

cause with. The prevalent opinion is that the morning air is the purest, most healthy and bracing, but the fact is that the contrary is the case with respect to the hours before and about sunrise. At no hour of the day is the air more filled with dampness, fogs and miasms than at about sunrise. The heat of the sun gradually scatters these miasmatic influences as the day advances. An early meal braces up the system against these external influences. Every one knows the languor and faintness often experienced during the first hours in the morning, and that this is increased by exercise and the want of food. We once lived for a number of years close to a pond of water and a swamp where in the morning the fog covered everything around it, and we found after a long fight with every form of malarial fever, ague, etc., that we should either have to "pull up stakes" and move away, or invent a remedy, and since we have tried the early hour breakfast plan have had no trouble. Let those who have the least fear of malarial fever avoid the boarding-house plan of a long walk before breakfast. In all malarial districts if breakfast for any reason cannot be had immediately, a cup of coffee, well milked, should be drunk by those who labour out of doors as soon as possible after rising. Then let them attend to the chores, or mowing, hosing, etc., for an hour or two while the team is feeding and breakfast is preparing; you will feel better and do more work. By following this plan and avoiding the habit of going bare-foot, which so many do before sunrise and after sunset, many dollars worth of doctors' bills will be saved.

IMPROVE THE HOMESTEAD.

Every owner of a farm, be it small or large—whether only "ten acres enough" or a tract of hundreds—should make such improvements annually as will enhance the attractiveness and value of his premises. About the dwelling there is usually abundant room for changes for the better, and such as would prove decided improvements. The planting of trees of various kinds, both fruit and ornamental, is one of the investments the farmer can make at this season, and we urge its importance upon all whose premises are not well supplied with these useful and attractive appendages. The outlook from the house should be rendered pleasant by its surroundings, including flowers, shrubs, vines, trees, lawns, neat fences, etc. These things cost but little in time and money, and return many fold in the enjoyment of a family and its visitors, while the outlay is more than repaid in the enhanced value of the homestead. Not only farmers, but village and suburban residents who have sufficient ground—and a few rods afford space for a fine display—should give this matter of beautifying home special attention every spring, and not neglect it during summer and autumn.

But there are other ways in which to improve the appearance and value of farmsteads. Good buildings, fences and the like are among the most prominent factors in enhancing the money value of a farm, and generally will first attract the attention of those desirous of purchasing. A good orchard of choice fruit is another permanent improvement which augments the valuation of one's premises. Farms that are well drained are of course far more productive than those whose surface is interspersed with swamps, swales, or wet and cold spots. Underdraining is an investment that would pay large and continuous dividends on many farms where it is considered unnecessary. These and other matters which we need not even enumerate are worthy of special note with a view to future action, and we trust they will not be overlooked or neglected when the proper season arrives.

HOW TO WHITEWASH.

The *American Agriculturist* gives the following directions for whitewashing: "Procure fresh-burnt lime, not that partly air-slacked. The large lumps are best. The fine portions and small lumps will not make a wash that will stick well. For this reason, lime that has been burned for several months is not as good as that just from the kiln. Put a pound or two into a vessel, and pour on boiling water slowly until it is all slacked and is about as thick as cream; then add cold rain water until it will flow well from the brush. Stir often when using it. A few drops of bluing added will give it a more lively colour. One or two tablespoonfuls of clean salt, and one fourth pound of clean sugar to a gallon of the wash, will make it more adhesive. If the walls have been whitewashed, let them be swept thoroughly, and if coloured with smoke, wash them clean with soap-suds. A brush with long, thick hair will hold fluid best when applying it overhead. If a person has the wash of the right consistence, and a good brush, he can whitewash a large parlour without allowing a drop to fall. When it appears streaked after drying, it is too thick, and needs diluting with cold water. Apply the wash back and forth in one direction, and then go cross-wise, using a paint-brush at the corners, and a thin piece of board to keep the brush from the wood-work or the border of the paper. Colouring matter may be mingled with the wash to give it any desired tint. To make a light peach-blow colour, mingle a small quantity of Venetian-red. For a sky-blue, add any kind of dry blue paint, stirring it well while mixing. To make a wash of a light straw colour, mingle a few ounces of yellow ochre or chrome yellow. The colouring matter should be quite fine to prevent its settling to the bottom of the vessel."

