

he who sees the signal in time. I say most emphatically in time, for, effective though the rest cure may be, there is a point of divergence from the path of health, beyond which no one can go with the slightest hopes of return or recovery. I pray none of my readers may ever reach this point.

Liver complaints are usually benefited by the complete rest cure. Here, at the outset, some special treatment will be necessary by way of clearing the system and giving the sufferer a fair start; but, on the whole, purgatives must be used with care, even when constipation exists.

But, indeed, it would be somewhat difficult to name a complaint of a chronic nature which might not be mitigated, perhaps banished entirely, by judicious change, rest, and well-chosen remedies. In fact, remedies, which at home may have done but little good, often commence to show their real beneficial action when the patient has obtained real rest and change. It should not be forgotten, by the way, that change and rest are often synonymous terms. I mean that many hard-worked men and women who are unable to obtain a holiday, may, by altering the nature of their employment at home, achieve wonderful results for good.

There is a complaint of fashionable life which I have before had occasion to speak of—namely *ennui*—which is often banished entirely by rest at the seaside. But the rest in this case must be of a very active kind indeed. The sufferer should choose a place as different as possible from anything he or she has been used to—go to Shetland, or further for that matter—and identification with pleasures and pursuits of the people ought to be one of the prescribed items of cure.

Muscular pains, which are sometimes very distressing, will often yield to a very short spell of complete rest by the sea or in mountain air. In these cases the rest must be of a bodily kind, even the fatigue of walking should be avoided as much as possible, and it may be advantageous at times to retain the horizontal position even for days together.

Rest to the stomach I have treated of before in my paper called "A Banian Day," but I may add that rest from certain articles of diet for a time is often beneficial, notably from sugar, tea, coffee, or stimulants, and last, though not least, rest from medicine itself, so far, I mean, as self-doctoring—nearly always to be deplored—is concerned.—[Cassell's Magazine.]

AN OLD SUPERSTITION.—It used to be a vulgar notion that everyone who bore the name of Agnes was fated to become mad.

BRITTLE WARE.—"Guard," said an old lady, "I hope there won't be any collisions."

"Oh, no fear, mum," answered the guard.

"I want you," said the old lady, "to be very careful. I've got two dozen eggs in this basket."

MUSICAL FAMILIES.—Great musicians almost invariably come of a musical family. It was so with Beethoven, Haydn, and Mozart. Still more striking is the case of the family which boasted John Sebastian Bach as the culminating illustration of its musical genius. Through eight generations it produced multitudes of musicians of high rank, of whom twenty-nine were reckoned eminent.

INCONVENIENT.—First Chambermaid,—"And Mary Ann what bees ye doin' in Miss Thomson's room? Its twice as long ye bees there nor any other room ye do up."

Mary Ann—"And sure its Miss Thomson as takes every stitch of clothes off her bed every day in the wake. I can never be after doin' her bed with the professional speed ye was showing me. She mixes things up dreadful and its one pace at a time I must be puttin' on."

Minnie May's Dep't.

MY DEAR NIECES, — "Presents" endear absents," writes the funny and gentle "Charles Lamb," and we should all strengthen, by loving Christmas remembrances, the chain of affection which binds together dear friends, both near and far. As it comes but "once a year," we should try and make it so bright that all we love, and who love us, would wish it came oftener. To be sure it is a children's festival, but how the grown children do enjoy it, too, for very much of our own happiness consists in making others happy. Remember, girls, it nearly all falls upon you to make things bright for that season, and your clever hands and quick brains will soon decide the best way to do it. A few suggestions from "Auntie" may help. Begin by getting the home in thorough order, some time before. Curtains can be freshened, windows washed, pictures dusted and washed, stoves polished, in fact, everything made to look its best. A little gift can be provided for each member of the family, from grandmamma's soft, pink shawl, down to baby's wee red crocheted booties. Try and have everything a surprise for that day, even the breakfast, dinner and tea, by providing some dish never known before. Bake a nice cake and ice it, and the shouts and exclamations of the younger ones will proclaim whether it is appreciated. No doubt mother will have her separate gifts for that day, to find neighbors or needy men and women; for it seems impossible to exhaust the resources of a farmer's cellar; even the clergyman is substantially remembered. A number of animals can be furnished from cloth: Such as elephants, grey and white, from canton flannel; dogs from woolly cloth; rabbits and cats from canton flannel; even rats, mice, donkeys and guinea-pigs, and make just the sort of toys for children, for they stand any amount of cuddling and abuse. Pretty bags can be made of plush, silk, satin, sateen or chintz. A very pretty one of bronze satin had a square of plush the same color, set corner-wise on one side of it, a small flower worked in the centre of the square and edged with lace, and tied with narrow ribbons. Another, of one yard of crimson satin, sew the selvages together, except about one foot in the centre, turn right side out; slip on it two large curtain rings; gather one end up close, finish with a crimson tassel made of a skein of crewels; finish the other end square, and fringe with old gold crewel. One-half yard of inch wide ribbon can be sewed on the rings to hang it up by. This is just the right receptacle for a bedroom, to hold stockings, for mending yarn, etc. Pretty blotting pads can be made of several leaves of blotting paper cut like the gable of a house; the lower end is decorated with two windows almost covered with a tangled vine; the gable is decorated with a small window, out of which shines a photograph of the giver. Numbers of such pretty and useful gifts can be fashioned by bright girls clever with brush and pencil. Little bags of bright colored muslin filled with nuts, raisins and candies, might be one of the surprises after dinner. Tie one of each together by the tops, and give the buttons a firm stitch together, so they will stand alone. Sugared figs are nice, and cheap, too. Get the stewing figs, wipe off all sugar, dip in gum water or white of egg, roll in white sugar and dry; they will look nice and white, and are acceptable to little folks.

