

THE MAIL

A PAPER FOR THE PEOPLE.

MOTHERS' CUT THIS OUT.

How to Manage Infants.

RULES FOR THE HOT SEASON.

The following rules for the management of infants during the hot season may save many a precious little life from an early grave:

RULE 1.—Bathe the child once a day in tepid water. If it is feeble, sponge it over twice a day with tepid water, or with tepid water and vinegar. The health of a child depends much upon its cleanliness.

RULE 2.—Avoid all tight bandaging. Make the clothing light and cool, and so loose that the child may have free play for its limbs. At night undress it, sponge it, and put on a slip. In the morning remove the slip, bathe the child, and dress it in clean clothes. If this cannot be afforded, thoroughly air the day clothing by hanging it up during the night. Use clean linen always.

RULE 3.—The child should sleep by itself in a cot or cradle. It should be put to bed at regular hours. Without the advice of a physician, never give it any Spirits, Cordials, Camminatives, Soothing Syrups, or Sleeping Drops. Thousands of children die every year from the use of these poisons. If the child frets and does not sleep, it is either hungry or else ill. If ill it needs a physician. Never quiet it by candy or by cake; they are the common causes of diarrhea and of other troubles.

RULE 4.—Give the child plenty of fresh air. In the cool of the morning and evening, send it out to the shady sides of broad streets, to the public squares, or to the Park. Make frequent excursions on the rivers. Whenever it seems to suffer from the heat, let it drink freely of ice-water. Keep it out of the room in which washing or cooking is going on. It is excessive heat that destroys the lives of young infants.

RULE 5.—Keep your house sweet and clean, cool and well aired. In very hot weather let the window be open day and night.

RULE 6.—Breast milk is the only proper food for infants. If the supply is ample and the child thrives on it, no other kind of food should be given—while the other lasts. If the mother has not enough, she must not wean the child, but give it, besides the breast, goat's or cow's milk, as prepared under Rule 8. Nurse the child once in two or three hours during the day, and as seldom as possible during the night. Always remove the child from the breast as soon as it has fallen asleep. Avoid giving the breast when you are over-fatigued or over-heated.

RULE 7.—If, unfortunately, the child must be brought up by hand, it should be fed on a milk diet alone—that is, warm milk out of a nursing bottle, as directed under Rule 8. Goat's milk is the best, and next to it, cow's milk. If the child thrives on this diet, no other kind of food whatever should be given while the hot weather lasts. At all seasons of the year, but especially in summer, there is no safe substitute for milk, if the infant has not cut its front teeth. Sago, arrow root, potatoes, corn-flour, crackers, bread, every patented food, and every article of diet containing starch, cannot and must not be depended on as food for very young infants. Creeping or walking children must not be allowed to pick up unwholesome food.

RULE 8.—If the milk is known to be pure it should have one third part of hot water added to it, until the child is three months old; after this age the proportion of water should be gradually lessened. Each half pint of this food should be sweetened, either with a dessertspoonful of crushed sugar. When the heat of the weather is great, the milk may be given quite cool. Be sure that the milk is unskimmed; have it as fresh as possible, and brought very early in the morning. Before using the pans into which it is to be poured, always scald them with boiling water. In very hot weather, boil the milk as soon as it comes, and at once put away the vessels holding it in the coolest place in the house, upon ice if it can be afforded, or down a well. Milk, carelessly allowed to stand in a warm room, soon spoils and becomes unfit for food.

RULE 9.—If the milk should disagree, a tablespoonful of lime water may be added to each bottleful. Whenever pure milk cannot be got, try the condensed milk, which often answers admirably. It is sold by the leading druggists and grocers, and may be prepared by adding to ten tablespoonfuls of boiling water without sugar, one teaspoonful of the milk, according to the age of the child. Should this disagree, a tablespoonful of arrow-root or sago, or of corn-starch may be cautiously added to a pint of the milk, as prepared under Rule 8. If the milk in any shape cannot be digested, try, for a few days, pure cream diluted with three-fourths or four-fifths of water—returning to the milk as soon as possible.

RULE 10.—The nursing bottle must be kept perfectly clean; otherwise the milk will turn sour, and the child will be made ill. After each meal, it should be emptied, rinsed out, taken apart, and the nipple and bottle placed in clean water, or in water to which a little soda has been added. It is a good plan to have two nursing bottles, and to use them by turns. The best kind is the plain bottle with a rubber nipple and no tube.

