

HORTICULTURAL.

HOW TO MAKE A FERN CASE.—The use of glass-cases for growing ferns and ornamental foliage plants is yearly becoming more general. We shall attempt in this article to give a few directions by which they may be made at less expense than has been heretofore thought possible, in the hope to induce those who have never yet enjoyed the beauties of a fern case, to undertake the pleasant labor of making and stocking one.

For the case itself, all that is necessary is five panes of glass, of such shape and size as to form a case of agreeable proportions. Three panes, twelve by eighteen inches each, one for the top and the other two for the sides, with two panes, each twelve inches square, for the ends, will make an excellent shape and size, though we think a little deeper, say thirteen or fourteen inches, is still better. Of course it can be made as large as wished, retaining the same proportions. A perfect cube would not look badly, but the oblong is better. Then as to the base, if you are not handy with carpenters' tools yourself, the cabinet-maker will furnish you one at small expense. The first thing is a piece of inch-board for the bottom, which should be two or three inches larger all around than the case is wanted. The base should be about three inches high, and may be plain or moulded, as is most convenient, and nothing is more agreeable to the eye than an ogee moulding, like an inverted cornice, with a bead above. There should be a groove or a rabbet in the inside of the upper part of the base to receive the glass. The base looks well made of black walnut, but may be made of any other wood. Sometimes the case is made with the glass reaching to the bottom, but then the panes must be larger, and no rabbet will be needed.

The glass is to be fastened together by pasting over the angles silk galloon, about half an inch wide. The lower edges, which go into the base, should be set in putty. Then bind the edges of the top and the sides and ends with the same galloon, and the case is done. The paste used must be powdered gum tragacanth, dissolved in water; the apothecary from whom you purchase it will tell you how much water to put to it. The cover is simply laid on top of the case; of course it will not be air tight, but it will be tight enough to answer every purpose.

But we cannot grow our plants directly in the bottom of the case, and therefore must have a pan, which is best made of zinc, say three inches deep, so as to have the top about even with the top of the base, and just wide and long enough to go into the case. Have a hole made in the middle of each end near the upper edge, so as to hook in a bent wire to lift the pan out of the case, else you may find it difficult to get it out when you want to.

Now we are ready to select the plants. What shall they be? Our advice is to go into the woods, and select the prettiest ferns and other plants that you can find, and you cannot do better if you search the whole world over. First of all are the pretty native Maiden Hair ferns, as pretty as the *Adiantum Farleyense*, which costs from one to three guineas a root. Then the Bunch of Grapes fern, in its different forms, especially the beautiful *dissectum*, are worthy of a place anywhere. The *Campylosorus*, or Walking-leaf fern, so-called, because the long, narrow point of the leaf-roots at the end, and gives rise to a new plant, ready to take another step in advance, is a curious and interesting species. Do not omit, if you can possibly get it, the Rattlesnake Plantain, or Adder's Tongue, as it is sometimes called (*Goodyera pubescens*), with its dark-green foliage veined with white, one of the most beautiful of all variegated-leaved plants, and found growing abundantly in the woods of New England. It is no better or worse for having been figured in the *Flore des Serres*; but perhaps some of our readers who have looked on it as a common plant, of little beauty, may prize it more for knowing that M. Van Houtte has illustrated it in that magnificent

work, along with the choicest glories of the vegetable kingdom. The different native *Lycopodiums*—*L. dendroideum*, commonly called Ground Pine, and used so largely by florists for giving verdure to their winter bouquets, as well as the less common *L. lucidulum*—are desirable; and if you can get from a florist or from a friend any of the green-house species, they will give elegance to your collection. Pine or hemlock, or arbor vite seedlings, from one to two years old, make a pretty variety, and the Lawson's Cypress, if attainable, is still more beautiful. If you want trailing vines, the *Lysimachia*, or Moneywort, and the Coliseum Ivy (*Linaria*), are eligible, the latter much the more delicate of the two. We should not advise many flowering plants, but the Hepatica, or Liverwort, will be at home among the plants we have mentioned, and a few bulbs of Dog's-Tooth Violet, called, also Adder's Tongue (*Erythronium*), should be secured, not so much for the flowers as for the leaves, whose green is strikingly blotched with brown. It will be worth while to try that most beautiful of all the wild spring flowers, the May-flower Trailing Arbutus, or Ground Laurel (*Epigaea repens*). A single plant of each of the kinds named will pretty well fill up a case of the size we have supposed; but the spaces between the plants may be carpeted with the pretties mosses you can find, and enlivened with the red fruit of the Partridge Berry, or Squaw Berry (*Mitchella*), and the Checker-berry, or Ivory (*Gaultheria*), the former desirable also for its neat foliage and pretty, white, twin blossoms, and the latter for its glossy leaves. Both have long, creeping, under-ground stems, from which the roots proceed.

Now for planting these in the case. Fill the pan half full of pieces of charcoal, as large as you can put in, without getting it too full, and mix in some smaller pieces, but no fine coal or dust. The plants and moss may be placed directly on the charcoal, without any more soil than adheres to them in digging up; but if you like better to have them growing in soil, bring home some from the woods, such as you find them growing in naturally. When all are planted, make the soil moist, but not wet, and it will need no more care for a long time, except to remove any insects, snails, etc., which may be animated by the warmth. Do not let it get dry; but very likely it will not need any water for two or three months. A northern window is better than one where the sun will strike directly on it. Put the tallest plants in the centre of the case, so as to give the whole a pyramidal outline.

If you are not sufficiently acquainted with plants to identify the common ones we have recommended, we advise you to go into the woods and select whatever seems most beautiful and desirable for your purpose, choosing those with graceful, light foliage in preference to dark, heavy leaves. We have mentioned only such as may be obtained without money and without price; but, of course, if you can get any choice green-house ferns, we would not omit them; or if you can get only a bit of a frond, with spores, or any such ones, it will be of much interest to scatter the spores on the earth in the case, and watch their vegetation. It is not generally known how easily and abundantly ferns are produced from these minute spores; we have seen in the moist air of a hot-house the mossy outside of an inverted flower-pot covered with little ferns just where the spores had fallen and lodged.

Very pretty fern cases, consisting of circular glass shades with terra cotta bases, can now be bought at the large crockery and glass stores at reasonable prices, or they can be bought, ready stocked, at the florists; but we think our readers will find pleasure in collecting the plants, and if they will follow these directions, they will have, with little of trouble or expense, a thing of beauty, which, if not a joy forever, will be one through the desolate days of winter, until spring returns to paint the earth anew with flowers.—*Journal of Horticulture.*

EDITOR'S TABLE.

EDITORIAL CHIT-CHAT.

THE WINTER GARDEN.—In growing plants, in-doors, in winter, the green should be first considered. This is the foundation. When it is well provided, every simple flower that is added to the group gives a new charm: three or four pots of gay flowers, changed now and then, makes the whole arrangement fresher and brighter. Fir-trees and hardy heaths, are just the thing, for example, for a bed of spring-bulbs. What can be prettier than little drooping firs, with their tassels of brightest green? They look so fresh and elegant as they droop over the gay flowers, or over the little snow-drops that cluster about their feet. The ivy belongs to this group, and so do the periwinkle, little, low-grown junipers, arbor vitae, box-trees, even—all have been used sometimes with very good effect. Aucubas, too, are so pretty when rather more color is wanted; and there are hardy-berried plants which one can often get, and that look charmingly bright. One of the prettiest arrangements for such a group as this, supposing that the stand is long and rather wide, is to have a tall, drooping plant just placed in the center, and two or three rather smaller nearly at each end. Chinese primroses, dwarf asters or chrysanthemums, red and white Van Thol tulips, and white and blue hyacinths, may all be used to advantage, in such a stand, during the winter. As to colors, a snowy white, a delicate pink, a rich, but cold violet, blend well together. If you put these, or something like them, in the center of your stand, and then fringe the edges with pots containing the different colors, each color by itself, you are sure of a fine effect.

Another way of keeping up your winter garden is to use what are called "foliage plants." Several of these are, perhaps, amongst the easiest grown of all our in-door plants; begonias, for example, flourish so well in rooms. The tuberous-rooted sorts in some ways are the best, because they have such entire rest, and are out of sight when shabby; but there are many kinds, and most of them grow easily. They do the best when they have least sun; but we must remind our readers that no sun does not mean no light at all. For growing begonias there is nothing that makes them thrive so well as a dressing of cocoa-fibre refuse. If you don't want quite to repot and to change the drainage, and so on, the upper soil most likely can still be shaken off gently, and carefully replaced with a coating of the refuse. People will then be astonished to see how fast the plants will grow. Charcoal drainage is also so great a help to begonias that we really think the repotting would be quite worth while to give this—and then some cocoa-fibre over the drainage is excellent. The fibre is short and hairy, the refuse is like brown sawdust.

For watering the begonias tepid water must be used. The best mode of doing it is to stand the pots in water about half-way up for five minutes. This secures a good soaking, and makes it quite unnecessary to water very frequently. When any sign of dryness is seen it will be time enough to re-water, and people who mean to be gardeners must really look out for such signs. For grouping with begonias, a very good tall plant to use is the *Ficus elastica*, or Indian-rubber plant. This grows very well in a room, especially if it is sponged well, both leaves and stem, with warm water. The *Cissus antarctica* is another excellent room plant. It is a beautiful climber, valuable, however, for its foliage more than for its flowers.

Ferns are less easily managed in rooms exposed to much sunshine and much fire heat, because, let alone the glare, the dryness is far too great for them. In rooms, however, of eastern or western aspect that are not kept very hot, many of the prettiest ferns will thrive exceedingly well, amongst others, the beautiful Maiden-hair, which every one wishes to grow. One constant rule may be given for all these room ferns. Dip them every week, and let them soak for some minutes in water a little warmed. It is almost

useless to attempt to water them else, for all the fern roots mat so, and in the pots and baskets the water runs off at the sides, and has hardly a chance of penetrating the mass of fibry roots. Of course, when the basket is dipped, the roots lay in their own store.

HUSBANDS AND WIVES.—Occasionally we receive letters from ladies, saying they would be glad to subscribe for "Peterson," but that having applied to their husbands for the subscription price, they have been answered, "I can't afford it." In one such instance, at least, the husband, to our knowledge, was accustomed to spend twenty times the price of "Peterson," annually, in segars; and we have no doubt there are hundreds, if not thousands, of such cases in the United States. It is strange that men do not see their selfishness in these matters. On their own personal luxuries they will spend liberally. But when a wife wants a small amount, say only enough to subscribe for "Peterson," the answer often is, "I can't afford it." Now every wife ought to have her tastes gratified as well as the husband's. If he has his segar, she ought to have her magazine. Certainly, of the two, the latter is really the most useful. Certainly, also, it does more to beautify and refine a home.

More than this. It would be better for husbands, and is only fair to wives, if wives had a little money, every year, to spend as they please. A correspondent writes on this subject as follows: "I think if men placed more confidence in their wives, giving them money, without knowing just what it is spent for, they would spend less, at the same time have some trifles their taste might covet. It must be mortifying to a true woman, who cannot control this mere pittance, without asking her 'Hege lord,' and receive in reply, 'can't afford it.' I have been married twenty years, and have never asked my husband for money or dress. He hands me money, without questions. I get what I like; if he thinks I need more, he gets it. In return for this confidence, I have many times managed to save considerable pin money, and met more pressing demands. I write this long letter, not to annoy, but that you may give some hints in the Editor's Table, in regard to it."

All that our correspondent says we cordially endorse. Wife and husband are partners in more senses than one. If the wife attends to the household, she does her share of the work: the husband's work is to make the money to keep the household going. But when the money is made, the wife is as much entitled to be consulted in the spending of it, and to enjoy it, as the husband is. As a rule, wives are not sufficiently remembered in spending an income: the husband claims the lion's share; and—which is the oddest part of it—is often sincerely unconscious that he is doing so. He is selfish without knowing it. We hardly suppose that these remarks will convert any one. But we have thought it our duty to make them, for it is of other things, also, and not merely of "Peterson," that husbands often say, unjustifiably, "I can't afford it."

"THE BEST NOW PUBLISHED."—A lady writes:—"Please receive my thanks for the enjoyment I have received from your excellent book. It still retains its unexceptionable purity. It is quite different from many of the magazines, that give abundant promise of much fruit, but wither in the bud. I think, for ladies, the book is the best now published. Taking a lively interest in its success, I have raised a club of eight."

"TAKEN FOR YEARS."—A lady writes: "Your magazine has been taken by some member of our family for years, and has given the greatest satisfaction. I distinctly remember the time when my mother used to take me up on her lap and read 'Peterson' to me by the hour; but it is now my turn to read it to her; and she awaits its arrival as anxiously as I do myself."

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.

to a boil, and let them boil hard ten minutes, then drop them into cold water. When cool remove the shells. Break the raw eggs, and drop the yolks into a dish large enough to make all the dressing in; beat them, stirring the same way for ten minutes; then slowly add the mustard, mix it with the eggs thoroughly, then add the teaspoonful of the best vinegar, and, when this is well mixed, add the oil, a drop at a time, stirring constantly, and always the same way. Rub the yolks of the hard-boiled eggs very smooth, and stir in lightly a teaspoonful of vinegar, and pour it slowly into the first mixture, and stir it together as lightly as possible with a silver fork. Now season the chicken and celery with salt and pepper, and as soon as ready for use, pour on the dressing. If set where it is too cold, in cold weather, the dressing will curdle.

MOTHERS' DEPARTMENT.

BY ABRAM. LIVEZEY, M. D.

No. III.—TRANSMISSION OF DISEASE.

It is from this fashionable dissipation, conjoined with improper diet, and imprudence in dress, previously spoken of, which violates the plainest laws of health, that so many of our daughters are illy fitted to become wives and mothers; and hence it is, that we see, on every hand, a sickly, puny offspring—so much suffering in single, so much sorrow in married life.

