

temporaries—some as high as 30 tons to the acre—and the practical yield made on the farms of some of our friends in this province. Our old pupil, M. Séraphin Guévremont, of Sorel, never grew more than 14 tons to the imperial acre, and he knows how to grow and cultivate roots if any one does.

The general run of farmers in Ontario seem to manure their land for the root-crop in the fall. This is a practice we can hardly approve, for the land must in such a case be ploughed shallow to avoid interring the dung too deeply, and we hold, in spite of the theories of some of the College authorities, that the land in preparation for roots, and therefore for the whole rotation, should be ploughed deeply in every climate, and still more in such a climate as ours, where the heat of the summer so soon and so thoroughly dessicates the land.

And keep the horse-hoe going as long as you can, only stopping when the horse is likely to damage the foliage of the plants.

Never sow roots on the flat on wet land. Last year, at the farm on which we passed the summer, the farmer, in spite of advice, persisted in sowing his carrots, swedes, and mangels on the flat. Our readers will recollect how great was the rain-fall in that season. The consequence was, that the roots were never singled properly at all; the horse-hoeing was given up, as the implement only earthed-up the young plants, and as for the cost of the hand-labour in picking out the weeds, it was so great that the farmer has given up growing roots à tout jamais.

Household Matters.

(CONDUCTED BY MRS JEAN R-FEST).

TREATMENT OF THE HAIR.

A beautiful head of hair is an adornment to any person young or old, it can be dressed and worn in any way to suit the fashion of the day. It can be so twisted and coiled round the head as to hide any

little defect in it, and is a priceless boon to a plain face.

No wonder, then, that those who have lost such a heritage by sickness, resort to any and every means to restore it to its original luxuriance.

During the epidemic of fever, last winter, many young people lost almost all the hair they ever had, and are now trying by every means they can think of, or hear of, to bring it back to its healthy state. It is to be deplored, for many reasons, that the old fashion of cutting a fever patient's hair is now almost given up.

Cutting off the hair means comfort, coolness, to the poor head in its weary suffering, and certainly gives more freedom for the nurse to apply cooling applications to it during the worst stage of the sickness.

Some people, whose hair had originally been quite straight, get a pretty repayment for the inconvenience of cutting by having the new growth curly.

Another plea for cutting is that it makes the work of restoration so much easier, for there must be much brushing and combing with the assistance of some well known remedy to bring the scalp of the head into a healthy working state once more.

Many and various are the restorative nostrums sold for this purpose, but a simple remedy will often prove quite good for the same. Sweet oil, or pomatum, is recommended, the scalp needs oil in some form to nourish the roots of the hair and this is served up in a more agreeable form in the many hair-washes sold. Air and sunshine are great helps in the good work of restoration. There is no use forcing matters; use the best means possible; time and patience will bring back the head into a healthy state, and the hair is pretty sure to come back strong and in abundance.

The scalp of the head must be treated much as the foolish farmer ought to treat a piece of poor land from which he has drawn every particle of nourishing power by repeated cropping and giving back nothing for the nourishment of the plants.

It will however take him years of hard