RULE 11.—Do not wean the child just before or during the hot weather; nor, as a rule, until after its second summer. If sucking disagrees with the mother, she must not wean the child, but feed, in part, out of a nursing bottle, on such food as has been directed. However small the supply of breast milk, provided that it agrees with the child, the mother should carefully keep it up against sickness; it alone will often save the life of a child when everything else fails. When the child is over six months old, the mother may save her strength by giving it one or two meals a day of stale bread and milk, which should be pressed through sieve and put into a nursing bottle. When from eight months to a year old it may have also one meal a day of the yolk of a fresh and rare boiled egg, or one of beef or mutton broth into which stale bread has been crumbled. When older than this, it can have a little meat finely minced; but even then milk should be its principal food, and not such food as grown up people eat.

BRIEF RULES FOR CASES OF EMERGENCY.

RULE 1.—If the child is suddenly attacked with vomiting, purging, and prostration, send for a doctor at once. In the meantime, put the child for a few minutes in a hot bath, then carefully wipe it dry, with a warm towel, and wrap it in blankets. If its hands and feet are cold, bottles filled with hot water and wrapped in flannel should be laid against them.

RULE 2.—A mush poultice, or one

made of flaxseed meal, to which one quarter part of mustard flour has been added, or flannels wrung out of hot vinegar and water should be placed over the belly.

RULE 3.—Five drops of brandy in a teaspoonful of water may be given every ten minutes; but if the vomiting persists, give this brandy in the same quantity of milk and lime-water.

RULE 4.—If the diarrhea has just begun, or if it is caused by improper food, a teaspoonful of castor oil, or of the spiced syrup of rhubarb should be given.

RULE 5.—If the child has been fed partly on the breast and partly on other food, the mother's milk alone must now be used. If the child has been weaned, it should have its milk food diluted with lime water, or should have weak beef-tea or chicken-water.

RULE 6.—The child should be allowed to drink cold water freely.

CHOICE RECIPES.

Ginger Snaps.—Mrs. R. L. C. Omro, Wis., sends the following: Three cups of New Orleans molasses, one cup white sugar, one cup of lard, half cup butter, half cup of pulverized ginger, two teaspoons (heaped) of saleratus dissolved in a half cup of hot water, half teaspoon pulverized alum. Take two cups of the molasses, the lard, and the butter, and mix them, and heat till lard and butter melt; then mix other ingredients into it. Work into this mixture till it is of the right texture (every cook must judge for herself). Roll out thin; cut with cake-cutter; bake in quick oven; keep in covered stone jars, and they will be moist, or keep them in a paper bag and they will be brittle and crispy.

Tomato Catsup.—The following recipe is the best I ever tried. It is splendid. Do not fail to try it: One-half bushel tomatoes, 1 quart good vinegar, 1 pound salt, 1/2 pound black pepper in grains, 1 ounce cayenne pepper or capsicum, 1/4 pound allspice in grains, 1 ounce cloves in grains, 3 boxes mustard (12 or 15 cent boxes), 20 cloves, garlic, 6 good onions, 2 pounds brown sugar, one handful of peach leaves. Boll these together for three hours, stirring it to keep it from burning. When cool, strain through a fine sieve, bottle and seal. In following this recipe I got everything but the garlic, which I of course left out, and I think it is just as good.

Fresh Meat Griddles.—Chop bits of cold roast meat, season with pepper and salt, make a griddle batter, put a spoonful of the well-buttered iron, then a spoonful of the chopped meat, and on this another spoonful of the batter. When cooked on one side turn—when done, send to the table hot. They are very nice for breakfast or lunch.

Ornamental Dumplings.—Two cupfuls of sour milk, one of cream, teaspoonful of soda dissolved in the milk; turn into your flour, and mix the same as for biscuit; take the cores out of some nice pippin or greening apples, fill the cavity with nutmeg and sugar, or marmalade if you have it; roll out the dough; wrap the dumpling up in them; draw them tightly, and boil one hour, or steam one hour and a half; eat with hard sauce.

A Young mother in this city explaining christening to her five-year-old boy told him that when he was christened he "would be one of God's little lambs." "And will I have hind legs and baa?" eagerly asked the boy. [Wilmington Evening.

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HEADACHE.—The symptoms of this very general complaint are already too well known to require any description. According to the science of medical men, headache arises either from a sympathy with the stomach and chylopoetic viscera, or from a weakness or exhaustion of the power of the encephalon. The one may be called sympathetic and the other nervous headache. All that is necessary in the treatment is to restore a healthy action to the stomach. It would be well first to take an emetic, follow this by the daily use of Roback's Bitters, and keep the bowels regular; do not allow them to become constipated. Take small doses of the Blood Pills frequently. For sale by J. J. BAUR.

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TO CONSUMPTIVES.

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—Rheumatism, Neuralgia, Lumbago, Sciatica, Rheumatic Gout, Nervous and Kidney Diseases positively cured by Dr. Fitter's Rheumatic Remedy.—Physicians specialty 42 years, never fails when taken as directed. P. M. Donnelly, agent.

HOW IT IS DONE.

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