

IN A WOMAN'S SPHERE.

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

The Food We Eat.

The first meal of the day is more important than many people imagine. Not that it should be a hearty one, quite the contrary, but it should receive due and well considered attention. In order to do this, the first question to be asked is, what is the labor to which a person goes after their meal? If it is heavy work in the open air, the meal should differ in some particulars from that partaken of by one who goes to active work in a heated house; and this again would differ from the food eaten by a brain worker, one who sits at the desk all day. Again, little children should not always eat what their elders do; and thus you will see that the first consideration for this meal is, what sort of labor the meal is an introduction to.

Beginning with the children, we will discuss some breakfasts which will be nourishing and suitable for them. Here again, it should be noted that the child who runs about in the open air, can assimilate more food than the one who goes to school. One great error a mother falls into is to worry over her school-going children, lest they shall not eat enough to sustain their bodies. If a child strutting school books will not make a complaint, it should cause no uneasiness if he or she eats very little at breakfast, for the child will not be able to assimilate much while studying. Therefore, school children should not be tempted by rich food to eat more than they absolutely require.

NOSES.

It has become almost an institution, this disk of mush for the breakfast. This has grown out of the intense interest felt in the recent hygienic studies of scientists, and a great many people think they have complied with all the laws of health as to diet if they eat mush in the morning for breakfast. As a matter of fact, mush is a thing that hygienists rarely if ever eat, for they recognize the difficulties in the way. What are those difficulties? In the first place, this disk is so apt to be put on the table either half cooked, or cooked "to death." Oatmeal mush is something which should be eaten rarely and sparingly, for the reason that if eaten with its usual accompaniments of rich cream, and two or three teaspoonsful of sugar, the whole forms an indigestible plaster in the stomach, which will not digest under several hours; and the nourishment which might be obtained will generally pass away without being assimilated, because the irritated stomach has not strength to appropriate it. All but says one, how about the Scotch? Sure enough. Do you know how they eat oatmeal? I can tell you. Either the meal is baked into a hard cake, and then when eaten has to be so thoroughly chewed that plenty of saliva and time are given for the proper digestion, or it is eaten in "porridge" or porridge, which is made without either milk or sugar, and after a thorough cooking has a little salt added, and is thus supped slowly. Any one can eat oatmeal in the winter, prepared in either of these ways. It is too rich to eat in the summer; corn meal is better, if you must have mush, and even then just a grain of sugar should accompany it. Just a little milk. You can also eat cracked wheat this way, and noumy and milk would be better still.

The Clothes We Wear.

Just now, the whole Western press, or part of it which is devoted to the interest of women, is full of prophecies about the coming civilization. Some papers are disposed to be merry, and some are quite imprudent in the tone; but the most sensible article I have seen upon the subject is one written by Mrs. Jennie Miller. She is a popular dress reformer, and has an immense amount of influence with her own sex, and is a woman who is not only a practical dresser, but also a theorist. She calmly remarks, that no one need fear or dread this predicted change, for no one but those who are cowardly and timorous will be affected by this expected change. I was reminded of the time, some eighty years ago, when this same prediction of civilization followed by the same movement did not seem to be a thing of the future, but a thing of the present. I was reminded of the time, some eighty years ago, when this same prediction of civilization followed by the same movement did not seem to be a thing of the future, but a thing of the present. I was reminded of the time, some eighty years ago, when this same prediction of civilization followed by the same movement did not seem to be a thing of the future, but a thing of the present.

While Messrs. Redfern and Worth are working diligently with women themselves and with dressmakers and style leaders, as to crinolines and such monstrosities, there is another set of women who are laboring in quite an opposite direction. Women of such well known name as Mrs. May Wright Sewell, Mrs. Parker, Mrs. Livermore, Mrs. James Miller, and others, are seriously discussing the advisability of appearing at the World's Fair in a sort of flannel costume, or, as it is called, "garments" or "porridge," which is made without either milk or sugar, and after a thorough cooking has a little salt added, and is thus supped slowly. Any one can eat oatmeal in the winter, prepared in either of these ways. It is too rich to eat in the summer; corn meal is better, if you must have mush, and even then just a grain of sugar should accompany it. Just a little milk. You can also eat cracked wheat this way, and noumy and milk would be better still.

