


dark stone color, add lamp-black; or if brown stone, then add Spanish brown. All these colors should, of course, be first mixed in oil and then added. This paint is much

cheaper than common oil paint. It is equally well suited to wood, brick or stone. It is better to apply it in two coats; the first thin, the second thick.

DOMESTIC ECONOMY.

FEMALE EQUESTRIANISM.

VERY lady should learn to ride; not at a mature age, when her frame has become exhausted by a sedentary life, and consequent ill health; nor even when, her school days being over, she is thought to have leisure for wholesome exercise; but in childhood, when her will is strong and her body obedient to it. Particularly in our large cities, too little care is given to the physical culture of young girls. Their minds are engaged, not often with energetic mental work, but with idle thought for dress and show, while no other exercise is taken than a measured daily walk, and occasional dancing and waltzing.

Where household labor is disdained, and no opportunity can be afforded for floriculture or any other agreeable out-door occupation, there is no substitute so good as horseback riding. But for the country girl it becomes indispensable. Not her health, perhaps, but her happiness demands it. No woman ever rides so well as one who from childhood has loved her pet colt. She has chased him, perhaps, for hours around a "ten-acre lot;" and when, his frisky mood over, she has been able to take him coaxingly by the mane and lead him to a mounting place, great was the triumph of her wild ride. And no training or care can give the freedom and skill of this youthful practice. When, at length, she is able to bridle and saddle him, her seat may be somewhat faulty, and her use of the reins awkward, but these faults are easily remedied, and are certainly atoned for by her freedom and fearlessness. Besides, no one can fully enjoy riding who does not both love and admire the noble animal which she rides; and the quick intelligence of the horse yields ready obedience to the hand and voice of a woman who has learned lovingly to control him. His affectionate nature yields to her the mastery, often more readily than to a strong power.

Well mounted on a strong, spirited horse—with a wide country before her—on a clear, cool day with a love for all the

beauty around her, of the noble animal beneath her, and glowing with the bounding life within her, a lady capable of enjoyment is certainly prepared for it then. The first gentle pace of the horse starts the warm blood in her veins, and as both become excited, the glow tingles to the very finger-tips. The close-clinging to the horse, the slight reliance upon stirrup and bit and the generally light proportion of rider to steed, give a feeling of being possessed of the powers of new life, of riding upon the whirlwind, and yet controlling it with a word.

This combination of a sense of weakness and of power, as every woman knows, is her greatest delight, and is the secret of many an enjoyment which she attributes to other causes. If a quieter mood possess the rider, there is no such pleasant manner of strolling over a wide extent of country, otherwise inaccessible. The discoverer of new paths and openings in woods and hilly country, where momentarily changes are succeeding each other in the panorama, affords delights which are not attainable in any other way. Even hundreds of miles of travel are more pleasantly accomplished in the saddle than in any other manner, even by ladies; provided always that they be well attired and well mounted. Then the companionship of friends is infinitely more sweet under the exhilarating influence of active exercise, fresh air, and keen, physical enjoyment. What so gay as a party of high-spirited equestrians? The emulation of riders and horses adds a new element of enjoyment, while the beauty of every fair rider is enhanced not only by the glow of pleasurable excitement, but by the contrasts of color and form which each may present, in her habit and her horse. Companies of ladies and gentlemen, in full hunting suits, bounding in all the excitement of a race over a smooth stretch of road, or better still, over wide meadows, in eager chase, present one of the most beautiful sights imaginable. Of the healthfulness of this most delightful accomplishment too much cannot be said. But certainly its benefits must