The course of conduct now pursued by the daughters, wives, and mothers of the land is the prolific cause of the degeneracy of the race! The physiological condition of the human family is being reversed—sickness is becoming the rule, health is the exception. For we find, by the records, that one-fifth of all born die within one year, and more than one-third of the whole number perish by disease, either acquired, induced, or transmitted, before they reach their fifth year. Marasmus, cholera infantum, and scrofula in one or other of its manifold phases, or some other hereditary disease, carries off one child after another, until the anxious, suffering mother is finally bereft of all, and is found weeping, like Rachel of old, for those who are not. And many of those who survive for a long period, live only to struggle with all the consequences of weak, inherited constitutions, to perish finally, just as they begin to fulfil the ardent hopes of anxious parents, and the expectations of interested friends; or perchance, should life be still further vouchsafed them, they carry with them, as long as it lasts, a state of health which deprives their "minds of elasticity, their tempers of serenity, and their duties of enjoyment."

The young, married woman, or expectant mother, is generally too little aware of the solemn truth, that the health and vigor of her offspring depends much upon her care and prudence during the period of gestation, and that she may entail upon its tender organism the ills of a weak, suffering, brief existence, by an ignorance or willful neglect of well established physiological laws. Mothers should be deeply impressed with the remarkable and intimate connection between parent and progeny—that no important change can take place in the mental or physiological condition of the one, which is not liable to produce some corresponding change upon the condition of the other.

For instance, if she partakes largely of rich, high-seasoned or indigestible food, and merely induces dyspepsia, with acidity or heart-burn, and persists in this course, and becomes a mother, this injury to her digestive organs will quite probably be manifested in her infant by feeble digestion, colic, flatulency, irregular state of the bowels, with a strong predisposition to cholera infantum or diarrhoea of chronic character. And thus she brings suffering and death, perhaps, to

her infant, and much anxiety, loss of sleep, and necessarily impaired health to herself.

Oh! that the daughters, and wives, and mothers of our blessed country were wise! That they would pause in their thoughtless career of foolish indulgence, and consider whether this course of conduct leads. Happiness is, or should be, the chief aim of all while on earth, and it is that which all rational creatures desire. This state can only be obtained through health, and health attained only by a proper respect and obedience to well-known physiological laws.

All violations of these laws, whether by loss of sleep, in eating or drinking; by the exhibition of excessive anger, or the immoderate exercise of any of the passions, are full fraught with injurious consequences to the future race.

In conclusion, it is only necessary to add, that not only are physical qualities of races and nations transmitted, but amily likenesses, stature, physical strength, and physical deformity—that idiocy and various propensities, moral, intellectual, and selfish, are all stamped more or less indelibly upon posterity.

THE KITCHEN GARDEN.

MONTH OF MARCH.—In the Middle States and West, if the temperature prove mild, proceed as indicated below; otherwise, delay until more favorable weather.

Artichokes, dress, plant. *Asparagus*, sow, plant roots—those two years old esteemed the best. *Beets*, Extra Early and Early Turnip, sow. *Cabbage*, sow in sheltered place, if not already in hot-bed. *Carrots*, Early Horn, sow. *Cauliflowers*, attend to those under glass. *Celery*, sow. *Cress*, sow. *Composts*, prepare. *Dung*, prepare for later hot-beds. *Horse-Radish*, plant. *Hot-beds*, make, also force. *Lettuce*, sow, pick out. *Mushroom-beds*, attend to. *Mustard*, sow. *Onions* put out as sets—those known as "Philadelphia buttons" much the best. *Parsnips*, sow—the sugar is the best. *Peas*, Extra Early and Early Frame, sow. Also, McLean's Advancer and McLean's Little Gem. *Potatoes*, Early, plant. The Early Goodrich continues to secure admirers, but the Early Rose will, we think, distance it; it is admirable in every respect. *Radish*, the Long Scarlet and Red and White Turnip, sow. The "Strap-leaved Long Scarlet," an improvement on the old Long Scarlet, we recommend for trial. *Rhubarb*, sow; plant roots. *Sage*, sow, plant. *Tomato*, sow in hot-bed. *Turnip*, Strap-leaved Early Dutch, sow.

Southward of Washington, *Peas*, continue to plant. *Cabbage Plants*, from Winter beds, transplant, especially *Landreth's Large York*, which is superior to the imported, being larger, and bearing the heat better. Remember, to have fine head Cabbage and Lettuce, deep culture, and highly manured soil is required. *Onions* and *Leeks*, sow. *Turnips*, sow a few, they may succeed. *Potatoes*, plant. *Carrots* and *Parsnips*, sow, if enough were not sown last month. *Mustard*, *Cress*, and *Curled Lettuce*, for small salad, sow at least once a fortnight. *Parsley*, sow. *Tomato*, sow in warm situation; those from the hot-bed may be set out. *Peppers*, sow close of this month. *Melons*, both *Citron* and *Water*, sow. *Cucumbers*, sow. *Okra*, sow; also, *Squash* and *Pumpkins*. *Beets* and other root crops sown last month will be advancing; they should be thinned and cultivated. *Celery* and *Spinach*, sow. *Asparagus*, beds dress, if not already done. *Strawberry-beds*, set out. *Artichokes*, if slipped and dressed last month, should have attention.

For seeds, write to Landreth or Dreer, of Philadelphia; or Bliss & Sons, New York city; or Briggs & Bros., Rochester, New York, or other dealers. But see their advertisements in this magazine.

EDITOR'S TABLE.

EDITORIAL CHIT-CHAT.

PLANTS FOR FLOWERING IN THE SHADE.—The Country Gentleman records the experience of an acquaintance who began planting a flower-garden fifteen years ago, by cutting circular elliptical beds in the green lawn, and for several years had a beautiful display of brilliant flowers. The trees, mostly evergreen, with some that were deciduous, which surrounded the garden, and occasionally were interspersed through it, have now grown up twenty feet high or more, and shade the flower-beds so much that they have lost their former brilliancy, and some of them are entirely crowded out with shade. The owner is not willing to destroy these trees, and he inquires if there are not many plants which will flower freely under their shade, so that he may have both shade and floral beauty. In reply the Country Gentleman suggests to him to make his ground a place for *native ornamental plants*. All that grow and bloom in the woods, will grow and bloom under the shade of his trees. Some of the finest gems of the floral world may still be found in their native localities—and they are worth the effort to preserve and retain them, now that they are gradually retreating with the disappearance of our native forests. They may be taken up at any time after they have ceased to grow. Some, like the Hepatica, may be found readily by their leaves; others, like the phloxes and lilies, are soon lost by the dying down of their stems, and the places should be marked by sticks while they are in bloom, so that the roots may be found and dug up a few weeks afterward. Now is the time to commence marking for such a collection, and it may be continued the summer through. Some will grow in common or thin soil, such, for example, as are found on knolls and the sides of ravines. Others, like the *Cypripediums* and *Orchis fimbriata*, which grow in rather moist or peaty localities, should have deep beds of leaf mold for their reception. Every person who has a taste for botany, and for our beautiful native flowers, will know where and what to look for. But we may mention a few, among the many which may be chosen as samples: *Hepatica triloba*, *Claytonia virginica*, *Erythronium*, *Trillium grandiflorum*, *Lilium Philadelphicum*, *Epigaea repens*, *Aнемone thalictroides*, *Sanguinaria*, *Phlox divaricata*, *Viola Canadensis*, etc. Those that are small should be placed by themselves, or mingled with other small kinds. To these may be added some of our fine, cultivated plants, which grow well in shade, as, for example, the *Auricula* and pansies. Native shrubs, as the *Azalea* and *Rhododendrons* would add to the effect; and, on suitable soils, the *Kalmia* would make a fine display. We have seen a striking effect produced by interspersing bushes of the *Rhododendron catawbiense* among the trees and undergrowth of a natural plantation. We cannot conceive of any finer effect than that produced by a brilliant profusion of native flowers, skillfully managed, and growing under the dense shade of a door-yard or lawn plantation. Of course, in some localities, in our extensive country, it is too late to transplant some of these varieties. But in other localities there is yet time.

"THE UNEXPECTED ATTACK," is from an original picture, by E. L. HENRY, one of the most conscientious artists we have in America. Nothing could be more natural, and we may add, more humorous, than this graphic illustration. "Baby" has no idea of losing his piece of bread and butter, and is crying out lustily for help, to prevent it.

"LITTLE BESSIE'S BIRTHDAY."—Our premium-plate, for this year, as we predicted, has proved unusually popular. One of our contributors has sent us the following verses on it:

"LITTLE BESSIE'S BIRTHDAY."

BY MRS. E. C. LÓOMIS.

CLASPING her treasures with radiant face,
She is a vision of beauty and grace;
Dear little Bessie, just five years old,
With eyes of azure, and curls of gold.

O'er the far future hope smilingly gleams,
And tints, like the rainbow, her innocent dreams.
No sorrow has shadowed that beautiful brow;
Oh! will it be always as sunny as now?

Sweet little maiden, around you we weave
A tissue of romance; 'tis hard to believe
That time will bring changes, unlovely ones, too;
And birthdays not always be pleasant to you!

Then dance, little fairy, and gleefully sing,
For time flees away on invisible wing;
Oh! cling to your treasures, and shake back your curls,
Beautiful Bessie, the sweetest of girls!

"FANNY'S FLIRTATION."—This charming engraving, published in our February number, receives praise everywhere. The *New Jersey Enterprise* says, "What a Frenchman would call, but what some of our juvenescent Americans translate 'the piece of resistance,' for the month of February, in Peterson, is an exquisite steel-plate engraving entitled 'Fanny's First Flirtation.' To say that it will charm all the half million of Peterson's young readers, and force a sigh from the other half million of older ones, is not saying too much. The fashion, music, letter-press, (prose and verse,) are all up to what we expect of Peterson; and he (or she) who sits down on one of those cold evenings before a good fire, with the gem of the monthlies in hand, will find the glowing coals turned to ashes ere his appetite has been satisfied with all the good things before him."

WHEN A LADY has occasion to introduce herself to another, the proper way is to say, "I am Mrs. —, or Miss —," as the case may be. When guests come to dinner, the gentleman of the house takes in the lady who is the greatest stranger, or the one for whom the dinner is given, and his wife follows, after all the other guests have gone in, with the principal male guest, usually the husband of the lady who went in the first, if that lady is a married one.

REMEMBER, by remitting \$2.50 any person can have "Peterson" for 1872, and also a copy of the premium engraving, "Five Times One To-Day, or Bessie's Birthday." Or any club subscriber, by remitting \$1.00 extra, can have the engraving.

PORTRAITS OF OUR PRINCIPAL CONTRIBUTORS will be given, in the title-page, in our December number for this year. The thousands, who have asked us for these portraits, will now have a chance to see how their favorites look.

CONTRIBUTORS, who wish to preserve their articles, must keep copies of them. We do not undertake to return manuscripts that we cannot use.

A WELL-DRESSED WOMAN is always more charming than one who is out of style, or carelessly dressed.

OUR ARM-CHAIR.

A BOOK ON ETIQUETTE.—We are often written to, on points of etiquette, and are often also asked if there is any reliable book of etiquette. The best we know of is Miss Leslie's, published by T. B. Peterson & Brothers, price \$1.75, cloth binding. Miss Leslie had the advantage over most persons compiling such books, that she really mingled, and on equal terms, with what is called "good society." In other words she knew what she was writing about.

SILK FINISHED MOHAIR.—A very nice material, which we can recommend to our readers, is the Beaver Brand Mohair. It is finished alike on both sides, has a charming lustre, and is a pure shade of a fast black. We know of no more desirable dress-goods for the season. Peake, Oplycke & Co. are the sole importers, but all first-class retail dry goods dealers sell the article.

EXAMPLE FOR THE LADIES.—Mrs. M. L. SLOPER, Cottonwood Falls, (formerly of Leavenworth) earned, in dress-making, with a Wheeler & Wilson Machine, in sixty-five and a half months, \$13,340; in 1866 she earned \$1250; in December, 1867, \$435. The machine has been constantly employed since 1861 without a cent for repairs.

ADVERTISEMENTS inserted in this Magazine at reasonable prices. "Peterson's Magazine" is the best advertising medium in the United States; for it has the largest circulation of any monthly publication, and goes to every county village, and cross-roads. Address PETERSON'S MAGAZINE, 308 Chestnut street, Philadelphia, Pa.

SAVE YOUR MONEY.—The Cherry Valley (N. Y.) Gazette says:—"The price paid for Peterson is saved twice and thrice, and many times during the year in the patterns and directions which enable ladies to construct their own wardrobes and toilets with economy and neatness."

THE CELEBRATED BUFFALO BRAND BLACK ALPACAS, the trade-mark for which was patented in 1863. They still hold their place as prime favorites in the market. Peake, Oplycke & Co. sole importers.

COLGATE & CO.'S CASHMERE BOUQUET SOAP has a novel but very delightful perfume, and is in every respect superior for toilet use. Sold by dealers in perfumery and toilet articles.

HORTICULTURAL.

ON PLANTING OUT.—The turning out of plants from pots (commonly termed, "bedding out,") though far from an intricate operation, requires thought and care. First, there is the weather, demanding some degree of forecast to be taken into account, because nothing is more pernicious to young and tender plants, nursed tenderly through the winter, than atmospheric checks, particularly from cold. In a variable climate such as ours, when mild forcing weather in the early months is frequently followed by a succession of bleak winds and cutting morning frosts, even to the end of May, the mistake of early planting out is especially felt. The manipulator, therefore, ought to call to mind the ancient saw, "that one swallow does not make a summer," before he proceeds to enter upon his duties.

