

bling a fine tortoiseshell domestic cat. He learnt to know me so well in time that he would welcome me on my return home by loud purring and by rubbing his head against me, and he rendered me the great service of ridding me of a rat that had taken up its abode in the lowest part of the cave. I liked Tom very much, and was glad of any additional companionship in my solitary life, which at times weighed heavily upon me.

I have often felt that even the blessing of needed daily work would have failed to keep my mind from giving way altogether at this period of my history had it not been for the silent yet unmistakable sympathy of my dear dog, Wolf. Two years had passed since I had exchanged a word with any human being, the first feelings of insecurity and anxiety had calmed down, some of my most laborious work was completed, and the intense excitement was followed by reaction. I looked around upon the beautiful land, and felt a terrible depression as I realised the fact that in all probability the remainder of my life would be spent here, parted from all whom I still loved so truly.

Often in my melancholy wanderings I would cast myself down by the graves of my fellow-passengers, and, shedding bitter tears, regret that I had not shared their fate. But this sad mood was mercifully dispelled, my mind gradually grew more peaceful, I again proved, as I had before done, that "strength is given for the day," and that the "Friend above all others" was as surely with me in my loneliness as He would have been were I in the busiest of cities and surrounded by loved and loving ones.

It was fortunate for me that I had such a natural *penchant* for dumb animals, as my two four-footed animals were a real comfort to me. I had much difficulty and considerable amusement in trying to quell their mutual animosity. Poor Wolf was wofully jealous for a long time, and grew so despondent if he saw me stroking puss. I had to exercise a great amount of tact and persuasion before I could make him understand that I cared for him as much as ever, and my young readers would smile were I to repeat to them the tender conversations we held, I with caressing epithets, he with expressive, pleading eyes raised to my face, every now and again turning with a sideways glance at Tom, as though nothing but his habit of implicit obedience to his mistress kept him from waging deadly war with this upstart rival.

Tom had to be dealt with in a more summary manner. A little corporal punishment was found the only effective way of putting a stop to his *abusive lan-*

*guage* to Wolf, and his menacing attitude with arched back. But evidently they both were convinced apparently that it is best to kill your enemy with kindness, and ended by living together on sufficiently amicable terms.

Puss was the means of providing me with a third companion. True to his feline propensity, he not unfrequently caught some poor unwary bird, and one day had seized upon a fine young parrot. Happily I was at hand to rescue it, and I found to my joy that a broken wing was all the harm done. Taking poor Poll and nursing it until well, I determined to keep it as a pet, and much fun I had over teaching it to speak. It sounded strange to my ears now-a-days to hear my words repeated!



"POOR WOLF WAS WOFULLY JEALOUS."

Recovering from the depression of spirits from which I had been suffering, I began again to think of more active work; and, curiosity to know all I could of my surroundings once more asserting itself, I planned another sea voyage.

(To be continued.)

## A PLEA FOR VEGETABLES v. DRUGS.

By MEDICUS.

A MEDICINE CHEST, or the key of anybody else's medicine chest—pardon the insinuation—is one of the most dangerous playthings any girl between the ages of ten and twenty could be possessed of. There are several little handy books published as guides to the use of the drugs contained in the medicine chest. Armed with one of these, written as they are in plain

English, one might imagine a girl of ordinary talent would be safe, and that she might proceed forthwith to physic herself or her brothers and sisters with the most beneficial results. I doubt it very much; and my advice to all girls who are fond of acting as embryo physicians is to try their apprentice hands on the cat, and, for puss's sake, to administer nothing more powerful than bread pills.

