

One of the newest skirts in rich broché was nothing more than one deep puff from the waist to the frill at the hem, and the excess of its length was disposed of by raising it in pleats towards the back, causing the puff to take graceful folds at the sides towards the front. This skirt looks particularly well in plain velvet.

Tunics are not gone out, but it is difficult at present to say what is a panier and what a tunic, especially as the backs are now shorter than the fronts. The new tunics are all raised up higher on one side than on the other, and some are apparently tied up by a bow of wide ribbon.

The new silk is called "Ottoman." It is made in ribbed lines, and is really a kind of rep. Satin, velvet, and velveteen are all used both for dresses and trimmings.

I think our two pictures give the best sketch of the newest fashions I have seen, and they are clearly drawn so as to help the thrifty and clever to re-make and alter their old dresses and mantles. In the sketch with five standing figures, the first to the right gives one of the out-of-door costumes I have been writing about, check or tartan and cloth or velveteen. The upper skirt is arranged in box-pleatings; the lower one is a full founcing of check.

The next figure shows one of the newest methods of arranging a tunic in front in a straight long piece, as though it were an apron. The next figure shows a dress made at the back in the *princesse* style, and trimmed in front with a scarf tunic. The next figure with the white brocaded cloak shows a skirt in three bouillonnés, confined by bands of ribbon and rosettes. The last figure on the left shows the newest way of making up the large patterned brocades and the plain materials, the bodice being of the large patterned brocade, and the front of folds of plain crossed by bands of gold braid.

The next picture shows up yet another method of making up a plaided gown, worn with a jacket of a different colour, and even of material; this dress being a skirt of red and grey woollen checked tweed, and the jacket of red cloth, the edges being cut in tabs, or what is called by some people battlemented. The front is crossed by cords; the hat is of grey felt, and has a red wing at the side, and is trimmed with red velvet. The figure sitting down wears a brocaded bodice of the new style, and the figure with the cloak shows the prettiest shape of those articles, when made of brocade or matelasse and edged with fur.

Sleeves, as will be seen from our sketch, are still narrow and closefitting, the bodices short on the hips, and pointed; the shoulders are worn as high as ever. Skirts for full dress are worn long, but for ordinary wear are short, and far fuller than last season.

The new hats are all of smooth pressed felt, with the edge bound with repped ribbon to match, and most of them have very high, rather square crowns, with a plain ribbon round, a steel buckle in front, and masses of feathers on the left side. Some are more careless in form, and have waving plumes, cavalier fashion, at the back, and curling over the edge.

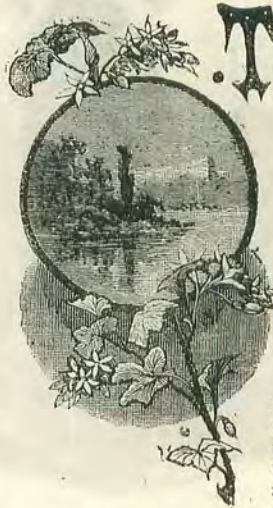
Costume hats, or toques to match the dress, of merino or cloth, are shallow, with a full but narrow binding on the edge that presses the head, and are either of the same stuff, or of velvet or satin, when these form a part of the dress. The top of the shape is covered by a puff of the woollen, which falls all round on the binding, and is gathered up to the centre of the crown, where a silk rosette is placed, or a pompon, which matches the colour of the dress. This gathered-up puffed style is the most fashionable way of making caps, in which case the puffed part is of muslin or lace, which falls over a pleating of velvet.

Collarettes of lace and gathered muslin, of pleated lace falling over a band round the

throat, jabots of lace, and large cascades falling in masses are used for evening dress. Lace formed into vests is an excellent way of converting a plain bodice into a dress one. Young girls add a large bow and long ends to the lace collarettes and turn the long streamers of ribbon backwards, so that they flow down the back. Married ladies wear small bouquets of flowers, with the stalks turned upward and the blossoms downward. Linen collars have been brought into fashion again by the military jackets.

HOW TO NURSE AND TEND THE AGED.

By MEDICUS.



it must be taken without intermission if it is to do good.