Certain it is that plants subjected to untimely atmospheric checks seldom recover the whole season through. In this we have the key to frequent failures in various plants used for bedding, rather than to unsuitability in specific individuals themselves. Another important point to be observed in planting out is the state of the soil. Moist, sticky earth is utterly unsuited for the reception of roots, which should only be trusted to their appointed places when the earth is

friable and encouraging; moreover, it should have received a preliminary stirring with a fork, with its proper addition of manure in due season. It should also be made of the correct staple, light or heavy, to suit the natural wants of plants. For instance, it would be absurd to turn out roses into sand, or geraniums into clay. Such incongruities as these, however, are not uncommon, and people wonder their planting fails. Regularity in distances, and evenness in lines, is another primary requisite in the designs of well laid-out gardens. To provide for this, the future growth and size of every object used must be taken into account. It would be well that every pot should be put just wherever its contents are to be finally placed. The method of turning out is as follows: Place the fingers of the left hand across the face of the pot, on each side of the collar of the plant, head downward. A smart tap on the bottom of the pot with the handle of the trowel in the other, or a knock of the rim against some convenient object, will disengage the ball. Then pick out the pieces used for drainage, and place the ball in the hole prepared for it with as little disturbance as possible, unless the roots are much matted, when they must be carefully opened out. Press the soil tolerably firm, (in roses especially so,) and in the latter case standards and top-heavy plants must be securely staked. It is a useful plan to turn an empty pot over new-planted subjects when the weather is cold and unfavorable, leaving it off by degrees as the plants grow hardened. After planting, a sound, general soaking should be given.

Before commencing the process of turning out ordinary "bedding stuff," it will be requisite to provide the following implements: a short hand-fork, two trowels, one scoop-shaped, the other flatter, with a fine point, (the latter to be employed in transplanting seedlings and other objects of the smaller kind,) a dibble, and a knee-pad. Only those compelled to kneel much can appreciate the comfort and convenience of such an article. Large seedlings, such as young cabbage-plants, asters, and the like, should always be dibbled in, the soil being pressed firmly against their roots by another exterior insertion of the dibble. The hole so made may be advantageously filled with water. It should be particularly borne in mind that roots should be exposed to the air for as short a time as possible. Have, therefore, everything in readiness before beginning, and finish off without delay.

Instructions on "planting out" would be imperfect without a few words on so important a branch as that relating to roses in pots—the only way in which a summer rosery can be constructed, or late gaps filled up. In this case the soil must always be previously thoroughly prepared, the holes made, and the pots placed therein and broken, and the pieces gently picked away, instead of an attempt being made to turn them out "in ball." Good store of light soil should be at hand to fill any vacant spaces; mulch the beds well, and water as before. Evergreens, the roots of which "lift" in a ball, may be planted later than any other subjects; but in every case, and at every season, the cardinal maxims of the operator should be to damage and disturb the roots as little as possible, to give to every plant its most suitable aspect and its proper soil, to shade newly-planted subjects for a time, if possible, and not to spare water when required.

Color exercises a very important influence on the growth and existence of plants. Mr. Bert, a distinguished Frenchman, has lately addressed an interesting communication on this subject to the Academy of Science. Having placed twenty-five kinds of plants in a green-house provided with glazed frames of various hues, he watched their progress under the influence of the different lights they received. Milfoil, mullen, violets, cactuses, and houseleeks, were among them; besides green cryptogamia, plants strongly tinged with red, such as perilla, and, lastly, firs. The individuals of each species were of the same size, having been sown at the same

time. The glass of the frames was respectively transparent white, dulled white, black, red, yellow, green, and blue; and the whole green-house was shielded from the direct rays of the sun. The observations commenced on the 20th of June; on the 24th, various seeds were sown, which all sprang up at the same time in all situations. On the 15th of July the plants requiring the sun were all dead under the black and green frames, and were very sickly under the other colors, especially the red. The other plants were all declining. The mortality continued to increase, and on the 2nd of August all were dead under the blackened glass, except the cactus, the lemna, firs, and maiden-hair. Under the green glass nothing was left alive except the geraniums, celery, and houseleek, besides those that were not dead under the black; but all were in a bad state. The mortality was much less under the red glass, and still less under the yellow and blue. On the 20th of August the acotyledons alone were still alive, though perishing under the black and green; and as to the rest, the red had proved more hurtful to them than the yellow and blue. The stalks were much taller, but also much weaker under the red; blue seemed to be the color least detrimental to the plants—their greenness had remained natural, and even deeper than under the yellow. The plants sown on the 24th of June had all died off very quickly under the black and green, later under the red, and had thriven better under the blue than under the yellow. As for plants under the white glass, they all continued to live, though less luxuriantly under the dulled than under the transparent glass

MOTHERS' DEPARTMENT.

BY ABRAM. LIVEZEY, M. D.

No. IV.—MANAGEMENT OF THE INFANT.

"The infant's death is argument of guilt." Though well aware that some diseases of infants are incorporated with their embryotic existence, or, in other words, that the peculiar organization which predisposes them to certain diseases, is transmitted by parents, as well as physical and mental powers; yet, aside from any hereditary diseases, and violations of physiological laws on their part, the want of a knowledge of the proper management of the infant during the first month of its existence, is a most prolific cause of an additional amount of suffering and mortality among the *gens infanilis* within the first year.

We are also well aware that sickness cannot wholly be banished from the nursery, that disease must come in many forms, that infectious and contagious disorders will spring up; but this much the mother should do, and is morally incumbent upon her, namely, so live that her offspring shall inherit, as far as possible, a healthy body; nurse them from her own bosom, and so bring them up that health shall be preserved and life prolonged.

Besides the imprudence on the part of mothers previously mentioned, the culpable conduct of ignorant or unscrupulous nurses, is an additional cause of the great and truly unnatural mortality of infants.

But as preliminary to the rational management of the infant during "the month," it is meet to impress upon mothers the importance, 1, of nursing their offspring, and 2, lay down some "rules for sleeping," that should be observed.

1. Nursing contributes to preserve and promote the health of both mother and child, and prevents or diminishes the tendency to disease alike in both. Generally speaking, no period of woman's life is so healthy as that of nursing. Many a woman, previously delicate, becomes robust and strong. It diminishes the disposition to cancerous affections of the breasts, for the learned Sir Astley Cooper says, "that breasts that have been unemployed in married women, or

those women who have remained single, are more prone to malignant diseases of these glands than those who have nursed large families."

Nursing, too, often wards off consumption till the child-bearing period is passed. And yet the fashionable woman, from caprice, fear, or trouble, sacrifice of pleasures, or to avoid confinement, will persistently violate the law of her being, regardless of consequences to herself or child.

2. The infant should not be allowed to sleep long upon its back, because the mucus, by gravity, will settle upon the posterior portion of its lungs, and produce a congestive state. Either side is preferable, and the right one of choice, with the head *slightly* elevated; not a sudden crook of the neck, which would tend to prevent a free circulation of blood to and from the head. One position should not be maintained beyond two hours, because the parts become fatigued, and sleep is thereby disturbed. There should be plenty of air where the infant reposes, in a temperature of about 70°, and at night, never between its parents completely enveloped in blankets, quilts, etc., and thus to be confined to an impure, vitiated atmosphere. The infant's bed should be of hair, and, with the bedding, should be kept scrupulously clean, well-aired, and, above all, not saturated with the child's excretions.

How often are we physicians, annoyed by the steaming excretions of the infant's crib or cradle, into which it is often put in a shamefully loathsome condition, for "fear of awakening it," into its own uncomfortable state disturbs it. Insist upon it, doctors, and see to it, ye mothers, that the infant is always dry and clean upon going to sleep, and never let a whole night, much less a whole morning, pass without *changing* your tender bud of affection, and then you will be but seldom vexed with chafing of the groins, and but little disturbed of your rest at night, while your infants will be good, happy, lively, and healthful.

THE KITCHEN GARDEN.

MONTH OF APRIL.—In the Middle States and West, now is the time to plant and sow. On heavy soils plant later than on light, however.

Artichokes, plant, dress. *Asparagus*, sow, plant, if not attended to last month. *Beans*, Bush, whenever practicable, a bed of sufficient size should be made to permit an ample supply without cutting every feeble shoot which peeps above the surface; indeed, where space and means admit, two beds should be maintained, and cut alternate seasons. *Beans*, Bush or Bunch, sow. *Beets*, early and long, sow. *Broccoli*, Purple Cape is the best, sow. *Cabbage*, Drumhead and Flat Dutch, sow freely, that there be enough for the fly and to plant; also the Early Dwarf Flat Dutch, an excellent variety, intermediate to the earlier and later sorts. *Carrots*, Early Horn and Long Orange, sow. *Cauliflower*, late, sow. *Celery*, sow, if not sown last month. *Cress*, sow. *Cucumber*, Early Frame, sow in warm spot. *Horse-Radish*, plant, if not done. *Hot-beds*, attend to. *Leek*, sow. *Lettuce*, sow in drills also plant from beds of last autumn's sowing. *Marjoram*, Sweet, sow. *Mustard*, for Salad, sow. *Mushroom-beds*, make, attend to those formed. *Nasturtions*, sow. *Onions*, plant buttons for table use, and sow thickly for sets. *Parsley*, sow. *Parsnips*, Sugar, sow. *Peas*, early and late, for a succession, sow. *Potatoes* plant a very few Fox Seedling for family use, and plenty of the Early Rose for the main supply during summer and autumn. *Radish*, Long Scarlet and White and Red Turnip, sow, if not already sown; also the Golden Globe and White Summer, for succession. *Salsify*, sow. *Sage*, sow or plant. *Spinach*, the Savoy, sow at short intervals. *Thyme*, sow or plant. *Tomato*, sow, to succeed those sown in hot-beds. *Turnips*, sow, if not sown last month, they may succeed.

In the South, assuming Charleston, S. C., to be the latitude of our residence, we may proceed to plant *Beans*, sow some

Peas, in order to have an uninterrupted succession. Spring-sown *Cabbage* will not be fit to transplant; manure well, if you expect fine heads. The plants set out in February and March will require culture; deep tillage is demanded by the Cabbage tribe. About the middle or latter end of this month sow Drumhead, Flat Dutch and Drumhead Savoy Cabbage-Seed for plants to be set out in June. *Cauliflower* and *Broccoli* may be sown. The *Carrots*, *Parsnips*, *Beets*, etc., previously sown, are now advancing in growth, and should receive the necessary care; each of the roots may now be sown. *Small Onions* set out in autumn and winter will shortly be fit for use. Sow *Leeks* for winter use. *Turnips* sown last month should be hoed and thinned. *Asparagus* is now in season; hoe over the beds to exterminate the weeds—the few spears which will be cut off are of no account compared with the good service of the hoe. Draw up earth to the *Potato Vines*. Sow *Radishes*, the White Summer and Golden Globe, are the best for this season. *Lettuce* may be transplanted, or what is preferable, drilled, where intended to head. Sow *Celery*. Plant more Cucumbers and melons; also Squashes. The fertilizer best adapted to these vines is compost prepared the past season, formed of decomposed manure, well-rotted sod, wood earth, etc. It is sufficiently stimulating, will not be likely to burn the plants during dry weather, and the vines will bear better than when rampant from exciting applications. *Okra*, sow, if not already in. The vigilant gardener will keep his eye upon the weeds—an hour's work now will equal a day's when the grounds get foul.

HEALTH DEPARTMENT.

CAN CANCER BE CURED?—If a cure could be found for cancer, (hitherto considered incurable,) it would be an inestimable blessing. We have received the following letter from John Charles Yardley, Pittsburgh, Pa. "I wish to tell how I cured my cancer. Eight years ago, a cancer came on my nose. It grew slowly for several years, but the last two years it grew very fast, and began to eat out my left eye. I had paid hundreds of dollars, and had tried doctors from far and near, without finding relief. Last summer I drank wild tea, putting the tea-grounds on my cancer every night, as a poultice. In six weeks my cancer was cured. I am now sixty years old. I gave this remedy to several persons that had cancer, and know of two that have been cured since. I believe wild tea grows over the country generally, always on high lands." We publish this letter, hoping it may do good. We know nothing more about it than we have said; but perhaps what cured Mr. Yardley may cure others.

SMALL-POX AND SCARLET FEVER.—A correspondent of the Stockton Herald gives the following as a specific for these diseases. "Sulphate of zinc, one grain; foxglove (digitalis), one grain; half a teaspoonful of sugar; mix with two table-spoonfuls of water. Add, after thorough mixture, four ounces of water. Dose, a spoonful an hour for an adult; less, proportioned to age, for children." The correspondent asserts a knowledge of hundreds of cases where it has been successfully used for the cure of small-pox, and has used it in person and in family for scarlet fever; and states, moreover, that its use for small-pox has the indorsement of the School of Medicine at Paris.

OUR NEW COOK-BOOK.

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

DESSERTS.

Puff Pudding.—Beat six eggs; add six spoonfuls of milk and six of flour; butter some cups; pour in the batter, and bake them quickly; turn them out, and eat them with butter, sugar, and nutmeg.

Lemon-Pudding.—To one great packet of gelatine, add one pint of cold water, let it stand five minutes, then dissolve over the fire with the rind of two lemons pared very thinly; add half a pound of sugar and the juice of four lemons. Boil all together two or three minutes; strain, and let it remain till cold and beginning to set; add the whites of two eggs, well beaten, whisk it ten minutes, when it will become the consistence of sponge; put it into a mould. *Another*.—To a pint of water put one ounce of isinglass, the rind of a lemon, and half a pound of lump-sugar; let it simmer for half an hour, and then strain it through a lawn sieve. When nearly cold, add the juice of three lemons and the white of one egg; whisk it until it is white and thick. In the summer it will require rather more isinglass.

Orange-Pudding.—Grate the yellow part of a smooth, deep-colored orange, and of a lime, into a saucer, and squeeze in their juice, taking out all their seeds; stir four ounces of butter and four ounces of powdered white sugar to a cream; beat three eggs as light as possible, and stir them gradually into the pan of butter and sugar; add gradually a spoonful of brandy and wine, and a teaspoonful of rose-water, and then by degrees the orange and lime; stir well together. Having prepared a sheet of puff paste made of five ounces sifted flour and four ounces of fresh butter, spread the sheet in a buttered soup-plate; trim and notch the edges, and then turn in the mixture; bake it about thirty minutes in a moderate oven; grate loaf-sugar over it.

