



This is rather a large order, Amateur, but I will do my best to help you in your gardening, and hope you may be very successful indeed. In answer to your first question as to flowers for a shady part of your garden, I would suggest ferns for the very shady portions. Many of those you can obtain in the woods will grow quite high and be very ornamental, especially the ostrich-plume fern, which is so common. The anemone is a perennial which grows well in the shade and attains a height usually of twelve to eighteen inches. The old-fashioned hollyhock, the perennial phlox, the garden columbine, the golden glow or double Rudbeckia, the forget-me-not, and lily of the valley are all flowers that you might try, though the last two do not grow very high.

For summer blooming, the hybrid tea roses should prove satisfactory. If young plants are purchased in the spring they may be bedded out at once, though, if sent by mail, it will be better to pot off in three-inch pots and set in a cool, rather shady place for a few days, bringing gradually into the sunshine, until they have become accustomed to it. If the plants are of the usual mail-order size, set them one foot apart each way and make the soil very firm and hard about their roots. Cultivate frequently, or mulch with lawn clippings, working them in as they decay. Do not give liquid manure until the plants are growing vigorously, and then not more than once or twice a week. The tea roses are fairly free from pests, but show a tendency to mildew, which may be avoided by giving them an airy, sunny situation, and by watering early enough that the foliage may dry before the chill of night. If, however, mildew does appear, dust flowers of sulphur over the leaves. Yes, they should receive the same protection in the fall, with, in addition, a foot of mellow earth brought well up around the plants, and rounded so as to shed water,

underneath the leaves and branches, and to ensure perfect safety, a canvas or boards over all to shed the rain.

For a rose that will bloom well indoors the following varieties are recommended: Agrippina and Queen's Scarlet, both crimson; Hermosa, bright rose-color; Etoile de Lyon, a beautiful creamy yellow; Clothilde Soupert, a soft pink, very fragrant and a fine bloomer. Get year-old plants in spring; put them in five or six-inch pots. Have a clay-loam soil which will pack well about the roots. Water moderately. As soon as new growth begins cut away most of the top the plant had when received. By and bye cut back this new growth also, and on no account allow the plant to bloom. In the fall you will have a plant with a number of stubs instead of branches, but each stub well supplied with healthy-looking buds. If necessary, repot the plant in a seven-inch pot in October. Keep the plant when you bring it into the house in the fall in a moderate temperature not much higher than 65 degrees; let them have all the fresh air and sunshine possible. They should begin to bloom in January. Cut away each flower as it fades, and, when all the flowers on one branch have developed, cut the branch back at once to some strong bud. The red spider and the aphid will be its enemies, the former being got rid of by dipping the plants daily in water for a moment or two, and the latter by dipping your plants in a bath of tobacco-water.

Helpful books for the amateur gardener are, "The Flower Garden," by Ida Bennet (price \$2); and "Flowers," a little book by Eben Rexford (price 50 cents), both of which may be obtained through the "Farmer's Advocate" office.

I do not know why "tea" roses are so called, unless it is on account of their peculiar fragrance. Can some wise one who frequents this corner tell Amateur and me?

FLORA FERNLEAF.



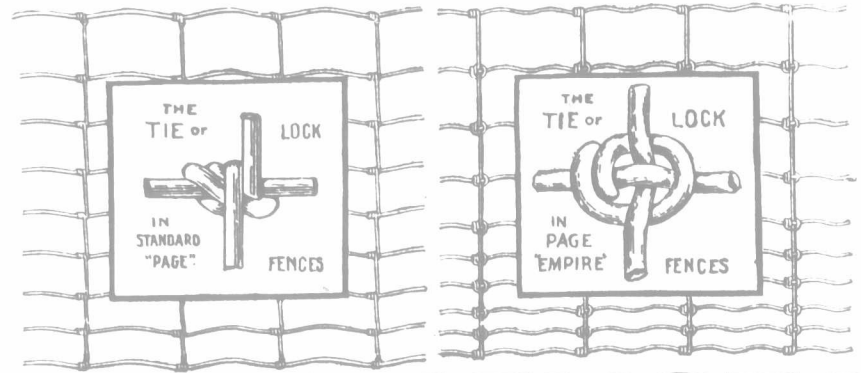
### Asthma and its Treatment.

Asthma is characterized by great difficulty in breathing, and accompanied by a distressing cough. It is paroxysmal, coming on suddenly. The first move is to get the patient into a sitting position, or out of bed (if it occurs at night) into a chair, well protected from cold. A person suffering continually from asthma will have to sleep on many pillows, to avoid the recumbent position. Various asthma powders are sold by druggists which, being set fire to, give off a smoke that relieves the spasm when inhaled through mouth and nose. The basis of such powders is saltpetre, and a homemade substitute is prepared by dipping pieces of blotting paper in a strong solution of saltpetre and allowing them to dry; they are then stored away for future use. When the attack comes on put some on a plate and set fire to them, inhale the smoke. Stramonium leaves, also obtained at a drug store, are very good, too, and are used in the same way. Other remedies are used in extreme cases, but by order of a physician who understands the case.

Asthma is treated according to the needs of the individual patient, and not always in the same way. The measures above mentioned merely relieve at the time, and are not curative.

Asthmatic people should be careful to select a light, nourishing diet. Avoid everything that is found to cause indigestion, especially at night, for this in itself often causes difficulty in breathing, and always puts a strain upon the rest of the system. Cold drafts should also be religiously avoided, though the asthmatic needs fresh air as much or more than anyone else. When the window is open in winter wrap something about the head, or, if there is a strong wind blowing, air the room by opening a window in an adjoining room. Overfatigue is also to be avoided. Asthma can be cured by appropriate treatment from a physician. A. G. OWEN.

To reduce the waist, exercise the waist muscles; place the hands on the hips, keeping the hips and lower limbs perfectly still and firm, twist the trunk vigorously from right to left. This is one of the best of exercises for reducing the waist line.



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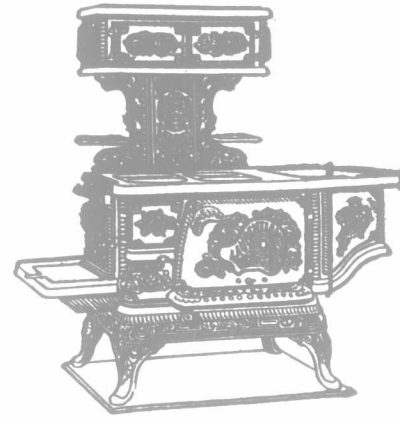
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