

day. Fill your lungs and exercise your body in the open air and sunshine for at least twenty minutes daily. Never let rain keep you in; as long as you are able to be up and working about the house, you are able to run out for a short time into the open.

Do you realize what you are doing as you sit at your sewing-machine day after day, or drive away at your typewriter, never pausing to take the needed rests, the breaths of air, the relaxation and the exercise you need?

The work has to be done, you say, and money must be earned. Ah, yes, I know; but what if the extra money so earned each week must be given up to a doctor in the end? Will it pay? That is the question. Does it pay to risk your health and your life? Is it not better to do with one silk waist less, or cut your pleasure bill in half? What good will even promotion do you if health fails and you fall back into invalidism just as your foot reaches the higher rung?

Daily air and exercise, good, simple food in moderation, sufficient sleep, a fair amount of work and play, pure water freely taken internally and used externally—these, together with temperance in all things and a proper disposition and control of the mind, are the open secrets of healthy, wholesome lives.—[Circle.]

## With the Flowers.

### LYCOPODIUMS.

Lycopodiums comprise the club mosses, the species sold by florists being chiefly the selaginellas, wonderfully dainty little erect or trailing plants, somewhat resembling certain species of seaweed, and marked by colorings very unusual in the plant world, the brightest of greens and most metallic of blues and bronzes. Selaginellas are often used for covering the bare soil in large tubs in which other erect plants are growing; but, by themselves, they form very handsome table decorations. They are usually of easy culture, requiring only the same soil as ferns, with perhaps a little more sand, a shaded situation, secure from frost, and plenty of moisture. They are very easily propagated by cuttings kept continually moist.

### THE DRACENA.

This is a genus of tropical plants represented by a few very handsome species in our greenhouses. Most of the Dracenas (and some of the Cordylines, which are sometimes sold under the same name) have broad or sword-shaped leaves, which curve gracefully downward, and are often handsomely variegated, with white margins, with yellow bands down the center of the leaf, with white spots, or with tints of red in the younger leaves. Probably the most satisfactory kinds for house culture are Sanderiana, Albo-marginata, and Gladstonei. All require a rich soil and warm temperature. They should be grown very quickly until as large as required, then they may be permitted to become pot-bound. Give manure water from time to time, and keep in a good light.

### A COUNTRY ROAD.

Not this road, friend; 'tis whim of mine

To turn my back on beech and pine  
And running brooks that sing and shine,  
The while your prospects you define,  
And press your suit with ease.

I went this road another day,  
A glowing, pulsing, perfect day.  
The growing grasses laughed with me;  
The young leaves quivered in their glee;  
The ox-eyed daisies peeped to see  
So glad a thing as I.

As I, a-tremble with sweet fear,  
Because of one who lingered near,  
Because he whispered in my ear  
The very words I longed to hear;  
Because—because he was so dear—  
Not this road, friend, I pray.

Of this one spot my thought doth make  
A garden rare for old sake's sake;  
And should your foot crush fern or brake,  
Or ox-eyed daisy, wide awake,  
This worldly heart of mine would ache—  
Not this road, friend, I pray.

—Jean Blewett, in The Canadian Magazine.

## The Ingle Nook.

### A FORMAL DINNER.

We have been asked more than once, recently, for information in regard to serving a formal dinner.

In the first place, the menu is to be considered. It may consist of six, five, or even four courses. In the country, five would seem to be quite sufficient, the grapefruit or oysters being left out.

1. Oysters on the half-shell, or grapefruit.

2. A thin soup.

3. Fish with sauce, fish timbales, or a vegetable entree consisting of asparagus, spinach, etc., or chicken timbales, or macaroni. The fish and entree may make up two courses, if preferred.

4. The roast—filet of beef, chicken, spring lamb, according to the season. With the meat course, serve potatoes and one other vegetable. Potatoes are also sometimes served with the fish course.

5. A green salad, or tomatoes, with small crackers or salted wafers, and a fancy cheese.

6. A sweet.

Coffee may be served last of all at the table or in the drawing-room.

Setting the Table.—First of all, the silence cloth should be smoothly placed, and over it the tablecloth, which should be of immaculate whiteness and of fine quality of linen. The napkins should be large. Elaborate table decorations are not now in much favor; a handsome centerpiece, with a clear-glass (cut glass, if you have it) bowl filled with loosely-arranged flowers, being deemed sufficient. Small bouquets (bouquets de corsage and

at the same time removing the oyster or grapefruit plate. When she removes the soup plate, she still leaves the service plate, so that the guest is at no time without a plate; but when she brings in the fish she takes the service plate away.

In this way, the dinner proceeds until it is time to serve the sweet, each plate being removed according as the next is brought on. Before serving the sweet, the waiter removes everything but the bonbons and the water glass, and brushes off all the crumbs with a napkin into a plate; a tray and knife, still less that abomination a brush, are never used now for removing crumbs. . . . After the sweet, the coffee is served.