But exercise is different from medicinal tonics, for they can only be taken with advantage for a month or two at a time; but exercise does good all the year round. Outdoor games apart—and there are so few of these a girl can engage in—walking is probably the best form of exercise there is, as it certainly is the cheapest. The healthful glow induced thereby throughout every vein and muscle in the body, and in the skin itself, is an effectual preventive against colds, coughs, sore throats, &c. In driving no such glow is excited, and we have to defend our bodies from the baneful influence of cold by wraps and extra clothing.

So let us walk, and walk, and walk, in November at all events. We will have many a calm, clear, bright day, and on these walking will seem no penance. But what if the wind should blow cold and high, and the rain descend in drizzling showers? Let us walk all the same, taking our stroll in the early afternoon, if possible, and guarding against contingencies by wearing strong boots, light, warm clothing, and occasionally a well-ventilated waterproof. We will return with glorious appetites and in screaming spirits; and if the wind should afterwards increase to a perfect hurricane, and rain and hail rattle on the window panes, it will only make the parlour fire seem all the brighter, and the parlour itself more cosy from contrast.

But oh! when the sun shines, what a truly delightful month is November to those who dwell in the country! How clear is the atmosphere, how delightful are the tints on trees, on lichen-clad rocks and hoary ruins; how near the mountains seem, and how bright is the face of yonder placid lake!

In sunny, calm days in November even the very aged may come forth from cottage or

hamlet, and take blithe walks on street or highway, or bask in sheltered corners of esplanade or garden. It is different with them, however, when storms rage or high winds blow, or when the rain beats against the panes of the parlour-window, and all without seems cloud and gloom, and when all within is cloud and gloom. It is on days like these that old people think more. Buried in the depths of an armchair, comfortable though it may be, seated near the most cheerful of fires, the past will rise up before them like a half-forgotten dream, bringing with it memories that, mayhap, were better buried in oblivion. In gloomy days, too, the aged, like the infirm, feel their aches and ailments more, and therefore need the more all the sympathy, care, and kindness that younger folks can give them.

Now, no girl needs to be told that it is her duty to be kind to the aged. It is the nature of every girl to try to relieve dependent suffering. Perhaps even to the very youngest of our readers the words of Scott might be appropriately enough addressed:—

“ ——— in our hours of ease,
Uncertain, coy, and hard to please,
And variable as the shade
By the light quivering aspen made;
When pain and anguish wring the brow,
A ministering angel thou!”

No, girls, do not lack the will to minister to those in pain or suffering. I would wish no better first-lieutenant in a sick-room, or sickward, than a girl that had the interest of my patient at heart, and was therefore willing to be guided by me and to act up to my instructions.

They do not lack the will, but they may lack the knowledge necessary to fit them to properly nurse and tend those to whose interests this paper is specially dedicated—namely, the aged.

Old age, it has been said, is a second childhood. In many ways the comparison is correct enough. In one, at all events, for in old age the mind is apt to become sensitive, even to irritability and peevishness. Especially is this the case when some infirmity or ailment is added to the debility which is inseparable from the lives of those of advanced years. This should be borne in mind by people who nurse or tend upon them. Everything that you do for an old person should be done with quiet cheerfulness. Fuss or over-officiousness is to be studiously avoided. There are many little attentions which the goodness of your heart may prompt you to pay to the aged which had better be avoided, many things you may long to do for them which it will be wise of you to let them do for themselves—so long, remember, as they are not really invalids—for the simple reason that it often worries aged people to think they are giving trouble.

Pity, on the other hand, more particularly that kind which finds vent in condoling language, is apt to be not only wasted on the aged, but positively distasteful to them. Outspoken pity partakes too often of the *memento mori* to please them. They do not want their infirmities constantly paraded before their eyes, even by those who love them. They would rather suffer in silence, and surely if they themselves try to do all they can to forget their infirmities, to forget even that they are old, it is unkind of you in the extreme to jog their memory on the subject.

Humouring an aged person is a thousand times better than pitying him. If he thinks he can do anything, let him do it, do not thwart him; if he fancies anything to eat or drink, let him have it. For, let me tell you, the state of a person's own feelings is often his very best guide to that which is good for him.

