

SKATING FOR LADIES.—NO. I.

PUTTING ON THE SKATES.—Everybody, now-a-days, skates, or is learning to skate. Accordingly a few hints on the subject will not be out of place. But instructions in skating are of no use, unless you put them into practice at once, and take your first lesson, and perhaps your first fall, with the skates actually buckled to your feet.

First, as to the skates themselves. The simplest form of skate is the best; ours have a rounded toe and very little strapping. By all means avoid straps across the instep; a double strap round the toes, and another from the heel to the bend of the ankle are all that are necessary in a well-fitting skate. Do not buckle your straps too tightly. If you do, you will find it as difficult to skate gracefully as it is for a gentleman to dance in tight boots. In putting on your skates, be careful that the screws are well in the heels of your boots; and, by the way, always let your boots be stout in the sole, and level in the heel. If they are not, you will be unable to properly keep your balance. Tuck the ends of the straps comfortably away, and never allow them to hang loose. As soon as you have fastened the straps, rise carefully, but boldly, press your foot firmly down, so that the little spikes in the front part of the skate enter well into the sole of your boot, and then strike out boldly, right foot first, as in dancing; then follow with the left foot, and so on continuously. Avoid grooved skates. They may be of some advantage to the amateur, but they are dangerous, in consequence of their cutting up the ice in shavings, and being apt to throw their wearer. Don't be afraid of a fall or two, as, unless you come down on the back of your head, you will not hurt yourself. In learning to skate, ignore all such new-fashioned contrivances as a chair with rollers on the legs, and so on. They are like corks in swimming; they delude you into false confidence, and never teach you to rely upon your own exertions.

STARTING TO SKATE.—And now as to position in skating. Keep the knees straight and bend well forward in making curves. If you find it impossible, after a long start, to keep your balance, don't be afraid of going down gently; for if you attempt to recover yourself instantly, you will most probably come down with a heavy thud. Confidence, after all, is one of the first requisites. To ensure this, it would, perhaps, be as well to go with your brother, or father, to some private pond, if it is your first attempt. Watch their strokes. Lean forward and imitate them in everything but their force and rapidity. Push out each foot with deliberation, trusting the keeping of your body entirely to it for the first few yards. Then strike with the other foot, and let the stroke be equal, both in force and in duration. Have your arms free. The advantage of this, while learning, cannot be overestimated, as in cases when the balance is lost—and such cases will occur—the movement of them, which you are prompted to make, will enable you to recover your equilibrium. The best dress for a lady to skate in is a loose-fitting jacket, very like that which gentlemen wear when in undress; and if there are pockets in the front, they will be found useful.

Directly you have learned to strike with ease and equality, cease to do so. The visible strokes, that is, strokes in which each foot is alternately lifted from the ice and pushed vigorously forward, are very properly ignored by ladies altogether, and are almost as much so by all gentlemen who know anything about skating. There is an invisible stroke quite as effective. The best way to learn it is to make use of the impetus obtained by two or three ordinary strokes. While this lasts, draw your feet close together; turn the toes to right and left, keeping them always parallel and striking from the inside edge. You feel how to do this when you try, though it is not easy to describe. A little practice will enable you to start by means of this stroke, and to continue it for any length of time. Unless you are skating against a strong wind, you will not require

any other inside stroke. It is very graceful, and ladies use it to even greater effect than gentlemen: a lady who has learned to skate properly always has recourse to it. There are two things to be observed in learning; they are to keep the feet tolerably close together, and make them act in unison. These and a little patience will make it easy.

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OUR NEW COOK-BOOK.

Every receipt in this cook-book has been tested by a practical housekeeper.

SOUPS.

