

## OUR ARM-CHAIR.

BEAUTIFUL SNOW, AND OTHER POEMS.—A New and Enlarged Edition, by J. W. WATSON, is just published, by T. B. Peterson & Brothers, Philadelphia. In issuing the present New and Enlarged Edition of "BEAUTIFUL SNOW," several other poems written by Mr. Watson, and not included in the first edition, have been added to it, viz.: "The Kiss in the Street," "I Would that She were Dead," "What I Saw," "Please Help the Blind," "Somewhere to Go," and "Swinging in the Dance." The poem which lends its name to the book, "BEAUTIFUL SNOW," treats a well-worn subject with originality and feeling at once delicate and intense. The despair of the wretched outcast, as she watches the falling of the pure, beautiful, yet cold and unfeeling snow, and remembers that she was once as fair and pure, is depicted with true artistic effect. All the poems in "Beautiful Snow" possess great interest, and display a lively and pleasant fancy, as well as a genuine, hearty sympathy with the joys and sorrows of humanity. They will take strong hold of the heart and memory, and will live and last because they touch many chords of human sympathy. "Beautiful Snow and other Poems," is complete in one large octavo volume, and is printed on the finest tinted plate paper, bound in morocco cloth, with beveled boards, gilt top, gilt side stamp and back. It is one of the handsomest volumes ever issued in this country. Price Two Dollars. An edition of it is also published suitable for a presentation gift, bound with full gilt sides, full gilt edges, and gilt back. Price Three Dollars. It is for sale by all Booksellers, or copies of either edition will be sent by mail to any one, free of postage, by the Publishers, on receipt of price.

HIGH ART OF AMERICAN EXPORTS.—The London World's Fair of 1862, and still later, and more pronouncedly, the Paris Exposition of 1867, incontestably proved the immense superiority of the Steinway Pianos over all others, whether of home or foreign make, and won for them in Paris the first grand gold medal of honor, which was unanimously awarded by the international jury, and affirmed by the Imperial Commission, as first in order of merit, over upwards of four hundred other instruments, which were entered in competition with them. The export trade of Steinway & Co. has from that period gone on steadily increasing, for wherever one of these pianos is heard, a fresh demand arises, until it has reached such extensive proportions that this branch alone exceeds the entire manufacture of two or three of the leading European makers combined. The firm are constantly shipping their instruments in large numbers, in compliance with direct orders, to Berlin, St. Petersburg, Madrid, Dresden, Munich, Nice, and other art centres, as well as to Buenos Ayres, Peru, Lima, Central Asia, and India. The latest honor conferred on Steinway's Pianos, is a direct order from Her Majesty, the Empress of Russia, who will pass the winter at Kiew, in Southern Russia, (where the winter palace is being entirely refurnished under her directions,) for the immediate supply of one of their highly finished and most perfect Concert Grands, to be placed in the music-room of the palace, and one of their new Patent Uprights, for her Majesty's personal use, in her private boudoir.

RAPID RECKONING, or the Art of Performing Arithmetical Calculations almost instantaneously. Any one can learn and apply. The famous "Lightning Calculator's" exhibitions (same system) were the marvel of thousands. Secret was lately sold for \$1. In book form, enlarged, only twenty-five cents, of booksellers, or by mail. JESSE HANEY & Co., 119 Nassau street, N. Y.

"AS LONG AS I LIVE."—A lady sends a club of subscribers to "Peterson's Magazine," and writes, "I have been taking your magazine this year, and I expect to continue as long as I live."

## MOTHERS' DEPARTMENT.

BY ABRAM. LIVEZEY, M. D.

## No. I.—INCIDENTAL CAUSES OF DISEASE.

Nocturnal Dissipation.—It has become an axiom in physiology, that from our social conditions and conventionalities of fashionable life, arise most of the incidental causes of disease.

The custom prevailing in society at present that is most antagonistic to the harmonies of nature and of nature's laws, and most prolific of injurious consequences to health, is one that has been blindly adopted, or self-imposed with a morbid infatuation, namely, the disposition to reverse the order of nature, by converting night into day.

To such an extreme is this law of society carried by our daughters before marriage, by those recently married, and by mothers even, that but few are now born and reared within this "charmed circle" that enjoy either physical stamina or sound moral health.

Fashion orders that our soirees, our sociables, or re-unions, must commence at that period of time when all should be seeking repose from the toils, whether mental or physical of the day. When our brains are thus forcibly kept awake, by undue and protracted excitement of the hour, our nervous systems become rapidly exhausted, and the few hours allowed by such to nature's soothing balm, and the restorative influences of rest, are wholly inadequate to restore that which has been lost. By this course of conduct our physical powers are culpably relaxed; the very life-springs of our natures run to waste, and the resiliency of both mind and body become seriously impaired.

And yet this is only the beginning of the end, for morning comes with its exhilarating air, and sunrise, with the most transparent condition of the atmosphere, passes away, and both are lost to those engaged in following "foolish fashion in her mad career." It is bad enough to have our lungs oppressed by the exhaled carbonic acid, and the foul atmosphere of a crowded and too often over-heated and ill-ventilated room; and in a corresponding degree our blood vitiated by an excess of this acid and paucity of oxygen during the greater part of the night, without continuing the same condition of things during the bracing hours of the morning, in a close chamber, shut out from the invigorating air and light of the sun.

Let me assure the mother who instigates or encourages this sort of dissipation, as well as the daughter or young lady that engages therein, that although these excesses and violations of nature's laws may be sometimes long borne, with apparent impunity, yet, sooner or later, at some unguarded moment, their system will be found in a condition unadapted to bear what they supposed it had grown accustomed to, and at length sinks irremediably under a reproof of violated physical laws, or, if spared, ekes out a wretched existence with some chronic malady, tenaciously claiming them for a victim of mis-spent life.

Let me assure the mother also, who permits these nocturnal dissipations of their daughters, that she commits a moral wrong, and is entailing sickness and suffering upon future generations, of whose welfare I hold that she is a responsible guardian.

If mothers would have healthy daughters, they must scrupulously guard their own health during the gestative period; and if the daughters would be beautiful, they must be healthful, and that condition is to be obtained, not by rising at eleven, and after sipping a little coffee, etc., then recline upon a fauteuil, with a fashionable novel in hand; but by stepping forth in the early morning air to more fully oxygenate their blood, and then the majesty of womanhood will soon be apparent in the elastic step, in the light of the eye, in the bloom of the cheek, and the cherry upon the lip.

## OUR ARM-CHAIR.

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.

THE CATALOGUE OF T. B. PETERSON & BROTHERS gives a list of the best and cheapest novels published in the United States. If you wish a novel or novels, to read in the winter evenings, send for a catalogue and select one or more volumes. Catalogues sent gratis. Address T. B. Peterson & Brothers, Philadelphia, Pa.

EXAMPLE FOR THE LADIES.—Mrs. Hannah B. Fowler, Newburyport, Mass., has earned with her Wheeler & Wilson Machine, in twelve years, \$918.25, without paying a cent for repairs.

THE HOUSEHOLD RECEIPTS, of "Peterson," are always tested before being printed. Says a lady, renewing her subscription, "they are worth to me much more than the price of the magazine."

