

7. Woman's Sphere.

By One of the Sex.

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 be 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 attending school looks well and makes no 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.

MUSH.

It has become almost an institution, this dish 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 dish 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 teaspoonfuls 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. Ah! 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 thus 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 "parritch" 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 hominy and milk would be better still.

The Clothes We Wear.

Just now, the whole Eastern press, or part of it which is devoted to the interest of women, is full of prophecies about the oncoming crinoline. Some papers are disposed to be merry and some are quite mournful in the tone; but the most sensible article I have seen upon the subject is one written by Mrs. Jenness Miller. She is a popular dress reformer, and has an immense amount of influence with her own pet subject in all circles. She calmly remarks that no one need fear or dread this predicted change, for no one but those who are cowards and frivolous will be affected by this expected change. I was reminded of the time, some eighty years ago, when this same prediction of crinolines followed by the same determined efforts upon the part of so-called fashion leaders caused no little consternation in the minds of illy-balanced women. And I well recall the result. To be sure, dresses were made with five and even seven widths, and some women, usually young and daring girls, wore a small, flaring hoop. But the movement did not spread, and we went back to sense and reasonably narrow skirts in a very short time. I opine it will be so now. A few ultra-fashionable women will adopt the new fad, and we may see a few hoop skirts tilting along the street. But surely the lessons of sense and beauty learned during the last few years through such brave-hearted women as Mrs. Jenness Miller will not be thrown aside and forgotten. Last summer, when there was so much talk about the trailing dress skirt, one might look in vain upon the streets for a really intelligent woman with her drees sweeping the dirt. Some silly young women, a few hired girls, and here and there a would-be leader of fashion, sweep over the filthy pavements with skirts which were the disgust and ridicule of every one who met them. So it will be now; only the foolish will act in a foolish manner. Ordinary people can patiently wait until the feverish spell has passed away. Many of us, no doubt the most of us, will put some extra breadths into our skirts, and some may add extra stiffening to the bottom of the skirt to make the desired flaring effect; but if, as is also predicted, the skirts should be shortened sensibly along with the other change, we can all rejoice while we follow that very wise fashion.

DRESS IMPROVEMENT OR REFORM.

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 fame as Mrs. May Wright Sewell, Mrs. Parker, Mrs. Livermore, Mrs. Jenness Miller and others are seriously discussing the advisability of appearing at the World's Fair in a sort of Bloomer costume, or, as it is called in its beautified and modified form, the divided skirt suit. They assert, and with good reason, that there will be

such a variety of foreign costumes in Chicago that the innovation will be scarcely noticeable, and therefore the first blush, and the initiatory plunge can be taken without so much unfavorable and embarrassing notice. There is one thing these noble women have succeeded in dealing a death blow to, and that is the wicked, ugly, unbeautiful corset.

Our Children.

CHRISTENING BABIES.

I wonder how far the practice of holding christening parties for infants has extended in this Church? That it 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 repair 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 a father or grandfather 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 purpose of christening. The name is often given at this time, it should be given and as it ever sealed upon it in a public meeting of the Church. Our instructions upon this matter are very clear and explicit. Sec. 20 of the Doctrine and Covenants, verse 70, reads: "Every member of the Church having children, is to bring them unto the elders before the Church, who are to lay their hands upon them in the name of Jesus Christ, and bless them in His name." This should be enough for any one who cares to walk in the line of his duty. There are too many foolish and fashionable notions creeping in amongst us. It is well that we have a care where we are drifting.

CHILDREN'S BIRTHDAY PARTIES.

Nothing gives a child more delight than to invite 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 more pressing 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 do you always remember, dear and worried mother, that you are ever "making memories" for your children? What shall those memories be is 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 this affair—that of present giving. I know from experience that it makes a child greedy and mercenary. If each child, guest does not join in the custom, there is apt to be a coolness in the treatment of such a child-guest by the little host or hostess of the day. What more shocking thing can be impressed upon our children's mind than to feel that their friends are to be prized only in proportion to the gifts they can give? No; let no such ideas nor principles be engrained upon the tender minds of our darlings. Invite the little guests, and if it is impossible for you to do this