*Soyor's Cheap and Good Soup.*—Have a quarter of a pound of fat bacon cut into squares, peel and slice two good-sized onions, or three small ones, and put both into a stewpan, with one ounce of dripping; fry them gently until slightly brown, then add two ounces of turnips, two ounces of carrots, one ounce of small onions, and one ounce of celery; cut them thin and slanting; fry for ten minutes, and fill up with seven quarts of water; when boiling, add a pound and a quarter of split peas, and let them simmer for two or three hours, until reduced to a pulp, which depends on the quality of the pea; then add two ounces of salt, half an ounce of sugar, quarter of an ounce of mint, mix one halfpound of flour in twelve ounces of water to a thin batter, pour into the soup, stir it well, boil one quarter of an hour, and serve.

*The Perpetual Curate. A Novel.* By the author of "The Chronicles of Carlingford." 1 vol., 8 vo. New York: Harper & Brothers.—In her novel of "Salem Chapel," Mrs. Oliphant gave us a picture of what is called dissenting life in England; in this one she has introduced us to the Established Church; and both are said, by competent London critics, to be faithful representations of what they profess to delineate. The interest of these novels is intense. Perhaps, in that respect, "Salem Chapel" is better than "The Perpetual Curate;" but neither can be called dull. We advise all who have not read this story to get it immediately.

*A Tribute to Thomas Starr King.* By Richard Frothingham. 1 vol., 12 mo. Boston: Ticknor & Fields.—In that eloquent divine, cut off so prematurely, Thomas Starr King, the whole Christian church may be said to have suffered, irrespective of denominational differences. This little volume is a graceful tribute to his memory, and will be read, through the length and breadth of the land, by thousands who have mourned his death.

*Following the Drum.* By Mrs. Brigadier-General Egbert L. Viele. 1 vol., 12 mo. Philada: T. B. Peterson & Brothers.—Mrs. Viele was with her husband, then a captain in the regular army, during most of the Mexican war; and this is a sparkling narrative of what she saw, told only as an accomplished woman can tell it.

*Margaret Denzil's History.* Annotated by her Husband. 1 vol., 8 vo. New York: Harper & Brothers.—This is a powerfully told story, but rather a disagreeable one. It appeared originally in the Cornhill Magazine, and is now republished in double column octavo, in paper covers.

*Legends of the Monastic Orders, as represented in the Fine Arts.* By Mrs. Jameson. 1 vol., 18 mo. Boston: Ticknor & Fields.—This volume forms the second series of "Sacred and Legendary Art." It is a corrected and enlarged edition in "blue and gold."

*Dora Darling; the Daughter of the Regiment.* 1 vol., 12 mo. Boston: J. E. Tilton & Co.—A well told story of the present war, especially adapted for the young folk. Like all of Tilton's publications, the book is handsomely printed.

*Enoch Arden.* By A. Tennyson. 1 vol., 24 mo. Boston: Ticknor & Fields.—An edition, in "blue and gold," of this exquisite poem. The volume also contains the later miscellaneous poems of the poet laureate.

*Shakespeare's Sonnets.* 1 vol., small 4 to. Boston: Ticknor & Fields.—An exquisite little edition, which, we should think, everybody of taste would desire to own. It is printed at the famous Riverside press.

*Together. A Novel.* By the author of "Nepenthe." 1 vol., 12 mo. New York: Curleton.—A great improvement over the author's earlier novel.

## SKATING FOR LADIES.—NO. II.

**SKATING BACKWARD.**—Skating backward, which should be the next lesson, is achieved by reversing the movement described in the January number; the latter half of the skate receives the pressure; to go backward the stroke is from the toes. A few skaters learn to strike in the ordinary way in skating backward, but this is difficult and not desirable. Should you find the stroke perverse, humor it a little. Skate forward to a good speed; throw all your weight upon your toes, lean well forward and swing round. In the action of turning your skate will "bite" the ice. That is what you want. We saw some ridiculous attempts to skate backward, last winter, and gave a little advice which, strange to say, was followed. The result was that the recipients learned to skate backward, because they ceased to try to slip along, with feet separating further and further from each other at every attempt. It is, in reality,

as definite a stroke as any forward one. Made from the inside of the right foot (we will say) first, and the toes consequently pointing out, the left follows it till its turn comes, when, by a twist of the body, the toes are pointed in the contrary direction, and the left skate makes a stroke which carries you back to the original position.