Before meddling with a medicine chest, even an old girl should know the properties and composition and medicinal uses of every drug it contains, and she should never give a dose of even the most seemingly simple medicine if the advice of a doctor can be obtained easily. And this for many reasons; I will only mention one or two. First, then; before giving medicine, one ought to know *something of the trouble* it is meant to alleviate or cure. Now, say for instance that your aunt or your grandmamma has a cough, and you are wishful to give her something to relieve it. Well, armed with your medical companion or guide, you retire to the room where the medicine chest is kept, and you look up the word "Cough" in the index. You are referred to half a dozen different pages. This is just as confusing as looking-up a place in a hurry in Bradshaw, and finding there are apparently nineteen different ways of getting there. However, you are not going to be frightened at a little extra trouble, poor grandma's cough being so bad. It never strikes you to inquire what that cough is caused by, and you do not know, or you do not trouble to remember, that there are at least a dozen different causes for cough, and that a doctor always makes a real point of going straight to the root of any ailment, and removing the canker there, the canker meaning the cause.

"Cough" *vide* pages 15, 18, 22, 29, 40, 59."

You turn to these, and here is what you find. Page 15.—*Tincture of Benzoin* (compound), or Friar's Balsam, an old-fashioned but excellent remedy for winter coughs; dose, thirty drops to sixty drops in a cup of tea, or mixed with a dessert-spoonful of egg-yolk and sugar.

"Capital," you think, and you begin to imagine the delight of the dear old lady, when she drinks the tea and finds how soothing it is. But you are busy turning over the leaves of the guide all the same and at page 18 you find: *Specacuanha Wine*, ten to twenty drops in a little sherry, with the addition of fifteen drops of paregoric. You notice, however, that the *ipecac.* is also an emetic, and as you have no wish to make your patient sick, you turn away with a sigh to page 22, and find—

*Paregoric Elixir*, which you are informed allays and soothes irritating coughs and chronic bronchitis, and that the dose is from thirty to sixty drops in hot water sweetened with sugar. This sounds very well; besides, the medicine has a nice name, "paregoric elixir." The word "elixir," especially, is very "fetching;" but then here is a drawback. You find there is a deal of opium in its composition, and you are old enough to know that opium is a poison if incautiously administered, so you try again.

Page 29.—*Mur'ate of Ammonia*: a stimulating expectorant, enables the patient to get rid of the phlegm. Well, that is what grandma always complains about; is it not?

The dose is ten grains in a wineglass of cold water, taken frequently. "No, no," you say, "that may be a good remedy, but cold water always gives grandma the shivers."

But on the same page your eye falls on *Mindererus's Spirit*: dose, twenty drops in a basin of gruel at bed-time. A capital remedy for recent colds. You turn down a leaf there. "It is a providential thing," you say to yourself, "that I happened to notice that, for it isn't in the index."

But here at page 40 is *Chloric ether*, a nice cordial for allaying spasms and fits of coughing, in doses of fifteen to thirty drops in camphor-water, to which is added a few drops of sal volatile.

Well, at page 59 you find, as a cooling remedy for a cold, *Spirits of sweet nitre*; sixty drops of it in a basin of gruel before going to bed.

"Heigho!" you sigh. "I really wonder what I shall do for the best! I wonder what *Medicus* would do in a case like this?"

But *Medicus* not being forthcoming, after a deal of cogitation, your treatment resolves itself into something like the following, and you carry it out too, that is if grandma professes herself willing to submit to it.

You won't let her eat much supper, you tell her there is "something coming," and you send her up to her room, where an extra big fire has been burning for hours, long before her usual bed-time. You make her bathe her feet in strong hot mustard-and-water, you clap a mustard poultice to her chest, and you make her steam her poor old head over boiling water. Then as she cannot stand the poultice any longer, you dress her, and put her to bed with an extra covering over all. And next comes the pill and then the gruel, a nice big basin of it well sweetened with sugar, and not particularly knotty. There is *Mindererus's spirit* in it, you tell her, and spirits of sweet nitre. Probably she thinks this doesn't improve the flavour of the gruel, but she drinks it all, and lies back to dream of the black draught you have told her she is to have next morning.

Well, there is one thing to be said in favour of your treatment—if she is not quite well next day it is no fault of yours.

The difficulty in knowing what to prescribe lies in the fact that it is almost impossible for the uninitiated in the science of medicine, to tell for a certainty what is the matter with the ailing one.