Apple-Dumplings.—Apple-dumplings should be made of one large apple quartered and cored, then put together, covered with a thin paste, and boiled till the fruit shall be done enough; or, the apple is best not cut, but the core scooped out, and the center filled up with a piece of butter and sugar, according to the tartness of the apple. The paste should not be rolled out, but a lump of the proper quantity taken, the apple placed upon it, and the paste carefully pressed round it, bringing it to a point which is easily closed, so as to keep in the juice and butter. They have a pretty effect if boiled in nets instead of cloths.

A Delicious Dish of Apples.—Take two pounds of apples, pare and core them, slice them in a pan; add one pound of loaf sugar, the juice of three lemons, and the grated rind of one. Let these boil about two hours. Turn it into a mould, and serve it with a thick custard or cream.

VEGETABLES.

To Steam Rice.—Take a nice clean stew-pan, with a closely-fitting top. Then take a clean piece of white cloth, large enough to cover over the top of the stew-pan, and hang down inside nearly to, but not in contact with the bottom, and thus form a sort of a sack, into which put your rice. Then pour over it two cupfuls of water, and put on the top of the stew-pan, so as to hold up the cloth inside, and fit tight all around. Put it on the fire, and the steam generated by the water will cook the rice beautifully. More water may be added if necessary, but only enough to keep the steam up. You need not heat it so hot as to cause the steam to blow the top of the boiler off.

Cauliflower.—Select those that are close and white, and of the middle size; trim off the outside leaves, cut the stalk off at the bottom, let them lie in the salt and water an hour before you boil them. Put them into boiling water, with a handful of salt in it; skim it well, and let it boil slowly until done, which a small one will be in fifteen or twenty minutes; take it out the moment it is done, as more boiling will spoil it, and pour over it some nice drawn butter. Serve hot. Broccoli is prepared in the same way.

Cabbage.—The green Savoy is best for boiling. Before cooking cut the head in half, and pour boiling water on it to prevent the disagreeable odor which arises from cooking. Cabbage is best boiled with the broth from salt meat. It requires an hour slow simmering, and must be skimmed constantly while cooking. If not cooked with salt meat broth, put some salt in the water.

OUR ARM-CHAIR.

EXAMPLE FOR THE LADIES.—Miss C—, of Troy, N. Y., with a Wheeler & Wilson Machine, earned in three years and eleven months, \$2303.92; stitching 638,652 collars, the length of seam being 380,602 yards, and the number of stitches 117,102,300, an average of 100,000 a day, and 12,500 an hour. This stitching was all done by foot-power, and the machine is still in perfect order. It had no extra care, but was simply oiled and cleaned daily. This amount of stitching by hand, at 30 stitches a minute, would have been more than 20 years' work.

ADVERTISEMENTS inserted in this Magazine at reasonable prices. "Peterson's Magazine" is the best advertising medium in the United States; for it has the largest circulation of any monthly publication, and goes to every county, village, and cross-roads. Address PETERSON'S MAGAZINE, 306 Chestnut street, Philadelphia, Pa., or W. J. CARLTON, Advertising Agent, No. 39 Park Row, New York.

AT THE HEAD.—The Montezuma (Iowa) Standard says:—"The last number of Peterson's Magazine contains some of the best stories we have ever read, and the steel-plate engravings are magnificent. As a ladies' magazine, Peterson's stands at the head of the list; and every lady who would be thought fashionable, should take it."

FASHIONABLE STATIONERY BY MAIL.—Messrs. J. E. Tilton & Co., 161 Washington street, Boston, make a specialty of sending Ladies Fine-Note Papers and Envelopes to any part of the country by mail. Any one sending them one dollar, will receive, post paid, a box of assorted note-paper and envelopes of the latest patterns. Send for their circular.

MOTHERS' DEPARTMENT.

BY ABRAHAM LIVEZEY, M. D.

No. V.—MANAGEMENT OF THE INFANT—Continued.

At the very moment of the infant's birth, the whole machinery of its system—hitherto passive and dormant—starts forth into a beautiful performance of a series of harmonious vital actions. Hence, when we consider the remarkable transition of a helpless being from a state of repose, and almost total exemption from external impressions to a mode of existence which subjects its sensitive and unimpaired organism to the ceaseless influences of a vast multitude of varying agencies, it should not be surprising that loud and vehement cries should be induced. And the first cries are healthful, and even necessary for the well-being of the infant, and should be regarded, by the newly-made mother as the sweetest of music; for, by this act, are the muscles of the chest and abdomen called into action, the blood is propelled with a beneficial impetus through new channels, expanding the air-cells of the lungs, and freeing them and the throat of a mucus accumulation which is present to a greater or less degree in new-born infants, and thus it becomes a living being.

But, after this first shock is experienced and passed, and the infant is properly washed and prudently dressed, and, above all, *rationaly* nursed afterward, it should seldom or never cry, unless from direct abuse or absolute injury. But inasmuch as the infant does continue to cry throughout infancy, and even childhood, mothers, as interested parties, should inquire, "whence springs the cause?"

1. The first cause is based, as before mentioned, in the existing state of society.

2. The second arises from unhealthy mothers, who must necessarily give birth to unhealthy children, and unhealthy children will, as necessarily, continue to cry, as well as continue to die.

3. From mothers naturally healthy, but who disobey the laws of their economy, while propagating their species.

4. From improperly nursing and feeding the infant.

5. From imprudently dressing the child.

6. From a negligence of its wants, or inattention to them.

During my subsequent intercourse with mothers, their attention will be called more especially to the latter three causes, as more particularly useful to them, as well as remediable by their own free-will or agency.

Many infants at birth are too feeble to undergo the fatiguing process of both washing and dressing, and the rough handling incident thereto, without an interval for repose. Hence it is a good practice, after the washing is completed, to wrap the infant carefully in a very soft, fine piece of flannel, and lay it aside to rest, recover its warmth, and sleep for a time: for it is naturally disposed to sleep, and to infancy as well as to manhood, "Sweet sleep is tired nature's wholesome balm," and the new-born, if free from pain, may be said to sleep constantly—its waking moments furnishing but exceptions to the rule. In fact, the transition from its previous quiescent (embryotic) state, to one which subjects its tender organization to a thousand surrounding and exciting influences, would be too sudden and painful to be long endured, were it not for the kindly interposition of sleep—a passive condition peculiarly favorable to the healthy development of the organic system—to the growth and expansion of every part of the infant's body. For it is a well-observed fact, that those infants that sleep most, thrive with the least interruption to health, whilst those whose sleep is disturbed by adverse influences, not only cease to grow, but become more or less emaciated and sickly in proportion to the degree of disturbance.

"Even from the body's purity, the mind
Receives a secret, sympathetic aid."

The object that the mother should have in view in bathing her infant is two-fold, viz., cleanliness and the removal of obstructions from the pores of the skin, and thus promote a healthy action in the cuticular surface, and prevent cutaneous eruptions, and protracted troublesome sores from arising.

Cold bathing or washing, with a view "to harden" the infant, has sacrificed thousands, and should never be tolerated, nor should the bath be used immediately after a full meal or free nursing.

HORTICULTURAL.

BEDDING FLOWERS.—In our last number we made some remarks about "planting out." We now add additional hints, as this is the season for such work.

To guard against flowers running too much into foliage, in case the season should be a wet one, you must avoid the use of soils or composts of too stimulating a character. But, whilst thus advising, let us not forget that durability must be taken into consideration; nothing looks more pitiful than to see masses of verbenas, and other fine things, a prey to our July or August droughts. One of the most important matters, as connected with the durability of flowers, is to secure a good depth of soil; this it is, and not rank manurial composts, which promotes a steady and continuous blossoming.

If flowers can get their roots established, in a somewhat generous medium, at a foot or more from the surface, they will not require half the watering; and this is a great point. We need scarcely urge that much watering is expensive, as also tedious; and is, moreover, too apt to withdraw the necessary amount of labor from other objects. But we have another objection to an over free use of the water-pot: it is a heat-robber. We are assured that all the ground heat our fickle climate affords is needed for these tribes, which, in the main, are the produce of warmer climates. Moisture, espe-

cially as applied by the water-pot, is well known to abstract the ground-heat; so that any plan by which so much watering can be avoided, must be regarded as highly beneficial.

It may be considered an important property in flowers, that they throw their trusses well above the mass of foliage, and this is seldom the case with gross plants; how often have we seen a partially stunted plant make a far greater display than a luxuriant one. If any manure is introduced into flower-beds, we advise that for most things it be dug down, so that not a particle of it be nearer than nine inches from the surface. But, in order to give the plants what is termed among practical men "a start," some very superior compost may be strewn over the surface of the bed at planting time—this is our practice; and, as most of our flowers are introduced by the trowel, the planter, of course, takes care that the compost falls in whilst introducing the plant. For this purpose there is nothing better than any very old residue of manure, that has lain drying and mellowing on the surface for months previous, and which in appearance is like old tan.

In planting flowers out which have been some time in their pots, we may repeat that the ball of earth should be slightly loosened, and several of the fibres disengaged; they thus take much better to the prepared soil. A hole should be made somewhat larger than the volume of roots, and, in placing them, they should be kept a little low. The soil should then be crumbled in with hand, and a small hollow or basin left around them, in order that water, if requisite, may be administered with precision. These directions proceed on the assumption that flower-pots are in slight relief. Such things done, the next affair is to prevent, as far as possible, the necessity for watering, which most persons in the least conversant with gardening affairs know is liable to disperse the ground heat through the medium of evaporation.

We are in the habit of sticking in sprigs of evergreens around them the moment they are planted, like a short, thin hedge; this wards off the winds like a fence; for newly-planted, half-hardy bedders, not long since from the frame or green-house—or, it may be, propagating pit—much prefer a mild zephyr to a smart north-easter. A few straggling twigs also placed here and there serve to ward off the solar rays, or rather to break and divide their intensity.

Thus treated they will soon take to their new bed, and in many seasons it may not be necessary to water them above half a dozen times. When water must be administered, let it be in the morning before 8 A. M., for if we can get them through the trials of hot, sunny days, which cause a too great amount of perspiration, we may fairly leave them to the night, for the reasons before adduced. Finally, we may mention that the prime object to be kept in view is the prolonging the season of bloom as far as possible; it is not safe to intrust exotics to the open ground till the middle of May, and even then there is a risk which must be guarded against by watching for frosty nights, and giving protection accordingly. If plants—such as fuchsias, verbenas, and geraniums—are merely dibbled into the soil at that period, by the time they have made fresh roots and begin to flower a month will have passed away, and nearly a fourth of the blooming season be lost.

THE KITCHEN GARDEN.

MONTH OF MAY.—In the Middle States and West, during the past month, most of the hardier vegetables have been sown, and, by the middle of the present one, all will have been put in; hence the labor will mainly consist of the various operations of transplanting, thinning, weeding, hoeing, etc. The following alphabetical directions will serve as a reminder to the unpracticed gardener, who is also referred to the directions for April.

Beans, Bush, plant for succession. Lima, Carolina, and

other pole Beans, may now be planted. *Beets*, Long, sow, *Cabbage-Plant*, sow seed, if not done last month. *Capsicum*, (pepper,) plant. *Carrot*, Long Orange, sow. *Cauliflower*, in frames, remove glasses. *Celery*, weed. Crops which have failed when first sown, repeat sowings. *Cucumber*, Early Frame, plant. *Lettuce*, large Cabbage and India, sow in drills to stand; thin out if too thick. *Melons*, plant; of the Water, Mountain Sweet is the best. *Parsnips*, thin out, if ready, *Weeds*, destroy as they appear, and hoe and otherwise cultivate the advancing crops; it is needless to particularize each duty. Where the interest and the taste lead to gardening, directions for every operation are necessary but to few. Is it not, however, discretionary to the character of many farmers, who till their own land, and should reap the reward of well-cultivated gardens, that none but the simplest vegetables may be found upon their tables, and in too many instances that scanty supply the result of woman's labor.

In the South and South-West.—*Beans*, Snap, Lima, and Sewee, plant. *Cabbage*, sow for winter. *Cauliflower* and *Broccoli*, sow, though they may be difficult to preserve. *Lettuce*, sow in drills to head; it cannot be relied on at this season, and small salading should be provided. *Kidney*, sow the Golden Globe and Summer White, if any. *Spinach*, sow; it will soon shoot. *Melons*, *Cucumbers*, and *Squashes* may be put in. *Corn*, Brainard's Sugar and Evergreen Sugar, plant for succession. *Pepper* and *Tomato*, sow for plants to be set out for later crops. *Sweet Potato Sprouts* set out in suitable weather. Where water is of easy application, it may answer to supply it, otherwise it hardly pays the cost of the labor. Under a burning sun, water should not be given directly; it is better to apply it between rows of plants, they will thus supply themselves without the liability to scald. The weeds are now striving for the ascendancy, and even the active gardener will have his hands full; his only hope is in keeping them down while they are yet young. Landreth, of Philadelphia, is a good firm to order seeds from.

OUR NEW COOK-BOOK.

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

MISCELLANEOUS.

Lobster Salad.—Two lobsters, the yolks of three new-laid eggs, half a pint of salad-oil, half a pint of vinegar, two tablespoonfuls of made mustard, Cayenne pepper and salt, three lettuces, a sprig or two of mint, half a root of beet. To make the dressing, beat three new-laid eggs thoroughly, and mix in gradually half a pint of salad-oil; beat in half a pint of vinegar or less, two tablespoonfuls of made mustard, Cayenne pepper and salt. Wash three fine white lettuces, and drain them dry; cut them up with the meat of two large lobsters, or of four smaller, which is better, adding a sprig or two of mint, if the flavor be not disliked. Cut up also three hard-boiled eggs, and slice about half a root of beet. A deep dish is prettier to use than a salad-bowl. Mix all the ingredients well together on the dish, and let them lie on it heaped up in the middle, pouring in dressing enough to moisten all thoroughly, and to collect in the dish below. Sprinkle the spawn and coral over the top. When the lobster-salad is well mixed, it must also be well helped, with due care that each person has sufficient lobster with the green. The lettuces should not be cut up until the salad is going to be eaten; if it be not convenient to do the final then, it is better to mix the dressing with the lobster, and let some one, when the time arrives, arrange the lettuce round it, cut in quarters.