These—skating forward and skating backward—are the two kinds of skating which are the ground-work to all others. The lady who learns them both will learn higher things. It is a great mistake to advise a lady to try the outside forward before she has learned these, as it is to put French books into the hands of an American child of six years old. Learn to skate backward and forward; be a perfect mistress of both, able to "turn, and turn, and turn, and still go on," for then, depend upon it, you will make a good skater.

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## OUR NEW COOK-BOOK.

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### SOUPS.

**Turnip Soup.**—This soup should be made the day before required. Stew a knuckle of veal with an onion, sweet herbs, and a little mace, in six quarts of water; cover down close, and stew gently five or six hours; let it be put in a cool place. Before warming, remove the fat and sediment, slice six turnips into small pieces, stew them in the gravy until tender, then add half a pint of cream, flour, and butter, and season with white pepper.

**Milk Soup.**—Put into a quart of milk two tablespoonfuls of moist sugar, two bay-leaves, and a little cinnamon; boil it; pour it into a dish in which you have previously laid some sippets of toasted bread; simmer over a charcoal fire when the bread is soft; mix the yolks of two eggs well beaten with a little milk; put it in the soup, mix well all together, and serve up.

### MEATS AND GAME.

**Partridges.**—Roasting is the popular mode of dressing partridges, and for this purpose they should be allowed to hang as long as possible without becoming offensive, as no game is worth eating if it is fresh. Pick the feathers from the birds gently, draw and singe them. Remove the crop by cutting a slit in the back part of the neck, cut the claws close, and skin the legs; this operation is greatly facilitated if they are held for a minute or so in boiling water. The insides must be wiped with a cloth, and the birds must then be trussed. From five and twenty to forty minutes will be required for roasting, but the time must be regulated by the degree of cooking that is most approved of in each particular family. When placed before the fire, they should be floured and afterward plentifully basted with butter. They must be served with a good brown gravy and bread sauce, and many relish fried bread-crumbs handed with them. If partridges are plentiful in the larder, an excellent plan for making a good gravy is to stew down any

*The Morrisons. A Story of Domestic Life.* By Mrs. Margaret Hosmer. 1 vol., 12 mo. New York: John Bradburn.—The exquisite taste with which this book is bound, led us to expect something superior in the book itself. But we find it to be a commonplace story, told in quite a commonplace style. We think we have read much better tales from the same pen.

*Mattie. A Novel.* 1 vol., 8 vo. New York: Harper & Brothers.—A story of the middle and lower classes in English life. It is well told, and will be popular. The character of Mattie, especially, is discriminated with rare skill. The aim of the book, too, is high and elevated. We cordially recommend it.

*Quite Alone.* By George Augustus Sala. 1 vol., 8 vo. New York: Harper & Brothers.—Like all of this author's stories, "Quite Alone" is too diffuse. The most natural characters are the Bonnycastles.

*Studies for Stories.* By Jean Ingelow. 1 vol., 12 mo. Boston: Roberts & Brothers.—Excellent stories for school-girls. The best is "The Lost Treasure." The volume is printed in very good taste.

#### TRIMMING UNDER-CLOTHES.

In regard to Ruffling, which is so extensively used, and has always been in fashion for trimming under-clothes, we would say, that the usual objections made against machine made ruffles can be obviated by buying the genuine Magic Ruffle. This has been tried for four years, and, though bringing a little higher price, is well worth the difference in cost. The Magic Ruffle Company are the owners of various patents that cover these goods; they import their own jaconet, and take great care in the manufacture. Below is their trade mark, which is found on each piece and



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#### SKATING FOR LADIES.—NO. III.

