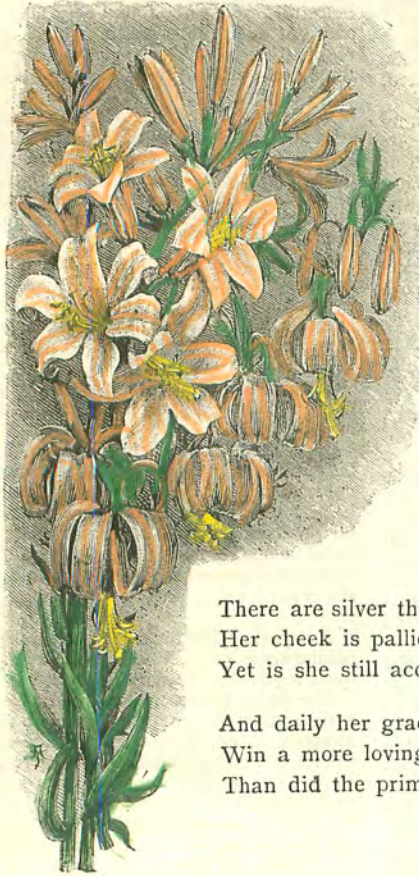


AFTERNOON TEA.

(See Frontispiece.)



A PRETTY cottage, and maidens three,
Blithe and happy as maids can be,
Out in the garden at afternoon tea.

Just such a feast as girls will make—
Fruit and flowers and a big plum cake,
And plenty of laughter for laughter's sake.

The sunflowers nodded their heads so tall,
The dahlias smiled 'neath the moss-grown wall,
The three little maids outdid them all.

I warrant me in that garden gay
Was never a bloom more fair than they,
As they sipped their tea on that summer day.

Three little maids. Ah! one is dead,
And one is married; and one, unwed,
Now lives alone in the old homestead.

There are silver threads in her golden hair, Yes, youth will wane as the years go by;
Her cheek is pallid and lined with care, Too soon do the rose-leaves scattered lie,
Yet is she still accounted fair. But charms there are which never die,

And daily her gracious, tender ways
Win a more loving meed of praise
Than did the prime of her girlish days.

And hence it happens that oft we trace
Through timeworn features the soul's sweet grace,
And beauty lives in a faded face.

SYDNEY GREY.



HEALTHY LIVES FOR WORKING GIRLS.

"Grant her in health and wealth long to live." THESE are the words in which many of us, Sunday after Sunday, pray for our gracious Queen. We desire for her health and wealth; and justly so; both are necessary. The one for her comfort, and to enable her to perform her arduous duties; the other for her exalted rank and position.

For ourselves, however, it is to be hoped we rarely pray for what is termed wealth; but, on the other hand, how needful it is that

we should supplicate unceasingly for health. "Grant me health, Lord, to perform my daily task." We have, indeed, need to ask for that unpurchasable, that priceless blessing. If we possess it already, we need to explore its continuance; if we have lost it, so much the more earnestly and devoutly should we solicit a return to its paths. Yes, next to the possession of a healthy conscience, we hold physical health to be the greatest of all gifts, but, like most of the grandest, fairest, and divinest

things on earth, many of us accept it as a matter of course. And when, through our own want of forethought, through neglect of the most ordinary rules of health, through reckless indifference, we are forced practically to acknowledge that the most robust health has its limits of endurance, then we chafe and pine; and life, which seemed such a joyous, easy thing a month ago, is now a dreary burden, duty a heavy chain, pleasure a fiction; and self, weary self, rises in the ascendant,

occupies all our sympathies and thoughts, and leaves us dissatisfied and indifferent, ungrateful and ungracious.

There are those who believe that by not attending to or neglecting their health they are acting unselfishly. They say it is so selfish to be always considering whether this is good or harmful or that it is likely to encroach upon the domain of health. If this sentiment is carried to the verge of hypochondria, we grant its truth. There is nothing more odious than a person who is constantly looking out for the weathercocks, and who, as soon as he finds the wind in a certain quarter, shuts himself up, and carefully excludes all intercourse from the outer world; or who can trace certain symptoms—the hypochondriacs' pet word—to the extra spoonful of salt or sugar in yesterday's seasoning; who is a bore to his surroundings and a melancholy object of interest to himself; who is nothing but a useless encumbrance upon the face of the earth.