Melted Butter.—Melt one ounce of butter, and add to it a dessert-spoonful of flour, and salt and white pepper to taste; stir on the fire for a couple of minutes, then put in a little more than a tumblerful of boiling water; keep on stirring or ten minutes, but do not let the sauce boil.

OUR ARM-CHAIR.

THE STEEL ENGRAVINGS in this magazine are everywhere pronounced the most elegant that are published. Haney's (N. Y.) Journal says:—"Peterson's Magazine has been giving among its steel plates, this year, some most charming pictures, little home scenes, and the like. Magazine plates are too often lacking in all interest and naturalness, even when mechanically well executed; but Peterson never falls into this error." The Riverton (Iowa) Republican says of the leading illustration in the May number:—"The steel engraving, 'Olga,' is one of the handsomest pictures we ever saw." The Brownsville (Mo.) Banner says:—"The steel engraving, 'Olga,' adorning the front, is the most beautiful work of the engraver we have seen for many a day."

THE "NOVELTY CLOTHES-WRINGER."—We understand that this great labor-saving machine, with its many improvements over all others, not only saves labor and time, but will pay for itself in one year in the saving of clothing. This Wringer has long been before the public, and has steadily gained favor with the people. In purchasing a Clothes-Wringer, give the "Novelty" a trial, and you will be sure to give it the preference.

ADVERTISEMENTS inserted in this Magazine at reasonable prices. "Peterson's Magazine" is the best advertising medium in the United States; for it has the largest circulation of any monthly publication, and goes to every county, village, and cross-roads. Address PETERSON'S MAGAZINE, 306 Chestnut street, Philadelphia, Pa., or W. J. CARLTON, Advertising Agent, No. 39 Park Row, New York.

FASHIONABLE STATIONERY BY MAIL.—Messrs. J. E. Tilton & Co., 161 Washington street, Boston, make a specialty of sending Ladies' Fine Note-Papers and Envelopes to any part of the country by mail. Any one sending them one dollar, will receive, post-paid, a box of assorted note-paper and envelopes of the latest patterns. Send for their circular.

EXAMPLE FOR THE LADIES.—Mrs. A. F. HALL, of Wells-ville, N. Y., received, 10 years ago, a Wheeler & Wilson Machine as a bridal present, the most valuable of her gifts, not excepting a check for \$500; it has done all the sewing for her own, her father's and sister's families, without a cent for repairs, and but two needles broken.

ALWAYS UP TO THE TIMES.—The Buffalo (N. Y.) Post says:—"Peterson's Magazine is always up to the times. Its publisher is a live man, and knows how to please the public."

HORTICULTURAL.

THE FUCHSIA is essentially the flower for inexperienced amateurs, because there is none of equal pretensions so easy of growth and propagation, or so adaptable to a widely-diverse range of circumstances, and this quite irrespective of its natural elegance and beauty. Notwithstanding these advantages, we find, however, the greater part of the plants in circulation every year are purchased at trade nurseries, although the lover of flowers might enjoy the pleasing excitement of growing for himself at little expenditure of time, trouble, or cost. The following directions will briefly and popularly instruct how to accomplish this, and may be carried out by operators with the most limited means at their command.

The fuchsia is of South American origin, and has not been introduced into this country more than sixty years. Its original appears to have been that garden variety known as *Coccinea*, a brilliant coral-colored flower of small size, forming a twiggy bush, particularly bright and ornamental in the border. The present imported race, as we have them,

however, might almost be termed indigenous, so little resemblance do they display to the original type, and so much do they owe to the hybridiser's art.

New varieties, as in other flowers, are obtained from seed. This portion of the subject we shall not dwell upon here, but proceed at once to discuss the more common process of obtaining plants from cuttings, plenty of which may now be procured, either by purchase or by gift; and if the operation of striking be commenced at once, any amateur may obtain a supply of nice plants of flowering size by the time ordinary summer flowers are becoming scarce, and this too with even only a light window at command. To begin, then. Take young and healthy shoots, about three inches long or so, slipped off from the parent plant with what is called a heel—that is, a small portion of bark of the main stem; allow these cuttings to lie in a cool, shady place for a few hours to dry the wound, which, if placed in the cutting-pot at once, would probably cause it to rot off. Have ready pans of moist silver sand, or pots furnished as follows, for the operation: First, in the bottom two inches of half-inch posherds, next, a layer of compost, consisting of peat, loam, and sandy soil in equal quantities; lastly, an inch or more of silver sand upon the top. Moisten the whole of the latter well. Into either of the compositions named dibble the cuttings round the edge of the pots, so deep as just to touch the sides in one case, or the surface of the mould in the other. Cover with a bell-glass, and set the pots or pans in a shady place. After awhile give more light. Keep the soil moist by floating water round the glass, and lift off the glass every day to dry the accumulated moisture from evaporation on the inside. In three weeks or so the cuttings will have begun to emit roots; when these are sufficiently strong and developed they must be singly potted in sixties, filled with a light compost of peat or leaf mould, silky loam, and sand, and kept shaded for a time as before. If a little bottom heat can be given, either in a house or frame, so much the quicker will establishment take place. As the plants fill the pots with roots well to the sides, shift on to larger sizes till the flower buds appear, when they will require no further change. All these operations may be conducted in a frame, a green-house, or even a room-window where atmosphere and aspect are favorable and tolerably pure. Syringing must be frequently practised, to keep in abeyance red spider and green fly. Hard water should not be used, but that may be softened by the addition of a piece of washing soda, about the size of a pea, to every gallon of water. Rain-water, however, is by far the best. Liquid manure for these flowers is best made from animal manures; guano and other artificial stimulants are dangerous in unskillful hands.

Having struck, the next proceeding will be to train the plants. This will partly depend, in some degree, upon the natural habit they present, and partly on individual taste or special requirements. To form a pyramid, one leading shoot should alone be encouraged. Support the main stem, and when of the desired height, nip out the top to induce the projection of laterals or side shoots, which must be stopped in their turn evenly and regularly round. A similar procedure in the first instance must be adopted for standards, by running up a single stem to the required height, and then nipping out the top to form a head; but here the laterals must be kept suppressed as fast as they appear—a stake must be affixed to keep the main stalk straight. Bushes are grown by stopping back the shoots equally as they arise, removing none of the leaders from the collar, unless ill-placed for the future balance and regularity of the plant. Some fuchsias of drooping pendulous growth form admirable basket plants. The shoots of these should be regularly trained at equal distances to a hoop or rim of some sort till fixed in form, after which the ligatures may be removed, and they themselves left to natural development. All the plants should be kept moist and near the light, and should be fre-

quently turned, lest by constant exposure to a predominant aspect, they should become lop-sided.

Out of doors the fuchsia is, after all, but a second-rate subject for bedding purposes. For baskets or vases it is excellent. Also some varieties are fine as bushes and standards, to alternate with roses on a wide extent of lawn, and some again are admirable trained against a wall or trellis. They also mix well in pots upon the plunging system, and, indeed, where shaded somewhat from the mid-day sun, with rich food at foot, are scarcely anywhere out of place. They prefer a moist, warm atmosphere, love syringing at morn and eve, in or out of doors, and abhor dry heat, which fills them with red spider, the greatest insect enemy they have, though attacked also by the aphid tribes. A sheltered situation suits them best. When flowering, liquid manure may be given them, clear, and not too strong.

Another quality of the fuchsia, which renders it peculiarly valuable to amateurs, is the ease with which it may be kept in winter. If out of doors, it will be sufficient to cover the lower part of plants with six or seven inches of litter, or old tan, or haybands, or any other material that will keep frost from the lower part of the plant. If against a wall, mats may be used for covering the branches. Large specimens may have their stalks drawn close in and tied together, the whole being wound round with haybands; or special plants may be taken up, removed in-doors, and kept there, anywhere impervious to frost, but otherwise cool and dryish. Some persons make a pit and bury their fuchsias, impervious to the air, during the winter months. In pots they may be kept under the green-house, or in the sheds where room exists. Returning spring will find them on the move, when they may be trimmed or restored to their former positions, or otherwise dealt with at the cultivator's discretion.

MOTHERS' DEPARTMENT

BY ABRAHAM LITZKEY, M. D.

No. VI.—MANAGEMENT OF THE INFANT.

Dressing.—The mother, as the natural and responsible guardian of her child, should not forget that almost a constant slumber during "the month," is a necessary part of perfect health to an infant. Hence the rude manner in which infants, during the early period of their existence, are handled, jostled, and *tossed in the air*, by newly-made "aunties," or others, is a practice dangerous and injurious, unnatural and mischievous, as it continually tends to break the rest, and rob the infant of that quiet repose which is so suited to its nature, and indispensable to its health.

The exercise consequent upon the necessary handling, the unavoidable changes to which the child's body is subject, and the unrestrained motion of its limbs, are amply sufficient for its well-being at this early age.

If handled or carried much by visitors or relatives, they require it the more, and soon a mischievous habit is formed, and more trouble necessarily devolves upon the mother.

When handling is absolutely necessary, its back should be carefully guarded, for the many instances of curved spines that are daily seen are mostly attributable to this cause, or to attempts to make the infant sit in an erect position, untimely, or at an improper age.

It is fitting in this place to make a few remarks upon the infant's dress—that which is designed to subserve to the health and comfort of the new being. And yet, in visiting the nurseries of our fashionable circles, at least, and be-

holding the embroidered laces, and stiffly starched linens and edgings, like the teeth of a coarse saw, scratching and chaffing the tender skin of the infant, with some important parts of the body exposed or unclothed, and others superabundantly clad, one would hardly be otherwise than impressed with the idea that the requirements of idle fashion, or the gratification of empty pride, constitute at least one of the cardinal objects in the making and arrangements of the infant's wardrobe, whilst its health and comfort were the least of all consulted.

In view of this state of society, the expressive language of the poet is called up by memory, which reads thus:

"Such rearing 'mong the rich has thinned their house

In early life, and laid, in silent ranks,
Successive with the dead, their infant race."

Such is the condition of things in what is called the higher ranks of society, where opportunities favorable to the acquisition of correct information are so numerous, and the resources of knowledge so available, whilst, on the contrary, and from the force of circumstances, a course nearly opposite is pursued by our plain German population, and those filling humbler walks in life; and they are rewarded in the satisfaction of seeing their offspring enjoy almost uninterrupted health, and vigor of constitution.

In general terms, every article of the infant's dress should be made subservient to its health and comfort. This will be found to consist, 1, in guarding against variations of external temperature, for which purpose fine white flannel is incomparably the best in all seasons, to absorb moisture in warm, and afford protection in cold weather. 2. In preserving a genial warmth for the healthy maintenance of the various functions of the body; and no material or combination of items of clothing can possibly take the place of flannel. 3. In protecting the body and limbs against external injuries; and flannel will fulfill this object better than any other material, as in the case of fire, etc.

In the use of one article of clothing, viz., the "band," or bandage, the mother should bear in mind that the degree of tightness proper for it to be pinned in the morning, when the infant's abdomen is particularly soft and yielding, becomes often quite too tight, painfully so, later in the day, when its stomach and abdomen become surcharged with milk, gases, etc.

Loosening the bandage, therefore, with smart friction with the hand over the bowels, as well as along the spine, will often be found to be the most soothing carminative for the child that can be employed.

THE DOOR-YARD.

ROSES AND FLOWERING SHRUBS.—To those who have but a small bit of ground, say only a door-yard, we would recommend a circular bed of roses, not planted promiscuously, but in lines or ribbons, each circle a distinct color, all trimmed low, and consequently well branched. If the entire bed should be of one variety, the effect will also be very fine. For this purpose the China or Bengal class cannot be excelled. The ribbon style must be formed of prolific blooming kinds, as the White Daily for white; Hermosa for pink, and Agrippina or Louis Philippe for crimson. These are all reasonably hardy, and when the bloom is over in autumn, they should be cut severely back, and covered with coarse litter. The succeeding year, should the soil be well enriched, they will increase in denseness, and nothing can exceed their beauty. Another pretty adornment for this smallest class of door-yards is the introduction of a group of small-sized shrubs, such as white, and rose-flowering Almonds, *Deutzia gracilis*, *Spiræa callosa alba*, Purple Berberry, red

and white Snowberry, etc., with a Kilmarnock Willow, or Dwarf Weeping Cherry in the center. The shrubs must be annually pruned into a rounded form, thus inducing a close growth, and preventing a tall habit. Occasionally a solitary shrub of large size may be judiciously introduced into a plot of this character, as for instance a Purple Flowering Magnolia; but in this case the specimen should be such as will strike the eye as novel in color, size, or peculiarity of bloom. We think the usual mixed flower-bed, frequently seen in such localities, is poor taste; and although we yield to no one in love for this class of plants, we should manage to create a pretty bed on the side rather than at the front of the house. Here let it receive a graceful, flowing outline, rather than the old-fashioned circle. In it the plants should always receive due care in their arrangement, with an eye to fitness and position, as well as beauty. Above all things, shun the now fashionable misnomers termed vases. We allude of course to those little nondescript articles that are a burlesque on the name, and an outrage on good taste, and not to the large flower-baskets noticed in our Chit-Chat. In many of our country towns we have seen almost every inclosure disgraced with these wash-basins perched up on posts, with often a sickly-looking plant leaning over the edge, as if ashamed to be seen in such questionable company. And not only one, but frequently several together in imitation of a crockery establishment where the owner is desirous of displaying his wares. Now we do not wish to be understood as deprecating altogether this class of adornments, but in the name of good taste do let us exercise some discretion in the matter.