Just one point more—a dinner should never be so elaborate as to "laugh at" the pocketbook of those who gave it. Provided it consists of but four courses, it may still be of such excellent quality and served so daintily as to be formal enough for any occasion. . . . One very prime requisite is that the hostess be, apparently at least, utterly unconscious as to how affairs are progressing in the kitchen. Her manner must imply that all the wheels are well oiled, and that the service is to be so perfect that it does not require a thought from her. Just so sure as she is nervous, or pre-occupied, with her attention clearly following, and with trepidation, the course of the dinner, her entertainment is sure to be spoiled—much more spoiled than though the pudding were heavy and she put it off with a laugh. She must try to forefend mishaps, but she must understand that should one occur, though she weep tears of mortification in private, she must preserve a gay good humor, an unruffled serenity, before her guests.



A Dinner Table Properly Set.

### Thanks to Jack's Wife.

"Interested Reader," Grey Co., Ont., sends thanks to Jack's Wife for her article on footing stockings. She says she footed six pairs right away, found they were just as good as new, and thereby saved "double the price of 'The Farmer's Advocate' in a day." Jack's wife certainly believes in the maxim, "If you know a good thing pass it on."

### Hints for the Home Seamstress.

An excellent way to utilize a child's half-worn summer dress is to cut out the sleeves, bind the armholes, and make an eating-apron of it.

Save all the bits of lace and embroidery left from making summer gowns. They may be utilized for making the dainty little ties and jabots now so popular for wear with linen collars.

Be sure to bind the bottom of the skirt of your tailor suit before wearing it. Select mobair braid matching the color of the skirt, and run it on by hand with one end of the braid extending just a little below the edge of the skirt. Skirts are very apt to sag after being worn a while, and the braid prevents them from fraying around the bottom.

To get the correct length of a short

skirt, mark on a yardstick the number of inches you wish the skirt to be above the floor. Put the skirt on the person for whom it is intended. Hold the stick in an upright position, with one end resting on the floor. Mark the skirt with a piece of chalk, according to the mark on the stick. Move the stick all around the skirt, and mark the skirt as may be necessary. Be careful to keep the yardstick always in a vertical position. Turn the edge of the skirt, and baste according to the chalked lines.—[Circle.]

### A New Chatterer.

Dear Friends of the Ingle Nook,—Having recently read of someone who wished to know a cure for warts, I would like them to know of a very simple and yet effective cure, which is to apply castor oil and salt as often as one can think of it. By persisting, you will in a short time see them gradually disappearing. Now just a few words regarding the subject we see so often of drudgery of housewives on the farm. I often wonder is it really those whose homes are on the farm who are writing, or is it someone who is just looking on the life apparently seeming a drudgery to them? I think ours may be the busiest life, but have we not many more pleasures, more comforts, and certainly more of the beauty of nature to enjoy than our sisters in the city? And if some farmers' wives do work at some outside employment, it, no doubt, is because they enjoy it, and not because it is unpleasant, or that they are compelled to do it. She who, it may be from necessity, is a helper in the heavier part of the work ought to be bright, cheerful and happy, thankful she has the health to be out and give assistance; and then when the busy harvest season is over, she may, with her brother or husband, go and have plenty of time together to enjoy the outside world and other pleasures. I think the mistake is made in our way of looking at our work, either with happy, pleasant thoughts, or that down-hearted, discontented way, which none of us ought to have.

Now just a moment as to the girls in town, who rise early, go to the office, school, shop or mill, see nothing but the same thing day after day. What can be more monotonous than the city girl's life? The only change she has is a few holidays in the heat of summer, when we may have a holiday, a rest, or a change almost any time, and our work is always something new. We may always have an hour or more each day to practice music, read, or to indulge in any other pleasure, which our city friends have not, except in the evening when tired after the day's labor.

Now, in conclusion, let us all be thankful for the many blessings we have to enjoy, and try to throw off all discontentment and sadness, and look toward brighter and happier future.

Brant Co.

EVELYN E.

### Lemon Sponge.

Two cups of boiling water, half a cup of cornstarch, large half cup of sugar, juice and grated rind of one lemon, pinch of salt. Cook in a double boiler until thick. Take from the fire and stir; then add the whites of three eggs, beaten to a stiff froth. Stir together, and serve cold. Sauce to go over it: Yolks of the eggs, one cup milk, two tablespoons of sugar; flavor to taste. Cook in a double boiler until done.

Islander is away from home, and will write you when she gets back. She sent this, as it has been requested. M. H.

We are glad to know that Islander does not forget us, even when she is away for a holiday. Please convey her our thanks for lemon-sponge recipe.

### Canning Pears—Suggestions.

Dear Dame Durden,—Just a short letter this time asking if you or any of the Chatterers can let me have a good recipe for preserving hard pears.

Here also are a few wrinkles which I have found out recently, and which may help some other busy little woman: When preparing raisins for fruit cake, instead of chopping them with a knife, just clip each raisin in three with your scissors; this saves time, and is more satisfactory. When baking cookies, try turning the bake pan upside down, and place cookies on the bottom, and unless your oven is "ablaze" you will never have a scorched cookie.