**OUTSIDE FORWARD.**—Having progressed thus far, try the outside forward. Start upon the left foot, leaning considerably to that side. Look over your left shoulder, make a little stroke on the outside edge of your skate, the other foot being raised so as to be free of the ice. At first you will necessarily feel unsteady; in such case bring the right foot forward, and place it in front of the left one. Only let the two be upon the ice in this position long enough for you to have regained your balance. You will all the time have been making segments of circles. As soon as you have recovered, bring the left foot forward, strike off on the outside edge again, lift the right foot from the ground, and have it ready to promptly perform the kindly office it did before. Continue this upon the left foot for an hour, and then, for a like period, reversing the action on the right. It will soon teach you how to balance yourself on the delicate outside edge; and all outside skating—skating ought to be all outside—depends upon balance and the *pose* of the body rather than the stroke. From an almost imperceptible movement a full circle may be described. It will, perhaps, be found an aid if some article is laid in the center of the

circle round which you practice by crossing the feet as I have directed above, and you fix your eyes upon this. Later, when you have learned to make half a circle on each foot, you will find it a great help to hold up your hand (each one according to the angle of your figure, and the left-hand with the left-foot,) extend the forefinger, and look at it. This will draw out your semicircle into a three-quarter one. Before the stroke is quite spent, bring forward the other foot; change the hand as you make the new stroke.

So much depends, especially in the case of ladies who reside in country districts, upon their having good advice while learning, that we have been very particular in these directions. It is as easy to learn to skate with ease, grace, and skill, as to learn to do it otherwise, always provided the difference is pointed out, and the method of achieving the former shown. It is the desire to do this that prompts us to urge ladies not to begin to learn figures before they can skate with ease backward and forward; and after they can do this, not to continue to do them because they are easiest, but to aim a little higher, with the certainty of being well rewarded for their trouble.

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##### MEATS.

**To Fry Veal Collops.**—Take one pound and a half of fresh killed veal off a prime fillet, and cut it into collops of a moderate size. Have ready at hand the yolks of two new-laid eggs beaten up. Take a bunch of green parsley chopped very fine, a small sprinkling of sweet marjoram, half a pound nutmeg well pounded, with a slight modicum of Cayenne pepper, and salt to taste. Be provided, at the same time, with the crumbs of a stale roll, thoroughly grated, as also a small proportion of the rind of a green lemon, chopped exceedingly fine. Mix the whole of the ingredients, with the exception of the eggs, well together. Dip your collops into the batter, and roll them over the bread-crumbs until they are encased with the ingredients prepared as above. Then fry the same in a pan containing half a pound of the best fresh butter, taking care to keep them turned until they are thoroughly browned on both sides. When done, remove them into a covered dish, keeping them hot in a side oven, and introduce an admixture of flour and water into the pan with the remainder of the fried butter. Stir them well round with a spoon, and when fully incorporated, take out the dish and pour the gravy over the collops.

**To Make "Bubble and Squeak."**—Take from a round of beef, which has been well boiled and cold, two or three slices, amounting to about one pound to one and a half pounds in weight, two carrots which have been boiled with the joint, in a cold state, as also the hearts of two boiled greens that are cold. Cut the meat into small dice-formed pieces, and chop up the vegetables together; pepper and salt the latter, and fry them with the meat in a pan with a quarter of a pound of sweet butter; when fully done, add to the pan in which the ingredients are fried, half a gill of fresh ketchup, and serve your dish up to the dinner-table with mashed potatoes. The above is an economical and favorite nursery dinner.

**Veal Minced.**—Mince the veal as finely as possible, separating the skin, gristle, and bones, with which a gravy should be made. Put a small quantity of the gravy into a stewpan, with a little lemon-peel grated, and a spoonful of milk or cream; thicken it with a little butter and flour, mixed gradually with the gravy; season it with salt and a little lemon-juice, and Cayenne pepper. Put in the minced veal, and let it simmer a few minutes. Serve it up with sippets of bread, and garnish with sliced lemon.