## DECORATIONS FOR THE TABLE.

IN OFFERING THESE HINTS, we start with the pre-supposition that those who will read them are, like ourselves, namely, destitute of the rich and rare flowers, a bloom or two of which makes the glory of a room. We are writing for those who feel a need for flowers about them, without having the power to gratify that need lavishly and graciously. The most beautiful (artistically) arrangement of flowers that we have ever seen upon a dinner-table, or a supper-table, was a marvel of simplicity and unconventionality. There was, of course, the proper amount of sparkling glass, bright silver, and exquisitely white and well-ironed table-linen. Touches of color were put in by means of richly-figured Japanese plates, and dishes that were dotted about holding sweetmeats and fruits. In the center of the table a long, splendidly-carved old black-oak tray stood—a piece of genuine old, deep carving, that would have looked rather too solemnly forth from the middle of the festive board, if it had not been the receptacle for a large group of the most magnificent water-lilies. There is no reason why the center of the table should be the most highly favored spot. There are those probably at each end who appreciate what is pretty and sweet to the full as highly as the ones who are immediately in the atmosphere of the center vase. When a dining-table is long, it is easy to decorate it with a just regard to the claims of all who are seated at it; when it is oval, it is easier; and when it is round, it is easier still.

To begin with the long table: Place thin, common red pots, well-filled with that brightest poor man's friend, the ivy, at equal distances down the table. The ivy must be the small-leaved, long-tendrilled sort, in order that it may be spread out over a goodly portion of the tablecloth without looking gaunt. It should grow in a thick, massive manner over the top and down a considerable portion of the sides of the pots, and it should be very fresh, and free from every particle of dust, in order to look well.

The pots of ivy being placed, a few bunches of Russian violets should be dotted about, in, and among the trailing sprays. These should be placed low on the cloth, and the small, young, pale-green leaves should be freely mixed with the flowers, otherwise they will look heavy and dead. Indeed, really to look well, the violets should be put on the table in thumb-pots (with the foliage growing well over and over, leaving gleams of the red pots visible,) and then a few

small plants, well in bloom, of pink geraniums should be introduced. We would not admit any other color with this arrangement; and we think that anyone who tries it will admit that it is perfect.

A very charming way of dressing a table with berries and foliage alone is this that we are about to describe. In many country districts the bright-berried spindle is found growing wild. There are two varieties that are equally common, we believe. One has a white shell and a bright-red kernel, and the other has a red shell and a brilliant orange kernel. The feathery, exquisitely-hued foliage of the wild tamarisk goes beautifully with these berries. Have them arranged in a circle in the middle of a round table, with a dish of fruit in the center of them; and radiating from that circle have bouquets of holly and privet berries, and a few ferns with broad fronds. If the ferns are unobtainable, the light, graceful-waving foliage of the larch is not to be despised.

Those who are happy enough to live where the mountain ash grows can always decorate well. The brilliant rovan berries lend themselves grandly to any tasteful design if they are handled properly. Indeed, it is a hard matter to handle them improperly; for, in spite of their beauty, they have all the hardness of the north about them, and won't let themselves be crushed and ill-placed.

Ivy, privet, mountain ash, and holly berries, look admirably well, when mingled together, especially if any of the lighter ferns can be got to fringe them. With these berries flowers are not only not necessary, but are better away.

We have decorated a table beautifully with different shades of moss and grasses alone when we have been hard up for other materials. And really the exigencies of the case taught us that the hedgerows and woods are as good to go to as any florist's shop. The moss can be put in any flat dish or plate, or, better still, it adapts itself wonderfully well to the little carved or fretwork plateaus or stands that are so universally made by ladies now. We prefer a dark wooden groundwork to either glass or china for almost every description of flower and foliage.

A small round modern mirror is a boon to those who want to dress a round table. Placed flat in the centre of the table, with a slender glassful of fragile maidenhair ferns on it, it gives a great look of refinement.

The love of flowers, and their culture, is so universal, that but few houses are without their brilliant blooming geraniums, the chaste and stately callax, or graceful fuchsias, brightening the sitting-room windows in winter, and a few sprigs of these, mingled with bits of evergreen, will decorate a table charmingly. Even a few red-checked apples and golden oranges, with small branches of green intermixed, will give a look of refinement to the most ordinary meal.

And then the wealth of beauty we have in our summer grasses, wild roses, elder flower and berries; in the goldenrod and asters, and gorgeous maple leaves in the autumn only for the trouble of putting out our hand and plucking.

## MOTHERS' DEPARTMENT.

BY ABRAHAM LIVEZEY, M. D.

## No. II.—INCIDENTAL CAUSES OF DISEASE.

*Dress.*—Intimately connected with nocturnal dissipation, as an incidental cause of disease, is the mode of dressing which fashion requires of her worshipping votaries, regardless of comfort, and at the sacrifice of health. For she who attends operas, receptions, or balls, must bare the head, and more or less denude her fair neck and bosom to the keenest winds of a winter's solstice, as well as to the sultry blasts of mid-summer; and thus clad, she, thoughtlessly, passes from a room or hall in midwinter, out into an atmosphere far below the

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 *McLean'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.

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 acetyledons 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

## 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-

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 LIVELY, 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 chafing 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

## 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.

EXAMPLE FOR THE LADIES.—MR. LEUTZ, Philadelphia, Pa., has had a Wheeler & Wilson Machine 16 years; for 8 years it supported a family of nine persons, two of these invalids, running on an average of 19 hours a day, by different persons, without costing a cent for repairs; some of the original dozen of needles are still in use. No personal instruction was received, and a child ten years old learned its use thoroughly.

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.

"THE CHEAPEST AND BEST."—Says the Fonda (N. Y.) Democrat:—"It is impossible to conceive how a ladies' magazine could be more handsome or perfect than 'Peterson.' It is unquestionably the cheapest of the really good magazines. The steel colored fashion-plates are a specialty with it."

"BOUGHT WITH A PRICE."—The Camden (N. J.) Democrat says:—"This novelet, 'Bought With a Price,' in 'Peterson's Magazine,' is worth a year's subscription."

"PERFECTION ITSELF."—The Union (N. Y.) News says:—"Bright as a May morning is 'Peterson.' It is perfection itself."

## 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 *arrogated* 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



## 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, "Banyan in Jail," "Banyan 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.

INGHAM UNIVERSITY, LE ROY, N. Y.—We would call the attention of our readers to this Institute, situate in the most delightful and picturesque part of the State; is second to none, and now entering upon its thirty-eighth year. It offers greater facilities than ever before to parents and guardians who desire a Christian home and an excellent school for their daughters at moderate cost. Their new Catalogue, now before us, presents advantages which compare favorably with that of any Institute of the kind in the country.

EXAMPLE FOR THE LADIES.—MRS. E. J. STOUT, Elkader, Iowa, besides doing all the housework for a family of four persons, made last year, with a Wheeler & Wilson Machine, one hundred and fifty fashionable dresses, hemmed over 2000 yards of biased ruffling, and made quite a number of under garments. This is about her average work a year, in all kinds of general sewing for seven years, with no repairs to her machine.

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.

