

many respects superior to the flesh-brush. In growing girls the skin has a tendency to become rough and scaly; when this is the case, it is advisable to use, instead of soap, the following preparation:—A quarter of a pound of barley-meal and two pounds of bran boiled in rain-water, until the mass is of the consistence of thick cream.

The clothing of children ought to be loose and light; and their ease and comfort should be studied with regard to the form and make of their several articles of dress. No close-fitting bodies and belts should impede the free action of the muscles of the chest and spine; no tight bands fetter their limbs; there should be no pressure anywhere; the feet should not be restricted in their growth by narrow boots. The foot would, in after life, be far more beautiful if, from childhood, the boots and shoes were large enough to admit of the toes preserving their natural position; however small and pretty a foot may appear in its elegant boot or satin slipper, it is very rare to find one that can bear a closer examination, the constant confinement to which it has been subjected generally ending in distortion of the joints and toes. Children who are inclined to extreme thinness may be benefited by the following practice: Let the child stand perfectly firm and upright, with the shoulders thrown back, let the nurse or mother press one hand on the chest, the other on the back, and then let the child draw a very deep respiration, so that the lungs are well inflated, and then as gradually expel the air. This should be repeated three or four times; this plan pursued steadily, night and morning, during the short space of one month, we have seen effect a surprising improvement in a child's appearance. The features of the face should be carefully treated—the teeth washed twice in the day, and the mouth rinsed after eating. Attention to this would save much unnecessary pain; the eyelashes should be occasionally clipped, and the hair brushed back from the forehead. Many children's hair curls with water, which renders the hair coarse and rough, unless rain water is used; and when it cannot be obtained, rose-water or elder-flower should be substituted. Any dryness of the lips should be immediately removed by a salve composed of olive-oil melted with white wax, and beaten up with rose-water. By neglecting excoeriations on the lips of children, an ugly scar is often made on the centre of the under lip, which can never afterward be effaced. The tips of the fingers and the nails should meet with as much care in the nursery as in the tiring-room of maturity. The exquisite beauty of a young child's hand is generally spoiled by neglect; nor is it until after personal vanity has awakened, and a course of careful training has ensued, that the hand of the adult regains a portion of its original beauty. Regularity in the habits of children is very important to their blooming and healthful appearance; their meals, their ablutions, their exercise, should take place at fixed times; their occupations, too, should be of a graceful kind, tending to improve the figure and give a good address. Dancing

should be introduced as a nursery amusement: it would be well worth the trouble of a nurse to learn some simple tunes upon the accordion, for the young charges to march or dance to measure; nothing would contribute more to remove the awkward shyness which oppresses so many children. A nurse should also have a taste for music, and be able to sing. Children invariably love music, and quickly learn to imitate sounds. Many a merry, happy hour may be spent in singing simple melodies. Children must have means of active and cheerful excitement: if innocent ones are not provided, the restless little creatures resort to their own devices, and hence the constant nursery echo of naughtiness and mischief. Politeness and good feeling among each other should be assiduously cultivated; they give a charm to the manners more pleasing than mere beauty of form and feature. Children also love usefulness; little employments which have a semblance of utility, interest and delight them, and ought to be invented or contrived for them. A habit of industry would be thus imperceptibly acquired, which would not only serve for present amusement, but would find their account in after life. While considering the due regulations of children's employments and sports with a view to their physical well-being, their moral development and improvement should not be forgotten. We shall not enter upon this branch of a child's training, as it does not come within our province, except to suggest that beauty in its highest character can never exist without a combination of health, happiness, and virtue. Health spreads a Hebe-like radiance over the face and form; happiness lends a charm which sheds around a portion of its own bliss and brightness; while virtue diffuses a halo of tender, noble beauty, which wins its way to every heart.

RECIPES FOR PERFUMES.

THE toilet table requires to contribute to the rare results which are so nicely understood and appreciated in refined society. Without them, the toilet table would be considered incomplete; but the price demanded for many of them is so high that a few recipes for such as may be easily manufactured at home, at comparatively trifling cost, may not be wholly unacceptable. Among these toilet accessories, perfumes form an important item; they are applied for the purpose of communicating fragrance to the handkerchief, the linen, and other articles of wearing apparel; they are administered as restoratives in many forms on various occasions, and also are used as a means of diffusing a pleasing and hygienic odor to the atmosphere of rooms; in the latter case, precaution should be taken never to exhibit them in apartments deprived of a free and perfect ventilation, as the ultimate elements of all perfumes, whether derived from vegetable or animal substances, are oxygen, hydrogen, and carbon, with the addition of

nitrogen, in animal substances, all of which, with the exception of oxygen, are inimical to respiration, and highly injurious to animal life, unless there be sufficient oxygen in the air of the apartment to counteract their effect.

