

Poppies and Cosmos

Of late years there has been a growing taste for flowers which have a sort of Oriental appearance and the Poppies have come to the front. The odor of the poppy tribe may not be very agreeable and may give us to keen an idea of the presence of opium, but it is our fault if we inhale much of it, and we can admire the gorgeously rich crimson of the perennial—*Papava orientale*—the glowing scarlet of *nudicaule* or the delicately yellow Cambricum, and the annual varieties with their gossamer petals so sylph like, that one can imagine that the slightest breeze would blow them away. The perennial poppies are propagated by dividing the roots, but the less they are disturbed the better. The Cosmos are also fairy flowers—single of various brilliant crimson, purple or pink, flowers of loose straggling habit of growth with graceful delicate fringe-like foliage, easily raised from seed, and their very fragile appearance makes them very attractive, they continue in blossom until late in the autumn, propagated by seed sown early in the spring.

CURIOSITIES OF PLANT LIFE

Night flowering Campion or *Catch fly* has some curious qualities. It is one of the remarkable plants that opens its blossoms at night or on dull cloudy days, and like many other night flowering plants it exhales a delicate faint odor.

It is called "Catchfly" because just below the blossoms a sticky substance is sent out from the flower stem and this entraps insects which would climb up it to secure honey from the flower and would take it away without disturbing the pollen; and would therefore be useless in assisting the fertilization of other flowers to which they would otherwise carry it. So wise and wonderful are the provisions of nature that a close observe may find a reason for these peculiarities.

Household Matters.

(CONDUCTED BY MRS. JENNER FUST).

Many people complain that they never can or will wear flannel underclothing.

There are those who suffer from a tender and delicate skin, so much so, that the least bit of roughness causes them much real misery.

And there is no doubt about it; some people pay but little attention to this matter in children, but often put down to ill temper what may be caused from nothing but the irritation of the skin.

I have just been reading an article from an English paper on this very subject in which the writer speaks of a certain clothing just brought out that is going to make a revolution in the matter of underwear. If it proves successful, it will be a comfort to the tender-skinned people, and to every one else who studies and dress to suit the climate in which they live.

The whole question of health depends upon sensible dressing and living.

CELLULAR CLOTHING

Now let us look into this new departure and see what it will do for us.

Cellular clothing is said to be made in merino, silk and cotton; it is porous, light in weight and yet retains heat, the three qualities which ordinary materials do not possess together.

In a word, this cellular system, which might be called the common sense one, shows clearly that it is the air-containing capacities of these clothes which tend to keep the body in a healthy state in hot or cold weather.

In our climate, where the temperature varies so much one day from the other, the blessing of anything that will protect us from chills cannot be too highly estimated.

This summer has been a most trying one to many people, and in spite of due care being taken by many, quite a number of them have been laid up for days, owing to catching cold from the chilly air of the night, and the often damp rainy days.

In some cases this has been caused entirely by not dressing to suit the weather.

So we must hail with delight anything that will help us to amend our carelessness on these occasions.

I may mention that there is the complete suit: even stays are made of this material, and complete suits for men.

BREAD ROLLS

Hot rolls are very much appreciated for breakfast during the warm weather, especially by our menkind; but I am afraid that in these degenerate days we do not rise early enough in the morning