A LADY WRITES:—"Your fashions are selected with so much taste, that 'Peterson' has become the standard in this vicinity. Whatever you put forth we know to be, not only new, but stylish. In other periodicals, we turn over page after page, and examine costume after costume, in the hopeless effort to find something fresh and pretty."

## HEALTH DEPARTMENT.

TO RESTORE DROWNED PERSONS.—We give, here, directions for restoring to life persons who have been drowned.

Treat the patient instantly on the spot. Free all constriction. The first thing wanted is breathing, and the second circulation and warmth.

1. *To restore respiration*—(Breathing.)—Clean the throat by placing the patient gently on the face, with one arm under the forehead; the tongue and all fluids then fall forward, and give free entrance to the windpipe. Wipe and cleanse the mouth. If there be slight or no respiration, or it commence and then fail,

2. *To excite respiration*.—Turn the patient slightly on his side, and apply some irritating or stimulating agent, as camphor or ammonia, near, not to, the nostrils, and dash cold, or alternately hot and cold water in the face and the chest, previously rubbed briskly until warm. If this does not excite breathing proceed, immediately

3. *To imitate respiration*.—(Marshall Hall's method.)—Re-place the patient on his face, well raising and supporting the chest on a folded coat or something similar, and then turn the body gently, but completely, on the side and a little beyond; then again on the face, and so on alternately, occasionally varying the side. Repeat this movement, perseveringly and deliberately, fifteen times only in a minute. On each occasion

that the body is replaced on the face, make uniform and efficient pressure with brisk movement along the spine, between and below the shoulder-blades, removing the pressure immediately before turning the body on the side. During the whole operation, let one person attend solely to the movements of the head and the arm placed under it. While the above is being proceeded with, dry the hands and feet, and, as soon as dry clothing and blankets can be procured, strip the body and cover, and gradually re-clothe it, taking care meanwhile not to interfere with the efforts to imitate respiration. Should these efforts not prove successful in five minutes, try to

4. *Imitate respiration*—(Silvester's method.)—By placing the patient on the back on a flat surface, inclined a little upward from the feet. Raise and support the head and shoulders on a small, firm cushion, or folded article of dress, placed between the shoulder-blades. Draw forward the patient's tongue, and keep it projecting beyond the lips; an elastic band over the tongue and under the chin will answer this purpose, or a piece of string or tape may be tied around them, or by raising the lower jaw, the teeth may be made to retain the tongue in that position. Take your place at the patient's head, grasp the arms just above the elbows, and draw them gently and steadily upward above the head, and keep them stretched upward for two seconds. By this means inspiration is effected. Then turn down the patient's arms, and press them gently and firmly for two seconds against the side of the chest. By this means expiration is effected. Repeat the movements alternately, deliberately, and perseveringly, about fifteen times in a minute, until a spontaneous effort to breathe is perceived, immediately upon which cease to imitate the movement of respiration and proceed

5. *To induce circulation and warmth*.—Rub the limbs upward with firm, grasping pressure and energy under the blankets. Apply hot flannels, bottles of water, heated bricks, etc., to the pit of the stomach, the armpits, the inner sides of the thighs, and the soles of the feet. Slap the surface of the body briskly with the hand, and dash cold water on the warm-rubbed portions. After the patient breathes, carry him gently to the nearest house, keep the room cool, and keep out the crowd. On his restoration, a teaspoonful of warm water should be given, and then small quantities of wine, warm brandy, and coffee. Keep the patient in bed, and encourage a disposition to sleep.

CAUTIONS.—1. Avoid the immediate removal of the patient, as it involves a dangerous loss of time; also the use of the bellows, or any forcing instrument; also, of the warm bath, except as a momentary excitant.

2. Avoid rough usage, and do not allow the body to remain on the back until the tongue is secured.

3. Under no circumstances hold the body up by the feet, NOR ROLL IT UPON A BARREL.

4. Prevent unnecessary crowding of persons around the body, especially if in an apartment, or in a confined space.

## MOTHERS' DEPARTMENT.

BY ABRAHAM LIVEZEY, M. D.

## No. VIII.—THE INFANT'S FOOD.

*Quality*.—The path pointed out by nature should be closely followed in preparing food for the new-born babe; and closely studied should be those instinctive signs, by which the helpless being calls our attention, until it acquires age and knowledge sufficient to make known its desires through the medium of speech.

Connected with the management of early infancy, there is no one particular productive of more injury than an ignorance of these signs, or inattention to them, in administering food suitable to its wants. Almost the first cries of the infant are too apt to be regarded by the kind-hearted and

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 cardamoms, 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.

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

#### 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.

## OUR ARM-CHAIR.

OPINIONS OF THE PRESS.—That our subscribers may know what is thought of "Peterson's Magazine," as compared with other periodicals, we copy a few notices from the newspaper press. Says the Paterson (N. J.) Guardian:—"In the matter of fiction, Peterson takes the lead among periodicals of its class." Says the Wooster (O.) Democrat:—"Its stories are always excellent beyond comparison." Says the Frankford (Pa.) Herald:—"Excels in all illustrations, in which it is regarded as far ahead of all competitors." The Mount Joy (Pa.) Herald says:—"Keeps up with the best in excellence, and surpasses them all in cheapness." The Fort Plain (N. Y.) Register says:—"It is impossible to conceive how a Ladies' Magazine could be more handsome or perfect. Peterson's is unquestionably the cheapest of the really good magazines." The Waterville (Me.) Mail says:—"An old favorite, whose popularity increases with every year." The Cowansville (Canada) Observer says:—"Far ahead of any other magazine of the same price published: in fact, equal to many of the higher-priced magazines." We have hundreds of similar notices.

THE LIST OF NOVELS published by T. B. Peterson & Brothers, is, on the whole, the best and most complete offered to the public. It comprises the works of Dickens, Scott, D'Israeli, Lever, Marryatt, Dumas, Cockton, etc., etc. Editions of all these favorite authors are furnished, in good, legible type, and printed on stout paper, at a price to place them within the means of every one. This enterprising firm is constantly adding new books to their list. Among the best of the recent additions is "My Hero," by Mrs. Forrester. But the old favorites, Dickens, Dumas, etc., still hold their own. The number of these fictions annually sold would seem incredible to a stranger: they are counted by tens of thousands every year.

THE OLD-ESTABLISHED MAGAZINES, like "Peterson," are always the safest for which to subscribe. There is no danger of their "collapsing" before the end of the year. They do not begin with colored fashions, steel engravings, and all sorts of high-flown promises, and then come down, in the summer months, to wood-cuts, and no fashions at all. Tens of thousands of confiding subscribers have been "taken in" in 1872. For their own sakes, we hope they will be "too smart" to be taken in, in 1873. Subscribe for "Peterson," or some other well-established magazine.

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.

EXAMPLE FOR THE LADIES.—MRS. J. S. BINGLEY, Poughkeepsie, N. Y., has used her Wheeler & Wilson Machine over 15 years; brought up and educated her family by stitching shirt-bosoms, the bindings on to leathern cap-fronts, and making coats, vests, pantaloons, and doing all kinds of family sewing; averaging sometimes \$5 and \$6 per day.