There are many dangers attached to an injudicious use of the drugs contained in the medicine box. I need only mention the more common of these. First comes the danger of giving the wrong drug, next that of not taking into account the age of the patient, the hour of the day at which it is given, and the state of the stomach, &c. Then the danger of prescribing from a wrong bottle, many powders and tinctures quite harmless in their nature closely resembling those which are poisonous. Again, familiarity in handling medicines is apt to lead the amateur to recklessness, particularly in the use of those dangerous drugs so commonly used now-a-days for the purpose of producing sleep or alleviating pain. Another danger lies perdu sometimes in the very contents of the bottles themselves. There are compound mixtures that ought to be shaken, and this may be forgotten, and, what is worse, compound powders which are never labelled with the caution "Shake the Bottle," but the contents of which do, if left to stand for weeks or months, separate, the poisonous portion as likely as not coming to the top.

Medicines that in over-doses are poisonous often, indeed I may say invariably, find their way into the medicine chest without caution labels attached. I have before me a list of remedies recommended by a house in town that shall be nameless, as useful for family dispensing.

Perhaps they all are so, but many of them are not safe, for all that. For instance, we have antimonial wine, bimeconate of morphia, belladonna liniment, calomel, chloral, chloroform, laudanum, santaline, sulphate of zinc and copper, nitrate of silver, Hoffman's anodyne, tincture of belladonna, tincture of henbane, and many others, that cannot be handled with too much caution by the amateur.

Now having told you some of the dangers of the family medicine chest, and the difficulties attached to prescribing drugs, let me say a few words about the medicinal virtues of the vegetables that grow in our gardens and are served up to us at table. In vegetables we have all the medicine that under ordinary circumstances is needed to retain the body in a state of health, the blood in a state of purity. I am neither a vegetarian nor an herbalist, I can afford to smile when I see advertisements extolling the virtues of vegetable remedies, as wholly different from mineral medicines, well knowing that the vaunted virtues of the vegetable depend often on the mineral constituents afloat in its veins. But at the same time, if I want a remedy for any complaint, I would rather have it direct from the great laboratory of nature than from the shop of the most experienced of chemists. The salts of potash keep the blood pure and prevent scurvy at sea; these salts are found in many kinds of vegetables, and in this form the remedy is simple, safe, and most effectual.

It is a pity that vegetables of all kinds are not more used at table than they are. Too much meat is stimulating, and renders the body hot and uncomfortable, puts too great a strain on the powers of digestion, produces sleepless nights, and induces decay of the nervous system.

In order to be as practical as possible in my remarks, I will now tell you the classes of people—old girls or young girls—who are specially benefited by the use of plenty of wholesome vegetables eaten at meal times.

1. Those who have been born not over strong, whose blood may not be over pure, in other words, the constitutionally delicate, for not only are the systems of such girls more easily thrown out of healthily working order, but they suffer more than others when any irregularity does take place.
2. Girls of a nervous temperament, or those subject to either excitability or emotionalism.
3. Those who suffer from want of good wholesome sleep at night, and who awake in the mornings feeling unrefreshed.
4. Those who suffer from inactivity of the liver as evinced by torpor of body and mind, and the absence of a clear complexion and bright pure eye.
5. Girls who lead a too sedentary life.
6. Those who are much confined to either the house or workshop, and do not get a sufficiency of fresh air and exercise.
7. Those who are troubled with indigestion; although these ought to be careful only to eat the kinds of vegetables that they know agree with them.

Many of my readers have the ordering of their own dinners, and, therefore, can get whatever vegetables they have a mind to. They will know easily enough what agrees with them best; and I may add that one's taste is generally the best guide in this respect; but it will be well to bear these two cautions in mind: (1) While eating freely of any vegetable which you really care for, be most careful to eat in moderation, and (2) change the kind of vegetable from day to day, for human beings must subsist on a mixed diet, and variety tends to healthfulness.

