

CHILD'S WASHING HOOD.

THIS charming little pattern fits so prettily on the head, is of very simple construction, and just the thing for garden or beach.

A small piece of washing material suffices, as will be seen from the measurements given in Fig. 1. A and B are merely soft twilled

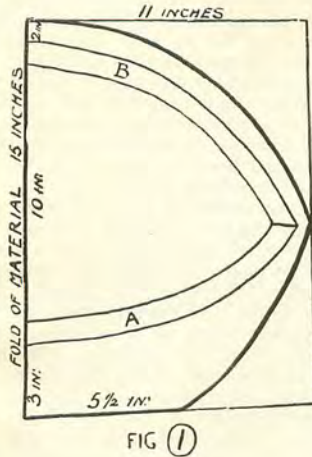


FIG 1

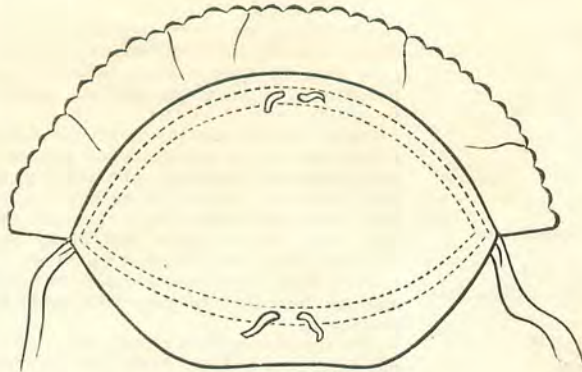


FIG 2



FIG 3

tape laid on and stitched at each edge to contain the runners of narrow tape, see Fig. 2, which shows the right side of the hood, the dotted lines indicating the stitching of the tape showing through from the wrong side.

There is a half-inch hem all round the hood, and the strings should be of ribbon, one yard, easily removed for washing.

One yard of embroidery is required for the edge, just eased on to set comfortably; one yard and a half of lace forms an inside frill stitched three-quarters of an inch further in than the embroidery.

If this frill is put on before the tape for the runners, the latter can be laid over the raw edges with a neat result.

"COUSIN LIL."

HINTS ON HOME NURSING.

BARLEY WATER.

Two ounces of pearl barley, cover with one pint of water and boil quickly to wash the barley; then throw away the first water, add fresh water, boil and throw away, then add a pint and a half of fresh cold water and let it boil gently for half an hour, *i.e.*, till the barley is quite soft. Then strain off and flavour with lemon, vanilla, or orange juice.

RESTORATIVE SOUP.

Another nice food for invalids is one pound of veal, one pound of gravy beef, one pound of mutton, half a large fowl, and one quart of water; allow it to simmer slowly for six hours, then strain and serve. Give one teaspoonful of the jelly thus made every half hour, or as often as necessary.

RAW MEAT JUICE.

Scrape one ounce of raw meat into a pulp and cover it with cold water (about half an ounce would be sufficient), and leave it to stand for two hours, stirring it about every ten minutes; then squeeze the juice through muslin, and give it to the patient. It is almost tasteless.

TO MAKE GRUEL.

To one tablespoonful of oatmeal or prepared groats, allow one pint of water and a small piece of butter. Mix the oatmeal with a little cold water, add the rest of the water with the butter when boiling. Stir well to prevent lumps. The prepared groats require ten minutes' boiling, the oatmeal requires twenty minutes' boiling. If milk is used instead of water the piece of butter is not required.

CHILDREN WHEN ILL

require special care, as their diseases develop very rapidly and much depends on their being carefully watched. Many diseases in children are due to mistakes in feeding them, especially

is this the case in children under two years of age. To understand the principle of artificial feeding of children is therefore of great importance. Human milk is the natural and best food; it contains everything that is necessary for the formation and nourishment of a child during the first few months of life; it ought therefore to be made the type food of all artificial feeding of infants. First as to quantity, one pint of milk in the twenty-four hours during the first few weeks of life, increasing in quantity as the child grows older. Regularity in feeding as to time and quantity is essential. Cow's milk diluted with water one to three and three grains of soda bicarb. added is a good substitute; or the cow's milk diluted with lime or barley water in the same proportions, and artificial human milk are useful to try where the child has to be brought up by hand.

To Make Artificial Human Milk.—Heat half a pint of skimmed milk to about ninety-seven degrees, *i.e.*, just warm, and well stir into the warmed milk, three grains of extract of rennet. When it is set, break up the curd quite small, and let it stand ten or fifteen minutes, when the curd will sink; then place the whey in a saucepan, and boil quickly. In this whey dissolve a heaped up teaspoonful of sugar in milk. When quite cold add sufficient new milk to make one pint, and two teaspoonfuls of cream, well stirring the whole together. If the milk is too rich use rather a larger proportion of whey.

PEPTONIZED MILK

is an excellent preparation of partly digested food, only it must not be continued too long, as the digestive powers of the infant may become weakened from want of use. Mix three quarters of a pint of fresh milk with a quarter of a pint of water, warm to about forty degrees, add two level teaspoonfuls of Benger's liquor pancreaticus and half a level teaspoonful of soda bicarb., stir in quickly and allow it to stand for twenty minutes, it is then

ready for use; but if the peptonizing process is to be stopped, the milk must be boiled.

EGG JELLY.

Half an ounce of gelatine soaked in half a pint of cold water, add rind and juice of two lemons, then some sugar to sweeten, and half a pint of boiling water. When cold strain on to three eggs well beaten, then strain into a mould.

No starchy food should form the chief element of diet during the first year of life as it tends to make the child rickety. Care must be taken that the feeding-bottle is kept absolutely clean. The boat-shaped bottle is the best. Do not allow children to get into the habit of having so-called "comforters" to suck. Wash out the mouths of infants with warm water after feeding, it keeps the gums healthy and renders teething easier for the baby; and a soft tooth-brush should be used for children as early as possible. Four teaspoonfuls of glycerine to one ounce of honey with one teaspoonful of borax is often of use as a mouth wash where the gums are sore and bleed easily.

For children inclined to rickets raw meat pulp scraped from a juicy piece of beef and spread on bread with a little sugar, or made into balls with sugar like little raspberries will often be taken by children, and is very good for them. Oranges, limes, and cream are also good to be taken when possible, and the food should contain as much of the fatty element as possible.

IN MEASURING MEDICINES AND LOTIONS.

1 minim	= 1 drop.
60 minims	= 1 dram, or 1 teaspoonful.
½ an oz.	= 4 drams, or 1 tablespoonful.
1 oz.	= 8 drams, or 2 tablespoonfuls.
20 oz.	= 1 pint, or 2 breakfast cupsfuls.
40 oz.	= 1 quart.
4 quarts	= 1 gallon or ½ an ordinary sized bucket.