

Screens for Fire-Places.

Our illustration represents a fire-place jardiniere, consisting of an ornamental cast-iron box, provided with hooks suitable for attaching it to slow combustion stoves. As, however, few of our readers probably possess such stoves, we mention an excellent method of forming a screen for any ordinary fire-place in summer, as described in *Gardening Illustrated*.

Procure a stout box the length of the fire-place, twelve to fifteen inches wide, or more if desirable, and eight or nine inches deep. The front and ends may be painted or varnished, according to taste. Perforate the bottom by means of an auger to afford drainage. Then procure sufficient turfy loam to fill the box, and mix with it a liberal quantity of well decomposed manure and some road sand. After draining the box by placing a large crock over each hole, and putting on these crocks one-fourth inch or so of clean gravel, put some of the rough pieces of soil in, then procure two or three good plants of the English or other kind of Ivy in pots, water them well, and when they have drained a little, turn them out and plant them in the box close to the back. In front and round the ends plant a row of young plants of Creeping Jennys, and fill the middle up with hardy Ferns, those in pots will be best. A few pieces of stone may be placed between the Ferns, if desired, to give it a less formal appearance. In each corner at the back of the box must be fastened a stout lath of the height of the fire-place, and to these should be fastened a piece of wire netting to which to train the Ivy, or a wooden lattice would answer as well.

In autumn place the box in a partly shaded position out of doors. Keep the shoots of the Ivy tied in as they grow, and stop them when they reach the top. Give plenty of water, and in winter the box would be better surrounded with ashes or sand to keep the frost from the roots.

In spring cut the Creeping Jenny down close to the soil, and by June a beautiful screen will be formed. A few cut flowers placed in among the Ferns will give a good effect. We must add that the box would be better if provided with a handle at each end, in order that it may be taken out of the room once a week, and the leaves of the Ivy and Ferns receive a thorough washing with the syringe, and the soil receive a good soaking with water.

If the plants are not to be wintered in the box, it may be used for Dutch Bulbs during winter, planting and keeping it out-doors during autumn, and, when cold weather sets in, removing it to the house before a sunny window.

My Lady's Chamber.

The human body throws off by insensible perspiration, and by the breath, every night, several ounces of waste vegetable matter, that has served its purpose, and which the system is in haste to get rid of. This waste is thrown off in a diffused form, and is hardly noticed in a single night, being mostly absorbed by the night clothes and bedding. If these are hung in a draft of air much of it passes off, and if the sun shines on them out of doors, that has still more effect in changing the harmless form which we mean by saying the sun "sweetens" things. But if the day clothing is left in a heap on the bed just as one gets out of it, and the night-gown hung up or rolled up in a close closet, so that little air reaches them, the waste decomposes and gives the unpleasant beddy odor

ing at night, especially that worn next to the skin, and hanging each piece separately, where the air can reach it, and by airing the bed and bedclothes every day, giving them frequent days in the sunshine out of doors. The southern method is a good one, as told me by an old Louisiana housekeeper, who said that once a week, on Saturday, all the mattresses and bed clothes were put out in the sun, on frames for the purpose, and left all day, to be made up wholesome and sweet with the weekly fresh linen at night. This is a nice practice which all ought to adopt some sunny day each week.