This is not the taking care which we advise or suggest. Things good in themselves may be perverted into errors by the spirit and the want of judgment with which they are pursued, and we fervently believe that if our prayer for health is answered, it will be first by the opening of our own eyes to facts and laws to which we were hitherto blind, or of which we have been ignorant, than to the practical observance of these laws, and our willingness to be subject to them.

But it is not of those who are merely inconvenienced by illness that we would speak to-day. Not of those who are only subjected to the loss of a little pleasure, a good deal of temper, and who are learning a lesson in being patient. In a word, we do not write for the well-to-do invalid, but for a very different class. Our remarks are intended especially for those of "our girls" to whom health is, perhaps, the only capital they possess. To whom loss of health means loss of work, loss of wage, anxiety, which aggravates matters, and perhaps serious privations to those in any way dependent upon their exertions.

Yes, the army of girl and women workers in this great metropolis is, indeed, a vast one, and work for them is no sinecure. If they cannot work so thoroughly or efficiently as men, at least it is for them greater toil than for the sterner sex. Of a more delicate organisation, of less robust frame, of smaller powers of endurance, the "buffets of fortune" meet with less resistance, and are more readily yielded to. Added to this, men have the advantage of being early trained to the habit of work which many of our girls have not, and they have greater facilities afforded them for outdoor exercise, of which they very readily avail themselves. These are all advantages which women do not possess, or if they do, it is after a careful course of acquired systematic training with a view to meet those demands upon their health and strength which are entailed by the continued and steady application to one branch of labour or to one particular profession. There is no doubt that a girl cannot take up an engagement which demands her daily presence at a stated place and at a given time, to perform duties which perhaps require the concentration of mental powers, and very frequently the maintenance of the body in one position for many hours together. There is no doubt, we repeat, that unless such avocations are begun and continued with decidedly common-sense views as to diet, hygiene, and general deportment, but little time will elapse ere our girl will succumb for a greater or less period to the unusual fatigue and the unwonted restrictions to which she has to submit.

It is fatal in such cases to regard health from a careless or indifferent standpoint. It is a question which must be considered by every one of the legion of working girls and women

who labour for their own, and often for others' bread. Looking at it from the most practical standpoint, it will be found to be the greatest economy in the end. If the health is kept at a fair standard of excellence, the mental powers are maintained in a state of useful energy. As soon as health is below par, even when not sufficiently so as to force us to desist from work, the brain loses its elasticity; we are dull, become mere machines instead of intelligent workers, and our duty gets irksome and fails to interest us. And here let us interpose one word. If we wish to spare ourselves that most wearying of all sensations, that fatal sense of boredom and disgust for our daily task which sometimes creeps in upon us, we must try with all our hearts to take an interest in what our hands find to do. "Whatsoever thy hand findeth to do that do with thy might." It is not only right to think and act up to this; it is the greatest wisdom also; for our own comfort and happiness. Work done with a will only takes half the time in doing. The hours fly, and the sense of weariness has no time to creep in. This is a spirit, it will be found, which can be easily cultivated, and will, after a little effort, come quite naturally, much to our benefit in every way.

It has seemed to us, in spite of the great advance that has been made in the teaching of hygiene, and the possession by many of a fair knowledge of the laws which govern it, that there is still a lamentable want of practicability in its application; that is to say, the theories we learn, and to which we subscribe, are rarely, and then very imperfectly, carried out in actual individual life. We grant that great improvements are visible on all sides, in what we might term general hygiene; but where we perceive a great deficiency still, is in that personal application of the laws of health which must and can only be properly applied by individuals to themselves, so as to make them fit into the circumstances under which they exist.

It will not help our girls much, for instance, to have learnt the number of cubic feet of oxygen that is necessary for turning the purple blood into scarlet—the amount of nitrogenous, phosphatic, carbonaceous, and other elements which are requisite for building up new tissue, etc., etc., and many other dry facts of a kindred nature, if she does not put this knowledge to practical use. There is a wide division between facts thus learnt off glibly at school and the practical application of them to our daily wants.