Many vegetables are used as condiments, and aids to digestion; but we should be careful how we indulge in these, for the very nature of condiments is to give a temporary zest to the appetite, and they may therefore lead us to eat too much. The capsicum or chili pod, from which we obtain our cayenne pepper, comes

under this head, so do horse-radish and mustard. Both the latter are valuable adjuncts to roast beef or to beef steak, and both are capital stomachics. The various kinds of radishes are of a similar nature, and in spring are very valuable to the health; they are apt, however, to disagree with a delicate stomach, so they should be used sparingly, and only the very youngest and most tender of them should be eaten.

Onions—and among these I include leeks, chives, shalots, &c.—must be partaken of very sparingly by some people, with others they agree excellently well. The Spanish onion is far milder, and can generally be eaten by those with whom our English onions disagree. All the onion family possess a beneficial medicinal action on ailments of the chest, and are invaluable in cases of recent colds. No, dear reader, I admit that in some ways of looking at it, the onion is not a very aristocratic vegetable, and it is not advisable to eat of it if one is going out to spend the evening. Albeit chewing a bit of parsley has the effect of removing the disagreeable odour from the breath.

Water-cresses can hardly be too highly extolled. Sometimes they are cooked and eaten as spinach, but I think they are better raw. They are tonic, stomachic, and cooling, and if people could only be convinced of their value they would be more often cultivated, and found more frequently in our markets than they are. Garden-ress possesses the same properties, but in a much less degree. Spinach is an excellent vegetable, but should be used in summer time as an adjunct to the breakfast-table, instead of at dinner. It should be eaten simply by itself, well cooked, mashed, and with the addition of a little butter, pepper, and vinegar.

Beetroot is very cooling, and owing to the amount of sugar it contains; it is also highly nutritious, but it should be partaken of sparingly.

Parsley is cooling and purifying to the blood, whether it be eaten raw or cooked. As a vegetable, it is far too much neglected.

Turnip tops are too often thrown away. When young and tender they are far better for the system than even spinach. The green tops of the young nettle shoots if gathered in spring, and cooked precisely as spinach, form a most delicious and most wholesome blood-sweetening dinner vegetable.

The usual roots served up are potatoes, parsnips, carrots, turnips, and artichokes. They are all highly nutritious if properly cooked, and all have more or less medicinal properties. Potatoes are more nourishing than any other root vegetable. They are fattening too, and this should be borne in mind by girls who are slightly inclined to *embonpoint*—indeed, they ought to avoid them as if they were poison. But to the nervously inclined, or those who do not sleep over-well at night, potatoes are really beneficial and most wholesome.

I am not writing an article on cookery, else I could a tale unfold, about the unscientific way that potatoes and, I may add, almost all vegetables are cooked and served at our tables in this country. But I will just mention one mistake our cooks so often fall into: it is that of cooking vegetables too long, so that all medicinal value is drained out of them. To human beings are then served up the inert mass of vegetable fibre, the virtues of the succulent herbs find their way into the pigs' tubs or more likely down a drain.

Tomatoes are but rarely used in this country, and more is the pity. Whether eaten raw or carefully cooked, a more wholesome, purifying, health-giving vegetable does not appear on our tables.

Celery, if very tender, may be partaken of raw, but it is apt to disagree.

Lettuces are most delicious vegetables, and so wholesome. They are also, in some degree, narcotic, so that one eaten for supper is often a capital preparation for a good night's rest. Lettuces for supper do not actually send one to sleep, but they lull and calm the mind, and this conduces to healthful slumber.

Asparagus is very cooling and easily digested, and I may say the same about sea-kale.

All ordinary green vegetables, such as cabbage, cauliflower, Brussels sprouts, broccoli, Scotch kale, &c., are cooling, nutritive, laxative, and purifying to the blood, and, I might add, indirectly tonic. They should not be indulged in to too great an extent in summer, especially by delicate people.

Pickles of all kinds come under the head of vegetables, and I have only to say in their favour that when fresh garden produce cannot be obtained, they come in very handy as temporary substitutes.