Study, while tending the aged, to be most

forbearing—forbearance is one of the qualities of the angels. Old people are often querulous, but remember this is only a symptom of bodily weakness, even when it extends to positive crossness of temper. Therefore, never resent it. The cloud soon passes away from the furrowed brow of age, sunshine and shade chase each other quickly across the faces of those who are nearing the end of life's journey.

And here I must beg leave of my girl readers to make a digression. The words and the music of an old, old song have been running through my head for the last half hour, and until I pen the former, I will have positively no peace to finish my present paper. They are Scotch, but none the less beautiful methinks for that.

"Be kind to auld grannie, for now she is frail
As a time-shattered tree bending low in the gale.
When you were wee bairnies, tott-totting about,
She watched you when in and she watched you when out.
When first in your breasts rose that feeling divine,
That is waked by the tales and the sangs o' lang syne,
Wi' auld-world cracks* she would pleasure inspire
In the lang winter nights as she sat by the fire;
Though erie the rude wind raved round our cot,
Grim winter and a' its wild blasts were forgot.
And mind, though the blythe day o' youth now is yours,
Time will wither its joys, as wild winter the flowers,
And your step that's noo licht as the bound o' the roe,
Wi' cheerless auld age may be feeble and slow.
And the frien's o' your youth to the grave may be gone,
And ye on its brink may be tottering alone.
Oh! think how consoling some friend would be then,
When the gloaming o' life comes like mist o'er the glen.
Then be kind to auld grannie."

From the time they get up in the morning until they retire for the night, there is many a little attention required by the aged, even in health, which kindly hands can give. They are usually early risers. Are you the little housekeeper? Then study early rising for the dear one's sake; your own health and strength will benefit thereby. Have the room tidy and cheerful, the cloth laid, a bright bit of fire in the grate, the chair ready, and if possible a flower on the table. Breakfast ought to be ready, and the tea waiting to be infused, for, remember, old people need breakfast as soon as ever they come down of a morning. It weakens them to wait. Whatever is for breakfast, let it be the best that can be procured—the bread a day or two old, the butter the freshest, the egg rather underdone, the bacon frizzled, not fried, or if it be fish, it ought to be sole or haddock, at all events not a strong, oleaginous fish like mackerel or salmon.

If the day be bright and warm enough for a walk or a ride, the best time for it is about an hour after breakfast, because then the body will have gained strength from the morning meal. Unless under exceptional circumstances, an old person should not be allowed to walk alone. Lonely walks are neither good for old nor young. Now very often after the walk, which

may have extended over an hour, a little light refreshment may be needed, say about twelve o'clock. Old people often feel that they really need this. It should not be taken, pray bear this in mind, unless the want is actually felt. I do not like the expression I sometimes hear addressed to some aged man or woman—

"Oh! you 'must' want something now."
I say there is no "must" in the matter, unless the person most concerned feels the want himself or herself. Otherwise it is mistaken kindness, and will assuredly lead to mischief.

All I have got to say about the dinner itself is this—it should be as nicely cooked and as nicely put on the table as possible, and it ought to be plain, very nourishing, and digestible. I am a great believer in good, tender, juicy meat for old people, with now and then fish for a change, chiefly the white kinds. Regularity as to time is most important. It is positively cruel, in my opinion, to keep an aged person waiting for dinner. It should be served at the same time every day "to a tick," as signalmen say. Some very old people have an idea they cannot exist without bottles of cordials from the chemist. They get a prescription, or have got one at some time or other from a medical man, that did them good, and they stick to it until it becomes a habit. It is a bad habit; cordials should never be taken unless under the advice of a fully qualified medical man.

The food should be tender and easily partaken of, especially if the teeth be gone or much decayed. In this case the meat—beef or mutton—should be minced with a machine that can be bought for the purpose. The worst of it is that minced meat is apt to be swallowed too quickly, and thus it may lead to fits of indigestion, or at least to restless nights and disturbed sleep. Artificial teeth can nowadays be fitted very cheaply, and they are not only a very great comfort to the aged, but, by enabling them to masticate their food properly, actually lengthen their days.