"NEVER LIES IDLE."—The Louisville (Ill.) Ledger says:—"Peterson's Magazine never lies upon our table idle. It was gobbled up on Friday, and Sunday six young ladies wore its designs to church—that is, garments made after its designs."

NO OTHER MAGAZINE gives colored fashions printed from steel plates. Notice how inferior the faces, among other things, in other fashion-plates, are to Peterson's.

## MOTHERS' DEPARTMENT.

BY ABRAHAM LIVEZEY, M. D.

## NO. IX.—THE INFANT'S FOOD.

Quantity.—The nurse and mother should be fully impressed with a realizing sense of the size of the infant's stomach at birth—which is but a little larger than a thumb or a sickle-pear—before they prepare the "ample bowl" of nourishment for it. Besides, they should bear in mind that this little organ is feeble and tender, and incapacitated from digesting and converting into proper condition any considerable quantity of food, be it ever so fit as to quality.

Great and manifold are the evils inflicted upon the hapless little being by a disregard of these two items in the infant economy; and so prevalent is the custom, and so pertinaciously insisted upon, of feeding the child, it is not at all surprising that so many fail to outlive the period of infancy. We have known the newly-made mother robbed of her darling babe, on several occasions, within forty-eight hours, by this determined madness or folly of the nurse, of feeding her charge with crackers, soaked into a tenacious paste, by the half teacupful, and repeated every few hours! Convulsions and death ensued, of course. In these cases, the mass produced a semi-paralyzed condition of the muscles of the stomach, and nature was not able to eject it by vomiting. All kinds of pap or panada are equally injurious, repeated with such mischievous industry by the nurse as to throw the poor infant into violent agony; and many more would perish were it not that, generally, the stomach revolts at the unnatural nourishment, and rejects it by a violent effort.

Had not nature been thus kind in endowing the infantile stomach with a sort of discriminating power, many more would die within a few hours after birth from absolute repletion by ignorant nurses. In a short time after such feeding, gases are extricated from fermentation of such aliment, and general discomfort causes the infant to cry. This is interpreted to signify hunger, and again its feeble powers of digestion are mercilessly taxed. This course failing to quiet the child, it is presumed (and very correctly, forsooth!) to be troubled with "wind," and the helpless creature is then dosed with *catnep*, balm, or soot teas, or even with a little weak toddy! Finally, before relief is obtained, it will, perchance, be jolted upon the knee of the nurse, and then kind nature comes to its relief, as before said, either by vomiting, or by profuse alvine discharges.

We feel it to be incumbent upon us to impress these matters upon the careless nurse, or unconcerned mother, even at the charge of needless repetition, in order to faithfully discharge our duty in behalf of those helpless beings, who are so entirely dependent for their existence and well-being on the management of others, whether we receive frowns and censures, or approving smiles from one or the other.

One tablespoonful of fresh milk from a well-fed, healthy cow, mixed with two of warm water, and sweetened with a little loaf-sugar, constitutes a full repast for one time; and this should not be repeated as ignorance may dictate, or a mischievous custom sanction, but only at intervals of two or three hours during the day, and much less frequently during the night. This course should be pursued until the mother be able to furnish the necessary supplies.

The great cause of so many deaths among infants who are from force of circumstances, obliged to be "raised by hand," does not arise so much from that fact, or want of the breast, as a want of proper habits, formed in conformity with the actual requirements of nature, as herein pointed out.

Apart from the immediate evils likely to result from the practice of feeding, there is danger of implanting the seeds of future ill-health, creating an unnatural appetite, or forming habits of gluttony. It ought to be the concern, therefore, of every nurse, and every parent, not only to protect their nurs-

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.

## OUR ARM-CHAIR.

OPINIONS OF THE PRESS.—Many of our subscribers take no other magazine, and therefore cannot compare "Peterson" with similar monthlies. For such we quote a few of the opinions of the newspapers; for the newspapers, *seeing all the magazines*, are able to judge between them. We have hundreds of these notices of the August and September numbers, but have only room for the following. The Hopkinsville (Ky.) New Era says:—"Peterson's Magazine is the best, and every lady should have it." Says the Danville (Ill.) Commercial, "No other two dollar magazine can be compared with this one." The Brookfield (Mo.) Gazette says:—"Grows in worth every year." Says the Bloomington (Ill.) Democrat, "Gives, each month, finer steel engravings than any other." The Mount Carmel (Ill.) Register says:—"Peterson's is the best, most popular, and cheapest ladies' magazine in the world; and no lady, who wishes to be posted in the fashions, can do without it." The Grafton (W. Va.) Sentinel says:—"No other magazine seems to us to be so uniformly pure and high-toned. We would not be without it, if we were a lady, even if its subscription-price was doubled." The Elizabethtown (Pa.) Chronicle says:—"It is the cheapest magazine, for its high-standing, in the country." Says the Hancock (N. J.) Times, "It is at the head of the fashionable monthlies." The Cornwall (Canada) Freeholder says:—"The literary articles are in advance of any magazine we know of." The Wells (N. J.) Republican says:—"Unquestionably, the cheapest of the really good magazines." The Ashland (Mass.) Advertiser calls it, "The ladies favorite." The Sumter (S. C.) Press says:—"Ahead of all other fashion magazines."

"IN EVERY HOUSEHOLD."—If you are getting up a club for "Peterson's Magazine," show your friends what is said of it by the Mexico (Mo.) Intelligencer. "Peterson's Magazine," says that newspaper, "has always been noted for the superior character of its literary contents; and this, taken in connection with the important fact that it is cheaper than any magazine of its character published, should place it in every household. Its fashion-plates are full and fine. Its colored fashion-plate is unsurpassed, and its pages are filled with both prose and poetry to delight the hearts of all. Besides the reading matter, it contains directions for making everything in the line of wearing apparel, patterns, embroidery, and dress trimmings. In fact everything that one could ask for." Hundreds of other journals say the same.

STRAUSS HOMEWARD BOUND, ACCOMPANIED BY A WEBER PIANO.—Strauss' enthusiasm in regard to New York Pianos was very great, and culminated in the purchase of a Weber upright piano, which accompanies him for his music-room in Vienna, in order to show his musical friends the best piano in the world! In a letter he says:

CLARENDON HOTEL, July 12, 1872.  
My Dear Mr. Weber:—Many thanks, in which my wife joins, for the beautiful upright piano you were kind enough to send to my room during my stay in your city. It has astonished me beyond measure. The fullness of its tone, its thorough musical quality, so even throughout, and the easiness and compactness of its touch I have never before met. How so small an instrument can contain a perfect orchestra surprises me. The grand piano used at the Academy at my concerts only heightens my opinion of your work. I assure you I have never yet seen any pianos which equal yours. My heartiest wishes for your health and success.

JOHANN STRAUSS.

Such testimony is certainly a great compliment to our American piano-forte manufacturers in general, and Mr. Weber in particular.

THE COLORED FASHIONS, in "Peterson's Magazine," are printed from extensively engraved steel-plates, while those in other magazines are either cheap lithographs or common wood-cuts. Compare the fashions in "Peterson" with those anywhere else.