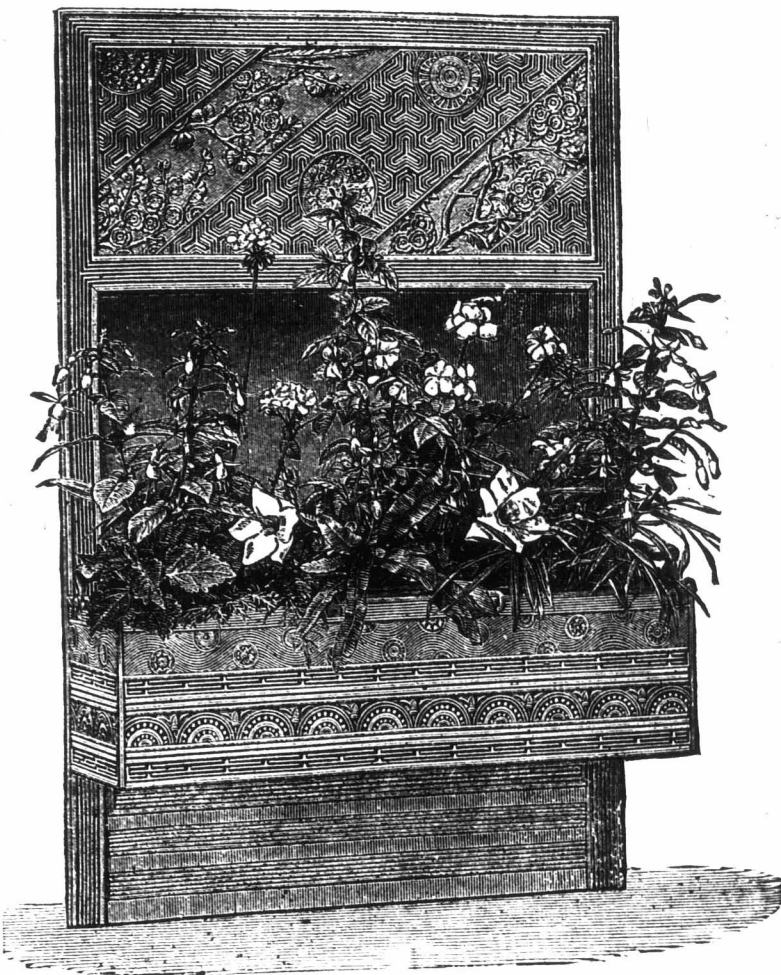
When you get up in the morning, take off the blankets and spread them on the chairs where the sun will fall on them; if possible, throw both sheets off to leave the mattress to

air, open the windows wide, and put the pillows in them to sun. Hang your night dress where the air will blow through it. If you must wear an undervest all the time have a change for night, and let me tell you, this little habit of changing the clothing next the skin frequently, has more to do with the complexion than you are aware. A girl who has an irritable skin will find a great difference in the clearness of her face if she puts on a freshly aired suit of merino every night and morning. By using the skin to these changes, and to bear the air a few minutes daily, you lessen the risk of taking colds and neuralgia all your life.

Sunshine and Sleep.

Sleepless people—and they are many in America—should court the sun. The very worst soporific is laudanum, and the very best, sunshine. Therefore, it is very plain that poor sleepers should pass as many hours as possible in the sunshine, and as few as possible in the shade. Many women are martyrs, and yet they do not know it. They shut the sunshine out of their houses and their hearts, they wear veils, they carry parasols, they do all possible to keep off the subtlest and yet most potent influence which is intended to give them strength and beauty and cheerfulness. Is it not time to change this, and so get color and roses in their pale cheeks, strength in their weak backs, and courage in their timid souls? The women of America are pale and delicate: they may be blooming and strong; and the sunlight will be a potent influence in this transformation.

Women have a great respect for old age. Watch a young lady seated in a street-car between a young gentleman and an elderly one, and see how determined she is not to accommodate the latter by crowding against him.



SCREEN FOR A FIRE PLACE.

complained of in sleeping rooms. Well may they have a disagreeable smell, for day by day a substance has been allowed to gather in the room, and penetrate everything there, which, if collected in mass, so as to be seen and recognized, would be shocking and offensive to the last degree.

This waste which saturates clothes and bedding is absorbed again into your body, which is more sensitive to such influences when asleep than awake. You breathe it, your skin absorbs it by those myriad mysterious vessels of which it is full as a sponge, and the blood receives this waste again, to the injury of your health and complexion. You must make a habit of getting rid of this, taking off all the cloth-