## ANSWERS TO CORRESPONDENTS.

## HOUSEKEEPING.

AN IGNORANT GIRL.—Make a paste of soda, whitening, and soft soap, and spread it over the marble, leaving it on for some days, and washing it off with clean water. Repeat till the marble be clean. Fuller's earth and hot water is also used.

GLADYS and IOLANthe.—There are several answers to correspondents which may be of use to you at pages 447, 501, 798, vol. iii. The answer from "Mater" is especially clear about meat, and the use of soap, if possible, daily. "Iolanthe" should divide her £200 as follows:—Rent, £40; one maid, £10; gas and coal, £3; clothing, £25; living, £50; insurance, doctor, &c., £10; incidentals, £10.—£153; the remainder of the income should be laid aside for a rainy day. Mrs. Charles Dickens is dead.

A. H.—It requires two ounces of coffee to a pint of water to make coffee strong. You may calculate from this what you would use in the week. We should think that the yellow wax candles, called "primrose" by some people, would suit you, twelve for bedrooms, sixes for sittingrooms. Use dips in preference to lamps.

FRÄULEIN LILLIAN.—We should think that about £3 10s. per week would be a fair allowance for the household expenses, for seven people living as you describe.

A SCOTCH BLUE BELL.—The expenses of housekeeping should be about £100 per annum on your income for five people. As you have no house rent to pay out of it, it really amounts to nearly £200. Clothing £25, education, insurance, etc., £25. We think your letters have been already answered.

EDITH.—Out of an income of £300 per annum, about £40 should be allowed for rent, and £150 for house-keeping, which could be divided into—wages £15, gas £4, coal £8, and laundry £3 or £4. Of course, the majority of the washing must be done at home. The average weekly expenditure should not exceed £2 5s. an week.

A CONSTANT READER, A. B.—The housekeeping expenses with such a large family would be half the income if not more. Of this, servants' wages must not exceed £28 per annum, coals £10, gas £6, and as much of the washing as possible must be done at home. The allowance for clothing will not be less than £100 per annum for the whole family, and £30 for education. Insurances, medical attendance and savings bank, £60. This would leave a margin for incidentals also.

## WORK.

WHITEBAIT.—To make a crochet shawl, see the directions given at pages 477 and 478, vol. iii. We are thankful to hear that our paper "helps you so much in striving after higher things;" and we wish you god-speed in such efforts.

THE STAR.—Your "trumpeter is not dead" if you think you have selected a suitable name. We have given an article on "Swiss Darning" at page 314, vol. i. We have not as yet given "coral stitch," but an article describing it will shortly be published. Meantime, any one who has done embroidery on "ticking" would direct you.

MINNIE, LILIAN, and MAY.—Wear a small, white cap as much like those of your companions as you can. Endeavour to look as little conspicuous as possible on such an occasion. If in mourning, remain so; there is no reason for taking it off, but you can wear a white cap all the same; and if you need an extra wrap you might throw a white shawl round you if you liked to do so. "Lilian" and "May" write well.

PLEIADES.—1. There are several good kinds of knitting silks suitable for socks; the needles we recommend for them are 16's. 2. For a gentleman's embroidered slipper, see page 140, vol. iii.

ROSA DARTLE.—We have answered your question so often and at such length that we regret we cannot inflict the old story on our other readers again.

SUNFLOWER wishes to know "what stars were in the ascendant on the 25th of January, 1867." She had better procure an old almanac for herself. That date fell on a Friday. Her writing is good, but she writes with too thick a nib or point to her pen.

ROMANTIC JESS.—An article on the subject of stains on dress will be given shortly. Those produced by the juice of dandelion had better be covered by some trimming. We do not advise you to meddle with them, or you may ruin your dress. Avoid making those flourishes at the beginning and end of each word, as they spoil your handwriting.

S. A. D.—For directions respecting the cleaning of chip bonnets, see page 559, vol. iii.

## MISCELLANEOUS.

RUTH.—The lines you have sent us are, we think, worth submitting to the editor of some other magazine. We have read them and your letter with much pleasure. We thank your daughter for the lovely violets, so welcome to us in dreary London. As they stand in one of the flower-vases on our office table the room is permeated with their perfume, and we feel benefited by their presence.

