

### Women as Presidents.

I think the great mistake made by presiding officers of both sexes is forgetfulness of the fact that they are not called upon to rule the opinions of the meeting, writes M. Louise Thomas, the ex-president of Sorosis, in an article in the December *Ladies' Home Journal*. I have noticed that men, as much as women, are apt to endeavor to control the action of the meeting over which they had been called upon to preside, and that is something which I consider always objectionable. It is so very clear a matter that the chairman is merely the pivot upon which the whole matter turns, and not the controlling genius of the sentiments of the meeting, that I am sometimes surprised to see people arrogate to themselves powers which they do not possess, and which were never intended to be conferred upon them.

### Making a Good Salad.

Have your salad bowl, which is, of course, one sufficiently large to allow the salad a thorough tossing without sprinkling either the maker or the tablecloth, rubbed with onion, and the lettuce leaves, which have been carefully washed and thoroughly dried, brought to the table in it, writes Frances E. Lanigan in December *Ladies' Home Journal*. It is well to allow the lettuce to lie in ice water for an hour before you are ready to use it, in order that it may be crisp and cold. Lettuce is one of the things which incorporates with great rapidity any substance with which it comes in contact, and consequently the flavor of the onion becomes a pleasing, but not predominant, portion of the dressing. To make dressing sufficient for from six to ten persons measure with your wooden or silver salad spoon six spoonfuls of oil, to be poured as you measure it upon the lettuce, and the leaves thoroughly tossed in it. Then dissolve in two saladspoonfuls of vinegar two saladspoonfuls of salt, pour over the leaves, and, after another thorough tossing, serve. The great secret of French dressing is, that given the proper proportion, each leaf shall be thoroughly moistened, and for this reason stress is laid upon the tossing and mixing in the bowl. Salad is served after the meat or game course.

### The Use of Perfumes.

Nothing is more sinned against today than the use of scents, writes Mrs. Burton Harrison in the December *Ladies' Home Journal*. To the many people to whom any strong odor is distressing, the present reign of scent bags in the garments of women who frequent public places and public conveyances is intolerable. It is only the faintest suggestion of a refined perfume that should ever be allowed to hang even for a moment about the belongings of a well-bred girl; and even such a casual use of the merest whiff of the dainty and impalpable essence should be rare; to wear any redolence upon her person in sachets is unpardonable.

### Mr. Childs to Girls.

My advice to the girls and women with whose educational progress I have in any respect been identified, writes Mr. George W. Childs in an article on "Girls I Have Educated" in the December *Ladies' Home Journal*, has always been to keep out of debt, to dress

plainly, to be careful in their behavior toward men, and as careful in their behavior toward women; to be respectful to their employers, and to be truthful. I have not scrupled to say to them that in my experience the most refined women have been those whose tastes in matters of dress have been most quiet and plain, and that the working girl should above all things avoid extravagance in dress. I have found that girls and women are apt to run into debt for clothes, and whenever such cases have come to my knowledge I have proffered my assistance toward restoring their credit, upon the express stipulation that they should never again put a chain of that sort about their necks.

### Hints for the Linen Closet.

Sheets should always be of generous length and width; never less than two yards and three quarters long, with the breadth, of course, depending upon the width of the bed, writes Maria Parloa, in a valuable article on "Furnishing the Linen Closet," in the December *Ladies' Home Journal*. While linen sheets are desirable, they are not within the means of all housekeepers of even fair incomes. Cotton cloth makes a satisfactory all-the-year-round sheet, and a good quality can be purchased at from twenty-five cents to seventy-five cents per yard, the cloth being from two to two yards and a half wide. Indeed, one can buy good sheets already made, two yards and a half wide, for one dollar and a quarter and one dollar and a half apiece. It is always more economical to buy the cloth and make them at home, for two hems do not mean much work. Unbleached sheeting may be made up, and bleached on the grass. Buy unbleached cotton for servants' sheets and pillow cases, but do not make them too small. If the bed linen be made of generous proportions it will protect the bedding and be more comfortable for the sleepers. Linen sheets, three yards long, can be bought for from five to fifteen dollars per pair. Pillow cases to match sell from two to three dollars and a half a pair. The finest are hemstitched.

### Things Worth Knowing.

A two-guinea prize plum pudding: Out of 500 recipes sent the Queen the following was awarded the prize: One pound of raisins, one pound of suet chooped fine; three quarters of a pound of stale bread crumbs, quarter of a pound of brown sugar, grated rind of one lemon, quarter of a pound of flour, one pound of currants, half of a nutmeg, grated; five eggs, half pint of brandy, half pound of mince candy orange peel. Clean, wash and dry the currants. Stone the raisins. Mix all the dry ingredients well together. Beat the eggs; add to them the brandy, then pour them over the dry ingredients and thoroughly mix. Pack into greased small kettles or molds (this will make about six pounds), and boil for six hours at the time of making and six hours when wanted for use. Serve with hard or brandy sauce.

Excellent and economical jelly can be made of the rinds and cores of any good, juicy apples which have been pared for pies or puddings. Every particle of the fruit is thus used.

An ice palace was a feature of a recent charity bazar. It was an open-sided small pavilion, where ices were sold by

fair-haired damsels clad in tulle and diamond bepowdered. The edifice glistened and glittered in the electric light and none of the wondering beholders guessed how the effect was produced. The frame was covered with cotton-batting lightly bound on with thread, and then wet from a garden hose with a weak solution of mucilage. It was then plentifully sprinkled with powdered mica, which was procured at a factory.

When the edge of a rose-blanket becomes worn it may be very neatly buttonholed with Scotch yarn or worsted to match the borders in color.

To clean zinc: Wipe it perfectly dry so that there will be no water in it, then pour in kerosene, a little at a time, and scrub well with a scrubbing-brush and all the black spots will come off that will not with water. When sufficiently clean pour in boiling hot water. This cleans sinks and bathtubs beautifully.

### HEALTHFULNESS OF UTAH CLIMATE.

If people who have never visited Utah should judge its climate from what boomers have written, they would, no doubt, expect on coming here to find the healthiest and most delightful climate on earth. But in this essay the writer will try to do justice alike to its merits and its demerits.

To begin with, let us consider its constitutional effect upon the people. In the first place, it causes them to grow tall. This is noticeable in the contrast between European parents and their Utah reared children. The former may be short, stout, people; the children will generally be tall, lithe, and agile. This is due mostly to the climate. Where the air is light and pure, children feel more nimble and cheerful. In this condition they exercise all their muscles, and exercise, quite as much as the lime-stone in our water, makes them grow.

It also affects greatly the complexion, the hair, and the beard. The climate of Wales, for instance, is damp and heavy, the sun scarcely ever shining. But the complexion of people coming from there is very white, and the hair very dark and oily. This is seen in the missionary who has been laboring there. When he leaves home he may have very dark skin and light hair, but on his return what a change is seen! His hands and face are soft and white, his hair and beard a shade or two darker. But place him again on his farm, and in a very short time, he is the same parched stick he was before.

Then, of course, the climate has more or less to do with the workings of our minds. In an extremely hot climate how are the minds developed? Not at all. All the inhabitants of such a climate care for is something to eat and drink. This is also true in a very cold climate. The mind is dormant. But in a climate like ours, mild, pure and invigorating, the mind is always active, bright, and inventive. And is it any wonder when nature spreads around us material in every form, for our minds to exercise upon?

The mountains of Utah not only assist in making our climate so healthful, but they infuse into the hearts of the people an intense love for liberty, a love seldom found in places where no lofty peaks are seen and no heaven-distilled breezes fill the lungs.

Many people come to Utah from all parts of the world to try her climate in