

17. Woman's Sphere.

By One of the Sex.

The Food We Eat.

If meat is properly boiled and properly seasoned, it is very nutritious and certainly very appetizing thus cooked. In the first place, the brisket is the juiciest and nicest piece for boiling, next is the shank, and some use even the round or the flank. If care is taken, almost any piece of meat can be made edible and good. If you have some odds and ends which you wish to convert into soup, put them on in cold water; but if you wish the meat to be rich in flavor, never put cold or warm or anything but boiling water over it, from first to last. If you do, the juices will come out in the water and while the soup or gravy will be rich, the meat, of any kind whatsoever, will be tasteless and insipid. For the same reason, do not salt the meat until it has been cooking some hours. Boiled meat should be cooked slowly, for then it becomes tender and soft. For ordinary boiled meat, cook until perfectly tender, then lift out of the kettle, and make a thickened gravy. There should be only about a pint of water left in the kettle, and every particle of the grease should have been skimmed most carefully off while in process of cooking. If you have more than a pint of liquor, turn part of it out to make gravy at some future time, as it is better made fresh at every meal. Boiled meat should be accompanied by boiled potatoes, stewed tomatoes or cabbage dressed in vinegar, or some vegetable which can be served with vinegar. Or serve stewed dried apples, without any sugar in them with your meat. If your people are fond of dumplings, or meat pies, when your meat is done, or next day, take what is left over, and put it in the pot with at least a pint of slightly thickened gravy, and make a crust of one pint of flour, a teaspoonful of baking powder, shortened with a tablespoonful of butter or suet chopped fine, and wet with milk, put this around the sides and over the top of the meat, and let it cook, closely cover to keep in the steam, for twenty minutes or half an hour. This is the old fashioned meat pie of our Yankee grand mothers. All sorts of soups may be made with your meat, both at the first cooking or when it is to be warmed over, if you have kept a pint or so of the stock or pot liquor to add the next day. Another way to serve the meat, is to take it out when quite done, put the merest dust of flour over it, and pour a little gravy over it and set it in the oven to brown. Tough mutton, and indeed tough beef are much better cooked this way than baked all the time. To fricassee meat, be sure the water is all boiled out by the time it is done, and then for about fifteen minutes keep the pot cooking slowly, the meat stewing down and browning in the grease left in the bottom of the pot. Take out the meat, add a few spoonfuls of water to the grease, and thicken with a teaspoonful of browned flour. With this also, something sour should be served, if it is nothing more than the old fashioned picca-lilli. These directions will serve, if used intelligently, to boil fowls, and to prepare all kinds of

boiled meats. Take pains with your boiled meat, and your family will like it, it is much better for them than fried or baked meats, is ever so much cheaper and best of all not nearly so much is eaten as when cooked in other ways.

The Clothes We Wear.