THE SUCCESS of "Peterson's Magazine," continued through so long a series of years, is a proof that it meets a popular want. It has survived a dozen ephemeral tastes, and out-lived scores of rival publications, yet its circulation is now greater than that of all similar monthly magazines combined. For 1873 it will be still further improved. There ought not to be a household in America without "Peterson's Magazine."

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. 33 Park Row, New York.

EXAMPLE FOR THE LADIES.—Mrs. W.—has had a Wheeler & Wilson Machine since June, 1857; to January 1st, 1871, she had made 24,476 vests, (in 1870, 2255, vests), 17 coats, and 50 pairs of pantaloons, besides doing the family sewing for six persons; all the work ranging from the finest muslin to the heaviest beaver cloth.

WE WOULD CALL THE ATTENTION OF our readers to the new articles advertised by the Doolittle Manufacturing Company, and think all will find among them, articles of value to use in the household and elsewhere. None need hesitate to send to them, as they are reliable, and prompt in filling orders.

WE HEAR A GREAT DEAL OF Grant clubs and Greeley clubs, of Greeley clubs and Grant clubs. But the best club of all is the Peterson club, to one of which every lady ought to belong. Whether a woman is for Greeley, or Grant, she can be for Peterson!

## MOTHERS' DEPARTMENT.

BY ABRAM. LIVEZEY, M. D.

## No. X.—DISEASES OF INFANCY.

HAVING given pretty full directions relative to the duty of the nurse and mother toward the infant, in its management to promote its health and general welfare, we will now proceed to say something concerning the treatment of some of the ordinary diseases peculiar to early infancy, and which the popular mind has erroneously attributed to be ailments necessarily belonging to infantile life, viz., red gum, sore mouth, &c. If the principles laid down, and the instructions inculcated in the previous numbers were strictly followed, the infant will be generally spared from attacks of the above diseases, and saved from much needless suffering. That the infant is not by necessity the subject of a single disorder should be received as an axiom. Even with respect to aphthæ, or "baby's sore-mouth"—the most common affection of infancy—the opinion is incontrovertibly sustained that the disease is symptomatic merely. That it is always preceded by some disturbance of the stomach, and a deranged condition of the alimentary canal. Hence it is self-evident that if, by proper management in diet, nursing, and regimen, the stomach be kept in healthy condition, and digestion good, there will scarcely be a possibility of this troublesome affection occurring.

When it does occur, a less frequent nursing, with a pinch or two of Husband's magnesia, with or without a like quantity of rhubarb, and occasionally repeated, will generally soon effect a cure, without the unnecessary and oftentimes injurious swabbing with infusions of sage, alum, borax, honey, &c. A little powdered borax, mixed with double the quantity of pulverized sugar, sprinkled within the infant's lips,

is alone admissible. Lime-water, with syrup of rhubarb, is sometimes preferable to magnesia, where acidity largely abounds.

The red gum, which is considered by some ignorant nurses, as a mark or indication of healthfulness of the infant, is also a symptom of a deranged state of the alimentary canal. The usual source of this affection arises from a debilitated state of the digestive organs, from errors in diet, giving rise to acid and acrid secretions in the stomach and bowels. This state, in connection with undue warmth, in which the infant is oftentimes kept, doubtless favors the occurrence of this and other rashes of infancy.

How preposterous, then, is the practice of cramming the little feeble stomach to absolute regurgitation with catnip, saffron, or soot teas, with a view of giving ease to pain, occasioned by a disordered state of the bowels, induced by improper regimen, and of promoting an eruption caused by like causes of imprudence. Is it any marvel, then, that so many die within the month, or end an existence of suffering and disease within the first year?

The treatment of these rashes is similar to that advised for aphthae, as they arise from one general or common cause.

Although we purpose, in future numbers, to lay down some principles of practice, for the treatment of various diseases of infancy and early childhood, and, at the same time, point out some grave errors, and condemn some injurious practices, yet, as "prevention is better than cure," we beg leave to say that if the laws which govern the infant economy were duly observed by the nurse and mother, then there would be but little necessity of resorting to medical prescriptions as a means of restoring the impaired health of those little beings—the buds of promise, the links of union, and bonds of affection, mutually binding parents to one another and to their offspring.

#### THE KITCHEN GARDEN.

In the *Middle States*, the labors of the gardener are varied as during the preceding month; but he who then neglected duties necessary to be done, has lost time not to be regained—the autumn is upon him. Seeds of a few varieties may still be sown; the principal labors are, however, the protection of crops already grown, transplanting others, and setting out *Trees and Shrubs*. *Asparagus*, beds dress. *Cabbage*, plant out in light land for next season's use. *Beets and Carrots*, store now, or early next month. *Lettuce*, plant out for next spring. *Potatoes*, dig. *Spinach*, sow at once, if not sown last month. Vacant ground trench.

In the *South*.—*Beans*, planted last month, cultivate. *Cabbage*, transplant; also *Camelliflower* and *Broccoli*. *Turnips*, hoe. *Onions*, sown last month will be ready to transplant; small bulb *Onions* set out; those known as Philadelphia buttons are much the best. *Garlic* and *Eschalots*, plant; *Spinach*, for winter use, sow. *Celery*, earth up in dry weather, and transplant from seed-bed for further supplies; also *Lettuce*, for spring use. *Radishes*, sow, as required. *Artichokes*, dress preparatory for winter. *Asparagus*, beds dress. *Strawberries*, transplant. *Peas*, Landreth's Extra Early, sow.

#### OUR NEW COOK-BOOK.

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

##### SOUPS.

*Clam-Soup*.—Boil fifty clams in two quarts of water; mix together, and add to it a little butter and flour. Just before it is taken off the fire, stir in the yolks of two eggs, and some cream, with a few sprigs of parsley and pepper; after these are added, let it simmer a few minutes, and then serve it. If preferred the parsley may be omitted.

*Pumpkin-Soup*.—Peel the pumpkin and cut it into pieces removing the seeds. Put it into boiling water with some salt, and leave it to boil until reduced to a pulp thin enough to pass through a strainer. Melt a piece of butter in a saucepan with a wineglass of cream. Add the pulp, when strained, with salt and pepper to taste, and a pinch of flour. Let the whole simmer for a quarter of an hour; thicken with the yolk of an egg, and serve.

*Sago in Soup*.—To one quart of boiling stock, with a little salt, add one tablespoonful of large sago; leave it to boil ten minutes, stirring it occasionally; when the sago is cooked sufficiently, it will appear floating in small transparent balls. If more than the above quantity of sago is used, the stock becomes too thick, which prevents the sago being kept separate in boiling.

*Tomato-soup*.—Boil to shreds two and a half pounds of veal in a gallon of water, until it is reduced to half the quantity; then strain the liquor, put in the tomatoes, stir them well, that they may thoroughly dissolve. Boil for half an hour. Season with parsley, pepper, and salt. Strain it again, and stir in a tablespoonful of white sugar. It is then ready to serve.

