

Thomas's pudding

1 cup of Flour

1/2 cup Bread Crumbs

Sugar

1/2 a pound Sweet

1/2 a pound

1/2 a pound

1 egg Butter

1/2 a pound

Put in in 1 hour

1/2 a pound + 2 hrs

Gault

Miss M. Gault

Cornwall

fly Dope
Formula for fly Dope

1/2 oil of Tar

1/2 Castor Oil

1/2 teaspoon to 1 pint of Carbolic

Get made up in Tubs - Go to Cavanah.

Infant Food

Recommended by Dr. McLane,
Physician in charge of the
Sloane Maternity Hospital
New York.

1 pt. water

1 pt. milk

1 sq. inch Russian sheet gelatine

1 teaspoon (best) arrowroot.

2 teaspoons Sugar of milk

Dissolve the gelatine in the water
and add the milk and when
warm add the arrowroot (in a
paste) and then the sugar of milk
bring all to a boil (no more)

Keep in a cool place for 24
hours and give (in bottle)
warm as mother's milk, every

2 hours hours.

For a child of 3 months I would decrease the quantity of water and use $\frac{1}{2}$ pt. of water, to $\frac{1}{2}$ pts milk, and give every 3 hours. As the child grows older and stronger the proportion of water may be decreased until pure milk may be used.

My little girl has been brought up on this food alone until she was 9 months old, and was a model baby in health and appearance.

If your baby is delicate - just now I would advise you to use the full pt. of water until the stomach will bear stronger food.

Kathleen Thompson.

Salad Dressing.

June 8th - 1892

- 1/4 Cup Milk
- 1 Tablespoon Sugar
- 1 " " Water
- 1 Teaspoon Flour
- 1/2 " Mustard
- 1/2 " Salt
- 1 " Sugar
- 1 Yolk of 1 Egg

Mix together.

Cut up Lettuce. Pour over it the Dressing & trim with white of egg.