My last paper was devoted to a discussion on tea, so I need here only repeat that good tea is one of the greatest comforts an old person can have. It should be made for the aged as for the invalid, infused only for seven minutes, and immediately decanted into another teapot, previously made warm for the purpose of receiving it. Tea that has stood over the leaves for ten or fifteen minutes is most injurious to the health of the aged, and often necessitates taking medicine, and the less of that anyone takes the better, whether she be young or old.

The water should be always pure and filtered.

Try to make the evenings of the aged as pleasant and cheerful to them as possible. They very often like someone to read to them, but they just as often like to converse or to tell stories of their own bygone days. However, they should not be encouraged to do this to the verge of fatigue or excitement. A little wine negus or mulled ale may be needful before retiring to rest, but if it can be just as well dispensed with, so much the better. This is usually called a "nightcap;" if such a thing be partaken of, it ought to be the rule to go to bed immediately afterwards, else excitement, instead of somnolency, may be induced.

Nothing tends more to render the aged happy and contented than good rest at night. Study to procure this for them. I will now tell you how.

To begin with, then, as much exercise as is compatible with health must have been engaged in during the day, an even, unruffled temper must have been maintained, and an equable temperature of body. If supper is cared for, it should be light and digestible, though not necessarily sloppy, and partaken of early in the evening. The bedroom should be as large

as possible, and regularly every day about noon the windows must be thrown open for thorough ventilation, not only of the room itself, but of the bedclothes. If there is rain, or damp fogs prevail, judgment will be required in ventilating the room.

In spring, autumn, and winter a fire should be lighted early in the evening in the bedroom, so as to well warm the apartment, and it should be banked last thing, so as to keep up the heat till morning. A bit of fire not only warms the room, but it keeps the air in it pure.

Stoves, especially the petroleum abomination, are most unhealthy, not to say dangerous to life. Curtains ought to be drawn across the window to exclude the morning light, but not across the door. The bed should not be placed between the fireplace and door if it can otherwise be arranged, and there should be a ventilator at the top of the door. This secures pure air without a draught.

There must be fresh air in the bedroom. To sleep in a stuffy room is more dangerous to the life of the aged than even draughts. One hour's sleep in a pure atmosphere is worth three in a vitiated one.

The bedclothes should be light and warm, the blankets very soft and comfortable. An eider down quilt is a most excellent thing, but it should be a real and not a spurious one. A good one cannot be bought cheaply, seeing that in Iceland itself—the home of the eider duck—the down costs from 12s. 6d. to 20s. a pound, and it takes three pounds to make a quilt. I seldom see good ones in this country, but I have farther north. To show its elastic properties the Icelanders have a conundrum: What is it that is higher when the head is taken off it?—An eider down pillow.

Nothing militates more against sound sleep in the aged than cold feet, but still I do not as a rule approve of hot water bottles. Bed socks are far better and far more healthy; a nice Christmas present to an aged relative, and one that any girl could fabricate, would be a pair or two of bed socks.

The aged ought to sleep in the dark, but if they have been used to a night light, one that burns but a very short time is best. The room should be kept as quiet as possible. During the day the clothes worn should be loose and warm, but certainly not heavy; the hat or cap should not hurt the head, nor the boots the feet. A dressing-gown is a great comfort, and so are soft warm slippers. These last you may make as a Christmas gift for an aged friend.

In case of illness by night a bell rope should be handy by the bedside, and no house in which an aged person lives should be without a bottle of the finest pale brandy and a phial of chlorodyne. The dose of the latter, remember, is not more than half what a young or middle-aged person would require. Both the brandy and chlorodyne should be kept in the medicine cupboard.

Do not neglect your own health through attentions on an aged relative. This would be positively unkind to him or her; a nurse should always be well herself; it was this fact that induced me to commence by advising walks in November.

Let me finish by repeating that it is watchful care and unobtrusive, unofficial kindness that old people need to render them happy, and so, dear reader, may you yourself be treated when you are an "auld grannie."



* Stories.