##### MEATS.

*Pepper-pot*.—To four quarts of water put one pound of corned pork, two pounds of neck or scrag of mutton, and a small knuckle of veal. Let this simmer slowly for three hours, skimming all the while, and then take out the mutton, as that will serve for a dish for table, with drawn butter and celery. Into this broth put four sliced white turnips, if in season, six or eight tomatoes, if not, a tablespoonful of tomato catchup, an onion, sliced thinly, a little pepper, and half a teaspoonful of salt. Have ready, boiled, a quarter of a pound of nice white tripe; cut this into strips one inch in length; add six potatoes, thinly sliced, about a dozen whole cloves, and a pint-bowl full of nice little light dumplings the size of a walnut; let this simmer slowly for an hour. Serve hot, but take out the pork and veal-bone before serving.

*Gelatine of Veal*.—Take a breast of veal, and flatten it well; sprinkle salt, pepper, Cayenne, and pounded spice over it; lay the inside uppermost, trim it neatly, brush it over with egg, beaten; sprinkle it with sweet herbs, chopped fine; then place in alternate rows gherkins, beans, ham-fat, calf's-feet, or cow-heels, ready dressed, and sprinkle the whole over with isinglass. Roll it up tightly, and sew it up with pack-thread all over; then envelop it in a napkin, tie it tight at each end, sew it up, and boil it gently for three hours and a half; take it out, and hang it up to drain. Then tie up tight at both ends, and press it between dishes or boards, with heavy weights on it till the next day.

*Cold Boiled Beef*.—Melt about three ounces of butter, over a slow fire, into a tablespoonful of flour, and when they have simmered a little, add some chopped onion, and a dessert-spoonful of shred parsley; when the whole is browned, season with pepper, and add half or three quarters of a pint of good stock or gravy. Mince the meat finely, put it in with the rest, and let it heat gradually; when nearly boiling, thicken with a small tablespoonful of flour, and just before serving add a tablespoonful of catchup.

##### CAKES.

*Arrowroot Biscuits or Drops*.—Half a pound of butter, six eggs, half a pound of flour, six ounces of arrowroot, half a pound of pounded loaf-sugar. Beat the butter to a cream; whisk the eggs to a strong froth, add them to the butter, stir in the flour, a little at a time, and beat the mixture well. Break down all the lumps from the arrowroot, and add that with the sugar to the other ingredients. Mix all well together, drop the dough on a buttered tin, in pieces the size of a half-crown, and bake the biscuits about a quarter of an hour in a slow oven.

## OUR ARM-CHAIR.

HEAR THE NEWSPAPERS.—If you are getting up a club, it may help you to have some opinions of the newspapers, as to the merit of "Peterson" as compared with other magazines. We have, perhaps, a thousand notices of the last two numbers; but have only room for a few. The Grayville (Ill.) Republican says:—"No family can afford to be without it. Its literary contents are unsurpassed." The Danville (N. Y.) Advertiser says:—"Takes the lead of the two dollar magazines, and excels many three dollar publications." Says the West Lebanon (Ind.) Advance, "No other two dollar magazine in the country can compare with this one. It is equal to the best three dollar magazine." The Fort Madison (Iowa) Democrat says:—"The fashions are exquisite, and the work-table department, and household receipts, are worth more than the subscription price." The Cahoka (Mo.) Gazette says:—"The cheapest good magazine now published." The Whitehall (N. Y.) News says:—"The double-size fashion-plates are unequalled, while the cuts for children, etc., are unsurpassed." The Fonda (N. Y.) Democrat says:—"The steel, colored, fashion plates are a specialty. 'Peterson's' is unquestionably the cheapest of the really good magazines."

THE QUEEN OF SEWING-MACHINES.—The beautiful rooms of the Wilson Sewing-Machine Company have become one of the most popular business places of the city. The wonderful popularity and efficiency of the machine, its perfect adaptation to all kinds of family sewing, and the ease with which it operates, make it a prime favorite in every family that it has ever entered. It is the cheapest, and in all respects the best, sewing-machine ever offered to the people. Salesroom at 1309 Chestnut Street, Philadelphia, Pa., and all other cities in the United States. The company want agents in country towns.

EXAMPLE FOR THE LADIES.—Mrs. Elizabeth A. Monaghan, of Brooklyn, N. Y., has used her Wheeler & Wilson Machine since 1861. During the war she stitched forty blouses a day of eight hours, averaging \$16 a week; since then she has stitched from thirty to thirty-six linen coats a day. Last year, in three months, she stitched 1274 linen coats, earning \$186.46, besides doing her own housework, and tending her baby. She would use no other Machine.

HIGHEST TYPE OF ART.—The Cherry Valley (N. Y.) Gazette says of Peterson's magazine:—"Although this is really a lady's book, it is not the less worthy of the perusal of the general reader. Its illustrations are specimens of the highest type of art, and the reading matter contained in its fascinating pages is from the pens of writers of acknowledged merit and of high repute in the literary world."

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, 206 Chestnut street, Philadelphia, Pa., or W. J. CARLTON, Advertising Agent, No. 39 Park Row, New York.

OUR STEEL ENGRAVINGS.—The Brooklyn (N. Y.) Argus says:—"Peterson's is unrivaled for its steel engravings, and the September number is no exception, unless on the score of superior beauty; for 'The Hollow Oak' is worthy of the most expensive frame that could be made, and is certainly worth far more than the charge for the entire monthly copy."

CHEAPEST AND BEST.—The Goshen (N. Y.) Argus says:—"That 'Peterson's' is the cheapest good magazine published is a fact that cannot be disputed."

## MOTHERS' DEPARTMENT

BY ABRAM. LIVEZEY, M. D.

## No. XI.—DISEASES OF INFANCY.—(Continued.)

We would once more impress upon the mind of the mother, that a large majority of the ailments incident to early infancy is the result of mismanagement in regard to nursing, diet, dress, exposure, and the giving of too much medicine.

No ailment is so frequent in infancy as "colic," and none that can be so clearly traced to imprudence and frequency of nursing or feeding the infant, as the case may be, and none so absolutely under the control of the mother.

With care and the exercise of prudence in respect to these matters, we believe it quite possible that all might rear "good babies," without the aid of catnip, ginger, or root teas, or the more mischievous drugs called "drops."

The late Professor T. D. Mitchell, of this city, frequently affirmed that milk of assafetida was the only suitable or required medicine in cases of infantile colic, with the aid of which he (or his wife) had satisfactorily raised a large family.

The practice so rife everywhere, and in every station of life, of feeding children with candies, rich cakes, and, as soon as they can sit up, or be tied up in a high chair at the table, to have a "little of everything" put into their mouths—thus early depraving their appetites—is most censurable; and when colic results, as it must necessarily do, it is relieved, or endeavored so to be, by arresting digestion, and holding indigestible substances within the alimentary canal, by the giving of "drops"—that is, paragoric, Godfrey's Cordial, and the like. That this course is censurable and most suicidal, must be apparent to every thinking mind. The action of "drops," or preparations containing opium, is more uncertain on the infant than the adult. Hence even the smallest quantities have not unfrequently produced the most unexpected and even fatal results. Innumerable cases are scattered through the medical records, which show that death has been occasioned by a few drops, or an ordinary dose of Godfrey's Cordial, Dobby's Carminative, paragoric, laudanum, etc. Four drops of the latter proved fatal to children a few months old. One and two drops have destroyed infants. These unhappy results arise from two causes: First, in the young subject, the brain and nervous system are much more impressible; the circulation is much more rapid; and hence the greater tendency to determination to the head, and convulsions as the result.