The human body, if it is to be maintained in but a fair state of health, requires a certain amount of fresh air—a certain amount of flesh-forming, bone-forming, brain-forming, and warmth-giving nutriment. Our girls require to have a tolerable, if not exactly a faultless, circulation, in order that these various food-stuffs may be digested, *i.e.*, converted into these flesh, bone, and brain-forming tissues. In order to have a tolerable circulation, the body must have a regular amount of exercise and of fresh air. There, in a nutshell, is the secret of the whole matter. Given a fairly normal state of health to begin with, that health may be maintained by a little wise direction of our actions towards supplying the really very moderate demands of Nature, upon which, however, modest as they are, she insists, to enable her to carry on the process of healthy life. Deprive her of that little, and the results are such as we too frequently see—broken-down health from overwork (so-called) of many of our busy sisters. It is our intention here to endeavour to put this plainly before our girls.

We will imagine, then, that some of our girls have to pass many—say eight or ten—hours of their days in work; that that work is sedentary work; that our girls are very apt to stoop, for their poor backs get weary some-

times. We will imagine that it is winter, and sitting as they do all day, they like to have all the windows closed. Our girls will not feel very hungry when meal-time comes, especially if they have to provide their own meals. In fact, many of our girls practise a little economy in this direction, if the choice of doing so rests with them. Economy, we all know, is imperative in many conditions of life—not only amongst working girls; and it is a serious matter to practise it wisely—to determine and mark clearly the line that divides the luxuries from the necessities. In the former practise as much economy as you will; in the latter it is only a false way of meeting matters which will have to be balanced by-and-by with heavy interest.

Well, our girls not being very hungry (for their lungs are full of impure air, and they feel tired and weary—rather sleepy too—all from the same cause), they think they will make themselves "a nice cup of tea—strong, you know." They do not care whether they have milk with it or not, so long as the tea is strong and gives them a fillip. With this they will eat a little roll and butter or bread and cheese. This so-called meal is either partaken of in the room in which they work, or our girls go out for it. In the latter case they stand a little better chance; for often the fact of going out of the room in which they have been seated all the morning brings with it a sense of returning appetite, and induces them to procure a more substantial meal. But even this is rarely the case; for they have an odd sinking at the chest, and if they eat a heavy meal and sit down directly after it, they get that weight behind their waistbands, they cannot breathe, and they feel altogether miserable. They do not feel like this, they think, after the good, strong tea—the clearest proof to them that they should look to it as a main resource during the midday rest. Probably tea is again hailed with delight during another break in the work-hours; and at the end of the day our weary one is so fearfully tired, although she has been sitting all day, that she feels as though her limbs would never carry her home. Come what may, she must ride. She puts herself into the first Underground Railway carriage that will take her to her destination, and, exchanging the carbonic acid gas of the workroom for the sulphurous gas of the underground tunnels, she arrives home spent and utterly tired out, longing to get to bed and rest her weary limbs and pillow the poor, fatigued head. In the morning, feeling refreshed after Nature's kind and grateful rest, she plucks up again and walks to the scene of her duties. But she has to be there by a certain time, and, somehow, she always manages to be just a little late in starting, so that at the last she has to hurry to arrive at the appointed hour. She looks at every clock she passes; she starts at some which tell her that it is later than she thought, feels relieved at others which are more merciful; and, putting on an extra spurt at the last, manages to arrive just to the minute.

But what good can our girl get from a walk taken under such circumstances? It is ten times as fatiguing—the mind is harassed, the heart is beating wildly, and the breathing is short and hurried.

The routine of the previous day is then repeated. There is the same shyness of air, the same imperfect meal, the same lassitude, the same finale.

Pursue this course, or one similar to it, for a few months and we defy any girl to keep well. She may not yet break down altogether, but she will have lapsed from positive into negative health, and the merest straw may turn her negative health into actual bodily incapacity—which means the loss of work and wages to which we have referred.

And is it to be wondered at? Our girl has

been steadily withholding from Nature all those elements upon which she imperatively insists as the condition under which alone she will consent to carry on her work. Long-suffering she is, and ever eager to repair any neglect that has not been carried too far. Only return to the right path, and she busily sets to work to make good the ravages which have followed upon our ignorance or neglect of her laws. But it must be the right path. None other will do. She will not be cajoled into working with any other than her own simple tools.

Our girls have withheld from her air, food, exercise—the three great factors of her powers—and have given for them miserable substitutes. Though kind, she cannot be put off with excuses. She is inexorable, and the same results will follow our neglect of her laws, whether it be due to a want of acquaintance with them or want of attention. It is as much, if not more, from these causes, then, that our girl has become ill than from the supposed overwork. Overwork might have been the immediate cause; that is to say, her collapse might have followed upon a little extra pressure or hurry of work; but the real cause will be found to lie in that steady neglect of the primary laws of health to which we have alluded, and upon which too much emphasis cannot be laid. Had it not been so, the fatigue engendered by an extra hour's work would have been set right by a good night's rest.

