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## Scientific aud wsefut.

To tighten and strengthen the gums, wash the mouth three or four times a week with a little tincture of myrrh in cold water. About one part of the former to three-parts of the latter.
A good way to keep cut flowers fresh is to lay them in wet cloths. Take them out of the vases at night, sprinkle with cold water, and wrap them with cloths made very
wet with cold water. The weight of the wet with cold water. The weight of the while it keeps out the air and prevents their falling to pieces or opening farther.
Over-Eating.-A writer in "Sylvia's Home Journal" says: "It is a great fact that we all, every day of our lives, eat far too much. It is a habit that we acquire as we grow up. The stomach can for a time be trained to take more food than is necessary; indeed, it is a question if some people know
when they have eaten enough. It has been when they have eaten enough. It has been shewn again and again that only a small portion of food is necessary to the enjoyment of good health. Yet that simplicity of diet, so much to be recommended, is rarely practised, except out of pure necessity. As a rule to dine off a soup, a dish of well-cooked meat, with a vegetable or a little stewed fruit, will, be found in the end the truest economy."
Planting and Care of Flowers. The first point to be considered in arranging our plants in beds, is to have the tallest in the centre, with the others gradually decreasing in height, until the margin is reached, when the dwarf kinds must be used to serve as a border, or, as it were, a frame to the picture. The arrangement of colours according to the rules of good taste and harmony, is understood by few florists, but it is a fatare that should never be overlooked. In setting out plants, it is well to remember that the sudden change from a warm greenhouse to the open ait is often deleterious to their health. Consequently plants should be placed in a particularly shaded situation for a few days, before consigning them to their final position. After planting, soak the ground thoroughly, and shade with newspaper or other light materials; and sprinkle the foliage every evening should the weather prove dry.
To Ornament Cakes. - To make any kind of ornament for cakes the icing must be perfectly smooth, and is fit for use when it retains a given shape. Only simple tools are required for even a rich ornamentation of cakes, and practised hands can accomplish great things with a paper funnel. This is made like a grocer's cone sugar bag, with an opening at the point large enough to admit of the required size of ornament being forced through it. Tin tubes of various sizes and shapes are to be bought, to be fitted as nozzles to paper funnels; those of French make are the best. To make a piping or a running pattern on a cake, put some icing into a paper funnel, and holding it in much the same manner as a pen, press out, but not too near the point, in the desired pattern This can be varied by using a tin tube in the paper funnel, with the point slit so as to mark the sugar as it is pressed out. Tubes for shaping leaves and flowers are made, and to use these it is necessary to have a lesson in order to secure a uniform pattern, and even letters on a christening, birthday, or twelfth cake; it will be well for an inexperienced hand first to trace the design perienced hand inst lay with a pencil. -Queen.
Directions for Making up Various Materials. - It will be beneficial to our readers to have a few suggestions for cutting out and making up materials. We will take, for instance, a fancy patterned material with the pattern running all one way, and as these goods, in nearly every case, have a right and wrong side, they are consequently not very economical. For these goods the flat paper pattern must be laid on, the pattern always running towards the top, and each half cut separately and then faced-that is, the two right sides laid together. By these means there cannot possibly be any mistake. The same directions answer in the case of velvets or velveteens, though there is no pattern to keep right. Great care should be taken to have the velvet all shading the same way. The right shade can easily be ascertained by holding the velvet up and looking down-
the velvet should look dark; the reverse way will be found to have a white shade. Again, in cutting materials on the cross, anything of a twilled nature, such as cashmere, French grain or twill the short way of the fold, and never with the twill running lengthways, as it spoils the effect of the trimmings. -The Practical Dressmaker.