Those perfumes, which may be classed as restoratives, do not properly belong to the toilet department, and we, therefore, shall only offer one simple receipt for composing an aromatic vinegar:—Take half a pint of acetic acid, add to it half an ounce of dried rosemary, the same quantity of lavender and bruised cloves, let these digest several days, then pour off the liquid, strain and bottle for use. For perfuming apartments, the subjoined recipes will be found effectual—the pastille and the perfume lamp are the most popular modes adopted for this purpose. A powerful and agreeable pastille may be composed with the following ingredients:—A quarter of a pound of Benzoin, of myrrh and tolu the same quantity, each in powder, half an ounce of essence of cloves, nutmegs and lavender, one ounce of nitrate of potass, and blend all together into a stiff paste with mucilage of tragacantha; form it into any devised shape, and leave it to dry gradually. The perfume lamp is merely a spirit lamp filled with an odorous spirituous essence; a strong and pleasant one is made by mixing equal parts of eau de cologne, tincture of myrrh, benzoin and cloves, with half an ounce of bergamot.—Another more simple and less expensive may be made with one pint of spirits of wine, half a pint of lavender-water, half an ounce of essence of vanilla, and half an ounce of nitre. A quick and easy way of diffusing a purifying odor to the air of a room is by the fumes of ignited paper prepared in the following manner:—Damp with a sponge dipped in alum-water a sheet of coarse brown paper; when partially dry, spread over it a layer of dissolved gum benzoin and myrrh, lay it to dry, and then cut it into slips and fold them like paper alumnettes, ready for use.

When perfumes are applied to wearing apparel, it should be observed that they never neutralize or overpower any exhalations which may arise from the omission of regular daily ablutions, and for such purposes their use cannot be too highly deprecated. Lavender used to be formerly a very favorite perfume to scent drawers and wardrobes; but it is no longer considered *distingue*, and is rarely used except in combination with other odors. Sachets and scent-bags filled with a mixture of various dried fragrant flowers and leaves, in equal proportions, usually called *pot pourri*, gives a delicious flowery perfume. Cedar wood or santal-wood, ground finely with powdered nutmegs, cloves, and myrrh, forms a pleasing combination for a sachet. Perfumed cloths are now much used to line draws and presses; they are prepared thus:—A piece of linen is steeped in diluted rose water, when nearly dry, a composition is spread on it and allowed to dry, it is then covered with some delicately colored silk or gingham previous to being placed in the drawers; the composition is composed of similar ingredients to those employed for sachets,

excepting that mucilage of tragacantha is added to bring them to the consistency of a thin paste.

For the handkerchief, one of the most admired perfumes is the violet; this may be easily procured at a small expense by the following simple process: Fill a jar with the flowers of freshly gathered violets, pour over them as much warm clarified veal suet as will cover them, cover the jar closely, and let it remain undisturbed for twelve or fourteen hours, in a sufficient heat to keep the fat liquid: the fat should then be poured off the flowers, and fresh ones added to it; this process should be repeated three or four times, until the fat is impregnated with a powerful odor. When the fat is perfectly cold, chop it up finely, and place it in a wide-necked bottle filled with spirits of wine, this must be allowed to remain a week or even longer, until the spirit has imbibed the odor, it must then be drained off and bottled for use; a few drops of spirit of camphor rather improve the perfume: the fat which will still retain a portion of the odor may be melted with sufficient olive oil to reduce it to the consistency of a pomade, and thus may be obtained a cheap and agreeable perfume or bouquet for the handkerchief, and an excellent pomade for the hair. The fragrance of other flowers may be obtained in a similar manner; a very exquisite compound perfume is obtained by combining several kinds of flowers in this process, such as the rose, the honeysuckle, jessamine, geranium, and verbena, only observing that the odor resides in the leaves instead of the flowers of the two latter plants. The following is a recipe for an excellent imitation of eau de cologne, which, for its refreshing and reviving qualities, will be found well adapted for family use. Put into a bottle ten ounces of spirits of wine; add to it two drachms of essence of bergamot and extract of rosemary, twenty drops of essence of lemon and neroli, cork and seal the bottle, shaking it repeatedly during the successive five or six days, when it will be ready for use.

Our space obliges us to limit the number of our receipts, and we shall conclude with directions for composing a delicate perfumed wash, to be used after the ordinary ablutions:—Blanch half a pound of Valencia almonds, and pound them in a mortar; stir slowly into them one pint of orange-flower water, then add a tablespoonful of the best white honey, and the same quantity of French chalk in powder; strain the mass, and add a few drops of essence of violets and otto of roses. This wash may be used regularly with advantage to the skin, and may be considered as a safe and innocent cosmetic.

PARLOR GAMES.

PLAY OF "QUESTIONS."—Prepare a set of cards with numbers written on each in plain, large characters, and then have a duplicate set, which are to be placed in the centre of the table, and the other set must be shuffled and dealt to all the players.