And when our girl is ill, her recovery will depend upon the degree to which she is enabled to meet the demands of Nature. If she can have plenty of rest, peace of mind, fresh air, light, digestible, and nourishing food, sunshine, and genial surroundings, she will soon be herself again. But if our brave worker has not these indispensable, or has them in a chance, get-me-if-you-can sort of way, then she lingers on, and often rises from her couch but half cured, and plunges on again under the old conditions, until something occurs which some persons call "a chance," some by another name, which mercifully changes the current of her life for a while, or perhaps for a permanency.

It is said that "men do work while women weep." That is part of an old-time ditty. In this generation women do not leave all the work to their brothers, and we will hope that in proportion as we work more, so we weep less. And women are not to be pitied that it is so. Work is one of the greatest of blessings, and when its aim is high, is, we believe, blessed. There is no reason why our work should be irksome to us, or should be aught but a pleasure. We must make up our minds to a certain number of disagreeables, and be prepared to meet them as they arise; but beyond that we should endeavour to take a pleasure in our work and a pride in its correct fulfilment. This will be easy to do with health, but without it will require more moral resolution than many of us possess.

Let us then turn this subject over in our minds and see if nothing can be done to make matters a little smoother; to enable us to be happy in our work-a-day lives; to lessen the chances of becoming ill, and, in spite of circumstances, to meet Nature's demands in one way or another.

First, then, as to air. That early morning walk is a good thing. It is well to get the lungs filled with pure morning air. Even in the London streets the air is tolerably good at that time. But many of our girls live a little way from the crowded streets, and only come into them for business or professional purposes. Some live too far to walk the whole distance into town. If that is the case, they should ride part of the distance. They should choose for the walking that part of the route which has the most trees about it, going a little out of

their way even to walk through one of the parks or squares. They should not hurry, but should take care previously to allow themselves ample time. This can quite well be done by a little management, and when our girls are imbued with a sense of its importance we are sure will be. They should, if possible, meet one of their companions who is going the same way, and should chat to their hearts' content. (We are not afraid of the non-performance of this part of our prescription.) This will exercise the lungs, send plenty of fresh air into them, and lessen fatigue. A walk, under such conditions, is of untold value.

Our girl then will begin her day in better spirits. She will feel in a lighter mood; difficulties will be brushed aside. Instead of a furtive glance at the clock, and a thankful gasp that she has arrived in time, she will never think of the hour till she enters the room, for she has not troubled her mind about it, knowing she has given herself ample time. With all the arts of persuasion at her command she will then seek to lead her companions to have the windows open, just a chink or two at the top; and will gradually lead them round to her own conviction of the necessity for fresh air, and of the great desirability there is for an outlet for the carbonised air which is being emitted by one and all from their lungs. Before long she will have gained her point, and the open window will be a daily fact.

We are speaking now, of course, of our sensible girl, the one who has taken in the justice of our remarks, and who intends to act up to them as far as she can.

At luncheon time she will produce from her store some well cut sandwiches, made preferably with brown bread, and, with heroic determination, refuse tea (for it is hard to give up a habit), and will, instead, regale herself with a glass of milk, or a cup of cocoa; or, if she has neither of these, she will make a little strong beef-tea of Liebig's extract of meat, and partake of it with her roll and butter, remembering that, by the addition of an egg, she will make her broth more sustaining.

If she goes out to a restaurant and does not care for meat, she will recollect that its properties may be found more or less in eggs, in milk, in lentils, in haricot beans, in oatmeal, and in peas. Oatmeal porridge and milk form an excellent, inexpensive, and nutritious lunch or midday dinner. In some form or other one of these nitrogenous foods should be taken during the midday meal; and, if the taste and finances permit, should be supplemented by a little fresh, stewed, or dried fruit. Fruit is most wholesome, and is well enclosed within the border line of necessities.

Then, when tea time comes round, our sensible girl will either take milk again, or else will dilute her tea largely with milk, or, failing that, with water, and will refuse altogether to drink tea that has "stood" for more than a quarter of an hour. In the evening she will feel less tired (*i.e.*, less exhausted from want of air and food), and will repeat her method of procedure of the morning on her journey home. Arrived there, she will feel far less weary and exhausted, and will enjoy a quiet, social evening, a book, a little music, or some such relaxation.

