

tained by folding a square piece of goods so that it shall be in the shape of a triangle, then sew up and fell one of the straight sides, fasten a strong strip of goods to this seam, and to the loose corner, you will then have a funnel-shaped bag that will not drip juice all over table and floor, and can also be suspended in a convenient place to drip until cool enough to be pressed with the hands.

BAKED BEEFSTEAK.

It sounds queer, but it is a good way, nevertheless, to dispose of a round steak. Spread over it a layer of dressing made of bread crumbs, and seasoned as for turkey; then roll the steak carefully and tie it in shape. Bake it in the oven, basting often, and cook long enough to be tender, but not dried. When done remove the twine carefully and put the meat on a warm platter; pour the fat almost all from the pan; to the balance add some flour; let it brown, then add water and seasoning; when it boils and thickens pour the gravy through the strainer. Slice the meat from the end in serving.]

REMOVING GREASE SPOTS.

Grease spots can be quickly removed from paper by scraping a little pipe-clay upon both sides of the paper, and then putting a flat-iron over them, taking care that it is not so hot as to scorch the paper. Another method is to wet the grease spot with ether, and then put a bit of white blotting paper on each side of the paper, and apply the hot iron. If a stain remains after the grease has been expunged, dip a camel's hair brush into pure spirits of wine, and draw it over the edges of the spot.

How to be Handsome.

Most people would like to be handsome. No-body denies the great power which any person may have who has a handsome face and attracts you by good looks, even before a word has been spoken. And we see all sorts of devices in men and women to improve their looks.

Now, all cannot have good features—they are as God made them—but almost any one can look well, especially with good health. It is hard to give rules in a very short space, but in brief these will do:—

Keep clean—wash freely. All the skin wants is to act freely, and it takes care of itself. Its thousands of air holes must not be closed.

Eat regularly and sleep enough—not too much. The stomach can no more work all the time, night and day, than a horse. It must have regular work and rest.

Good teeth are a help to good looks. Brush them with a soft brush, especially at night. Go to bed with cleansed teeth. Of course, to have white teeth it is necessary to let tobacco alone. All women know that. Washes for the teeth should be very simple. Acids may whiten the teeth, but they take off the enamel and injure them.

Sleep in a cool room, in pure air. No one can have a cleanly skin who breathes bad air. But more than all, in order to look well be pure in mind and body.—*American Farm Journal*.

Take Care of the Eyes.

Persons having a tendency to weakness of sight, or those usually experiencing fatigue of the eyes in reading or similar occupations requiring close vision, should carefully observe the following rules:—

1. Cease to use the eyes for the time being; and look away from the work, when the sight becomes in the least painful, blurred or indistinct. After perfect rest for a moment or longer, work may be resumed, to be discontinued as before, when the eyes feel again fatigued.

2. See that the light is sufficient, and that it falls properly upon your work. Never sit facing it. It is best that light should fall upon the work from above and behind. Failing this, it may fall from the side. Never use the eyes at twilight. Any artificial light for the evening is good if it is brilliant enough and steady. When artificial light is at all painful, it is safer to read or write only during the day.

3. Never read in the horse or steam cars. It requires too great an exertion of the accommodation power to keep the eyes fixed on the letters. Business men are in the habit of reading the evening paper on their way out of the city, and the morning papers on their way in. This dangerous practice is a somewhat frequent cause of weakness of sight. There are those who can follow it with impunity year after year, but there are more who cannot.

4. Never read when lying down, it is too fatiguing for the accommodative power. Many a case of weak sight has been traced to the pernicious habit of reading in bed after retiring for the night.

5. Do not read much during convalescence from illness. Before the muscular system generally has quite recovered its healthy tone, we ought not to expect the muscles of accommodation to bear the continuous use to which they are subjected in reading or writing. We cannot be sure that the delicate muscles of the eye are in a condition to be used until the muscles of the leg and arm have regained their strength and firmness.

6. The general health should be maintained by a good diet, sufficient sleep, air, exercise, amusement, and a proper restriction of the hours of hard work. One ought not to expect strong eyes in a body weakened by bad habits or an injudicious amount of labor. Bright gas-lights in crowded rooms, and the impurity of the air in such places, are especially to be avoided. Medical advice should be sought in regard to any nervous debility, disorder of the organs of digestion, or functional disturbances of a general nature, whether they appear to have a direct connection with the weakness of sight or not.

7. Take plenty of sleep. It is a sovereign balm for those who suffer from weak sight. Retire early and avoid the painful evening lights. Ten hours' sleep for delicate eyes is better than eight.—*Atlantic*.

Why Women Should Read.

Laying aside the thought of our own rest and comfort, let us look a little higher. For the children's sakes we must make the most of ourselves. Many an unselfish mother has said:—"Oh, I cannot take all this time, there are so many things to do for the children." She does not realize that she may do more for them in the end by cultivating herself than if she spends all her time on clothes and cooking. A generosity which makes the recipient weak or selfish is not a blessing but a curse. Have you not seen grown-up sons who snubbed their mother's opinion in the same breath with which they called her to bring their slippers? The meek little woman has "trotted around" to wait on them so long that they have come to think that that is all she is good for. Their sisters keep "Ma" in the background because she "hasn't a bit of style," and is "so uncultivated," forgetting that she has always worn shabby clothes that they might wear fine ones; that her hands have become horny with hard work that their might be kept soft and white for the piano; and that she has denied herself books and leisure that they might have both. And there are other children, too noble for such base ingratitude, who feel a keen, though secret sense of loss as they kiss the dear withered cheek, and think how much more of a "woman" mother might have been if she had not shut herself away from the culture and sweet companionship of books.