In consequence of these peculiarities, teething, worms, or irritating matters in the intestines, are frequently followed by convulsions. Instead of giving "drops," therefore, to relieve colic of infants, or, more strictly speaking, to blunt the sensibility of the child, crude matters should be removed by the mildest means, by castor or sweet oil; and then more prudence be manifested in nursing and feeding.

There is another condition of the infant or child, in which "drops" are resorted to, which is fraught with great danger: it is the state of exhaustion which arise from continued diarrhoea and other bowel complaints. If such diseases persist, the head is very apt to become affected, and if any preparation containing laudanum now be given, with a view to checking the intestinal discharges, not unfrequently insensibility will gradually creep over the little sufferer, and in a short time death is the result of this imprudence. In the exhausted state brought on by this disease, the system succumbs much more readily to the narcotic effects of this article than it does in other conditions of the system. Hence the error committed. Lastly, there is always an uncertainty as to the strength of all these preparations, and undue caution should be used in reference to administering laudanum that has been in the house for a length of time, particularly if not well corked, or if it presents any deposition or sediment. The use and abuse of emetics (particularly "Hive Syrup") and purgatives, will conclude these papers.

## OUR ARM-CHAIR.

PERSONS GETTING UP CLUBS FOR PETERSON'S MAGAZINE would do well to call attention to the manner in which it is noticed by the newspapers. No other lady's book receives such unqualified praise. Says the Skowhegan (Me.) Reporter:—"In the matter of fiction it takes the lead." Says the Ripley (Miss.) Advertiser:—"Its fashion-plates are superb. Every lady should have a copy of Peterson's, as it is an indispensable article in the household. It is the cheapest magazine of the kind ever published." Says the Buffalo (N. Y.) Post:—"You can always rely on Peterson: you never receive a poor number." Says the Thomaston (Ga.) Herald:—"Every lady, who pretends to keep up with the times and the fashions, should subscribe for Peterson." Says the Rhinebeck (N. Y.) Tribune:—"Its engravings and fashion-plates are worth alone double the cost of the magazine, and its literature is the best and most pure in character to be found in any publication. It is the cheapest as well as the best magazine in the country." Says the Georgetown (S. C.) Times:—"It has no superior as a magazine for ladies, and is fifty per cent. cheaper than many which are inferior in every respect to it." The Live Oak (Florida) Times says:—"Far ahead of any thing we have yet seen." The Berlin (Canada) Telegraph says:—"It has always been noted for the superior character of its literary contents; and this, taken in connection with the important fact that it is cheaper than any magazine of its character published, should place it in every household. Its colored fashion-plate is unsurpassed. It contains directions for making everything in the line of wearing apparel, patterns, embroidery and dress-trimmings. In fact, everything that one could ask for." Hundreds of such notices are received every month. Do they not prove, that, whatever other magazine, or newspaper is subscribed for, *Peterson should be subscribed for, first of all?*

THE MODERN WONDER.—Experienced people are found wondering how so perfect a sewing machine as the New Wilson Underfeed can be made so perfect in every part, so thoroughly adapted to the requirements of family sewing, and yet be sold for twenty dollars less than any other first-class machine. The reason is easy and plain. First, because the Wilson Company is content with a fair profit, and do not belong to any combination, whose object is to keep up the price of sewing machines; and, secondly, because the most perfect machinery is used in its construction. The splendid establishment of the company is the best evidence that this policy has been a success. Salesroom at 1309 Chestnut street, Philadelphia, Pa., and in all other cities in the United States. The company want agents in country towns.

BURNETT'S FLAVORING EXTRACTS for housekeepers are among the positive advances of this nineteenth century. They are invaluable to the housekeeper, for flavoring ice-creams, custards, pies, jellies, soups, etc.; and they can be depended on as both pure and strong. Most of the best hotel-keepers in the United States testify to their great value. Not less meritorious are *Burnett's Standard Preparations*, such as Cocaine, Florida, Kalliston, Oriental Tooth-Wash and Cologne Water, which are as indispensable to a well-ordered toilet as the Flavoring Extracts are to a thoroughly supplied kitchen. Preparations of this kind, which are indisputably meritorious, we are always glad to bring to the notice of our million readers.

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.

A NEW BOOK BY THE AUTHOR OF "BEAUTIFUL SNOW," entitled "THE OUTCAST, AND OTHER POEMS," has just been published by T. B. Peterson & Brothers, Philadelphia. The poem which lends its name to the book, "The Outcast," treats its subject with originality and feeling, at once delicate and intense. The despair of the wretched parent, for his wife and children, is depicted with true artistic effect. All the other poems in "The Outcast," possess great interest, and display a lively and pleasant fancy, as well as a genuine, hearty sympathy with all the joys and sorrows of humanity. This volume will take strong hold of the heart and memory; and will live and last, because the poems in it touch many chords of human sympathy. It is published in one large octavo volume, uniform with "Beautiful Snow," being printed on the finest tinted plate paper, and bound in green morocco cloth, with gilt top and side, and beveled boards, price Two Dollars, or in maroon morocco cloth, full gilt sides, full gilt edges, and beveled boards, price Three Dollars. This firm has also published a new and "ILLUSTRATED EDITION OF BEAUTIFUL SNOW AND OTHER POEMS," with Original Illustrations by Edward L. Henry, complete in one large octavo volume, in uniform style with "The Outcast and Other Poems," being printed on the finest tinted plate paper, and bound in green morocco cloth, with gilt top, gilt sides, and beveled boards, price Two Dollars, or bound in maroon morocco cloth, with full gilt sides, full gilt edges, full gilt back, and beveled boards, price Three Dollars. Both of the above books are for sale by all Booksellers, or copies of either edition of them will be sent by mail to any one free of postage, on receipt of the price, by the publishers, T. B. Peterson & Brothers, 306 Chestnut street, Philadelphia, Pa.

EXAMPLE FOR THE LADIES.—Mrs. Carrie S. Slater, Newark, N. J., has operated a Wheeler & Wilson Machine 18 years; for the last 13 years on her own account sewing in families, and earned in that time \$11,000; married, borne two children, done her own sewing, and attended to other household duties.

MAKE YOUR SWEETHEART HAPPY.—The Williamsport (Md.) Pilot says of Peterson's Magazine:—"Send two dollars to Charles J. Peterson, Philadelphia, and make your wife happy by getting this splendid work. Young man, if you want your sweetheart to love you, send for this splendid book for her."

## MOTHERS' DEPARTMENT

BY ABRAM. LIVEZEY, M. D.

## NO. XII.—EMETICS—THEIR USE AND ABUSE.

IN the management of the diseases of children, there is no class of remedies, with the exception of cathartics, more frequently resorted to by the intelligent physician, or the mother, than emetics.

Their usefulness in childhood is unquestionable, and it would be well for the infantile race, were they more frequently administered than purgatives. For it is false practice, and injurious as well, to carry off indigestible articles of food, recently taken into the stomach, producing colic, high fever, and even convulsions, by physic, thus irritating, for several hours, the whole length of the alimentary tube, which might be thrown off by vomiting in a few minutes.

