

OUR ARM-CHAIR.

"A NOBLE WOMAN" is the name of a new novel by Mrs. Ann S. Stephens, just published by T. B. Peterson & Brothers, Philadelphia. Its pages are replete with incidents of absorbing interest, and her admirers will read it with avidity. The leading characters are carried through a series of exciting adventures, all of which are narrated and drawn out with such ingenuity that the reader's attention is kept on a tension of interest from the opening page to the close of the volume. This is the great secret of Mrs. Stephens's success—her readers cannot get out of her influence. She gives you a thrilling story, pure and simple, and she leaves the whole affair in the hands of her readers, feeling quite secure of a favorable verdict on every new emanation from her pen. "A Noble Woman" is complete in one large duodecimo volume, bound in cloth, price \$1.75; or in paper cover, \$1.50.

T. B. Peterson & Brothers have also just issued a new, complete, and uniform edition of all of the popular works written by Mrs. Ann S. Stephens. This edition is complete in seventeen volumes, bound in cloth, gilt back, price \$1.75 each, or \$29.75 for the complete set, in a box. The volumes are sold separately, or in sets. The following are their names:

A Noble Woman.	The Rejected Wife.
Palaces and Prisons.	Mary Derwent.
Married in Haste.	Fashion and Famine.
Wives and Widows.	The Old Homestead.
Ruby Gray's Strategy.	The Heiress.
The Curse of Gold.	The Gold Brick.
Mabel's Mistake.	Silent Struggles.
Doubly False.	The Wife's Secret.
The Soldier's Orphans.	

Copies of either, or all of the above books, will be sent by mail, post-paid, by T. B. Peterson & Brothers, Philadelphia, Pa., on receipt of price, in paper covers, for \$1.50 each, or in cloth, for \$1.75 each; or they may be had of all booksellers. T. B. P. & Brothers will send a copy of their Book Catalogue to any person writing for one.

IRISH LINENS.—When an article enjoys a reputation of such distinguished merit, as to command the universal commendation of the seller and consumer, there must be something that it possesses which compels such general admiration. Of such a fabric is the PEAKE BRAND OF LINEN AND LINEN HANDKERCHIEFS, which is growing more into public favor of late years than any goods of the kind imported. They are regarded as the most reliable and economical Linens now used.

PETERSON'S MAGAZINE.—The Raisin (Michigan) Record says:—"The February number of this favorite magazine is already upon our table. It contains, as usual, one of the finest steel engravings, besides the very latest fashionable plates, the most interesting stories, and choicest miscellaneous reading. We hardly see how any lady can do without it. We are always ready to recommend it, as it contains just what they want, and always makes its appearance first."

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. Mary Hacher, Muscatine, Iowa, has used her Wheeler & Wilson Machine since September, 1857, and earned from \$10 to \$20 a week, making dresses and cloaks, from the finest to the heaviest, and her machine is now in as good order as when she bought it.

"ITS STORIES THE BEST."—The Minonk (Ill.) Journal says of Peterson's Magazine:—"Its stories are conceded to be the best published."

HOUSEKEEPER'S DEPARTMENT.

THE ART OF MAKING A SALAD is one of those attributes with which everybody credits himself, whereas in truth it is possessed by a very small number of the favored few.

There are, however, salads and salads, graduating from the simple repast got together extemporaneously to the most elaborately prepared viands, culminating in the glories of a delicious lobster salad. Even the simplest form of salad admits of preparation on several different principles. Our own method is diametrically opposed to the common practice, but let our readers give it a trial; they can but return to the other system if they do not like our directions.

The ordinary plan may be exemplified by the following directions for a lettuce salad: Wash and pick two or three well-bleached lettuces, taking off the outer leaves; then dry them well in an open wicker-work basket made with a handle, swinging it to and fro at arm's length to get rid of the water, and cut them across a few times (not very small;) mix a saltspoonful of salt into a tablespoonful of vinegar until dissolved, and pour it over the salad, adding half a spoonful more vinegar to suit the palate if desired; then pour in three tablespoonfuls of Lucca oil, sprinkle a little pepper over this, and mix the whole with a wooden spoon and fork, and keep turning the salad over and over as you mix it, until it has well imbibed all the ingredients. A few nasturtium flowers are often added, which give a far more pleasant zest than Cayenne pepper; watercress, purslane, or mustard and cress may be introduced if agreeable. In this plan the vinegar is first added to the washed salad, and a large amount of stirring is required to diffuse the oil, so that the salad should not taste oily.

Our system is the opposite. The lettuce (and we prefer that most delicious of all lettuces, the soft Neapolitan, the merits of which are appreciated by but few *cognoscenti* in this country)—the lettuce, we say again, should not be washed if the process can be dispensed with, but if necessary, each leaf should be separately wiped, cut up, and put into the bowl; now add the oil, and stir until each portion is covered with a thin film; then stir together in your salad-spoon the salt, vinegar, (which should be real French,) pepper, and a little powdered white sugar, without which no good salad was ever made. Add these to your lettuce, stir, eat, and be thankful.

If you like additional flavors, they may be added. Mustard may be mixed with the vinegar, and Cayenne used with or instead of common pepper. The remotest suspicion of scraped onion or shallot may be added—not large slices, which will make you odorous for a week, and other vegetables, as beet-root, cresses, lamb's lettuce, etc., may be introduced, but let the grand principle still remain, namely, that the salad be dry, and that the oil be universally diffused before the vinegar is added. By so doing the salad is never greasy, and the vinegar and other adjuncts preserve their true flavor, not being absorbed by the vegetables. So much for the preparation of a simple salad.

CHICKEN AND CELERY SALAD.—Well-fattened chickens of medium size, tender and delicate, make better salad than large, overgrown ones. Put them on to cook in the morning, and save the water they are boiled in for soup. When cold, remove the skin, and cut the flesh in pieces, the size you prefer. Some like the meat very coarse—others choose it quite fine. This is entirely a matter of taste. When cut up, throw over the dish a towel, slightly damped in cold water, to keep the meat from drying. Take the best celery you can get, and cut it of the size you wish. Cut celery in bits about one inch long, and half an inch thick. When the celery is cut, put it between clean cloths to dry perfectly, and then prepare the dressing. For dressing the two chickens, take three-fourths of a bottle of the purest salad oil, two tablespoonfuls of the best mustard, the yolks of two raw eggs, and of twelve hard-boiled ones. Put the eggs to be boiled in a sauce-pan of cold water, over a quick fire; bring

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.