

In winter these rooms have a better chance of being ventilated, because the fire causes a current, burns or carries away the vitiated atmosphere, and causes the entrance of fresh air from without. It is in summer that people are apt to suffer in these rooms. Probably the chimney is stopped. At all events, it is blocked by some species of ornamentation. Now, please remember this : if such a room is to be healthy, there must be an incoming and an outgoing current of air. The simplest way of securing this is to have the window open at the bottom as well as at the top. Or, better still, have a ventilator in the door—a simple arrangement will suffice—and have the window wide open. *It is a slit that brings a draught.* Out of doors in summer, with the air circulating all round you, you might sleep soundly and well in a hammock and never catch cold ; but indoors you may catch cold, and inflammation also, by sitting opposite a window not opened generously wide.

What is called Sherringham's valve is an effective method of ventilating a room. As an opening must be made through the wall, it is builder's work. I therefore do but mention it.

In ventilating—say a bed-room—by means of the window, what you principally want is an upward-blowing current. Well, there are several methods of securing this without danger of a draught :—

I. Holes may be bored in the lower part of the upper sash of the window, admitting the outside air.

II. Right across one foot of the lower sash, but attached to the immovable frame of the window, may

be hung or tacked a piece of strong Willesden paper—prettily painted with flowers and birds if you please. The window may then be raised to the extent of the breadth of this paper, and the air rushes upwards between the two sashes.

III. The same effect is got from simply having a board about six inches wide and the exact size of the sash's breadth. Use this to hold the window up.

IV. This same board may have two bent or elbow tubes in it, opening upwards and into the room, so that the air coming through does not blow directly in. The inside openings may be protected by valves, and thus the amount of incoming current can be regulated. We thus get a circulating movement of the air, as, the window being raised, there is an opening between the sashes.

V. In summer a frame half as big as the lower sash may be made of perforated zinc or wire gauze and placed in so as to keep the window up. There is no draught ; and if kept in position all night, then, as a rule, the inmate will enjoy refreshing sleep.

VI. In addition to these plans, the door of every bed-room should possess at the top thereof a ventilating panel, the simplest of all being that formed of wire gauze.

In conclusion, let me again beg of you to value fresh air as you value life and health itself ; and, while taking care not to sleep directly in an appreciable draught, to abjure curtains all round the bed. A curtained bed is only a stable for nightmares and a hotel for a hundred wandering ills and ailments.

NELLIE'S TROUSSEAU, ARRANGED BY NELLIE'S MOTHER.



NELLIE was engaged to be married. In a little while she would leave the home where, ever since she could remember, she had been loved and cherished, and go away to spend her days with a comparative stranger. She was glad, of course, for a new love had entered into her life ; but also sorry, for she began to realise that marriage divides almost more than it unites, and her home folks were very dear to her.

Nellie was a little sad at the thought of the parting that was to be ; her mother was still more so. Mothers

are often credited by ignorant, heartless persons with wishing to get rid of their daughters. There may be such mothers in the world. Nellie's mother was not one of them. Nellie's presence was always a comfort and joy to her father and mother, and her absence was always a pain. But Nellie's mother knew that when children grow up, fathers and mothers have to step into the background, and be content to take a second place in the affections of their children. Thus it always has been, and thus it always will be.

To grant, however, that change is inevitable, does not quite rob it of its pain, and as Nellie's marriage drew nearer, both Nellie and her mother found it difficult to face the situation calmly. Under these circumstances, it was a good thing that the thought of the trousseau was borne in upon them, for the necessity of providing it diverted their thoughts, and gave them abundant occupation. They were both very anxious that this trousseau should be excellent of its kind, and quite a model for other brides similarly situated. And yet they were quite well aware that to make it so they would have to do a good deal of contriving, and

do what they could to lay out their money to the best advantage; for though they were not what would be called "poor," there was by no means a superabundance of money at their disposal.

Nellie was inclined to regard this lack of money as a hardship. She used to say, "What a satisfaction it would be if we had not to consider our purses so much when we go shopping!" But Nellie's mother would not agree to this. She said that so long as there was not really need for actual pinching, and there were the means, not merely to make both ends meet, but to arrange the little that hung over "in a small but elegant bow," it was not unlikely that more satisfaction would be obtained out of limited than out of unlimited means. The people who had unlimited means, she maintained, rarely got enjoyment and fun out of their expenditure. They gave lavish orders to the tradespeople, grumbled if anything was wrong, and there was an end of the business. But the people whose means were limited thought out their purchases beforehand; occasionally they consulted with friends concerning them, and this friend would give a hint in one direction, the other would give help in another direction, and thus kindly feeling would be promoted. If, when the purchase was complete, it was a success, there was rejoicing all round; if it was a failure, the failure was a subject for condolence. Thus out of the simple outlay of money a fresh interest was obtained, and after all one of the chief differences between one life and another is the interest that is in it. Nellie listened to these remarks, and acknowledged that they might be true. All the same, she thought that she should enjoy very much, just for once, the possession of plenty of hard cash. She was sure that it must be most delightful to be called on to cut out a coat, without needing to pay so very much attention to the quantity of cloth which was to go into it.

