

IN A WOMAN'S SPHERE.

CONDUCTED FOR THE "NEWS" BY MRS. FRANCES M. RICHARDS.

The Food We Eat.

Shall we eat more than two meals a day is a question which requires a little consideration on our part before we proceed to discuss the dinner and how it shall be prepared, and of what it shall consist. First to be thought about is, as always, what are the individual circumstances of the case? Are you dwellers on a farm? If so, this time of year, there is not much work for your men folk to do, and it would be well for them to reduce the number of their meals, as they are not consuming as much material as they do when in the harvest field, and even yourself, if you are the busy housewife it will be better if you will not crowd your stomach, but eat only enough to sustain yourself in health. If you are working in a factory, or in a shop, and are obliged to have breakfast at six o'clock in the morning, and you could eat three meals a day, only the first one ought to be so light that it could scarcely be called a meal. There are very few occupations during the winter months which would justify a person in eating more than two meals. Now, whether you will agree with me or not, I want to tell you the truth, and that is, that this matter of eating one, two, or half a dozen meals, in one day is simply a matter of habit, and it can be regulated to suit the notion of the individual who wishes to take himself in hand. The man who eats, as a certain family living near me, do, five meals a day would assure you that it was just as impossible for him to get along on four meals as the one who is now eating three meals would find it impossible to get along on two. The stomach is an organ which is extremely sensitive to habit. You cannot expect a certain mode of eating, and if it is a change from the old custom, for a few days the stomach will protest. But by and by the normally healthy organ will adjust itself to the changed condition, and go on about its work the best way it may. You will hear some thoughtful person say, "Oh, well, I am not going to give up good things to eat, nor cut myself down in the number of meals, for what is the use of living if one has to continually deny himself?" Such remarks cause a sensation of mixed pity and contempt in the mind of a listener who lives for something better than gazing and gobbling, and a great pity is felt for the weak minded individual who chafes away so recklessly his time and talents upon this earth. If you are a person with an ambition above your waist line, and if you feel that you are here on this earth for a divine purpose, I assume that you will be quite ready to ask yourself, what is the best thing for me and my family? Our circumstances are as such, and so, now when and what shall we eat to be healthy, full of vigor and able to make the very most of our time upon this earth? In the winter time, it must be very unusual circumstances which would require you to eat more than two meals a day, one at eight in the morning, and the other at three or four o'clock in the afternoon; and then, let me beg of you not to eat between your meals. After a day or two you will find that you do not get hungry, and the slight headache caused at first by the change in your meal times will disappear to return no more until you go to the three meal system. After a few hours about the house, and a few more meals and seven is much better.

The Clothes We Wear.

Is there any one thing more unsatisfactory to the woman who fash herself getting along in years than the aggravation of getting shoes that will not either pinch or over her foot, or pinch into excruciating misery the corn which has at last appeared upon her once unblemished foot? It is very difficult to get shoes to suit you, unless you have that narrow, long and rather low instep foot which all the shoemakers seem to have in mind when making shoes. But I want to tell you a secret, if you do not already know it—the whole difficulty in getting shoes to fit lies in the width, and I will now say the whole difficulty, for the maker of the shoe has something to do with it as well. Remember the name of the shoes that fit and of those which did not fit, and then be sure and get the shoes wide or narrow enough to be quite comfortable and you are all right. If you can wear a No. 3 shoe, if it is wide, it is wide that does not argue that you can decrease the width of your shoe if you choose to take longer shoes to suit your foot in the prevailing fashion. The width of the shoe does not increase proportionately with the length, remember that. And a narrow shoe, even if it is much too long for you, will surely develop either a hard or a soft corn. Therefore, learn your width of shoe and then never for the sake of convenience or style allow yourself to be coaxed into getting one narrower. As to the stocking, it is far more comfortable to most people to wear cotton hose all winter than it is to put on cashmere or even heavier ones. The women here are decided upon a pair of shoes at least one size larger and quite as wide as your old ones. If you do not, you have my sympathy.

CRUELTY TO CHILDREN.
A little child, and it wasn't a girl, strange to say, was brought to a doctor the other day with a hacking cough and a pale, listless face, and the mother was greatly distressed. Her infant, consumption was manifesting itself in the once rosy cheeks of her darling. I didn't take the shrewd physician long to unravel the mystery, and to find out where the seat of all the difficulty lay. In a very few minutes he had undressed the child, and found upon its body a pair of stiff, starched corsets, which were called in the shops underwashes, but which have bones and heavy dottle seams, with cords and starch to make the whole snug (God save the mark!) and which had shrunk, but which the mother had kept on the child because she did not wish to let him hear others. These wasters by frequent washings and the natural growth of the child had become at least two inches too small for the child, and found upon its body a pair of stiff, starched corsets, which were called in the shops underwashes, but which have bones and heavy dottle seams, with cords and starch to make the whole snug (God save the mark!) and which had shrunk, but which the mother had kept on the child because she did not wish to let him hear others. These wasters by frequent washings and the natural growth of the child had become at least two inches too small for the child, and found upon its body a pair of stiff, starched corsets, which were called in the shops underwashes, but which have bones and heavy dottle seams, with cords and starch to make the whole snug (God save the mark!) and which had shrunk, but which the mother had kept on the child because she did not wish to let him hear others.