But we can hear her, O.S.G., saying, after pursuing this régime for awhile, "It is true I am better in a great many ways, but I do still have back-ache, I do still have the weight in my chest, which I know now to be indigestion; you say nothing about that. Even your pea-soup or your oatmeal porridge punishes me, and make me wish we could altogether live without eating."

Be not so impatient, my dear sensible one, we are coming to that now. One great reason of your back-ache is that stoop of yours. You seem to think it essential to maintain your spine in the shape of the letter

C. You have got into a very bad habit, and if you try now to sit upright you get as tired as possible—your back, too, is not the only sufferer; your digestive organs are all cruelly cramped—all the delicate machinery, by the aid of which occur the changes of the food in its conversion to the different bodily tissues, is impeded in its action, is hemmed in, is fretted. Instead of a free circulation, and an unimpeded course between all the channels of communication, the functions of digestion are carried on with difficulty, and the stooping pose is the cause of many other complications into which we have not space to enter here.

We have said that exercise is necessary. A great part of that is indeed gained by the walk to and from business. But that is not sufficient. Indeed, we do not consider that walking exercise, exclusive of any other, is sufficient to keep the body in health; but in the instance we are imagining it is especially insufficient. The body ill brooks being kept in one posture for any length of time; and during sedentary occupation some of the muscles are maintained in a state of extension, whilst others are as unduly kept in a state of relaxation. These relative conditions, kept up as they are for hours and hours, cannot fail to have their marked results on the health of our girl. If she were at home, she would throw her work aside, get up and walk about a little, or run upstairs to stretch out her limbs; but in business this is not to be thought of; so she must bear it as best she can. Not so, say we. There is even here a remedy—even here a way of procuring an immense amount of relief. Our only fear for its adoption, however, rests in its extreme simplicity. But when our girl thinks a little more she will learn that all really great and effective things are simple, and that it is only their useless wrappings that blind people to their real simple grandeur. We shall give O.S.G. our remedy in its modest garb of truthfulness, and she will, we think, not reject it. We would advise her, then, three or four times during the day, to stand upright by her chair—she need not even move from her place—throw her shoulders back, stretch her head up, expand her chest, and arch the spine well inwards, remaining in that position for at least half a minute. This will entirely change the posture of all the muscles, those which before were expanded being now contracted, and *vice versa*. She will then send her arms straight up over her head, and either bring them down from there like a wheel, or, if she has not room for this, will bend her arms so as to form a V with each arm, the two points of the V being respectively the shoulder and hand and the lower point the elbow. If done properly, this will beautifully expand the chest, and will contract the muscles of the back both laterally and longitudinally. Our girl must take care, however, to keep her head very erect, if she would have the whole benefit of the exercise. The whole business occupies about a minute and a half; it is as easy and as simple as breathing; and, we repeat, its usefulness is not to be measured.

The chief difficulty in this part of our régime, after its extreme simplicity, will lie in its novelty. It will seem absurd and ridiculous to those who do not understand these matters, but O. S. G. will have to learn to bear the ridicule of others some time during her life, and she might as well begin now. She may be sure that only those will laugh at her whose opinions are not worth considering, and if she quietly persists in doing what is right, the ridicule will first be changed into respect, and then into imitation.

O. S. G. must remember that her health is her all. At least, it is the all of the girl of whom we are speaking. Now, it is most imperative that she should guard that health as she would a treasure. Once aware of the

simple rules which must be observed to that end, she will shape her actions so as to make them fit in with the circumstances of her life.

The dress of our girl workers is also a point to be considered. It should be durable, suitable, comfortable, and should be made simply and practically. The dress is far better when made in one, *i.e.*, not divided at the waist, then the weight of the garment is equally distributed over the body, from the waist and shoulders. There should be no steels or kindred impediments, which have to be considered in sitting down. A durable wool material, thicker in winter, thinner and lighter in colour and texture in summer, is always the most durable, and keeps its freshness longer. The bodice should fit well and comfortably at the neck and round the armholes, so that there is no pressure anywhere.

For a working gown there is nothing, in our opinion, to equal the princess dress, made to clear the ground, and modernised, if our girl wills, by a flouncing, and a little puffed drapery behind, either with or without a scarf loosely tied round the waist.