One day, Nellie and her mother prepared to set out on a shopping expedition, with the intention of commencing to buy the trousseau. They thoroughly felt the importance of the occasion, and were in a state of repressed excitement about it. But the best-laid schemes gang oft a-ga. No sooner had they put on their outer garments, and made ready to start, than the rain poured down in torrents, and reluctantly they had to give up their expedition.

"Never mind," said Nellie's mother, "we need not waste our time. I may confess, now that the weather has taken this matter out of my hands, that I felt rather unhappy to start off without having drawn up a scheme. Let us devote this afternoon to talking the trousseau over whilst we sew; we shall be much more likely to make it a success."

"A scheme sounds interesting," said Nellie. "What do you mean by drawing up a scheme?"

"I mean let us discuss thoroughly what our aims are to be in making our purchases, and arrive at a clear idea what we intend to buy, and why we intend to buy; how much we want, and how much we have to spend."

"This is excellent," said Nellie. "Only, mother,

you must do the talking, and I shall have to do the listening; for you know much better than I do."

"Very well. I do not object to give you my ideas; and if any remark occurs to you, you must make it.



"SHE BROUGHT OUT HER MEMORANDUM-BOOK" (A. 542).

First, then, I must tell you that your father and I have talked the matter over, and we have decided that fifty guineas are to be spent over your trousseau, pure and simple—that is, exclusive of house-linen and extras of that sort; also it is to be exclusive of a shawl which I shall give you, and of a dressing-gown which Aunt Alice will provide."

"I am glad Aunt Alice is going to give me a dressing-gown," said Nellie, "because a dressing-gown from her will be sure to be pretty; just as your shawl, mother, is sure to be warm, soft, and comfortable. But is not fifty guineas an immense sum? Are you not giving me too much, mother?"

"I don't fancy, dear Nellie, that when we have set down all we should wish to buy, we shall think it at all too much. 'Too much' and 'too little' are not the terms to use about the amount to be spent on a trousseau. That amount has to be determined by the ideas and the means of the people concerned. My own idea would be to provide you with comfortable, becoming, suitable garments, sufficient to last for at least twelve months after marriage. I should think it very hard if a young husband had to begin buying clothes for his wife before the end of a year. To do this, for a girl who goes out moderately, fifty pounds would certainly be required. But yet I have no doubt that numbers of wealthy young ladies would think fifty pounds an absurdly small sum to spend on a trousseau, and thousands more would consider it abundant and luxurious wealth."

"I dare say they would," said Nellie. "How many dresses shall I have, mother?"

"I should like you to have as many as you want for immediate use, and not one more. I think it is a

very great mistake to have dresses to lay aside. You would get tired of them, and they would get out of date, and half shabby, and be quite a burden. If we can spare money for more we might buy the material, and you could put it away; but on no account have a large number of dresses made up. If you do not care to buy the material, you might keep the money. A little money, safely put away, will be a much more satisfactory possession than a number of dresses which are out of date."

"I think that is quite right," said Nellie. "I was speaking the other day to Edith Williams, and she told me that when she married she had twelve dresses in her trousseau. Before a year was over, she was out of love with them, especially as half of them were simply fashionable, and did not suit her. Yet she could not reconcile it with her conscience to buy new ones, so long as those she had were in good condition, and so they became quite a nuisance. Then I have to remember that my old dresses will count for something."

"Of course; old clothes are as useful after marriage as before. The gowns you are now wearing will serve to wear in the mornings, and on wet days, without a doubt. I should like you, however, to have one or two washing dresses. Some people disapprove of washing dresses, because they say they are costly through being always in the wash. At any rate, they are always fresh after they have been in the wash; and freshness, you know, is to a girl what it is to a flower."

"I should not like to be without washing dresses, certainly," said Nellie.

"There is another point to be considered," continued the mother. "In buying dresses, I should by no means choose colours and patterns merely because they are the mode. Study what is *becoming*, and buy what suits you, both in hats and bonnets, and in dresses. You will find that you have pleasure in wearing what

is becoming to you, but you will grow very weary of what is not becoming, no matter how stylish it may be. This is a hint to be acted on through life. I was reading the other day a remark made by the late Lord Beaconsfield, that 'Dress was a feminine art which all study, and in which few excel.' It was very true, yet surely the reason is that women choose what is the mode, instead of buying what suits them."

"The thing is, what does suit us? Do you think we can any of us tell for ourselves?"

"We cannot always tell about new garments, but we can tell about old ones, and we ought to remember the teachings of experience. Now you, my dear, being dark in complexion, with brown hair and brown eyes, may wear tan or cream-coloured dresses, olive-green, red, brown, maroon, and very dark blue. If you were fair, with blue eyes, rosy cheeks, and golden hair, I should advise you to avoid red and cream-colour, and to wear blue, white, and rose-pink for gala dresses; blue and green, lilac, grey, black, and brown for constant wear."