Our Children.

THE INFANT.
Our dear little baby has been dressed to warts and loose clothing, and the next question to consider is, when and how shall he be fed? It is somewhat disputed point with the best physicians as to whether baby should be put to the breast directly he is dropped or shall be laid down in a soft, cozy crib to rest after all the unusual handling. Some say that it is an excellent thing for the mother to have the child at once. Others think the child is weary with all the unusual handling, and it should be allowed all the time which it will take of its own accord to rest before being put to work again. And it is well for the infant to nurse every time he cries, for who has ever seen an infant with the beads of perspiration standing upon its brow as it tries, or even after it has been fed and appropriated its source of food. This question is one which no one but the mother or wise nurse can solve. If the mother be healthy and the child robust, there is no doubt in my mind that it will be better for both to rest awhile, at least until nature gives the child notice that its tiny stomach demands food. And then? Well, let the baby alone. First, last, and all the time, let me urge upon you, let the baby alone. Be sure that the baby is comfortably warm. A child held in your arms, or in a high road to cold and other troubles. You cannot be too careful about this warming. First, if baby is put to bed, the air which will be breathed by the child is poisonous in the extreme. You would not think of giving the baby rotten food to eat; why should you give it rotten air to breathe? It is just as cruel and as dangerous to baby, be and health. Another reason is that baby takes up a good share of the bed, and the mother needs all of the bed to turn her weary body upon. Again, if the mother tucks about, ten chances to one (especially after baby begins to get more to eat than it should have), baby is disturbed by the jar and motion of the bed, and so once begins to nurse for food, and being nothing but an enigma, it fancies that as soon as disturbed it requires food, and so if the mother be of the silly kind who thinks that every cry must be attended by nursing, at once the worst of habits is set up, and baby has begun his life upon earth with very discouraging prospects. Let the child sleep as long as ever it will. I know one excellent nurse who always puts a baby down upon one side or the other, and then after an hour's sleep she goes and turns the baby over. It took me a long time to discover why this should seem to me so reason why a baby should be turned at all. After some thought and many questions I found out and in my next paper I will tell you.

Public affection for "gamer game" has caused a spurious epidemic to count in private, and to wish he had not been quite so foolish as to eat it.

Our Ailments.

TOOTHACHE AND RASHES.
The cure for toothache, says one, is to go and have the tooth pulled out. Perhaps, but I know of women who under certain circumstances go and have one tooth out only to have another and an apparently sound one begin to ache in a few weeks more. And so many of us are too cowardly to have our teeth all pulled out, and as there are various circumstances under which it seems impossible to have them out, I want to talk a little about the ailment, and suggest some simple steps, for it when one is really afflicted with it. There are two kinds of toothache—one from the nerve and one from the nerve in dead, and an older belief is that it has been fed at the root of the tooth. The first is usually caused by the exposure of the nerve to the air, or it may be that the nerve is about to die. This pain is a very sharp, darting pain, which is more or less spasmodic in character, and it often takes the form of neuralgia and flies about from place to place in the head and face. The other pain comes on usually with gradually increasing force, until the dull heavy pain drives out every thought and emotion but that of intense suffering. If you are sure the ache is caused solely by diseased nerves, quiet, hot water applications and some simple nerve as a basis of relief, or a lot of aspirin, will soon cause relief. If it is cold, which is only another name for a bad stomach and blood, you can take your choice of several remedies. If you like to dose, take tea or three pills, or some physic, preferably the pill of castor oil, which is in a former paper, and keep your face warm and if possible sweet if it is some way to the stomach. If you like to dose, take tea or three pills, or some physic, preferably the pill of castor oil, which is in a former paper, and keep your face warm and if possible sweet if it is some way to the stomach. If you like to dose, take tea or three pills, or some physic, preferably the pill of castor oil, which is in a former paper, and keep your face warm and if possible sweet if it is some way to the stomach.

Physical Culture.