Never set out a large tree in a small door-yard, for in a few years it will overpower everything else, and what is even worse, will shut out the sunshine from your house. Hardly a town-lot or cemetery-inclosure is laid out but this mistake is made, although ignorance in nearly every instance is the excuse, and justly so, too. Taking, for instance, a small cottage, with a few spare feet of grass in front—and, by-the-way, what is more attractive than a well-kept sod?—in the place of a Norway Spruce or Austrian Pine, we would suggest what is termed a dwarf evergreen—one of the smaller forms of *Arbor Vita*, now becoming so popular, or a Juniper, with its variety of outline, or, perhaps, a form of the new genus *Retinispora*. If the front should have a northern aspect, the best plant for this purpose is either some handsomely variegated variety of *Aucuba* or *Euonymus Japonica*. The newer introductions of these are exceedingly attractive, and a group composed of distinct kinds forms an agreeable feature.

THE KITCHEN GARDEN.

In the Middle States and West the labor of the gardener will mainly consist in the tillage of the growing crops; the rapid growth of weeds at this season will admonish him of the necessity of timely exertion.

Asparagus, beds keep clean. *Beans*, Bush or Bunch, plant for succession; and cultivate those in growth. *Beets*, thin the later planted. *Broccoli*, plant out those sown in April. *Cabbage*, ditto. *Celery*, plant out a portion for early use. *Cucumbers*, sow successive crops. *Corn*, Sugar, plant for a succession. *Endive*, sow. *Leeks*, thin or transplant. *Peas*, a few may be planted as a succession.

In the South and South-West.—Plant *Beans*; transplant *Cabbage*, *Cauliflower*, and *Broccoli*: and seed may be sown as a succession for autumn heading, but it is uncertain. *Cucumbers*, *Melons*, and *Squashes*, may be planted. Sow *Tomato* for a succession. The chief labor in the garden had better be directed to what is already in growth; but few seeds sown in hot weather in a southern climate will repay the trouble.

OUR NEW COOK-BOOK.

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

PRESERVES, JELLIES, ETC.

To Preserve Rhubarb for Winter Use.—Prepare the rhubarb as for a pie, paring it, if necessary, and cutting it up into pieces, not too small; put these into wide-mouthed glass bottles or jars, nearly up to the neck; fill up with a little sugar; place the bottles, uncorked, into a boiler or other suitable receptacle, with cold water sufficient completely to surround the bottles, but not to flow or bubble over into them. A little hay or straw is useful to place at the bottom of the boiler, and if required, pack slightly between the bottles to prevent breakage. Now boil the whole pretty briskly. The rhubarb will shrink somewhat, and the hot contents of some of the bottles should be used to fill up the others, which, after being submitted to the boiling heat for a time, should be quickly corked up, whilst still in the boiling water, and the corks covered over with melted cement, so as completely to exclude the air. If this process has been properly conducted, the rhubarb will keep fresh and palatable for many months. In our own family we have thus preserved it for more than a year. After the bottles have been once opened, and air admitted, the rhubarb will not keep for any length of time. If the object is to make preserves rather than to retain the fresh flavor of the rhubarb, the following plan, which, however, requires a considerable proportion of sugar, will be found to make a preserve almost equal to that of green-gages. Prepare the stalks as above, and boil without sugar, so as to drive off a considerable amount of watery juice. To each pound of the rhubarb thus reduced or "wasted," the housekeepers say, add a pound of sugar, (leaf is best,) and boil all together in the usual way, till the whole is sufficiently thickened to make a tolerably stiff preserve.

Quince-Marmalade.—Take the poorest of quinces; pare, core, and boil them in as little water as will cover them; when quite soft, put them on a sieve, and when cold weigh them and break them with a ladle. To a pound of fruit add one pound of good brown sugar; put them on the fire and simmer slowly for one hour, stirring constantly in them; put it into jars for use, covering very tightly. A great improvement is to add one-third of sweet apple to the quince; this requires no addition of sugar.

To Preserve Green Peas for Winter Use.—Gather the peas before sunrise, shell them immediately, and throw them into boiling water. When they have had one good boil, take them off, and when cold spread them thinly over a wire-sieve. Place the sieve for six hours over hot wood-ashes, or over a very slow charcoal fire, so as to dry them gradually; then put them into bottles, and cork them carefully. In this way they will keep fresh till winter.

Another.—Pick and shell the peas when full-grown, but no, old; lay them on dishes or tins in a cool oven, or before a bright fire. Do not heap the peas on the dishes, but merely cover them with peas; stir them frequently, and let them dry gradually. When hard, let them cool, then pack in stone jars, and keep in a dry place. When required for use, soak for some hours in cold water, till they look plump, before boiling.

Damson Jam.—Ten pounds of damsons, ten pounds good sugar; strew half the sugar between layers of the damsons in a deep jar; place them in an oven, the heat of a brick oven after the bread is taken out, and leave them all night. In the morning draw away the syrup, and boil it with the remaining five pounds of sugar, which pour hot upon the damsons, and cover with suet, and tie over with bladder.

Mulberry-Syrup.—One pint of juice, one and three-quarter pounds of sugar. Press out the juice, and finish as cherry syrup.

OUR ARM-CHAIR.

A CHOICE OF SEVEN ENGRAVINGS, all large-sized for framing, is given to any person getting up a club for "Peterson's Magazine." The engravings are, "Bunyan in Jail," "Bunyan on Trial," "Washington Parting from His Generals," "The Star of Bethlehem," "Our Father, Who Art in Heaven," "Washington at the Battle of Trenton," and "Five Times One To-Day." When no choice is made, this last is sent, as being the newest. For large clubs an extra copy of the Magazine is sent in addition.

THE "NOVELTY CLOTHES-WRINGER."—We understand that this great labor-saving machine, with its many improvements over all others, not only saves labor and time, but will pay for itself in one year in the saving of clothing. This Wringer has long been before the public, and has steadily gained favor with the people. In purchasing a Clothes-Wringer, give the "Novelty" a trial, and you will be sure to give it the preference.

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MOTHERS' DEPARTMENT.

BY ABRAM. LIVEZEY, M. D.

No. VII.—NURSES.

THE thoroughly qualified and *Christian* nurse will find her duties few, simple, and easily performed, whilst, to the incompetent and unscrupulous one, they may be proportionally intricate, arduous, and perplexing.

And there are so many of this latter class, who, with a mischievous tendency of ill-judged interference with the

regular and uniform operations of nature, incline to disobey and violate those wise and unerring laws, in administering to the wants of the new-born, that it is of the very highest importance that the mother should be put upon a watchful guard of her, to whom is assigned this sacred trust.

It has been previously stated that a quiet, calm sleep is the normal, or natural condition of the infant, during the first month of its existence at least.

Hence a disturbed or broken slumber, attended with nervous movements, as jerking of the limbs, a sudden starting with loud cries, as in a fright, or a low, moaning noise, evincing pain, all mark an unhealthy state, or artificial sleep, and should awaken in the mother an anxiety to learn the cause. This condition is mainly the result of cold, improper nursing, washing, or changing the infant, or other imprudence, through accident or carelessness on the part of the nurse; or else through the agency of paregoric, Bateman's drops, Godfrey's cordial, or even spirituous liquors given (on the sly) by the nurse, to allay the distress caused by improper conduct on her part.

The habit of resorting to these poisonous drugs, upon every slight appearance or manifestation of pain or uneasiness from the above causes, or any other of kindred character, is one fraught with the most ruinous and destructive consequences to the infantile race. Instances of positive infanticide, and many more of destroyed health and shortened existence, from the continuance of this most unnatural custom, are well-known to all physicians; and many striking cases have been vividly set forth by Dr. Beck in his little work on "Infant Therapeutics;" a work that could be profitably placed in every mother's hands.

Many who assume the important charge of nurse, are possessed of so little moral sensibility, that they do not hesitate to commence the nefarious trick of "giving drops" from the very first, in a little food or drink during the mother's sleep, for fear the infant may be troublesome, or break her rest at night. And thus its healthy nature is changed into one of unnatural dullness, which is artfully imposed upon the unsuspecting mother by the nurse, as an evidence of her superior skill in her profession, and who, not unfrequently, remarks, with an air of triumph, "I never have cross babies." Again, the mother, after vainly essaying, on divers occasions, to quiet her babe, passes it into the hands of the nurse, who, ever prepared with a cup of *arugged* tea, or pap, with her back toward the mother, gives a few spoonfuls, and soon the child is hushed, whilst the good, honest, confiding mother, thus imposed upon, only flatters the nurse, by saying, "what a good nurse you are."

This deception is often not detected by the mother till after the nurse has taken her departure, and not always then, for the mother, in her embarrassment to discover why her babe is more fretful and restless now than whilst in charge of the nurse, too readily attributes it to her *tact* in management, instead of ascribing it to the proper cause. Have a watchful solicitude, therefore, ye mothers, for your dear offspring, that the seeds of suffering and death be not thus early implanted in their constitutions; and thus render the task of rearing children painful and anxious, which was designed to be one of enjoyment and pleasure.

THE KITCHEN GARDEN.

In the *Middle States*, this, like June, is a month of labor in the garden. Weeds are in rapid growth; plants are to set out, seeds sowed, and various matters require attention. *Beans*, plant for succession. *Beets*, the Long-blood and Sugar, also Mangold Wurtzel, may be planted for stock as late as first of July. June is, however, much better. *Beets*, for late winter and spring use, may now be sown. *Cabbage*, plant. *Celery*, plant. *Endive*, sow. *Peas*, a few may be sown; they

seldom do well at this season. *Turnips*, sow. See remarks under head of Farm Calendar.

In the South.—Under favorable conditions plant *Beans*, transplant *Cabbage*, *Cauliflowers*, and *Broccoli*; transplant *Leeks*; sow *Carrots* and *Parsnips*, if needful; sow *Endive* for early crop; a few *Turnips* may be sown; transplant *Celery* for early supply, and prepare trenches for the main crop; *Spinach* may be sown toward the close of the month; the seed will not vegetate if the ground is dry, and, though watering is practiced by some, the results scarcely repay the labor. *Irish Potatoes*, plant; *Cucumbers*, for pickles, plant.

OUR NEW COOK-BOOK.

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

SOUPS.

Mock Turtle Soup.—The calf's head being divided, having the skin on, the brains carefully remove and boil separately in a cloth; it must be placed in the sauce-pan, with more than enough water to cover it; skim while heating, let it be parboiled, and then let it cool; cut the meat from the head in square pieces, the tongue also; then break the bones of the head in pieces, return them into the water in which they have been boiled, add three or four pounds of shin of beef, knuckle of veal, three or four onions, two small carrots, sliced, a turnip also, with black pepper unground; then add the brains pounded, and stew gently five hours; strain, cool, and remove the fat. Take a clean stew-pan, place in it four ounces of fresh butter; add to it, when fluid, three wooden spoonfuls of flour, stirring it well until it browns, some shallots, or a little of the soup may be added to this, also parsley, sweet basil, chives, salt, soy, cayenne, and catchup; strain before you add it to the soup, into which you will return the pieces of meat, and boil it for upward of an hour; previous to dish, half a pint of sherry or Madeira should be added, a lemon squeezed into the tureen in which it is to be served, and when in the tureen, add twenty or thirty egg-balls,

Another.—Blanch half a calf's head sufficiently to draw out the bones, cut off the ear and the tongue, taking off the skin of the latter, lay all separate until cold, and strain off the liquor, adding it to your veal or second stock; cut the meat into large square dice, put it into a stew-pan with your already prepared stock, and stew it until tender; then strain off some of the stock, get another stew-pan, cut about one pound of lean York or Westphalia ham, one pound of lean veal, a good faggot of basil and knotted-marjoram, two or three blades of mace, six or seven cloves, two bay-leaves, four onions, the parings of a few mushrooms, half a pound of butter, fry them for some time a nice, light brown, and dry all up with flour, then add the stock you have previously strained from the cut pieces; if too thick, add more stock, and let all boil for some time, keeping it stirred with a wooden spoon; when boiled sufficient, strain it through a tammy or tammy-sieve into the stew-pan that has the cut pieces of the head, and boil all together; season with sugar, cayenne pepper, and salt, juice of lemon, and white wine.

MISCELLANEOUS TABLE RECEIPTS.

A Breakfast Dish.—Two kidneys, one tablespoonful of flour, pepper, and salt, half a teaspoonful of each, one tablespoonful of walnut catchup, or walnut pickle juice, two tablespoonfuls of gravy, one round of buttered toast, half a glass of claret. Skin and cut the kidneys into thin slices, and shake the flour well over them; place all the other ingredients, except the toast, in a sauce-pan, and let it boil gently for five minutes. Place it at the side of the fire till it ceases boiling, add the kidneys, and let it stew gently for ten minutes, but be sure it does not boil. Have the toast ready in a hot dish, pour it in, and serve immediately.

Cream Cheese.—Take about half a pint of cream, tie it up in a piece of thin muslin, and suspend it in a cool place. After five or six days take it out of the muslin, and put it between two plates, with a small weight on the upper one. This will make it a good shape for the table, and also help to ripen the cheese, which will be fit to use in about eight days from the commencement of the making. My dairymaid laughed to scorn the idea of any cheese without rennet; but she is convinced that my receipt is most excellent, and literally no trouble.

Or.—Have a small deal mould made, five inches long, three and a half inches wide, two inches deep, with about a dozen small gimlet-holes in the bottom, equal distances apart. Put into the mould a piece of cloth, letting it hang well over the sides. Fill it with good, fresh cream—all one skimming; let it drain for four days, then turn it out (turning it over every day,) and in three or four days the cheese will be fit to eat. We have had most delicious cheeses, by this process.

Or.—Take a quart of cream, either fresh or sour, mix about a saltspoonful of salt, and the same quantity of sugar. Put it in a cloth, with a net outside, hang it up, and change the cloth every other day; in ten days it will be fit for use.