"Wait a moment," said Nellie. "I should like to make a note of my colours; I cannot remember them else." And she brought out her memorandum-book.

"Having decided what are the colours which suit you, my dear, take my advice and keep to them, no matter what

the fashionable colour may be. And while you are taking notes, you might set down a reminder that, as you are rather short and inclined to be stout, you ought to avoid dresses made with horizontal lines across the figure, because they will make you look shorter than you are. Loose dresses also will help to make you look slender, while tight dresses will do exactly the reverse. I suppose I scarcely need say that I hope you will never condescend to the idiocy of tight-lacing. I suppose also we may take it for granted that you will remain constant to the rational style of dress you have been accustomed to wear."



"RELUCTANTLY THEY HAD TO GIVE UP THEIR EXPECTATION" (p. 541).

"Oh, yes," said Nellie, "it is so much more comfortable; I could not bear the other style."

"It is not only more comfortable," said Nellie's mother, "it is much more economical and much less trouble than is the dress usually worn. I tell you, my dear, if your under-linen were of the common type, I should feel that we ought to begin from now and sew with all our power until your marriage. We should have to make every article ourselves, for I should never be happy to buy ready-made goods, because home-made linen is worth twice as much as any other. You would need a dozen of everything, and there would be all the feather-stitching and embroidery."

"Oh, mother! it makes my fingers ache to think of it."

"Then think of the washing and the care it would require afterwards. Laundry arrangements are always an anxiety to a young housekeeper; and anything which makes the weekly wash less is an advantage. Be thankful, my dear, that you wear rational under-clothing. As it is, I have calculated that if you have eight woollen combinations—four thick ones for winter, four thin ones for summer; four flannel petticoats made with a bodice; four upper petticoats, Princesse shape, two for winter and two for summer; two white petticoats, eight night-gowns, a dozen pairs of stockings, and three dozen pocket handkerchiefs, you would do excellently."

"How much of the £50 would the under-linen cost?" said Nelly.

"Calculating roughly, I think it would cost £12. We would allow £20 for dresses, remembering to have no more made up than are needed immediately; £8 for cloaks and jackets, £5 for boots and gloves, and £5 for sundries, such as an umbrella, a parasol, a trunk, ribbons, and collars. As you always trim your own hats and bonnets, I think we may get them out of the £2 10s. which makes the difference between pounds and guineas. In arranging your millinery, remember that the same rule holds good for hats as for dresses. Two hats that suit you give more satisfaction than a dozen that do not. Remember also

that dress is never becoming when it is conspicuous. As the celebrated Beau Brummell once said—"You are never well dressed when any one turns round to stare at you."

"Well," said Nelly, "it is wonderful when you count everything, and go into details, how easily a large sum like £50 is disposed of. The only item I should feel doubtful about in our list is the £5 for boots and gloves. You see, mother, you have taught me to appreciate good gloves and good boots."

"I am very glad if that is so," replied her mother. "I would gladly endorse the French maxim, that a woman who is well shod and well gloved is well dressed. I confess that item is the one I also should be doubtful about. But I think you might save a few shillings out of the bonnet money to help the gloves. I hope, Nellie, you will continue to trim your own bonnets and hats, for you do it very well, and I am quite sure that a greater saving can be effected in this way than by making dresses, and the trouble is comparatively trifling. Besides, by saving scraps and oddments, you can often trim a hat for next to nothing."

"That is quite true, when the scraps and oddments will keep themselves well to the fore," said Nellie. "The worst of them is that they are never visible when wanted; they always come out when the hat is trimmed for which they would have been useful."

"Ah! my dear; the lesson that experience teaches is that you should set apart a special drawer for your oddments, and keep it locked; put every separate item into a box by itself, and write a label on it describing clearly what it is. If you did this, and then always went to this drawer when millinery was in contemplation, you would not often overlook your possessions."

"That is a very good suggestion," said Nellie. "I will act upon it. Now I see our talk is over, for you are beginning to fold up your work. After all, mother, I am not sorry it rained to-day. I am sure papa's fifty guineas will be spent much more judiciously, because we have thought it out in our minds before we came to lay it out in the shop."

THE GARDEN IN AUGUST.

EGLISH summers seem sometimes to be growing shorter and shorter, but in the course of the year there is generally one month which the greatest grumblers among us look upon as a sort of debenture security for hot weather, and that is this month of August. Probably such a backward spring as that of 1888 is without parallel—for indeed we had no spring, so that it seems, in a sense, somewhat melancholy to find ourselves already talking of our garden preparations for the next season! Yet

so it must be, if we wish to have any stock of bedding-out plants next May. Towards the end of this month, then, and not later, we put our cutting operations in hand: we say not later because it is very important that our stock of young cuttings should have, at least, some thoroughly warm and genial weather in which to make a start, and it does occasionally happen that if the operation is postponed through press of work to the month of September, a risk of an early rainy, and perhaps chilly, season may have to be encountered. And a sudden departure of summer just as our stock of cuttings has been taken is disastrous.