

two parts of water, sugared, and but a few teaspoonfuls given at a time, and at intervals of at least two hours. Then, if for the want of the reception of certain saline matters contained in the first milk of the mother, the *meconium* should not pass from its bowels, it may become pardonable to give ten drops (not a teaspoonful) of castor oil, and repeated if necessary; but a small enema of warm water or molasses and water, will answer the purpose much better than if put into its stomach.—*Ladies' Magazine*.

CAKE MAKING.

BY MRS. H. W. BEECHER.

We have not forgotten our promise to "the foolish young wife," as she styles herself, and now furnish some simple hints for her assistance, hoping thereby to show her and others contending with the same difficulties, that such perplexities are often imaginary, or so trifling that a little courage—a little perseverance and hopefulness, united with patience and good nature, will soon bring light out of darkness, and make these crooked places straight. As a large share of these stumbling-blocks which have so disheartened this young wife, and are also sources of annoyance to many inexperienced housekeepers, generally spring from their ignorance of cooking, and want of judgment in selecting materials, and inability to combine and use them without much needless labor, we will confine our suggestions, for the present, to the cook's department. One of our young friends, speaking of her troubles, says:

"I must have cake in the house, but shrink from the attempt to make it, and in my brief experience in housekeeping have, so far, depended on the bakeshops; for I know nothing about such work, and won't let my girl see me trying it, lest she find out what a novice her mistress is. If I should put all the materials for my cake together, in the most careful manner, and when it is taken from the oven, find that it was not good, I should not know if the failure arose from my want of skill in preparing it, or from my girl's carelessness in baking it; but she would doubtless know whose the fault was, and I am dreadfully afraid it would prove to have been my own. I don't understand much about cooking, and still less, I fear, how to judge of the quality of the materials I must use in cooking."

In the first place, bear in mind always, in purchasing, that it is cheaper in the end to buy *the best*, and in no one article is this so manifest as in flour. Get the best in the market, even if you pay an extra price, and notice the *brand*. Try the flour faithfully, and if it proves satisfactory, "make a note

of it," and continue to furnish yourself with that kind—unless, after a few times you find it deteriorates.

We should have said, in the first place, by inquiries and observation, secure a good, honest, reliable grocer, one who will truly endeavor to serve you with the best; having satisfied yourself that you can trust him, you will find his judgment will assist you out of many uncertainties, until you have, by experience, learned to trust your own.

Good flour will adhere, slightly pressed together in the hand, and when you unclasp your hand, the *lines* in the palm will be plainly seen on the flour you have held so tightly. Dough from good flour will not be a clear, blue white, but yellowish, and, when well kneaded, will not stick to the hand.

The same rule holds good of all groceries. *Buy the best*. You will save money and insure comfort by it. There is no more economy in buying cheap sugar than cheap flour. A barrel of pure, clear, granulated sugar will last longer, and in the end be cheaper, than any of the coffee or brown sugars.

Before collecting your materials, see that your stove or range is in good order; the grate shaken free from ashes; all the fuel needed for the cooking added, and burning clear. Be careful that no doors or windows are opened, so that the air will blow across the stove. No oven can bake well if this is not prevented, or if the sun shines across it. We all know that if this happens, the coal will soon look whiteish, instead of burning clear and lively.

Having the fire and oven in a proper condition you can now prepare for making bread, cake, or pastry. Of course you will have a large, clean apron, and *fold—not push*, your sleeves back above the elbow. A sack apron, with high neck and short sleeves, made long, and full enough to cover the dress, is a great convenience, for if suddenly called from your work you can throw it off easily, leaving your dress in a neat, presentable condition. A close net cap drawn over the hair, will prevent loose hairs falling into your work, and should be more used than is common of late. A basin of clean water and a clean towel, close by, are necessary. You should not be obliged to stop in the midst of your work, to get it in case of any mishap. Put everything you will need on the table. Be sure that all utensils are always put away clean, so that when next wanted, you will not be hindered, to do more than wipe them free from the dust which may have gathered upon them. Scrupulous neatness about all your cooking utensils should never be forgotten. If iron, tin, wood or earthen vessels are set aside without being scrubbed perfectly clean and wiped dry, you will