Savory Toasts.—Cut some slices of bread free from crust, about half an inch thick, and two and a half inches square; butter the tops thickly, spread a little mustard on them, and then cover them with a deep layer of grated cheese and ham, seasoned rather highly with cayenne; fry them in butter, but do not turn them in the pan; lift them out, and place in a Dutch-oven for four minutes to dissolve the cheese. Serve them very hot.

Stomachic Liquor.—Stick into the rind of a fine China orange three or four cloves; put it into a glass jar, and then add half a pound of sugar; pour in one quart of brandy; tie a bladder over the jar, and place it in a sunny window, or any other warm place, for twenty or thirty days; shake it gently round every day; then strain it off, and bottle it.

Currant Sauce.—Put one tablespoonful and a half of currant jelly and two tablespoonfuls of boiling water into a jar, which should stand in boiling water until the jelly is quite melted, stirring with a spoon to mix it well with the water, and render it smooth. Any quantity required can be made in this way, provided the proportions be attended to.

Breakfast Dish.—One pound of rich gravy beef, cut up into small pieces, put them into a basin with a small lump of fresh butter; cover over with a plate, and place in an oven for about an hour; take out and bruise in a mortar, add salt and pepper to taste, and press all into a potting pot; pour over melted butter.

Eggs and Beet-root.—Take some slices of dressed beet-root; toss them in some good fresh olive oil made perfectly hot; arrange them in a dish; place some poached and trimmed eggs (in a circle) round the beet-root; add pepper; squeeze lemon-juice over, and serve directly.

DESSERTS.

Vanilla Cup Custards.—Pound a vanilla bean in a mortar, and stir it into three pints of milk, eight well-beaten eggs, and sugar to taste. Fill your cups, place them in a pan of hot water, set them on the oven, and as soon as a custard is formed, take them out. They are very nice if placed on the ice in warm weather an hour or two before they are served.

Rice Padding With Fruit.—Put your rice in a stew-pan, with very little milk; that is, one cup of rice, one gill of milk. Stand it where it will be hot, but not boil; when the rice has absorbed all the milk, add to it a quarter of a pound of dried currants, and one egg, well beaten. Boil it in a bag till the rice is tender, and serve it with sugar and cream. More fruit may be added to the rice if it should be preferred.

official attendants upon the occasion, and by the mother, perhaps, subsequently, as an indication of hunger or want of food. Consequently, the washing and dressing are scarcely completed before the nurse, if present, or some newly-made "auntie," surcharged with benevolent solicitude, bustles about to prepare the repast. And this generally consists of molasses and water—that mixture of abominations, as the late Dr. Meigs called it—so intimately associated with flatulent colic, or a griping, and necessarily a cross baby at once! Here the impulses of nature should be obeyed, and her promptings and promptings should be followed, by placing the infant to its maternal bosom only, and as soon as she is able to receive it. Instead of so doing, the nurse, not infrequently, in addition to molasses and water, resorts to *pap*, or to a portion of that which has been prepared for the mother, which usually contains some one of the spices, and sometimes wine or spirits. By forcing upon the infant thus early such articles, and continuing their use during infancy, we deprave the appetite, and injure its tender organization at the same time, and incorporate with its very existence a desire for these unnatural agents, which desire is apt to strengthen as age advances, until the baby-boy, thus trained, if he live to manhood, is swallowed up in the vortex of intemperance or dissipation.

The substances of which this food is generally composed are crackers, rusk or flour in some form, made into a *pap*, and sugared, and no sooner is it received into the stomach than commences the process of fermentation. The gas which is evolved during this process, being confined within the stomach and bowels, produces flatulent or wind colic, acid eructations, swelling of the abdomen, and sometimes "inward fits," or open convulsions.

Infants fed upon these unnatural and improper articles, are affected, more or less, with green, watery stools, griping pains, and vomiting, their milk strongly curdled, etc., to correct which a little lime-water, with spiced syrup of rhu-barb, and compound tincture of cardamons, or even ginger-tea, with a little supercarbonate of soda, will answer a better purpose than stronger preparations.

But if, from exhaustion or other cause, the mother is not able to nurse her infant at once, it is much better to suffer it to rest quietly for six or twelve hours than to feed it with such indigestible articles as above-mentioned. The mother, however, can generally be prevented from falling into this state of exhaustion, if properly sustained by some nicely-prepared cream-toast, toasted bread and crackers, steeped in light wine, etc., etc.

If not, or from any other cause, the infant cannot receive suitable nourishment from its mother, we should use fresh milk from a healthy young cow, and water equal parts, or one part of thin cream and two parts of water, sugared, and but a few teaspoonfuls given at a time, and at intervals of at least two hours. Then, if for the want of the reception of certain saline matters contained in the first milk of the mother, the *meconium* should not pass from its bowels, it may become pardonable to give ten drops (not a teaspoonful) of castor oil, and repeated, if necessary; but a small enema of warm water or molasses and water, will answer the purpose much better than if put into its stomach.

THE KITCHEN GARDEN.

In the Middle States, the work of this month does no vary materially from the month just closed. *Cabbage*, for winter use, may head if planted at once. *Celery*, earth up; plant for later use. *Endive*, plant. *Beans*, Bush and Snap, plant; tender "snaps" gathered late in autumn, may be preserved in strong brine (salt and water) for winter use, and vary but little from those freshly gathered. *Lettuce*, sow in drills to head. *Peas*, sow; this vegetable is a delicacy in autumn, and should more frequently appear at table. *Landreth's Extra*

Early, sown latter end of the month and beginning of next, perfect before frost. *Spinach*, sow for autumn use; for winter use, sow next month. *Radish*, sow the Spanish for winter; Golden Globe and Red Turnip-rooted for autumn use. *Ruta Baga*, sow without delay, if not already done. Should the ground be dry, work thoroughly, and sow in the dust; the seed may vegetate with the first shower; a roller to compress the soil sometimes promotes vegetation; but there is this disadvantage—if heavy, dashing rain immediately ensues, the ground packs and the seed is lost. *Pomeranian Globe* and *Amber Globe Turnips*, sow early in the month; the *Early Dutch* and *Red-topped*, both strap-leaved varieties, may be sown until the first of September, though it may be well to sow at least a portion earlier, as at a late day it is difficult to remedy a failure. Read remarks under head of July.

In the South.—*Cabbage*, seed sow, to head in November; Landreth's Large York is proper; the Early Dwarf Flat Dutch is also an excellent variety to sow at this season. *Broccoli* and *Cauliflower*, sow, and transplant from an earlier sowing. *Onions*, plant sets for autumn. *Carrots*, sow. *Squash*, sow. *Ruta Baga*, sow, to make up deficiencies in July sowing. *Turnips*, for table use, sow at short intervals. *Potatoes*, plant for winter use. *Lettuce*, drill for heading. *Radishes*, sow from time to time. *Beets*, may be sown for the winter supply. Seeds directed to be sown this month it may be necessary to defer until the next, by reason of heat and drought. Let the young gardener be not disheartened—ultimate success will attend persevering efforts. *His first care is to provide reliable seeds*, then onward should be his motto.

HORTICULTURAL.

REMOVING TREES.—A correspondent, who lives in a suburban village, asks us as to the best time of the year for removing trees. Almost any time will do, we answer, except in summer. Even large trees, whether evergreens or deciduous, can be safely removed, and the most of the roots preserved, if a moist day be selected. In desperate need try a moonlight night. It is the sun that does the mischief. Tree roots stand currents of hot air about as well as fish do. Small trees are better every way—if one can wait. The man who has not yet learned the pleasure of watching growth has one pleasure yet in store for him, if he will but put himself in the way of it. A love of planting comes with the practice of it—like any other virtue. Give the roots plenty of room, and observe the precautions we have mentioned, and your trees will live, while other trees, without these precautions, even if planted in late fall, or early spring, will die.

OUR NEW COOK-BOOK.

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MEATS.

Beef Pie.—Take cold roast beef or steak, cut it into thin slices, and put a layer into a pie-dish; shake in a little flour, pepper, and salt; cut up a tomato or onion, chopped very fine, then another layer of beef and seasoning, and so on until the dish is filled. If you have any beef gravy put it in; if not, a little beef dripping, and water enough to make sufficient gravy. Have ready one dozen potatoes, well boiled and mashed, half a cup of milk or cream, and a little butter and salt; spread it over the pie as a crust, an inch thick; brush it over with egg, and bake it about twenty-five minutes.

lings from injury, but to be well assured in their own minds, that their own officiousness be not the greatest evils from which the tender offspring suffers.

HEALTH DEPARTMENT.

HEALTH IN RELATION TO BEAUTY.—The first great law of beauty, as of health, is cleanliness. Pure water is the best of all agents of cleanliness. It is most favorable to the beauty of the skin and complexion when lukewarm. After such a bath, the skin becomes softer, more flexible, sleek and glossy. The body should always be rapidly and thoroughly dried, and a brisk walk or some active exercise or other for a few minutes afterward, will be advantageous.

The various Russian and Turkish baths, the effect of all of which is to force the perspiration, are not favorable to the beauty of the skin. A simple vapor-bath, with moderate rubbing, may be allowed, but not the floods of hot steam, followed by dashes of ice-water, and the dislocating process of shampooing. The ancient practice of anointing the body after bathing with oil and perfumed unguents, was favorable to the health and beauty of the skin, and might be revived with advantage. There are various emollient and perfumed baths, which are in great favor with the luxurians. These are composed of oil, milk, buttermilk, or various aromatic herbs. The famous beauty of the old French Directory, Madame Tallien, was in the habit of bathing herself in strawberries and cream. The best of all emollient baths is that made of bran and water. Flax-seed is also a good ingredient. For an aromatic bath, there is nothing better than lavender, which derives its name from its use. The French *poie d'amandes*, made of almonds, ground rice, orris root, essence of lavender, cloves, etc., is often added by the Parisian dames to their baths, and its effect is highly appreciated by them.

Exercise, in the open air, and at all seasons, is a prime promoter of health. Walking, when not carried to an excess, is one of the best methods of exercise. It acquires a regularity of movement, favorable to graceful development, especially of the chest and lungs. Taken with a pleasant companion, or in a party of three or four, it is better than when taken alone. You should walk briskly, so as to quicken the circulation, bring a good warmth to the skin, and induce a moderate perspiration. Horseback exercise is particularly favorable to female form, attitude and grace. It is, moreover, held to be the best preventive of an excessive plumpness.

Dancing is also an excellent exercise, but not as it is generally practiced. Nothing, in fact, can be more hurtful to the health than the fashionable balls in overcrowded rooms, where the atmosphere is hot and pestilential, the excitement intense and sensual, and the indulgence in eating and drinking excessive and untimely. The dance, to be healthful, should be in the open air, or in well-ventilated rooms, and should consist not of the stiff, mincing paces of the modern beau and belle, but of the hearty shake-downs and double-shuffles of their grandmothers and grandsires. The game of battle-dore and shuttle-cock is good, and so is the *croquet* now in vogue; but both should be played always in the open air, and with an out-door freshness of spirit, and not the tameness of drawing room attitudes and manners.

Gymnastics, or calisthenics, as they are sometimes called, should be a branch of all education, and especially of that of girls. Anthropology, or in fact any other ology, is comparatively unimportant, when compared with that art which is essential to the development of the physical vigor and beauty of woman. It was in the gymnasium where the Greek woman formed herself into that immortal model of graceful proportion, which all admire and strive to imitate; but neither modern art, nor nature, unless rarely, can reach.

Finally, the best means of acquiring and preserving good

looks, and even health, is the proper culture of the understanding and affections. A quick intelligence, and a gentle sentiment, will be reflected purely in the coarsest medium, and endow the homeliest face with an attractiveness beyond that of all charms of mere form and complexion. Good-humor has more to do with good-health than is generally supposed. They react upon each other.

HORTICULTURAL.

MISCELLANEOUS DIRECTIONS FOR AUTUMN.—At no time of the year is promptness in garden-work more required than in the autumn. The wet and cold weather comes upon us now, with an entire disregard of our inclinations or convenience. Flower-beds, so lately glorious in their summer beauty, are broken down and deformed by heavy rains; and mildew and rotteness are quickly developed under the luxuriant foliage. At such times a nipping frost is almost a blessing; for it enables us to clear away the beds and borders, and put them in winter trim; but, as this catastrophe may not occur yet for some weeks, we must adopt another policy, and endeavor to dress up our prostrate and ruffled flowers. Overgrown branches may be cut away, to let in more light and air to what remains; all dead stems and leaves must be removed, and everything that has done blooming, be either taken into winter quarters or thrown upon the rubbish heap. By a little care in this way, neatness, at least, may be kept up some time longer, and every facility be given for such flowers to bloom as the season will admit of.

Herbaceous plants should now be got into good trim, by cutting down all the stems, and by lessening the roots, if necessary. Everything of this kind will deteriorate, if the old stock is left untouched, year after year; a division should, therefore, take place, occasionally, care being taken to throw away the centers, and to preserve the outer parts of the clumps. Pansies should now be brought into the state they are intended to keep till they bloom in the spring, all the old and hollow stems being cut away; the soil, round about each plant, may be forked up a little, and brought lightly under and about the new shoots; this will assist drainage, and also help to protect the plants from frosts.

We wish our readers would try experiments with the better kinds of Fuchsias, as to their power of standing frosts out of doors, as the old varieties do. It would be a great advantage to get strong shoots in the spring, from old roots of the flower, springing up from the soil as the *F. coccinea* and *F. virgata* will after the hardest weather. Where the stock is large, it will be worth while to leave some robust plants in the ground, to cut them down as soon as the frost appears, and to place conical piles of sawdust or ashes over each. Many plants have had the reputation of being tender until, by accident, they have been found to be hardy; and, perhaps, this may be the case with this superb ornament of the garden.

THE KITCHEN GARDEN.