Our Children.

CHRISTIANITY IN PRACTICE. I would have far the practice of holding christening parties for infants has extended in this Church. This is spreading I have reason to know. And what about it, anyway? Well, so far as my judgment extends, it is nothing out of the way for a young mother to invite a party of intimate friends to witness the naming and blessing of her child. But they should all be invited to attend the monthly Fast meeting to see the ordinance performed there. Then, if they wish to report to the young mother's home, and eat and be merry, I can see no possible objection thereto. There has been a custom in our midst of inviting or grand father taking an infant at eight days old, and holding the child in his arms, as he pronounced a blessing upon it. This however is in the nature of a patriarchal blessing, and does not answer all the purposes of christening. The name is often given at this time, it should be given and as a ceremonial upon it in a public meeting of the Church. Our instructions upon this matter are very clear and explicit. See so of the Doctrine and Covenants, verse 36, 37. "Every member of the Church having children, is to bring them unto the altar before the Church, who are to lay their hands upon them in the name of Jesus Christ, and thus they shall be sanctified by the Holy Spirit."

Nothing gives a child more delight than to have its companions and friends to share its pleasure at a birthday feast. And this is a very good thing to do, if mothers are not too overworked and worn out with housewifery duties. Even if some sacrifices have to be made, it is as well to make them, for these are bright spots in a child's memory, and you will always remember, dear and precious mother, that you are ever "making memories" for your children. What shall those memories be? A pertinent question for us to ask ourselves at the close of each day's toil and pleasure. While I am heartily in favor of birthday parties, I am as heartily opposed to the practice that generally accompanies them, the affair of present giving. I know from experience that it makes a child greedy and mercenary. If each child, great does not join in the custom, there is apt to be a covin in the treatment of such a child guest by the little host or hostess of the day. What more shocking thing can be imposed upon our children's mind than to feel that their friends are to be panted only in proportion to the gifts they can give. No; let our little ones be taught to be generous, to be kind, to be helpful, and to be true. Let the little guests, and if it is impossible for you to do this in person, write a little note to each one, requesting the parents not to allow them to bring presents. Thus you can avoid giving offense by refusing an offered gift to your child.

The lady who has a collection of 2000 terapots on view at the American Art gallery does not want her name mentioned. "I shouldn't think she would."

Our Ailments.

DIETETIC. Although this disease can scarcely be classed as an ailment, I wish to say a few words about it, as it is somewhat prevalent at this time of the year. My physician friend across me that it is mostly so communicable as the scarlet fever, the germs of which disease, that is, the scarlet fever, can be carried in clothes, hair, and in almost any thing. It is not so with diphtheria, but in order to carry that, some article or piece of clothing must be handled, if the germs are taken. It is easily germinated at certain seasons of the year, and often does so in different localities at the same time. It has been reported that most of the deaths caused by this disease are caused by the growth of the membrane in the stomach. This is a mistake. The real cause for almost all heart failure, the action of the heart is very weak and uncertain in this disease, and the least excitement, even after apparent recovery, is almost sure to prove fatal. But there are three weeks after recovery in the patient's life. A run across the floor, a quick jump, a startled attention to something not seen before—all these are dangerous in this disease, and those who have but recently had this dreaded disease, should be very simple and cautious. If stimulants are given, they should be administered by practiced hands, and if you are not depending upon your faith and the administrations of the Priesthood in this disease, you should secure the services of the very best physician in the Church which itself is possible for you to obtain. The matter of quarantine in this disease is more pretty generally understood, and I believe generally followed out. But there is one thing that sometimes puzzles one. A physician, who is more than nine tenths of our faith can be allowed to visit such houses with impunity, and afterwards go to other houses and homes without the least question, but if an Elder is asked to go, he will most likely refuse, or if he does go, the whole neighborhood is up in arms because of his doing. What safeguard has a physician that an Elder has a more sure means of protection in his Priesthood. My friend tells me that some good purging medicine—he means calomel and pure alcohol—are the two principal remedies in this disease. The liquor kills the germs, and the calomel purges them away. Of course, the excess of such diseases should receive the most careful treatment in the way of food and purification.

