

stockings have been worn, but, it may be added, with little if any additional comfort to the wearer.

The shoes should be roomy and never tight. Shoes tight about the ankles have the same effect upon the feet as gloves with tight wristbands upon the hands. Many are very comfortable with ordinary leather shoes with a pliable sole, if rubbers or arctics are worn over them. Others will need felt shoes extending well up the ankles, or some may find the most comfort in soft moccasins, with a leather sole or insole. While walking, both felt shoes and moccasins have to be protected whenever the snow is melting or damp. "Snow-packs" (water-proof moccasins) are very satisfactory on damp days.

Foot-muffs are best made with the back extending the length of the chair. The front piece should extend about half way to the thighs. They may be made of quilted material being stuffed with cotton and several layers of newspapers or with wool. For men, the lower part may be sewed up like a bag. For women, the front piece may be slit and fastened after overlapping by "frogs" and loops. These muffs may be made of fur robes. Those of fur sold for automobiles are ideal. The front is open at the side and held in place by spring half hoops.

Foot-muffs are far better than heated "soap-stones" (slabs of this stone) or hot water bottles. Heated bricks, wrapped in cloths or paper, can also be used and Japanese foot-stones may be necessary for some. However, all such things as "soap-stones," hot water bottles, etc., in many cases seem to cause chilblains and should be avoided when possible.

Leggings of leather for men, over the trousers, and of wool for women, give great protection and warmth. These are much more convenient than "Pontiacs"—thick felt boots reaching to the knee—but hardly so warm. Rubber covering of some sort must be worn with Pontiacs, but this combination is undesirable because it produces excessive perspiration of the feet.

HEAD AND EARS

Many "sitters-out" find they can do with little covering for the head, provided their coat collars are sufficiently high. An ordinary cap or tam-o-shanter, is all that many find necessary while sitting on a protected veranda. However, some need much more and for these caps of all variety are in the market. A good cap is one that can be used to cover the ears and affords some protection from flying snow and glare of the sun to the

eyes. The material may be cloth, plush or fur as you wish or feel you can afford. A toque, a long knitted woolen, elastic, conical bag, with a tassel, is very comfortable, and with many is the favorite covering for the head.

WRAPPING UP

Many devices have been offered to enable the "sitter-out" to keep warm, and rugs of various kinds of material have been used. Fur is by far the best, but it is the most expensive. At any rate, everyone should have two rugs or a sleeping bag and one rug. Steamer rugs are good, but expensive, and if it came to a choice between one steamer rug and two horse blankets, the two blankets would be preferable. In purchasing rugs and horse blankets one should see that they are sufficiently large, say five by six feet. Ordinary blankets or quilts may answer when rugs or horse blankets are unobtainable.

Sleeping bags, already mentioned, are made of some warm material, well padded. They encase the lower limbs and come well up on the body, affording very good protection against the cold. They are highly recommended by those who have used them.

It is practically impossible, in a written article, to teach one of the best methods of using wraps. Much must be necessarily left to the invention, taste and available articles of the individual "sitter-out." The following, however, may help:

Spread the rug on the reclining chair. After sitting down grasp the part of the rug lying on the right of the chair and with a quick motion throw it over the knees and feet and tuck it well under the legs. Then do the same with the part of the rug on the other side, but leave the edge free. Now grasp the edge of the rug lying on the right side and pull it up hand over hand until the end which was lying free beyond the feet is reached. Then pull up the far ends of the rug, taking care to uncover as little as possible of the legs, and tuck both sides under the knees. This will give three or four layers of rug over most of the legs, but only one over the feet. It forms, however, a bag out of the rug and no air can enter. A second rug, folded and thrown over the first, makes such a covering that the coldest weather can be defied.

If these general principles are followed the winter cure will not be so terrible, but one must always keep before one's mind the great goal of getting well which such a course brings nearer to him than anything else.

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GOD ALMIGHTY FIRST PLANTED A GARDEN.—BACON.