INA, PUSSY-CAT, CHARLOTTE, &c.—We gave the last good recipe for taking out ink-stains on page 410, vol. iii., in "Useful Hints."

ILFRACOMBE.—We should advise you to send it to a cleaner's, as nothing but disappointment would result from your own attempts to clean and bleach.

CLEMATIS.—An excellent recipe for cleaning white shawls of all kinds is given at page 33, vol. iii.

MAY BLOSSOM.—As a rule it is not usual to shake hands when first introduced at present, but "circumstances always alter cases," as the proverb says; and with some people you may desire to be particularly cordial, and you will use your own discretion.

ROBINA CRUSOE, MISUNDERSTOOD, and BUNDELIA.—The letter "j," although used in other tongues, is a new one to the English; in fact, the distinction between "i" and "j" is less than a century old, and there is always an inclination to think them the same letter. In many dictionaries you will find the two together, and in the Bible the two are constantly synonymous in proper names. The 6th January, 1688, was before the change of style; it would be "O. S.," or old style. Cleaning the teeth with flowers of sulphur is said to prevent toothache.

POPPY.—The last battle fought on English soil was that of Sedgemoor, in Somersetshire, July 6th, 1685. The Duke of Monmouth rose in rebellion against King James II., was defeated by the king's forces, and being taken prisoner, was executed on the 15th in the Tower.

NANNIE SEATON.—Cyprus was taken, not purchased, by Richard I. of England in 1191. In 1878 Cyprus was taken possession of by Great Britain, and she is to administer the government so long as Russia retains Kars and Batoum. The island still forms a part of the Ottoman Empire by the treaty of 1878.

PEARLA, TO BE.—Polish the tortoise-shell with rotten stone and oil. If finely-carved ornaments, send them to a jeweller's.

FLOW.—Inquire at the agent-general's office, Victoria-street, S.W., London.

E. E. J.—The result of the various scientific observing expeditions has been generally successful, and the reports and photographs will probably be soon available to the general public. You should have read the daily and weekly newspapers at the time.

AGNES IRENE C.—Take a tepid morning bath and regular exercise, and avoid heating food. If you have taken any pledge, you should keep it. We do not understand your last query.

MARIAN J. TIFARD.—We cannot insert your advertisement; besides which we do not approve of the nuisance to which your neighbours would be subjected by hearing girls practising for "two or three" hours daily. If you must devote so much valuable time on one accomplishment, unite with friends to hire some empty house, far out of hearing of busy, studious, or delicate people, who may be troubled with headaches easily provoked, and with whose feelings music may jar very painfully, more especially when inflicted upon them day after day for two or three hours at a time.

ROYAL MARINE ARTILLERY.—If you wish to avoid sea-sickness, lie down as much as possible during the first week of the voyage, that you may become accustomed to the movement and all the disagreeable combinations of bad odours on board ship, before you attempt to stand up and walk about. To persons who may be attacked with spitting of blood or excessive sickness, such as to endanger life, an indiarubber ice-bag is to be recommended, to be filled with ice broken small, and laid all down the spine; and a small piece of the ice, about the size of a filbert, should be swallowed immediately before and after taking any nourishment.

ANXIOUS SUBSCRIBER.—You ought to consult a doctor, as we could not prescribe for you without seeing you and knowing something of your constitution, habits,

surroundings, etc. You can procure this magazine in Canada; you have only to order it of any bookseller there.

SHAMROCK.—We recommended Tenby, South Wales (Pembrokeshire), not long ago. Read what we said of it when it appears in the correspondence. Llandudno is also a pretty place, and offers a large choice of apartments. The climate is by no means severe in either locality.

DORÉTE.—We regret that we cannot give addresses. You could procure those you want by inquiring at any artists' colourman's shop. They might also send for what you wish to order, if they have not got the articles nor instruction-manuals themselves. They are to be had in Oxford-street, Regent-street, and numerous other places in London.