For slender girls the round-gathered dress and bodice (in one) are very useful and suitable. The principal advantage of the princess dress is its continuity from the shoulders downwards, leaving the waist free of bands and tapes. With spotless collars and cuffs, our girl will be both suitably and well dressed. A good woollen combination under-garment for warmth and protection from the cold, thicker in winter, thinner in summer. One, or at the most two, woollen petticoats, made with sloping bands, to prevent pressure at the waist, will form a very comfortable and prac-

tical dress, and, moreover, one that will present a very fair appearance.

No, we know we have said nothing about stays; we are no friend to them; we dislike them heartily, and we shall never rest until we can release our girls from their trammels. We know the difficulties that present themselves on all sides, but these can be met and overcome. Once release our girls from this bone and steel bondage, her health will rise to a high state of excellence. But she has so accustomed herself to use her stays as a prop upon which she leans, that not without great resolution on her part will she consent to pass through the small discomfort of the change.

Once she has done so, however, she will wonder that she never thought of it before, so light, so free, so agile will she feel. These stays are our girls' worst foes, and have as much to answer for the indigestion as all else put together.

If our girls wish to be happy, merry workers, as well as hard, responsible workers, they will have to learn to do without stays; they will have to train their own muscles to supply them with the support they now seek in the corset. "How are we to do this?" we hear some exclaim, who have followed us so far. "How are we, who work from morn till eve, to begin training our muscles?" We have no time now for that sort of thing."

Get a little more patience, dear girls. Reforms go slowly, but steadily, if willing hearts go together. We hope ere long to show you that this, too, is possible.

Meantime, for an immediate step in the right direction, let us urge upon those who

have not the courage to throw aside the corset, to set about rendering it less harmful. Let the working corset be soft, and denuded of its bones, and let the front steel be exchanged for a very flexible one, and let the stays, above all, be very loosely laced. We feel we are weak in conceding thus much even, but we look upon it as the thin end of the wedge, which represents the fulfilment of our aim.

We think we have now said enough to set our girls thinking, and though we have far from exhausted our subject, we hope that each reader will be able to deduce some hints which may be applicable to herself.

BOOKS FOR TIRED GIRLS.

HAVE not some readers of *THE GIRL'S OWN PAPER* a few to spare?

A little reading-room and library for business girls is about to be opened in the new Y.W.C.A. Buildings, 316, Regent-street, now quickly nearing completion. Help is greatly needed in making it really attractive for those whose minds are hungry after the day's mechanical work, but who are too weary to take up a prosy volume.

Brightly written works of history, biography, natural history, travels, etc., would be warmly welcomed, and good poetry and fiction; also graver books, specially such as would be helpful to Sunday-school teachers.

Parcels should be addressed to Miss L. Trotter, 316, Regent-street, London, who will thankfully acknowledge them.

ANSWERS TO CORRESPONDENTS.

EDUCATIONAL.

H. F. and CONAMARA.—Write to Griffith and Farran, St. Paul's-churchyard, E.C., for a small shilling manual called a "Directory of Girls' Clubs," which will give you a large choice of educational, literary, industrial, artistic, and religious societies instituted for the benefit of girls, the cost being little more than nominal.

M. HEDGE.—The change of your address, from what has been given in the "Directory of Girls' Clubs," will probably cause you inconvenience, which it is now too late to avoid. You should have named the probability of a change. In any case, we can tell our readers that those who wish to avail themselves of your useful Society for Studying Languages, should address the secretary at Lyndhurst Lodge, Chelsea-road, Southsea, Hants.

A. G. O. E.—We scarcely think that any system for helping the memory for ordinary use would be of service to you in the matter of playing long pieces of music by heart; it is so much a mechanical operation, the hands often acting while the mind is preoccupied with other matters. Try to learn a simple air, not a long piece of six pages.

A SWISS GIRL.—The Cambridge and Oxford examinations are open to students of all nationalities alike. For information respecting those of either university, write direct. If you wish to compete in the Cambridge junior local examination, held in December, you must be under seventeen. Write to the Rev. G. F. Browne, St. Catherine's College; fee, £1. For the Cambridge senior you must be under eighteen. The Cambridge higher (local) examinations are held in December and in June; fees, £1 and £2. An honour certificate in this examination admits to Tripos examinations the members of Girton and Newnham who have resided during a sufficient number of terms, provided the student has passed in language and mathematics. If your age should exclude you, you might go to the universities of Edinburgh, Glasgow, or St. Andrews, where no limitations are made in respect to age.

