

17. Woman's Sphere.

By One of the Sex. 

The Food We Eat.

After the dish of mush for breakfast comes usually a hot roll, a slice of toast or a hot biscuit. Any scientist will tell you that hot bread in any form has no business to go into the stomach of any human being; but it does go, and if people will have some kind of warm bread, do see that they have that which is least harmful. A piece of half-brown or graham bread toasted, with a meager amount of butter, or, better still, a few spoonfuls of hot cream poured over it, is better than most of the hot bread dishes. If hot rolls must be had, set a sponge of half white flour and half graham flour the night before, mould slightly the next morning, and with a little butter on the top and bottom of them, set to rise about ten minutes and then bake evenly and quickly. Let these stand a few minutes before they are set upon the table, and if they are not covered with butter in a melted state they will not be so indigestible as other hot rolls. Hot fine flour rolls or biscuit are really not fit for any one's stomach, and will ruin the digestion of an ostrich. If graham is used, there is some chance for the mass being penetrated by the gastric juice, which cannot occur in white flour. Pancakes are often used, and if made of buckwheat are not hard to digest. But I enter my protest against the self-rising buckwheat sold in packages, for like all other breads raised with baking powder, they require a stronger digestion than human beings possess. If buckwheat is set in a sponge over night, just as you would set white flour sponge, and then baked in pancake the next morning, there will be small difficulty in eating or digesting them. One morning it is well to make hot bread biscuit of your sponge, and the next morning have either cream toast, hot buckwheat cakes, or what is better than either, some good old-fashioned johnny cake. This is made in the following way: Three-fourths of a quart of corn meal with one fourth quart of white flour. Sift into this an even teaspoonful of soda, measured after the soda has been mashed, and to this add a pint of buttermilk, not too sour. If the buttermilk is very sour, add a little more soda. Some people add a couple of eggs, and even a spoonful of molasses. If you cannot get sour milk or buttermilk, use cream off tarter or baking powder and sweet milk. The batter should be put into thin layers, as the cake wants to be thin when baked. The tins should be very well greased with butter. Graham gems used to be very popular, and if well made are good. You can use a sponge of the graham set over night, or can make them according to the receipt given for johnny cake. If your sour milk is very thick, it takes a little more to wet up the batter. If you use sweet milk, it does not take quite so much as it does of the sour. A little experience will easily show one just how to manage these things. Butter for these hot breads should be used very sparingly, for melted butter is next to indigestible. Indeed, it merely passes through the stomach unaltered by the gastric juices

Honey is much better for us, and genuine maple syrup is better than either, if you can only get the genuine maple.

The Clothes we Wear.

Except for street wear, skirts and basques are not seen at all. Nearly all the house and party dresses are made upon a princess lining, and the outside is modified to suit the taste. If these linings are cut quite large enough, and are not too heavily boned, and are then worn without corsets, there is little danger of any compression or restriction. Even the much admired empire styles are all made up by eastern dress-makers upon a close princess fitted lining. Soft materials are a necessity in the making up of these short waisted, full flowing, yet clinging skirts. A heavier stiff material would make such a dress very inartistic.

The fashion plates have more and more of the fan-like effect at the bottom of the skirt, and some women will feel blue over the apparent prospects in spite of what any one can say. Well, if this American nation of women can go back to anything so unlovely and so silly as hoops after the resolute and untiring labors of those bright women, the "dress reformers," then my opinion of the American woman will fall considerably below zero.

A ruffle at the bottom of the skirt is becoming almost a necessity for the street or calling costume. In this Territory there are very few women who have more than three styles of dress, the new and best dress, which is a combination of the street and evening dress, the second best, which is the former best dress made and trimmed over, and one good serviceable house or work dress. I would caution all women against the untidy habit of taking an old fine dress to wear about the kitchen. Nothing looks more dreary or slovenly than a grimy and shabby fine dress. If you cannot make over your worn out fine dress for your little girl, and feel that you must use it up in the kitchen, then let me beg, of you to rip every scrap of trimming off, sponge the skirt, and if necessary make up a plain basque out of the pieces left from the skirt trimming, or get a bit of new cloth for a blouse or basque and let your dress come into the kitchen with the plainest of appearance as befits its use and present position. There is another thing I want to say, and I am constrained to believe that it will apply more to the poor among us than the well-to-do; when you have a best dress, take it off the minute you enter your own door, unless indeed you have a grand visitor who must be thus honored. If you go to meeting in your best dress, no matter if the material of the dress be but cheap cashmere or home-made woolen, if it is your best dress, when you come home from meeting, don't go to work to get dinner in it, thinking it too much trouble to change it for your old one. Take the time, change it, and with a generous apron go on and get your dinner. If it is Conference time and you want to go back to meeting, it is only a minute to change your dress, and the grease spot which might have lodged upon the front breadth of your new dress is not there, because of your five minutes' trouble. I have seen poor women wear their very best dress at the wash tub and then go to meeting in a wrapper, because the best dress was all spotted

up and the cheap wrapper happened to be new. This is one of the things that helps to keep people always poor.

Our Children.

My dear mother of a large family, do you ever go to the Primary association? No; I thought you would say no. Do you ever go, my sister, without children? No, you do not go. Who does? Only the officers of that particular association. Now this is not as it should be. We, you and I, for I am as faulty in this respect as any one could be, ought to go to the Primary association once in a while if only to encourage the children and their faithful teachers. I have been to these associations—indeed I was once an officer myself, and while I labored in that capacity I learned a great many things. I learned one thing, that with the very best intentions in the world, the most of the officers in the society had not the least idea how to amuse or entertain children. That is, the ones with whom I came in contact. Suppose you, my dear sister, are an officer in that association; I know what your heart would cry out: Oh, let me be filled with wisdom to discharge my duties aright! That is the one blessed, heartfelt cry throughout Zion; oh, let me, as a mother, as wife, as officer of this or that association, have grace and wisdom given me, that I may discharge my duties aright! What a beautiful chorus to ascend into the ears of the Lord of Sabbath! It does ascend, and it reaches and touches His mighty heart, and you and I will find that our paths will grow smoother and our hearts lighter as these new days come to us.

But there are some things to be learned. And just now I want to call all of my sisters who are also my dear friends laboring in the Primary association to come and chat with me for a few minutes. To you who have learned all the lessons of school and college I am not now appealing; it is to the good sister who has been called to her position from the kitchen and the house duties. There is one word which if I could I would say to you in big enough tones to remain forever upon your heart; I would ask the printer to put these words in the biggest type he has, only that would not help you perhaps to remember it. But this one injunction is the one around which all others cling: *You must interest the children.*

There is no way so certain, so sure of success, in this as in telling stories. Make up your mind that whatever principle you want to put before your little ones you will frame it in some kind of a story. If you cannot think of one which has really happened, make up one. What! tell the children a story which is not true? Remember the essence of truth is in the principle underlying the story, not in the incidents or mere details of the story. Do you think the stories of the Savior were all true? To be sure they might well have been, but I am strongly of the opinion that He arranged His incidents to suit His own mind, and to illustrate the moral which was to be taught. Here is your example.

You can do no better than to follow this illustrious example. Songs tell stories, and so, if we only understood them, does every star and flower! every created form of life has its own beautiful and deeply interesting story. Let children find out the morals themselves;