FORGET-ME-NOT.—When you find it no longer necessary to continue taking the charcoal, leave it off for a time, and resume it if desirable. We cannot be judges of your progress towards a better state of the digestive powers.

E. H.—We thank you for the information that the "Children's Hospital," or "Home for Incurables," at Cheltenham, has been removed from Sherborne-place, and that the full address now is, Belmont House, Winchcomb-street, Cheltenham.

ADA.—Such situations, when not to be got by private recommendation, are best obtained by advertising in the *Times*, or any other first-class newspaper.

MYSTERY.—You had better consult a doctor as to the cause of your sufferings, and endeavour to remove the unhealthy nature of your surroundings by which they are most probably originated.

DORCHESTER POLLY.—Apostle spoons were spoons anciently given at christenings, so called because a figure of one of the apostles was placed at the top of the handle. There were sometimes twelve spoons, representing the twelve apostles, sometimes four only, representing the four Evangelists. We still give a silver spoon at christenings, though the old apostle spoons are now more objects of curiosity and value than of ordinary presentations. "Fidelity and justice, the greatest of any names," is the translation of the sentence.

VIOLET LASCELLES.—The name *Donatus* is derived from the Latin verb "dono," to give.

ONE WHO SUFFERS.—You need a dry situation, warm clothing, high living, change of air, and a tonic; but the latter should be prescribed by a doctor, as we could not recommend one without a personal acquaintance with your constitution.

BRIDGET.—Your circulation is bad. Avoid going straight from cold to heat, or the surface of the body will be heated suddenly apart from the flesh beneath, and the quickening of the circulation. Try to keep your feet warm; rest from all study for an hour after dinner, and half an hour after breakfast. Hold your head up, and attend to your digestion.

CETEWAYO should lay a piece of hard pasteboard under the sheet on which the scraps are gummed or pasted, and place an even flat weight on the top of them, having carefully pressed out from the margins all the superfluous paste. 2. There is no change in the form of little girls' mantles and jackets this year, so far.

WARRINGTON.—The new address of the "Bible Learners' Union" is The Ferns, 131, Malpas-road, Brockley, S.E. The Secretary, Miss Brine. There is also the "Society for Learning Scripture," Miss G. Jakes, 14, Paul-street, Tiverton, Devonshire.

FRISK.—We should think there was no origin save the popular fancy for such a superstition. There is a long list of obnoxious people, who were not considered lucky to meet or to enter the house, in Brande's book on "Popular Superstitions," but no reason can be adduced.

B. B. DE V. and GINA are both thanked for their kind joint epistle. We regret that their kind contributions are of no use to us.

SALLY RAINBOW.—Take plenty of gymnastic exercise, and ask your doctor for a suitable tonic.

OLIVE A.—We do not know of any such competitions. Write for the General Catalogue of the Religious Tract Society, 56, Paternoster-row, E.C.

A DELICATE SNOWDROP.—We should advise you to emigrate to one of the Australian Colonies, New Zealand or Tasmania, where the climate is suitable. Write to the "Women's Emigration Society," New Buildings, Carter-street, Queen Anne's Gate, S.W.

LADY SAPHIR.—We doubt if your dress would bleach entirely white. You might try a small piece first, boiling it in a solution of soda, or steeping it in a solution of chloride of lime. An article on making Barbotine designs on pottery is given in this number.

FATTY.—By no means make any experiments with quack medicines; nor by poor living, much less "starvation." You would only thin your blood and produce disease of which you might die early. But you may avoid eating much butter or fat and the drinking of beer or porter, and you should take a walk daily without fail, though not one that would fatigue you. A sedentary life would be unsuitable for you.

E. FRANKLIN.—We regret to say that we are already overstocked with MSS., and our staff of regular writers is full, so must decline receiving the story you offer for publication in this paper.

ANXIOUS TOFSY.—Your digestion and the condition both of your liver and your teeth should be investigated by a doctor. Your breath is affected by one or other of these.