GUESS.—We advise you to write to the British chaplain of the Embassy Chapel, in the Rue d'Aguesseau, for information and the best advice, as he has taken a special interest in the matter of English girls being sent to French schools, and has publicly discussed the question in all its many bearings. Address the British Chaplain.

ANXIOUS MOTHER.—See our answer to "Guess." There is a French Protestant institution, directed by Madame Yeatman Monoury, 27, Bd. Eugène, Parc de Neuilly, Paris, which is, or was, patronised by the Rev. Canon Fleming, the late Bishop of Carlisle, Bishop of Down, Lord Napier of Magdala, and other persons of consideration. There is also a Protestant school at 27, Rue des Bois, près du Bois de Boulogne, for which the charge amounts to £60 per annum. Apply to the lady directress, Mademoiselle Jonte.

ART.

A COLONIAL SUBJECT.—The illuminating body mentioned is used on parchment and hot-pressed drawing-paper. It is mixed with the water-colours to render them opaque.

R. C. M.—1. To press flowers, gather them when dry, not quite full-blown, and before the sun has faded them; press them between sheets of botanical-paper, change and dry the latter constantly. 2. You can draw an outline upon a mirror with red pencil and Indian ink. It is better, however, to mark the design through tracing-paper with a knitting-needle.

ASTHORE and DOLLY.—The generality of the advertisements named by you are not to be relied on, and we advise your not spending your money as you propose.

LARRY WILFER.—Female art scholarships are conferred by the Slade School, by the Crystal Palace School of Art, and by the National Art Training School, South Kensington. Apply for further information to the secretaries of each of these schools.

A WOULD-BE ARTIST.—There is a school of wood-engraving at 122, Kennington Park-road. The yearly fee for instruction is £3, and free scholarships after the first year are obtainable by students. These latter must be upwards of sixteen years of age.

PRINCESS PEACE.—1. There is a preparation sold by Lechertier and Barbe for fixing chalk drawings. It is a liquid, which is blown upon the picture when finished with an apparatus resembling a scent-spray (price 2s.). 2. If you can obtain regular employment from a good firm, wood-carving is profitable, especially when you can originate your designs; but these appointments are not to be had every day. Show some of your work to an upholsterer, or a carver and gilder, and you may either obtain an engagement or at least an order.

HOUSEKEEPING.

A YOUNG WIFE is certainly entitled to display any large articles of silver she may possess on her side-board in the dining-room.

PASTORA should have the silver cleaned by a silversmith. 2. A recipe for "pot pourri" has lately been given.

A FARMER'S DAUGHTER.—The feathers required a very much longer time for drying, and must also be "stripped," as it is called, *i.e.*, all the large thick stalks taken out. It is these which have not dried, and retain the animal particles, causing the smell.

PINCHER and FREDA.—A recipe for "pot pourri" was given at page 224, vol. v.

A YOUNG DOMESTIC.—We should recommend the eiderdown quilt being sent to a cleaner's, as it will only lead to disappointment if you wash it at home. Put a little glycerine on the tea-stain before it goes to the wash.

PRIMROSE should try a little tripoli and water upon the surface of the table. It will remove the spots.

PRIMEVERE.—There have been no other papers but those you mention on "Economic Housekeeping," but we shall probably give more on both subjects.

WILLOUGHBY.—We do not think that either green gooseberry jam or jelly can be kept green; they always boil a light red.

NOVICE in HOUSEKEEPING.—If you paid more attention to ascertaining what meat, game, fish, poultry, fruit, and vegetables were in season (fully in), and then procured them at places where you had not to pay for extra high rents, as you do when shops are situated in expensive localities, you would bring down your bills greatly.

MISCELLANEOUS.

INKY PEN.—We sympathise much with your anxiety, but we can only say to you as we say to all who wish to succeed in literary work, you must try and try again for a long time before you will succeed, and success is not even then assured.

E. MC. T.—Your sedentary life as a dressmaker does not agree with you. You should try to take more exercise and warming food. Dress in woollen under-clothing, and rub the body well in the morning with a cloth dipped in salt and water.

VIOLET VERNON.—We have heard that the homoeopaths have a special cure for such little excrescences.