Emetics, however, like all other active agents, are capable of doing good or evil, according to the manner in which they are given, and the kind employed.

The shape of the infant's stomach is very favorable for the easy evacuation of its contents, and if induced, by mild



**Eggs au Miroir.**—Butter a small pie-dish, and break into it as many eggs as will lie, without breaking the yolks; cover them with chopped parsley, Cayenne and salt them; put a good layer of bread-crumbs over; place them in the oven, taking care not to do them too much. Turn out on a flat dish, and garnish with parsley. **Eufs Brouilles.** Mix a piece of butter the size of a walnut with a teaspoonful of milk; break in two eggs with some salt and pepper; keep stirring till they begin to set, then turn out instantly upon a slice of buttered toast. A little cold kidney or ham, minced, put in with the eggs, and seasoned accordingly, makes a very savory dish. **Eggs Ath.**—Boil six eggs until very hard; remove the shells, and cut them across, preserving the whites in the form of cups, and cutting off a piece at the round end to make them stand; cut the yolks into small cubes, add some minced cold ham, parsley and salt. Mix these ingredients with cream until they form a thick paste; then fill the cups formed of the whites with this compound heaped up in the middle; place them in a dish, and pour a white sauce over them.

## FASHIONS FOR DECEMBER.

**FIG. I.—EVENING DRESS OF MAUVE SILK.**—The skirt is trimmed with black lace, caught up here and there with rosettes of black velvet, surrounded with narrow, black lace. The tunic is composed of black net, edged with black lace, and looped up with rosettes of mauve silk. Berthe of black lace.

**FIG. II.—EVENING-DRESS OF PRIMROSE-COLORED SILK.**—The skirt is trimmed with two rows of black lace, and bias folds of the silk, and festooned with bows of primrose-colored ribbon; the skirt is not very long, and is quite simply tucked up in the back. The waist is half-light, with a black lace cape over it; and the Maria Antoinette sleeves are trimmed with black and white lace.

**FIG. III.—CARRIAGE-DRESS OF CHESTNUT-COLORED POPLIN.**—The lower-skirt has one very scant flounce, headed by a band of chinchilla fur. The upper-skirt has a deep, round, apron front, is very much puffed up behind, and finished by a band of fur. The waist has a round, apron-front, and is only a short, plain basque at the back, and, with the neck and sleeves, is trimmed with a band of fur.

**FIG. IV.—CARRIAGE-DRESS OF WINE-COLORED SILK.**—The skirt has one deep, scant flounce. The black velvet Polonaise is deep at the back, and looped up at the sides, and is untrimmed. The wide, hanging sleeves, and long front, are trimmed with two rows of guipure lace. Bonnet of crimson velvet, with a long ostrich plume.

**FIG. V.—WALKING-DRESS OF BLACK VELVET AND BLUE-GRAY COLORED SILK.**—The lower part of the skirt is of the silk, plain; above that is a row of black velvet, plaited; then a puffing of the silk; then a straight flounce on the upper-skirt of the velvet; then a puffed pannier of the silk. The jacket is of black velvet, slashed in the back and at the sides; has wide sleeves, and is trimmed with a row of fur.

**FIG. VI.—WALKING-DRESS OF LEAD-COLORED POPLIN.**—The skirt has one deep flounce, laid in full plaits, the tops of which are caught down. The upper-skirt, double cape, and sleeves, are trimmed with fringe.

**FIG. VII.—WALKING-DRESS OF OLIVE-GREEN SILK.**—The skirt has one full plaited flounce of the silk around the bottom, and two above it, across the front. The over-dress is a long Polonaise of the same silk, edged around the bottom, and looped up in the back with a watered ribbon, which forms a sash on the right side. Bows of ribbon and gimp leaves ornament the whole length of the front and the tops of the sleeves.

**GENERAL REMARKS.**—The Polonaise and redingote, either closed or open in front, are still in favor; over these can be worn, when it is necessary, any of the numerous wraps which may suit the style of the dress or the taste of the individual. As we have heretofore said, the greatest liberty is given to personal fancy. The new colors are so subdued that one can hardly go astray in any combination one can make. Evening and house-dresses are made with skirts cut in the form of a peacock's tail. They are plain in front, with the smallest of tabliers, and at the back there is a quantity of narrow flounces, hemmed and corded. These cordings, or pipings, are always of a different color from the dress. For example, the shade of blue, called *bleu de lin*, is corded with prune color. When the flounces are cut out at the edge in leaflike vandykes, and piped, they give the effect of a well-opened flower. Thus a pink silk toilet, with narrow vandyked flounces, is extremely pretty; the addition of a short tunic, either of black or white lace, renders it more dressy.

**BASQUES**, or rather waists, round or pointed in front with small coat-like plaiting at the back, are almost universal in all dresses not made with a Polonaise. These basques are not trimmed with fringe, ruffles, etc., only corded with a silk the color of the dress, or of some pretty harmonizing color.

**ALL SASHES** are tied at the side, and if not made of watered ribbon, are made of silk, lined with some color.

**COAT-SLEEVES** for dresses are almost universal. Most of the outside garments have wide sleeves. Ornamental buttons are very much in vogue; alpine lapis-lazuli, agate, coral, malachite, silver, gilt, enameled buttons are all found on the new French costumes.

**MANTLES, JACKETS, etc.**, are in such variety that it is impossible to describe them; some are long, some short, some plain, others elaborately trimmed and bunched up.

**BONNETS AND HATS** are inexpressibly ugly for any but the most beautiful and youthful faces; and they are perched on the top of the head, overloaded with ornament, and can hardly fail giving a vulgar look to the most refined face.

**IN HAIRDRESSING** there is the greatest variety. Each lady appears to adopt the style most becoming to her, but still there are some general remarks to make. The hair is now combed straight back from the forehead more frequently than formerly. The hair is crepe or waved; but, instead of allowing the undulations to fall downward, they are upward, and short locks of hair of natural growth, fall along the top of the forehead. Above the hair, which is brushed upward, there is a torsade, twisted in a loose manner. Many ladies crown this torsade with an exquisite Milanese comb, made of open-work tortoiseshell, with a wreath of stars at the top of the comb. The hair is combed from the nape of the neck, and formed into a torsade a *Pantique*, which is the new style of hairdressing.

## CHILDREN'S FASHIONS.

**FIG. I.—LITTLE GIRL'S DRESS OF CHESTNUT-COLORED POPLIN.**—The upper, lower-skirt, basque, and sleeves are scalloped and edged with wide embroidery-braid. Two rows of the same braid is put on the skirts, above the scallops.

**FIG. II.—BOY'S DRESS OF PLUM-COLORED KERSEYMER.**—The trousers are loose at the knee. The jacket is of the blouse shape, and all is trimmed with wide, silk braid.

**FIG. III.—GIRL'S DRESS OF OLIVE-GREEN CASHMERE.**—Both upper and lower-skirts are trimmed with a ruffle, above which are rows of velvet ribbon of a darker shade than the dress. A loose sacque, with a cape of the cashmere, trimmed with the velvet ribbon.

**FIG. IV.—LITTLE BOY'S DRESS OF NAVY-BLUE CASHMERE.**—The skirt, jacket, and pocket, are all braided in black.