Although many and radical changes are promised or threatened in the street and ball room fashions, there comes from Paris the same easy and comfortable style for house wear, that is, the now extremely popular tea gown. Loose in front, with a shapely back, the gown is fashioned for rest and cosy comfort. Materials will be much richer and silks and velvets will predominate in the fashionable woman's wardrobe. Let us, sisters in this western country, let us hope sisters in faith, ask ourselves what we are going to prepare for ourselves, for early spring. How many of you remember the time when the urgent counsel was upon us to wear home made; do we all forget those days and the spirit thereof? When I speak to some of my friends on this and similar topics, I am met with the constant remark, "Oh, well, times are changed. Things are not as they used to be, and we are living in a different age." For the life of me, I fail to see that any kind of times can change everlasting principles of right and truth. If it was right for you and me to dress in home made and to cease from following the vain and foolish fashions of the Gentile world ten or twenty years ago, I can't see what sort of change can make it right for us to do the opposite to this in these days. Why? Because I humbly submit that that goodly counsel given in those goodly days was in its nature calculated to make us wiser, happier, and better women. And is it not needful for us to be wiser and better now? If I were in school, I would ask all to hold up their hands who wear home made whenever they can reasonably do so, and for those who seek to choose modest and unassuming styles of dress and apparel, to hold up both hands. How many hands do you suppose would come up, out of the thousands I am addressing at this time? Rather discouraging to the priesthood, is it not? Oh yes, I hear you say, the brethren sin in this way, too well I grant that. If a wife is continually dinning in her husband's ears the necessity and economy of dealing with cheap firms, in cheap imported goods he, manlike, is more or less influenced thereby. And he who thinks so little of clothes, is apt to follow the example of his wife who thinks so much, and buy the cheapest thing which comes to hand. Our outside friends, as usual, have taken up the counsel we have so recklessly thrown aside and they proudly appear in good home made suits, calling the attention of their friends to the superior make and wearing qualities of such goods. Are not the children of the world wiser in their generation than the children of light? My good friends, now when you are all studying over the preparation of some suitable clothing to go to our dedication services in, just ask yourselves how many of you are worthy by reason of keeping to this counsel given by the prophet of God, to enter into that sacred edifice and there receive blessings and testimonies. This is something that is more than a trifle for us to consider, something which cannot receive too much time and thought.

Our Children.

THE DIET OF THE INFANT.

We have spent some time talking about the diet of our babies, but we are not at all through the subject yet. How many mothers there are, who read and even feel that there is a law and order about the temporal welfare of her child, as well as about the law of christening, baptism, or any other law. She knows that if she would have a healthy, happy, sound and lovely babe, she must comply with certain laws and regulations. And yet, so selfish and so indolent as to this thing is she, that she will sin day after day, bring up her baby in misery to herself, the child, and every one living in the house. Then, ten chances to one, if reminded of the fact that there is a wiser and better way of doing, she will seek to excuse herself by saying that she loves her baby better than does the woman who acts with discretion about the nursing and bringing up of her children. Fudge! She does nothing of the sort. Is it an evidence of love to make the recipient thereof wretched and sick half the time, and spoiled and stupid the other half? Are we intelligent beings, sisters? Or do we live only a grade above the animals, and let our minds become perfectly useless for lack of using the reason God has given us?

To go on now with our instructions, and leave moralizing for another time, we ask how often shall the baby nurse? Grandma, and grandpa, and the midwife and nurse, and all the old fogies, young and old in years, will answer, "whenever the child cries." Others, ashamed to be so densely ignorant of physiological facts when they hear and see them demonstrated so often, will say, "Oh, try and keep the baby from nursing two hours apart if you can." Just so. Now, I could produce any amount of the best medical authorities to bear me out in what I am going to say, but I will let you trust to my word, as the space here is very small in which to talk on these matters. If I had to choose between nursing a baby whenever it wakes up or cries, and nursing it every two hours, waking it up at the end of that time to nurse, I would choose the haphazard way. The fact is, that if the greatest care has been exercised from the first that baby shall never be introduced to the dreaded colic, then you can let her choose pretty much her own times for awakening. But, when she is awake, don't nurse her as often as every two hours. Once in three hours is quite often enough for any baby, and physicians will readily extend this period from one to two hours longer. The great mistake you make, is that every cry a baby makes is a hunger cry. To be sure, baby nestles, that is only instinct. And she thinks, in her peculiar baby way, that her nurse will cure every ill flesh is heir to. But it won't. If you hear your baby cry an hour after it has laid down, you may know that it is not hunger, but is pretty apt to be colic. Will the baby thrive on a meal in every three or four hours? Yes, yes, and yes again; thrive and grow like a weed. She may not be as fat as Dickens' fat boy, nor as near like a prize pig as some babies you see are, but remember that excessive fat is disease, and the baby that is too fat is in constant danger of being carried off by croup, diarrhoea, or in fact any disease that comes along. Now, it is absolutely necessary that baby gets all she wants every time she nurses,