

## OUR ARM-CHAIR.

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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