So many useful articles can be knit or crocheted and all sorts of yarn is cheap and so pretty in color, makes us inclined to knit a warm shawl for grandmother, a skirt for mamma, mits for father, snow stockings for Tom, Tam O'Shanters for the school-boys, as well as bottle-holders, fascinators, mittens and even socks for gifts to friends. These sort of little gifts are more durable and sensible than nick-nacks made from card-board, such as wall-pockets that no one ventures to put anything into lest they might come to pieces.

A nice gift for a gentleman is an inkstand—which can be made pretty and unique—that will take a small inkbottle, the kind, used in all schools, cover about an inch thick with soft putty; stick all sorts of pretty stones into the putty, or pieces of bright glass or ore you can gather, leave to harden, and a very odd effect is produced. An autograph album well suits the holidays. Make it of slips of common writing paper, tied together by a bow of broad, bright ribbon. Write a pretty sentiment on the first page, or, better still, draw or paint a vine or few flowers, the bow must be large and handsome. For children, a number of amusing toys can be fashioned out of dough, by clipping out horses, birds, dogs, leaves, and flowers, for we all know it is not the value of a gift that pleases a child the most. Pretty decorations for Christmas cakes are made by dipping sprigs of cedar trees in gum-water, and then dipping them in white, pulverized sugar. I shall finish this over long letter by telling you how to make some pretty articles from tissue paper, and we shall begin on "owls," that look so quaint, sitting on a small spray with a Japanese umbrella over their heads. Take dark brown tissue paper, cut three squares seven inches each way; take a piece of cotton about the size of palm of your hand, lay this in the middle of a square, or a little nearer one end than the other; sew the paper together with small stitches, then gather the longest end of the paper up tight to form the tail, cut it in stripes up to the body, to represent tail feathers, spreading it out somewhat; gather the other end for the neck close to the cotton; cut a slit in the free piece and turn back for ears; take two strips of paper measuring seven inches long and one inch wide; fold so that it will be half an inch wide; cut the loose sides into five fingers; then make each one into a little rosette, and sew in place for eyes; in the centre of these rosettes sew a circle of buff tissue paper cut the size of a copper, and in the middle of them a small shoe button; cut a circle three inches across, fold in the centre, and fringe from the outside to the centre two-thirds of the way to make a point to represent a beak; tack this on right between the eyes, letting the top flare a little over the eyes. With white paint make little dots and half circles all over the owl's body and ears, then, under these, smaller ones with black or dark brown paint. Touch the beak up with yellow. Make feet of fine wire, passing a curved piece through the body, letting it project a little on each side; wind with fine, yellow silk and make a little loop on each side of the end to represent the feet. Sew the little bird on a small twig. Tissue paper balls are pretty decorations for Christmas; any color you prefer, but pink and buff look well—like a bunch of roses. Cut fifty squares of paper, each measuring eight inches; fold each square in half, then across; cut the largest circle possible from it; then fold in half; and again, and again, until it is very narrow. Open it and catch by the middle of the circle in the right hand, and draw through the fingers of the other hand, much the same as shades are crimped, shape it out a little and lay aside; proceed in this way until the circles are all crimped. Thread a needle with strong thread, and string them by the middle of each circle, as