

winter will be usually found a most acceptable gift to their shuddering little ones. Knitting seems to have a native affinity with social feeling; it leaves the thoughts at liberty for conversation, and yet imparts just enough of the serene and self-satisfied sensation of industry, to promote a good humour, and prepare for the pleasant interchange of sympathy.

I recollect in my early days, sometimes seeing a number of most respectable elderly ladies, collected for an afternoon visit, all knitting, all happy, all discussing the various topics of neighbourly concerns, with friendly interest and delight. I saw benevolent smiles beaming from their faces, and formed a fancied union between knitting and contentment, which perchance is not yet broken. I observed that the fabrics which they wrought, to protect the feet of their household, were often composed of yarn, manufactured by their own hands.—And here permit me to advert to that almost forgotten utensil, the large spinning-wheel. From the universal yet gentle exercise it affords the limbs, the chest, and the whole frame, it is altogether the best mode of domestic calisthenics which has hitherto been devised. It is well adapted to those periods when, from a succession of storms, ladies are prevented from going into the open air, and begin to feel the lassitude of a too sedentary life. By a change of habits in the community, and by the introduction of machinery on a larger scale, domestic manufactures are become a less prominent branch of economy. Still some degree of alliance subsists between them. Materials for winter stockings might be profitably prepared in families. Durable flannels, and even handsome carpets, have been often the productions of delicate hands. Among a large family of sisters, the cheerful operations of the spinning-wheel assume the character of an amusement, and are said to promote a happy flow of spirits. Were my own sex as great admirers of antiquity as the other, I might bespeak a more creditable chronology for the same science of spinning; and present a formidable list of Princesses, and women of high degree, who patronized it by their example. Yet, inasmuch as there are but few lady antiquarians,—and I have not the temerity to undertake bringing an exploded thing into fashion,—I plead for the great spinning-wheel solely as a salutary mode of exercise, and not one inconsistent with domestic economy. To females who suffer from want of muscular action,—and there are many such among the higher classes,—Physicians have prescribed a variety of substitutes, such as sweeping, polishing furniture, jumping the rope, playing at battledore, modifications of calisthenics, &c. In some of these the effort is too violent; in others it may be carried to excess, through excitement or competition; but regular exercise upon the spinning-wheel has been known to give the valetudinarian strength, and to remove incipient tendency to pulmonary disease.

With regard to the culinary art, I should be pleased to persuade my young ladies to become somewhat adept in it: not that I believe