

winter every one longs for something to tempt the appetite, and how gladly one hails the first salad.

In town this is expensive at first, and in the country not easily got, people who are not prejudiced against it will always find a good substitute in the dandelion, when gathered young they are very good, eaten with salad sauce.

Few greens are much better than dandelions when gathered young; cut them free from the root just under the surface, and wash in many waters to prevent grittiness, have nothing to do with them in bloom as they then are quite bitter.

LAMBS' QUARTERS. These are found in the early spring time in great abundance, nearly everywhere, but more often round the buildings or where manure has been. It has an oblong leaf, they last quite a long time—only the leaf and the tip of the plant are tender.

If people would only take what nature craves for in the spring, there would be less ailments to contend with. The animals show us a lesson in this by almost fighting for the first blade of grass.

I have grown a pot of grass for my canary during the winter, and one had only to watch, to see how eagerly it was devoured, but the cat found it good, and would steal a march on me and finish up the whole. I had a fern just doing nicely and looking so pretty with grass growing round it as an outer decoration, but pussy found it a dainty dish, and I could not be angry with her for satisfying her cravings at the loss of my plant.

Can we not take a lesson from this and eat what we crave, and is good for us, and can be got for the trouble of gathering.

ILLUSTRATIONS. My little friend,

starting from the hat which was green trimmed with another shade of the same blended with very little colour of any other shade jacket and dress of any other shade, jacket and dress of two shades; the whole forming a most pleasing costume.

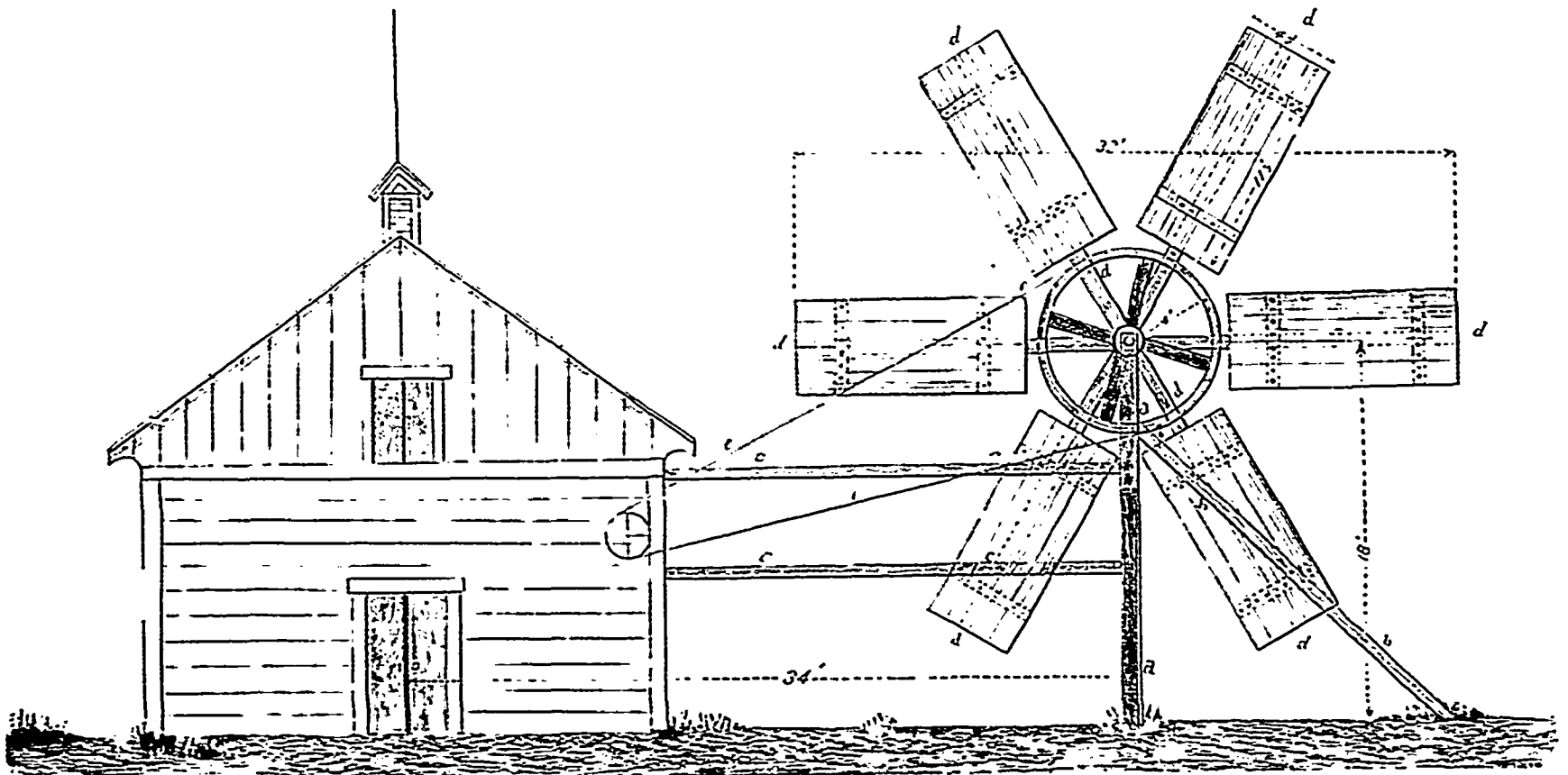
The head is given to shew the present style of dressing the hair; a parting down the front and the hair brought quite over the ear, is only an old fashion revived, though I never remember seeing the little poke or tip of hair behind now necessary to fasten the hat on.