Says some good physical culture, children don't need physical culture; they run and play enough to keep themselves in excellent condition. Just so. Will you kindly tell me the position your girl takes when she sits down? What is the reason for her growing long legs and round hips? Have you one boy that carries himself "like a soldier on parade"? Have you one daughter who stands, sits and walks with the same grace of an ancient Greek goddess? Oh, no, you answer impatiently, but if the children are healthy, why need have I to care about the rest? But are they healthy? Do they never have a headache, or cold, or sore throat, or are they never afflicted with colds? Do you know that perfect beauty and perfect health are synonymous terms? If the ancient Greeks possessed the secret of perfect physical culture, they would have been perfect physical culture. You have the early years of your children in your hands. What would you say if some one came to you and told you that after from previous acquaintance you had robbed your children day by day of a long string of perfect health, and you were one from the chain, until you sent forth your offspring, stripped of their most precious possession and left to take a better world with no means, and no power to acquire them, for you had robbed them of their all. You will wish to get to the middle of the long beach so he could "do as he pleased" the action to the world. Bro. Goddard graciously offered to let me down to the infinite amusement of all present. When you can see such was simply carried for into old age, it makes you wish to be as worthy of the blessings of adherence to that Gospel as he has been and is. Surely the untaught eloquence and art of this aged veteran ought to be a standing pattern of simplicity and lack of pompous and verbosity in every one who ever sees him. God bless such men!

The Lives We Live.

How many of my readers know by whom and under what circumstances the Bible was written? Who wrote the first five books of the Old Testament and who wrote the last? Who were the four men who wrote the first four books of the New Testament, and who wrote most of the others? I wonder if it would not be well for some of our good brethren and sisters to take a course in Sunday school work under a thorough theological teacher.

SUNDAY SCHOOL OFFICERS.
Talking of Sunday schools reminds me of the work being done by this body of workers in the establishment of a normal Sunday school at Provo. I heard the other day that the S. S. Union board, which had instructed last week and the report they brought back was most satisfactory. It is very pleasant to think we have such a natural child teacher at the head of that union as Mrs. George Goddard. It is worth some sacrifice of time to go where such good men are going to be on Sunday and hear him talk to the children. One of the stories told in Provo, as it was laughingly repeated, was about the time when in first went to Sunday school seventy years ago. An old lady sat on the end of the long bench, and the good man, and another old lady sat at the other end of the long bench. There was no support, nor legs in the middle of the long bench, and the little boy, used to try to get to the middle of the long bench so he could "do as he pleased" the action to the world. Bro. Goddard graciously offered to let me down to the infinite amusement of all present. When you can see such was simply carried for into old age, it makes you wish to be as worthy of the blessings of adherence to that Gospel as he has been and is. Surely the untaught eloquence and art of this aged veteran ought to be a standing pattern of simplicity and lack of pompous and verbosity in every one who ever sees him. God bless such men!

Miscellaneous.

Proctor Crown Biscuits.
There have been several calls for recipes for food for infants. For a long time a member of our family, could not eat year-around bread, and this biscuit, invented from necessity, has proved so palatable and wholesome, and so useful for the children, that it has come to be a stand-by. Four quarts of flour, one cup of white sugar, one teaspoonful of salt, one tablespoonful of soda, two tablespoonfuls of cream of tartar, mix well and wet with pure cream, making only moist enough to roll. It too wet they will not be crisp. Roll rather thin, and cut in squares the size of soda crackers, and bake. We often use white sugar and sifted grain, equal parts, and they closely resemble the grain made as we buy. City girls can order them from their country friends, who have pure cream.

Butter Milk as a Household Remedy.
It is very vexing and annoying, indeed, to have one's lips break out with cold sores, but, if the weather, it is better to strike out than to strike in. A drop of warm milk suit applied to the sores at night, last before retiring, will soon cause them to disappear.

This is also an excellent remedy for parched lips and chapped hands. It should be applied at night in the liquid state and cold cream, and washed off before a breakfast, which often causes a smarting sensation, but the rough cut of the lips, by this treatment, will often be restored to their natural condition by one application.

If every one could but know the healing properties of so simple a thing as a little milk, suit, no household would ever be without it. Get a little from your butcher, try it and you will find it in your smart cakes and put away ready for use. For colds and flu, it is almost indispensable, and where there are children there are always plenty of colds and flu. Many a deep cold that would have frightened most women into sending for a physician at once I have healed, with no other remedy than a little milk, suit, and plenty of good castle soap.

A wound should always be kept clean and the bandages changed every day or every other day.

A dressing of warm soap suds runs the pores open that can be cleaned to the only cleaning, but, having then cover the surface of the wound with a bit of old white muslin dipped into milk solution suit. Renew the dressing and the suit every time the bandages are changed, and you will be surprised to see how rapidly the slightest wound will heal.

Phone Pin.
Cover the desired amount of pinners with water and soak over night in the morning dish. Have a dish lined with pie crust, fill with the pinners, sprinkle over four tablespoonfuls of sugar and tablespoonful of lemon juice. Cover with an upper crust and bake in a moderate oven for thirty minutes. The moisture of the pinners should blend with the sugar and form a syrup. If the pinners are hard, they may require a little cooking before going into the pie, but if they are soft, you will find the one richer if put at once into the crust. The lemon juice must be added, or the pie will be flat.

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