

freezing point; and thus many stop as it were from the halls of vanity and pleasure, to the darkened chamber of disease, suffering, and death. For, but few of such participants can be induced to put on either hood or shawl, should they have providently provided themselves with either, at a mother's suggestion; and, as for protecting their delicate feet with gums, against the cold pavement, even though covered with snow or ice, they become shocked at the suggestion of wearing such "clumsy" articles, and particularly since the soles of their boots are "so thick!" And thus they permit the cold to penetrate their shoes, and strike and chill the sentient extremities of the great plantar nerves spread out upon the soles of their feet, and, like electricity, the shock is felt throughout the body, and a quinsy, catarrhal, or rheumatic affection is the result, according as there may be an idiosyncrasy or predisposition in each individual case.

This is no overdrawn picture, for the statistics of the city show that our ladies decimate themselves annually with cheerfulness, for more than one-tenth die of consumption, or other disease of the lungs, either self-induced, or transmitted by a similar course of conduct by their maternal ancestors.

Padding the chest anteriorly, and the back and hips, is very injurious. As this custom is more particularly resorted to when the party is going out to shop, to promenade, or attend receptions, and often upon returning home from either, all these artificial cushions are thrown off from parts over-heated, and in a full perspirable state, rendering her very liable to a catarrh, lumbago, or sciatica; whilst other parts of the body and limbs, though better protected than formerly, when expansive hoops were in vogue, are still too much exposed to the vicissitudes of our climate.

Hoops worn in the winter season are undeniably full fraught with the induction of much suffering, and the increase of "female complaints," are largely attributable to this foolish excess of unwise fashion.

#### THE KITCHEN GARDEN.

THE MONTH OF FEBRUARY.—We have received several letters asking for information about the proper time to plant vegetables, etc. One lady writes:—"I have derived much benefit from your articles on horticulture, especially on 'Roses and Rose-Gardens,' last year; but I should like to see also, something more practical. Many of us, who live in country villages, have small vegetable gardens, and would be obliged if you would tell us the best varieties, and when to plant them. We go on, year after year, planting old varieties, when, perhaps, with no more trouble, new varieties might give a greater yield, or finer qualities."

In reply, we would say, that it is impossible, for so large a country as this, to tell exactly when to plant particular vegetables. The season is a month, or more, earlier in the South than in the Middle States, and from ten days to two weeks later in New England than in the vicinity of Philadelphia. We can, however, give approximate directions. We shall divide our remarks into two parts, each month, one for the South and South-West, and the other for the Middle States and West, comprising, in the latter division, the entire North.

Very little is to be said about the month of February, so far as the latter is concerned. Simple hot-beds may, however, be now made useful for forwarding your plants, such as cabbage, tomato, egg-plant, etc. If the weather be mild the seeds may be planted, in such, toward the close of the month. In the South and South-West, however, a good deal may be done. Plant peas: for the earliest choose the *Extra Early*, which, though not the greatest bearer, is unquestionably the earliest known, and is of fine flavor. The *Tom Thumb* Pea may now be planted with advantage; also a new variety of similar habit to *Tom Thumb*, but of much greater

value, in our opinion, known as *M'Lean's Little Gem*. The *Adeaucer*, also a new variety, may be safely recommended, for a succession, plant the *Early Frame*, to be followed by *Bishop's Long-pod*, *Dwarf Marrow*, *Champion of England*, and other approved varieties. See any good catalogue. Beans plant; Cabbage and Cauliflower seed and sow. Remember, highly enriched and well-tilled soil will alone produce good crops of the Cabbage tribe, which embrace the *Turnip* and *Ruta Baga*. The Cabbage Plants from previous sowings transplant; also, the *Lettuce Plants*, *Spinach* sow; also, *Radishes*, *Carrots*, *Parsnips*, *Salsify*, and *Beets*; *Asparagus-beds* redress. This delicious vegetable may be improved by the application of salt or refuse pickle, of which heavy dressings may safely be given. *Grafting* execute, if the buds have not started; *Squashes* and *Melons* plant, but have at hand the means of protection against hard weather. Don't be deterred from fear of loss by change of temperature; the gardener who counts every liability will be, in the main, behind his more enterprising neighbor. *Adam's Early Corn* and *Extra Early Sugar* plant for the first crop, and *Brainard's Sugar* and *Ever-green Sugar* at short intervals; plant *Early Potatoes*.

Seeds, if wanted, may be had of David Landreth & Son, Nos. 21 & 23, South Sixth street, Philadelphia, or of any good dealer, and most will send catalogues, if written for.

#### FIRESIDE AMUSEMENTS.

TRICK WITH COINS.—A person having an even number of coins in one hand, and an odd number in the other, to tell in which hand he has the even number, and in which the odd.

Desire the person to multiply the number of coins in the right hand by an even number, or to conceal the artifice better, name an even number, and tell him to multiply by that. He is then to multiply the number in the left hand by an odd number. He is then to add together the two products, and tell you the total. If the total is odd, the even number of coins will be in the right hand; if the total is even, the even number of coins will be in the left hand.

Example.—Suppose the person has four shillings in his right hand, and three in his left. Four multiplied by two gives eight, and three multiplied by three gives nine. The total is seventeen, an odd number. Now suppose the reverse, viz., four shillings in the left hand, and three in the right. Four multiplied by three gives twelve, three multiplied by two gives six. The total is eighteen, an even number.

This recreation may be varied in several ways. Thus, if a person has a piece of gold in one hand and a piece of silver in the other, for this purpose you must call the gold by an even number, and the silver by an odd number. To conceal this, say to the person (who has, say, a five dollar piece in one hand and a shilling in the other,) "the five dollars being twenty times the value of the shilling, we will call the sovereign twenty, and the shilling one;" then proceed precisely as before.

You may vary the trick again, so as to tell which of two persons holds the gold, etc., by considering the person to the right as the right hand, and the person to the left as the left hand.

#### OUR NEW COOK-BOOK.

Every receipt in this Cook-Book has been tested by a practical housekeeper.

#### MEATS.

*Fillet of Veal Boiled*.—Bind it round with tape, put it in a floured cloth, and in cold water; boil very gently for two hours and a half, or, if simmered—which is, perhaps, the better way—four hours will be taken; it may be sent to table in bechamel, or with oyster-sauce. Care should be taken to keep it as white as possible.