In the *Middle States*, many and varied are the duties which devolve on the gardener at this season; not only do the growing crops demand attention, but seeds are to be sown to provide the necessary plants for the ensuing spring. *Roots* are to be divided and re-set; *Strawberry-beds* planted, etc. *Cabbage*, *Landreth's Large York* and *Early York*, sow to plant out in autumn, or box up in cold frame to keep till planting-time in spring; the latter end of the month will be time enough to sow in the latitude of Philadelphia. *Turnips*, the *Early Dutch* and *Red-Topped*, may be sown within the first week of the month, if failure has attended earlier efforts. In some sections the *fly* devours the early sowing; they are less voracious after the nights become cool and dews heavy.

Celery, earth up. *Corn Salad*, *Scurey Grass*, and *Chervil*, sow for winter salad. *Lettuce*, sow for spring planting, the plants to be kept during winter in cold frames. *Spinach*, sow early in the month for autumn use; later for winter and spring. *Turnips* and *Ruta Bagas* cultivate.

In the South the work in the garden has again commenced in earnest. Draw up earth to the *Pea Vines*, and stick as they advance. It is not too late to plant *Beans*; transplant *Cabbage*, sown last month; Landreth's Early York and Large York Cabbage may still be sown; toward the close of this and the forepart of next month, sow Drumhead, Flat Dutch, and Drumhead-Savoy Cabbage, to come in early in the spring, and to secure a good supply sow liberally; the flies will have their share. Transplant *Cauliflower* and *Broccoli*. Sow *Turnips*. *Potatoes*, planted last month will require culture. *Onions* may be sown for a general crop, if buttons to plant are not at hand. *Carrots*, sown now, will be fit for use in December. *Spinach* may be sown from time to time. *Endive* also. *Celery* plants need tillage. *Lettuce* may be transplanted. Sow *Radishes* frequently.

The inexperienced gardener may recur to what has been said under the head of August—perchance some hint has there been dropped which may be useful to him; at the same time let us advise him to exercise his own judgment in much that may demand his attention. Self-reliance is invaluable, and an occasional failure will be well repaid by the experience it may bring. One thing he will surely learn, that to succeed with any crop, the first requisite is *Good Seed*; in vain will he sow, and plant, and water, if he is enticed to purchase seeds of doubtful quality by the quotation of low prices.

OUR NEW COOK-BOOK

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MEATS.

Beef Potted.—Take three pounds of lean beef, salt it two or three days with half a pound of salt, and half an ounce of saltpetre; divide it into pieces of a pound each, and put it into an earthen pan just sufficient to contain it; pour in half a pint of water, cover it close with paste, and set in a slow oven for four hours. When taken from the oven pour the gravy from it into a basin, shred the meat fine, moisten it with the gravy poured from the meat, and pound it thoroughly in a marble mortar, with fresh butter until it becomes a fine paste; season it with black pepper and allspice, or cloves pounded, or nutmeg grated; put it in pots, press it down as close as possible, put a weight on it, and let it stand all night; next day, when quite cold, cover it a quarter of an inch thick with clarified butter, and tie it over with paper.

Croquets.—Chop very finely any sort of cold meats with bacon or cold ham, rub a teaspoonful of summer savory very fine, pound twelve allspice very finely; boil one egg hard, and chop it very fine, and one onion minced fine; mix all this together, then grate a lemon, and add a little salt; when well mixed, moisten it with walnut catchup, form it into pear-shaped balls, and dredge well with flour; at the blossom ends stick in a whole clove. Then have boiling fat or dripping in the pan, dredge each pear again well with flour, lay them in the boiling fat, and fry a nice brown; then take them out, and lay on a soft cloth, in a hot place to drain. Serve hot.

To Roast Partridges.—Rightly, to look well, there should be a leash (three birds) in the dish. Pluck, singe, draw, and truss them; roast them for about twenty minutes; baste them with butter, and, when the gravy begins to run from them, you may safely assume that the partridges are done. Place them in a dish, together with bread-crumbs, fried nicely brown, and arranged in small heaps. Gravy should be served in a tureen apart.

Lobster Rissoles.—Boil the lobster, take out the meat, mince it fine; pound the coral smooth, and grate, for one lobster, the yolks of three hard-boiled eggs. Season with Cayenne pepper, a little nutmeg, and salt. Make a batter of milk, flour, and well-beaten eggs—two tablespoonfuls of milk and one of flour to each egg. Beat this batter well, and mix the lobster with it gradually, till it is stiff enough to roll into balls the size of a large plum. Fry in fresh butter, or the best salad oil, and serve up either warm or cold.

VEGETABLES.

Baked Tomatoes.—Take off the stalks from the tomatoes; cut them into thick slices, and put them into a deep baking dish; add a plentiful seasoning of pepper, and salt, and butter; cover the whole with bread-crumbs; drop over these a little clarified butter; bake in a moderate oven from twenty minutes to half an hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment to all kinds of roast meat. The tomatoes, instead of being cut in slices, may be baked whole; but they will take rather longer time to cook.

Spinach.—Pick and wash perfectly clean two or three pounds of spinach, put it into a sauce-pan with a little water, and let it boil till quite done. Turn it out on a hair-sieve to drain, throw the water away, and pass the spinach through the sieve. Put a good lump of butter into a sauce-pan with a pinch of flour; mix well, add the spinach, pepper, and salt to taste, and a little milk; stir well and serve.

DRINKS.

Bottled Lemonade.—Dissolve half a pound of loaf sugar in one quart of water, and boil it over a slow fire; two drachms acetic acid, four ounces tartaric acid; when cold, add two pennyworth of essence of lemon. Put one-sixth of the above into each bottle filled with water, and add thirty grains of carbonate of soda; cork it immediately, and it will be fit for use.

Soda Water in Bottles.—Dissolve one ounce carbonate of soda in one gallon of water; put it into bottles in the quantity of a tumblerful or half a pint to each; having the cork ready, drop into each bottle half a drachm of tartaric or citric acid in crystals; cork and wire it immediately, and it will be ready for use at any time.

FASHIONS FOR SEPTEMBER.

FIG. I.—WALKING-DRESS OF GRAY ALPACA.—The skirt is made with two scant flounces, each headed by three bias bands of silk of a darker shade than the alpaca. The waist is made with a plain, pointed basque at the back, and a deep apron front, and is trimmed with a bias band of silk, and a row of large buttons covered with silk. The sleeves are half-wide, with a plating of alpaca inserted in the bottom, forming a ruffle. Gray straw hat, trimmed with a white and gray plume. Gray veil.

FIG. II.—CARRIAGE-DRESS OF PEACH-COLORED SILK.—The skirt is trimmed with one plain ruffle, headed by a band of black velvet. The loose Polonaise has a finish of black velvet, and black ball fringe, and a large bow of black velvet at the waist behind. Straw bonnet, trimmed with blue and black feathers.

FIG. III.—HOUSE-DRESS.—The lower-skirt of which is of dark claret-colored velvet, made quite plain; the upper-skirt is of rich crimson silk, very much puffed up at the back, and with the front trimmed with five ruffles; two long ends of the velvet fall from beneath the trimming of silk at the side. Sleeves rather loose, with lace under-sleeves, and a heavy fall of Valenciennes at the neck.

FIG. IV.—WALKING-DRESS OF OLIVE-BROWN CASHMERE.—The skirt has one deep flounce, headed by a scant quilling of the material of the dress; a second quilling is placed some distance above. The Louis XV. basque has a deep vest, and

THE KITCHEN GARDEN.

In the Middle States the season for gardening is drawing to a close; indeed it is limited to the preservation of roots, and the hardier vegetables, for winter use, and such operations as may be preparatory to another season. Now is a good time to transplant *Fruit and Ornamental Trees, Shrubbery, etc.* On loamy and light land, we prefer decidedly flat planting; on heavy soil, or where the subsoil is clay, thus retaining the moisture near the surface, spring may be a more favorable season—and it is also generally esteemed the best for evergreens.

Asparagus, beds winter dress. *Beets*, dig and store. *Cabbages*, place in safe quarters. *Carrots*, dig and store. *Celery*, earth up finally. *Drain* vacant grounds, if needful. *Horse-Radish*, dig and store for convenience. *Onions*, in store examine. *Parsnips*, dig for convenient access. *Salsify*, ditto, etc.

In the South the garden work is ample to occupy attention. *Peas*, sow; if they escape the frost, they will be ready for use in April. For sowing at this season, we recommend *Tom Thumb*; it seldom rises over twelve inches, is an abundant bearer, and is withal quite early; also *McLean's Little Gem*, a pea of similar habit, but superior in quality. It, as well as the *Tom Thumb*, seems to be admirably adapted to autumn sowing in the South where, on apprehended frost, protection may be given; it is also equally well suited to early spring planting for the same reason, and if planted on ground manured *excessively high*, will yield as much to a given quantity of land as any Pea known to us. *Cabbage*, if plants remain, set out. *Onions*, plant. *Celery*, blanch. *Salad*, sow on sheltered spots. *Radishes*, sow; if frost kills them, it is only a little labor lost. Plenty of Landreth's seeds are to be had. Try again.

OUR NEW COOK-BOOK.

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

DESSERTS.

Mince Meats.—Three pounds of raisins, stoned, three pounds of currants, three pounds of beef-suet, chopped fine, one pound of bread-crumbs, three-quarters of a pound of mixed candied peel, one and a half pounds of fillet of beef, previously cooked. Salt, sugar, spices, and ginger to taste. Each ingredient to be chopped up separately, and very fine. Mix all well together, and take especial care that the beef is well mixed with the other ingredients. Moisten with a bottle of brandy, and stir occasionally.

Another.—Half a pound of candied peel, cut in delicate slices, then chopped, half a pound of blanched almonds, chopped, two wineglassfuls of brandy. Mix well together with a wooden spoon, and put the mince-meat, well pressed down, into a covered jar, tied over very well. The mince-meat should be made some days before it is wanted, and when about to be used, a little more brandy should be stirred into it.

Another.—Quarter of an ounce of fine salt, half an ounce of mixed spice, three pounds of moist sugar, three pounds of well-cleaned currants; two pounds of stoned raisins, chopped, two and a half pounds of beef suet, finely chopped. The thinnest peel of two lemons and their juice. Two pounds of apples, baked to a pulp, and weighed when cold.

Cream Pudding.—Six tablespoonfuls of flour, one quart of milk, three eggs, one teacupful of sugar, and salt; take a little of the milk and stir with the flour, to make a batter, and boil the remainder. When the milk boils, add the batter, and when sufficiently cooked, take it off, and stir in the eggs, beaten. Sift a part of the sugar in the pudding-dish, then pour in the pudding, and put the rest of the sugar on top. Flavor to taste, and cover tightly until cold.

Apple Custard.—Take a pint of boiled apples, and mash them as fine as possible. Add the yolks of six and the whites of three eggs, well-beaten; one teacupful of cream, a little rose-water, some nutmeg, cinnamon, and a small lump of butter. Mix all together, and sweeten it well. Then make a good crust. Pour in the mixture, and bake in an oven.

Custard Pie.—Take the yolks of three eggs, two tablespoonfuls of sugar, and one of flour, beat hard; then flavor, and add two teacupfuls of milk, and bake. To the whites of three eggs, beaten to a stiff froth, add two tablespoonfuls of sugar, and flavor. When the pie is done, spread evenly over it, and set it in the oven for a few minutes.

Potato Custard (for Pastry).—A cupful of mashed potatoes, four eggs, as much sugar as you like, enough milk to mix it, and flavor with essence of lemon.

SOUPS.

Veal Soup.—Take a knuckle of veal, put it in a pot, with four quarts of water, and add a teaspoonful of salt to each quart. Pare and slice three onions, four turnips, two carrots, a bunch of sweet herbs, and a small portion of celery. Let the veal boil one hour, then add the above vegetables. When they are tender, strain the soup. Put it in the pot they were boiled in, thicken the soup with some flour mixed smoothly with a little water, and add a little parsley, finely chopped. Make some dumplings of a teaspoonful of butter, to two of flour, and milk and water enough to make a very soft dough. Drop them into the boiling soup. They should be about as large as a walnut when they are put in. Dish the meat with the vegetables around it. Drawn butter may be served with it, or any other meat sauce.

Nourishing Broth.—Get a set of fowl giblets, wipe them well over with a wet cloth, then put them into cold water, and wash them thoroughly. Drain off this water, and put the giblets into two quarts of water, and allow them to simmer very gently, till it is reduced to one quart, then strain off the liquor. This broth is very nourishing and strengthening for invalids. What is usually called a "set" of giblets consists of the feet, head, liver, and gizzard; but at the poultry-ers they generally sell more than one set together, and, probably more than one would be required to make the broth sufficiently strong. The head, neck, and feet are alone used to make nourishing broth. Some salt is usually put in, and certainly much more than one set is required to make a quart of broth.

A Good and Cheap Soup.—Cut in slices four pounds lean beef or mutton, fry them brown, and lay them with their gravy in the stew-pan; cut six carrots, and as many turnips in slices (the latter may only be quartered) three tolerably sized onions, two tablespoonfuls of black pepper, whole, and two heads of celery, with their green tops on; let it boil, and then simmer till the meat is reduced to a pulp; strain it, and serve with or without vegetables.

MEATS.

To Cook Cold Meats.—Boil slightly some macaroni in milk; line a shape with it; have ready some finely-minced cold meat, and a nice flavoring of onion and pieces of macaroni; put all together in the shape, and boil half an hour.

2. Mince the meat fine, with a little fat, and season with pepper, salt, and chopped herbs; have ready some nice puff paste, put the meat into small rolls, or one large one, and bake for half an hour; or patties may be made by baking the same in small patty-pans. A leg of mutton will cut nicely into two or even three joints, and the same can be done with sirloin or ribs of beef; the latter are very nice, boned and rolled, either stewed or roasted. Too much twice-cooked meat is very unwholesome for any one, especially for children.