HOW TO TRY ON SHOES.

There are special times and seasons for the trying on of new shoes. A larger pair of shoes is needed in summer than in winter. It is always best to try them on in the latter part of the day. The feet are then at the maxi-

walk right into health. Of course, there is no virtue in a dawdling walk. The slow and languid dragging of one foot after the other, which some people call walking, would tire an athlete; it utterly exhausts a weak person, and that is the reason why many delicate people think they cannot walk. To derive any benefit from the exercise it is necessary to walk with a light, elastic step, which swings the weight of the body so easily from one leg to the other that its weight is not felt, and which produces a healthy glow, showing that the sluggish blood is stirred to action in the most remote veins. This sort of walking exhilarates the whole body, gives tone to the nerves, and produces just that sort of healthful fatigue which encourages sound, restful sleep.—From "Have You Nervous Prostration?" in Demorest's Magazine for November.

AN EASILY BUILT WINDMILL.



The quickest way is to pull up the whole plant, strip off the leaves and top and treat just as you would spinach, which it resembles a little in appearance but is of a paler colour. It takes a good lot to make a dish, but will be found very good eating; they last much longer than the dandelion, but are not good for salad.

The greatest care must be taken in washing them as they catch the dust easily.

GOOSE-FOOT. Is another plant of the same species, and will be found in, and about the same place as lambs quarters, they all like plenty of good nourishment, hence the best place to look for them is near or on rich soil, they grow anywhere, but are only to be found in their prime under good surroundings.

The leaf resembles the foot of a goose, hence its name, Goose foot: (1) and very good it is, eat only the leaves and top of the plant, and boil and treat just like the others.

(1) Ch. nepotium.

who used to do illustrations for me, being home from school for Easter, made me a couple of sketches shew-



THE NEW SAILOR HAT.

ing the latest styles in hats. In dress and hair green is the prevailing colour. I have noticed one very pretty costume,

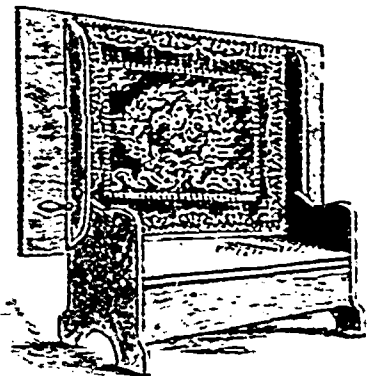
mum size. Activity naturally enlarges them or makes them swell. Much standing tends also to enlarge the feet. New shoes should also be tried on over moderately thick stockings. Then you can put on a thinner pair to ease your feet if the shoes seem to be tight. It is remarkable what a difference the stockings make. If they are too large or too small, they will be nearly as uncomfortable as a pair of shoes that are too tight. New shoes can be worn with as much ease as old ones if they are stuffed to the shape of the foot with cloth or paper and patiently sponged with hot water. Or if they pinch in some particular spot a cloth wet with hot water and laid across the place will cause immediate and lasting relief. Milk applied once a week with a soft cloth freshens and preserves boots and shoes.

WALKING FOR HEALTH.

When there is no organic weakness which is aggravated by the exertion, it is the easiest and pleasantest thing to

A SETTEE TABLE.

A settee table of oak has an adjustable top, which can be turned over by the removal of two pegs, making a high back to the bench, whose deep seat is utilized as a household linen closet.



A SETTEE TABLE AS SETTEE.

These tables are in great demand where the saving of space is an object and come in various sizes. They can be purchased without the top and used as a