NEEDER ANDERSON'S CROCK. This disease is held by the best authorities to be a growth of membrane in the windpipe, and is therefore equally contagious with diphtheria, and should be as carefully guarded against. But unlike diphtheria, in membranous croup there is little or no hope for the patient. If the disease has once fastened its hold upon the little throat, no power but God can loosen its hold. A silver pipe has been sometimes inserted into the neck, but it has only the momentary shadow of a chance, for the heart is as likely to be affected as the throat, and even if it were not so, the growth of the membrane is very rapid.

Physical Culture.

THE HAWAIIANS. It is a well known fact that the natives of the Pacific Islands are among the finest developed races of savages. It is not sufficient alone to be a savage in order that the body may receive its highest development, for there are many races in Africa that are anything but beautiful in form, and even in savages it is rare that they have grace united to strength, and both these are needed for perfect development. The natives of the Sandwich Islands, as well as others of the South Pacific Islands, are noted for the strength and grace which they possess. It is well to ask the cause of this beauty? There are several causes: A simplicity of diet giving rise to the inner organs, a life in the open air filling the lungs to their fullest capacity help to bring about this result, but the principal cause which has made them the strong and the same time the graceful people that they are is the swimming in the sea. This exercise, above all others, has the most widely beneficial effect upon every muscle of the body. The exercise is so evenly distributed that the whole frame is invigorated and built up by it. There is a practice among this people, so I have learned from those who have spent many years among them, which very much resembles the now fashionable practice known as "massage." This is a common thing among this people. I have heard Elders say that they have seen an islander come in after an unusually long and hard day's work, and lying down upon a mat, some member of the family would proceed to knead and work the muscles, flapping, pounding, patting, rubbing, twisting and kneading each portion of the body until the whole system of veins and arteries had been helped to take up the partially congested blood, carrying it throughout the system in increased speed, and the recipient would arise from the exceedingly painful operation feeling as if he was a beautiful boy, and the body a dozing piece of leather down. No ache nor pain can be felt after such a course of treatment, and as a physical consequence, the muscles thus fed and stimulated can go on developing and increasing in strength and suppleness, until absolute perfection is reached. Another important factor in their development is the national dance, which is learned by all the children, and practiced with more or less skill by nearly all the adults. This dance, although neither beautiful nor pleasing to the eye of a European, if the description I have received of it be correct, has a most loosening effect upon the joints and an unusual suppleness is the result of the practice. The motions of the wrist are grace itself, and every joint and muscle is exercised by the various contortions. Grace is thus given, and with the swimming exercise, which is indulged in by the youngest children as well as the oldest of their men and women, nature is enabled to produce a very desirable physical result. We are that it is not enough to eat simple food, and to live most of the time in the open air, if we would reach the highest development possible; we must therefore by secure peace of body and mind, and the strength and grace come through other channels.

Interests Outside the Home.

THE Y. L. B. L. A. The General Board of this Association have prepared and issued a Guide to One Year's Course of Study. It has been deemed advisable to do this, as the young girls need some well defined plan to work upon, and Mrs. E. S. Taylor and her aids have most carefully prepared a Course of Study perfectly adapted to the needs of young women. I am told that the Presidency have heartily approved of this Guide, and recommended every Association of young women to adopt it into their course of work. It is to be had at the *Journal's* Instructor Office, and the price is ten cents. This amount is charged to cover the mere cost of printing. The girls are now expected to take hold of this, and demonstrate to the world and to the people that they are truly up to the times in spirit and culture, far beyond this people the right to lead, not follow?