CARE OF FARM MACHINERY.

The advantage of keeping farm machinery from unnecessary exposure to the weather is cogently insisted upon by the *Ohio Farmer*, which says:

We have noticed that ploughs last, on an average, about three years; waggons, eight to ten years; reapers, five to eight; drills, eight to ten. We think these figures are fully as large as the truth warrants. We know of many implements that have not lasted so long, and of many which have lasted much longer. We to-day can point to waggons that have been in constant and hard use for twenty years, reapers that have stood the wear and tear of liberal use for more than fifteen years, drills that have been in use as long, and other agricultural implements that have stood the wear of fully twice the average age of such implements. These implements were not made of unusually good materials nor were they suffered to lie idle. They were put to constant use. What, then, is the secret of their greater endurance? It is simply this—they were taken care of. When not in use they were put away properly.

These implements not only lasted longer, but while they were in use they very rarely failed. They were always ready for work. The reapers did not break down in the middle of harvest and compel all hands to lie idle while some one went to the railway station to get repairs; drills did not fail just when the wheat ought to be sown; the waggons were not always breaking down and occasioning delays and vexation. Another thing may be said in their favour, and that is that they always did good work. The reapers cut a smooth stubble, and put the grain down in good condition; the ploughs did not refuse to scour; the drills put the wheat in just as a first-class drill would; and these implements did good work not only while they were new, but till the last year they were in use.

HINTS FOR THE HOUSEHOLD.

POLISH oilcloth with kerosene.

CLEAN grained wood with cold tea.

WASH matting with salted water.

TURN-OVER collars, with fancy neck-ribbons, are now fashionable.

To make a good liniment that should be kept on hand ready for use in cases of bruises or sprains: Add one-half ounce oil of wormwood to four ounces of alcohol.

"ALWAYS use good manners at home, and then when you go among strangers, you need never be alarmed, for it will be perfectly natural to you to be polite and respectful." This is true; and we have always thought that the best and easiest way to do anything right, was to get into the habit of doing it right.

THE housewife who is on the lookout for little ways to economize will find it to her advantage, if she has seamless sheets which have been used for several years, to tear or cut them in two in the centre, and sew the outside edges together; lap them and sew with a machine. Or they may be sewed over and over. Hem the raw edges. Sheets turned in this way will last for a long time.

A VERY pretty way to cover an old-fashioned square stand (and almost every home has at least one) is to put over the top smoothly a fine piece of scarlet or blue silesia, or cambric; over this put a cover of any pretty openwork lace or muslin. Then put a piece of the silesia about thirteen inches deep around it; cover this also with the lace; the effect is excellent, and in this way a useful article of furniture is redeemed from positive ugliness and deformity. If the legs are scratched or marred, a coat or two of varnish will make them look all right.

EVERY breadmaker has observed that the temperature at which her dough is kept while rising has a decided influence upon its quality. If it is kept warm, so that the process of fermentation goes on rapidly, the bread will be whiter and tenderer than if it is allowed to rise in a low temperature. The little yeast plant with the long name flourishes best at a temperature of about 72°, and when it has abundance of sugar to feed upon. If no sugar is put into the dough the plant converts the starch of the grain into sugar and feeds upon it.

THE mothers of little girls from one and a half years old onward can save themselves a great deal of work, and at the same time can have neat looking children, by making dresses for them out of the plain blue or pink gingham now seen in almost every store. The young mother of a first baby invariably feels that she owes it to this child to dress it for the first two years of its life in white. It is impossible to do this without expending more thought upon it than should be given. The coloured ginghams are so delicate in shade, and can be so tastefully made, that there can be no objection to them.

A CANE-SEATED chair is at best not very comfortable in cold weather, and may be improved by fastening a moveable cushion to the back, at least, if not to the bottom also. This may be accomplished in various ways. One easy way is to purchase a scarlet Turkish towel, fasten a layer of cotton to it, line it with Turkey red calico, and catch it to the top of the chair with bows of ribbon, and at the bottom with some stout cord. The seat may be cushioned in the same way, and if the chair is small the towel will answer for both cushions. Patchwork or cretonne may be used in place of the Turkish towelling, but that is both serviceable and pretty.