WOMAN AND HOME.

Young Mothers Need Not Be Afraid of Good Cow's Milk for Their Infants.

To the debtate young mothers who are physically unadapted to nursing children, and who are unable, if they so desired, to obtain a wet nurse, I send the following directions for feeding a child with cow's milk through the medium of the much abused patent nursing bottle.

For their encouragement allow me to say that I believe a careful, intelligent mother may bring up her children in perfect health by so called artificial feeding, sanitary and other conditions being good. I have cared for two children, and I am free to confess that the catalogue of evils attendant upon the use of the nursing bottle only through the medium of various periodicals.

And so, dear little mothers, if there are good reasons why you should not nurse your baby with mother's milk, do not become discouraged if your mother-in-law or nurse speaks disparagingly of every other way of bringing up a family; but direct the nurse to give the little one warmed cow's milk diluted one-half with boiled water. If the weather is warm she should also add a small quantity of lime water, not enough to affect the taste of the milk noticeably.

When possible, fresh milk should be obtained night and morning. It should be diluted at once with the boiled water, and set away in a cool place ready for use. After the child is a few months old the proportion of milk may be increased until it is able to digest undiluted milk.

A child should not be given solid food until it is two years old. Any wise physician will advise liquid food during the period of dentition.

About caring for the bottle—for upon its cleanliness depends its successful use—it and its patent attachment may be kept as clean as a cup. In order to save the trouble of cleaning a bottle at an inconvenient hour, and that a fresh bottle may be ready for use during the night and another for the morning, one should always be supplied with three well tried bottles. These may all be cleaned in the morning at one's leisure, with hot water and soda. After that one bottle will usually serve during the day by carefully rinsing the tube and bottle after each period of nursing. A bottle should not remain in the cradle after the child's hunger is satisfied, as the milk will become stale, and perhaps turn sour.

In cleaning the bottle and tube one need not fear to use the brushes sold by the druggist for the purpose. If one of the bristles should chance to get loose the thorough rinsing under a faucet, which should always be given each part, will surely remove any obstruction.

The tube brush should be used by drawing the wire handle through the tube. I have seen some people stupidly try to work the brush end, thereby the tube, thereby breaking and injuring the bristles. When gas is not available a small oil stove is a necessity for quickly warming the milk. The mother should bear in mind that a baby is a creature of habit, and that one cannot begin too early to bathe, feed and otherwise care for it at regular periods.

If the milk should cause constipation, cathartics should not be given a child, but instead a small glycerine suppository. This could be given at a certain hour every morning, if necessary. It will tend to regulate the bowels without disorganizing the system.—Elizabeth Robinson Scovil in Ladies' Home Journal.

A Nook for the Mother.

One of the fads of the day is the making of special corners in housekeeping rooms. A cozy nook could, a table and a chair or two will give the effect of a sitting room by itself. A others will convert another into a little nook which will partake of the originator's individuality. Who of us does not remember "mother's particular corner" in the old fashioned sitting room? Many of the modern mothers are taking a corner for themselves, and with a chair or two, cushions, books and work little nook, a cozy "retreat" nook, just the set apart for the mother. The others may be converted into a sort of catch all.

Made with a substantial frame to prevent its being tipped over, it may hold a side work basket, a shelf for books or even a lamp. In front of the screen mother's desk is placed, and at this little shrine the family and favored friends here. The curious shaped tables, completely covered with quaint bric-a-brac, are set here and there through a large room. Each has its special collection. Thus one holds Egyptian curios—scarabei, ophiomas, mummy beads and cases of various intensities, or bronzes of Isis, Osiris and Horus. Another is given over to old silver, another to a collection of eggshell teacups, another to Mexican and Aztec pottery.—Mrs. Tuyner in Chicago Herald.

Ways of Cooking Bananas.

If the banana is taken just after its rind has begun to grow golden but is still crowded with green it will contain a great deal of starch, which will make it palatable when cooked, while the small amount of sugar which has been formed will give it a sweetness like a sweet potato. Strip the rind off and boil it until soft, and it will make one of the nicest vegetables you ever ate. If you live in the country, where you are blessed with the luxury of an open wood fire, try roasting some peeled half ripened bananas in the ashes, as you do potatoes, and see how savory a sweet they make.

It is one of the commonest sights along the Amazon to see groups of half clad Indian men and women squatting around little camp fires roasting bananas and having serious mirth trying to pick them out of the hot coals without burning their fingers. We are all used to fried bananas, but we are prone to forget that for this purpose they should not be fully ripe, as that makes them too soft and too sweet. Above all, a banana roasted or fried should be served hot, for as soon as it becomes cold it grows tough and unpalatable.—Christiany de Kalb in Harper's Young People.

How Her Love for Reading Was Started.

Mrs. Sarah Cowell Le Moyne, the successful literary reader, led a romping outdoor life as a child, and it was not until she broke her arm in a boldhead escapade, when she was about twelve years old, that she developed any facility in acquiring book knowledge. The perusal of a chapter in the Bible daily was imposed upon her as a penalty for her tomboy tendencies by her mother, and from this the girl gained the taste for reading and her for literature which culminated in her choice of a profession. Her fondness for Browning was developed by her separation from the poet during one of her visits to England.—Harper's Bazar.

Ascending Mont Blanc.

The first woman who made the ascent of Mont Blanc was a young French mademoiselle of St.-Marie Paradis by name—who accomplished the feat in 1808. A few years later, Miss Stratton, a brave English girl made the ascent in mid winter. She is said to have frozen two fingers on her way up, and she fell in love with her guide and married him when she reached the foot of the mountain.—New York Ledger.

Admirable Work.

Miss Tucker, otherwise A. L. O. E. (A Lady of England), and one of the most popular of the English religious writers, is now actively engaged in mission work in a city in Northern India. She is described as a charming old lady, living in a pretty little cottage, and spending the largest part of her days in visiting, praying and singing with the women of the Zenanas.—Current Literature.

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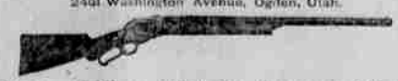

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