves, one of mace, much allspice and a grated nutmeg, the flesh falls from the bones of the take out bones, leaving the gel meat; beil all together slowly, vermoving the cover, for two hours take the soup from the fire and set until the next day. An hour below ner set the stock over the fire, and boils strain carefully and drop in t reserved, which should have bee when cold, into small squares. Hawhen cold, into small squares. Has all ready as well as the force-meat prepare which rub the yolks of fit boiled eggs to a paste in a wed mortar, or in a bowl with a back of spoon, adding gradually the br moisten them, also a little butter a Mix with these two eggs beat light, flour the hands and make it into balls about the size of a pigeot throw them into the scup five min throw them into the soup five min fore taking it from the fire; stir in tablespoon browned flour rubbed in a little cold water, and finish soning by the addition of a glass at of sherry or Madeira wine, and the a lemon. It should not boil mo