SPECIAL EDUCATION FOR WOMEN. The women of the world are clamoring for admission into the various universities and colleges. But when this demand is met and complied with, there will be another and far deeper problem to solve, and that is the need for special education. It is not enough that they are permitted to take courses which will fit them to become good doctors and lawyers, mechanics and engineers. There is a far deeper want to be supplied. If it is foolish for young men who have no capacity to become good work, and lying down upon a mat, some member of the family would proceed to knead and work the muscles, flapping, pounding, patting, rubbing, twisting and kneading each portion of the body until the whole system of veins and arteries had been helped to take up the partially congested blood, carrying it throughout the system in increased speed, and the recipient would arise from the exceedingly painful operation feeling as if he was a beautiful boy, and the body a dozing piece of leather down. No ache nor pain can be felt after such a course of treatment, and as a physical consequence, the muscles thus fed and stimulated can go on developing and increasing in strength and suppleness, until absolute perfection is reached. Another important factor in their development is the national dance, which is learned by all the children, and practiced with more or less skill by nearly all the adults. This dance, although neither beautiful nor pleasing to the eye of a European, if the description I have received of it be correct, has a most loosening effect upon the joints and an unusual suppleness is the result of the practice. The motions of the wrist are grace itself, and every joint and muscle is exercised by the various contortions. Grace is thus given, and with the swimming exercise, which is indulged in by the youngest children as well as the oldest of their men and women, nature is enabled to produce a very desirable physical result. We are that it is not enough to eat simple food, and to live most of the time in the open air, if we would reach the highest development possible; we must therefore by secure peace of body and mind, and the strength and grace come through other channels.

At the present writing the National Council of Women consists of thirteen national organizations of women pursuing thirteen different lines of work, all for the betterment of the present conditions and the uplifting of humanity. Among these are missionary societies and associations for the furtherance of education, peace, social purity, suffrage, temperance, and philanthropy.

Miscellaneous.

THE HAWAIIAN FAIR. Utah women are very busy, and it is difficult to persuade them of the importance of making a proper showing at the coming World's Fair. But we must do all in our power to properly represent ourselves at that place. As to spending time and money in running out there, that is another question. However, there is one class of our women who should go there, and that is the women who are vitally interested and engaged in the cause of Woman's Progress. There is to be held an International Congress of Women during the month of May, the week's session thereof beginning on the 15th day of May, and at this congress the voice of the gravest import to women will be discussed by the best speakers and thinkers in the ranks of woman's career thought. Our sisters who have labored so many years for the good and enlightenment of their own fellow women will be intensely interested in this famous congress. And every woman who has made up her mind to attend this Fair should so time her visit that she can be present at these meetings. Representatives from every one of our Associations should be present, and no time nor means should be spared to prove to our earnest women friends in the world that we are most vitally interested in the advancement and development of womanhood. A society unique among woman's organizations of a national character is the Woman's Republican Association of the United States. The decision of this society to become a member of the National Council of Women of the United States adds greatly to the value of the latter organization, the aim of which is to represent not numbers but ideas.

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Mrs. Adele Creepy, whose essay on "The Dangers of the Emancipation of Women" Mr. Gladstone might be put within the reach of men and women in England, is said to be a Viennese.

A Canadian woman was detected trying to smuggle eggs into Detroit. The inspectors found that she was a petticoat with seven or grooves running entirely around it, so that rows of eggs were ranged around the garment one below the other. In this manner she could carry ten dozen eggs.

Princess Margaret of Prussia will probably be married standing on a bit of carpet worked by her mother, the Empress Frederick. All the empress's children insist on it when they were confirmed. The present German emperor, Prince Henry of Prussia, and the Princess Charlotte, Sophia and Victoria were married standing upon it, and the coffin containing the remains of the late emperor rested upon it.

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Deposits 1874, 11,970.72	Deposits 1884, 138,110.64
Deposits 1875, 14,113.70	Deposits 1885, 142,769.12
Deposits 1876, 19,148.92	Deposits 1886, 165,903.88
Deposits 1877, 21,058.84	Deposits 1887, 207,301.50
Deposits 1878, 30,612.71	Deposits 1888, 428,404.59
Deposits 1879, 42,702.53	Deposits 1889, 620,790.52
Deposits 1880, 60,521.01	Deposits 1890, 874,281.97
Deposits 1881, 99,457.39	Deposits 1891, 791,021.11
Deposits 1882, 133,078.00	Deposits 1892, 875,194.54

Deposits January 6th, 1893, \$1,208,800.42.



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