A Nova Scotia Landscape.

Professor Lawson referred in his lectures to the marked beauty and fertility of the *Stewiacke Inter-ale*, which he had seen for the first time in that morning's sun; to its broad expanse of rich grass land, as flat and smooth and green as the fields of Holland; stretching away for twenty-five or thirty miles and scarcely anywhere less than two miles in breadth, the large square fields, here outlined by giant elms, and there adorned by scattered trees, all stately and graceful, and on either side of this immense carpet of broad and verdant acres, we have a sheltering range of beautiful rounded hills, rich in undeveloped wealth that lies at the surface as a fertile soil, underlaid by plaster and lime, to supply the means of making it still more fertile, and these gently undulating hills are inviting the plough up and over the grassy slopes, for which the healthy white flocks are now preparing the way. The whole scene, he said, presented a picture of pastoral beauty, which reminded him more than anything else he had seen on this continent of some of the richest agriculturist districts of England. We want only a steam plough and a dotting of thoroughbred shorthorn Durhams and Devons and Ayrshires, over the meadows to make Stewiacke look very much like the Rothschild farms and other rich tracts in Buckinghamshire, where the fields feed twenty thousand cows, besides all other kinds of cattle, and annually send two thousand tons or more of beautiful butter into the London market, realizing, in the poorest year, from this product alone, a million and a half of

dollars. To render the fields of Colchester as productive as those of Buckinghamshire is a very simple problem to the scientific agriculturist. Three things are required—systematic culture; selection of suitable thoroughbred stock; economical, that is intelligent feeding.—*N. S. Journal of Agriculture*.

Foliage Plants in Autumn.

Sometimes, as during the present fall, our flower gardens are richer and more gorgeous in appearance than at any other time of the year. The present fall has been an exception, it is true, and frost has held off so wonderfully in many places, that even the tender leaves of caladiums and cannas are yet untouched, while some of the annuals are now in their greatest beauty. And even though the present autumn be an exceptional one, it is generally true that the autumn appearance of the flower garden may be made fully as attractive as at any other period of the whole year. After the heat of the summer the annuals appear in their beauty, while the gorgeous foliage plants—which are so easy of cultivation, and may be had in such variety—appear to better advantage than earlier in the season. And so, just at this time, while the lovers of the flower garden are setting bulbs for spring flowering, picking up the brush, and giving the plants their winter covering, we ask a moment's attention to the drummond phlox, asters, verbenas, stocks, dahlias, cannas, and the gorgeous foliage plants, coleus in great variety, achryanthes and centaurea, which have clothed the autumn flower garden and border with such singular beauty. And yet these plants are all common, and are grown with as much ease as a cabbage plant or a row of peas. The use of these plants keeps up the succession of bloom and beauty which comes in with the tulip and hyacinth, and is kept up all through the year by the roses, peonias, lilies, carnations, dianthus and gladiolus—rounding off the year, even up to severe frosts, with a splendor which even June, with its verdure and bloom, can not surpass. Put down, then, in your garden memorandum book, this little item:—"Be sure, another season, to provide at least one bed of late flowering and foliage plants, which shall lengthen out the beauty of summer till frosts of autumn."

CANNA, OR INDIAN SHOT.—For adornment of the flower-garden this magnificent genus is unparalleled. Its stately growth, combined with its rich and various-colored flowers, and most picturesque foliage, render it the most striking and effective of our ornamental plants, when intermixed in groups of other plants. The roots may be lifted after the first frost and kept warm in a cellar, and be planted out the ensuing summer.

Growing Smilax in the House.

The beautiful winter climber—the graceful queen of decorative vines—is adapted alike to the greenhouse and conservatory. This plant is a specialty with Boston florists, by all of whom it is extensively grown as a decorative vine. With very little care it can be grown successfully as a house plant. The seed should be sown in a box, or in pots, in the house; should be kept moist till the young plant appears. The seed being rather slow to germinate, you must not think it bad if it does not make its appearance in two weeks. The young plants should be potted off into three-inch pots as soon as they are three or four inches high. Once a year the bulbs should be allowed to dry off and rest; they will start into growth again in about six weeks. The vine does not require the full sun, but it will grow in a partially shaded situation. It can be trained on a small thread across the window or around pictures. It is a climbing vine, and will attach itself to a string in about the right condition to use for wreaths, etc., or when required for lighter work, the branches which become entangled can be separated.

Protection for Birds.

There is in Newcastle, England, a Society for the protection of birds, which now numbers 561 members, boys and girls. The members take a pledge to protect and be kind to all birds, as far as they can, to feed them in winter and not to disturb them during the building season. The societies of this kind in the North of England have 22,620 names on their rolls. Why not have such societies in Canada?