

never let it be said of you that you failed in your duty.

Society and Association Notes. THE RELIEF SOCIETY.

The time will come some day, when these grand societies will find that the best part of their mission is in finding the people who want work done, and then the people who want to get work and bring these two classes together. To simply supply old ladies with tea and sugar is not the whole duty of an officer of the Relief Society. I have heard Sister Zina D. Young say that to feed the idle poor is to do an injury. Looking about, a few carpet rags can be given to one old sister who is to receive help, a quilt to be pieced can be given to another, stockings to mend or knit can be furnished by those who can afford to pay for this work, and almost all those who receive help from the society can be enabled to earn that help, even if the work be not so well done. A feeling of independence is engendered in the heart of one who earns his or her bread that never comes in any other way.

THE Y. M. M. I. A.

So popular has the little book used in the Manual for the Young Men's Association called "The Gospel," by B. H. Roberts, become, that a new edition is called for, and one will be issued soon, with some additions. This is an excellent sign of this new movement among this association.

THE Y. L. M. I. A.

I have learned that the book to assist the young ladies in their work is to be called "The Guide," and that it is being readily pushed by those who are getting it ready for the press. I was old confidentially that this Guide is written and being published not by one or two persons but entirely by the presidency of the general board. I am glad of that, for such things should come from the right source, not from individuals.

THE SUNDAY SCHOOL.

Some questions have been asked as to whether it would be advisable to get up entertainments for this association or any other charitable purpose; but the answer as to the Sunday school would be found in the fact that a concert was given last April in Salt Lake City for the benefit of the Sunday School Union.

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The Lives We Live.

From the *Woman's Tribune*.—A writer in the *Medical Mirror* relates the warnings and statements of many predecessors that over-heating is the cause of most of the injury so often attributed to brain work. Over-heating caused a clogging of the mental machinery through delayed digestion and imperfect assimilation, and disease came as an inevitable result, which disease was attributed to an overworked brain rather than an overworked stomach. Hard work, mental or physical, rarely ever kills. A reasonable amount of exercise, judicious food, proper protection of the surface with warm clothing, and a determination to let nothing worry, fret or annoy him, the chances are that an individual can do an

almost unlimited amount of work. But thing is to be remembered; when weariness comes he must rest, and not take stimulants and work on false capital. This is certain destruction of mental and physical vigor. Following the well known rules for exercise, food and rest, and cultivating content and peace of mind, successful work is assured.

Practical Home Training.

When manual training with its domestic economy department of cooking and sewing was being urged as a necessary part of public school training, teachers and wise men brought forward the argument, "That it is not needful for mothers to teach these things," writes Miss Grace Dodge in a carefully prepared paper on this most important subject in the November *Ladies' Home Journal*. From every city came the answer, "Mothers do not teach these branches, and our girls are being brought up without practical household training." One summer a lady had 260 girls from offices, stores and factories to board during two weeks' vacation. At the end of the summer she found that but nine of the number knew how to make a bed, and many of them made it a boast that they "never had made a bed in their lives." Some did not even know whether sheet or blanket should be put on first. And these were not destitute girls, but such as represent our self-respecting wage-earners—girls who were boarders, paying a fair price, and yet who were expected to make their own beds. Mothers had not trained them. There are hundreds of bright, intelligent girls of fifteen, sixteen, eighteen, and even older, who have never sewed, and do not know whether a thimble should go on their thumb or forefinger. What kind of wives and mothers are they to make?

Beds and Their Belongings.

Bolsters are made full and round, and no pillows are used with them, with them writes Maria Parloa in the November *Ladies' Home Journal*. Sometimes the spread is made long enough to cover them, but oftener a long scarf of the same material as the spread is thrown over them. Another way is to cover them smoothly with the same material as the spread gathering it at the ends, and finishing with a tassel. The spreads are made of all sorts of material. If the bolsters be covered smoothly, with a tassel at the end, the material should be of fine texture; but if the spread be made long enough to cover the bolster, or if a separate scarf be made, any light material may be used. For elegant rooms, a foundation of silk is covered with lace, the silk being in the color used in furnishing the room. This fashion appears to be most inappropriate for a bed. Linen and other washable fabrics are often embroidered in colors, making handsome and tasteful covers. India muslin and crepes may be used for the window draperies and spreads in the same manner. Canopies of this muslin or lace are used on brass beds.

Suggestions to a Guest.

Do not let the old saying, "the first day the man is a guest, the second a burden and the third a pest," be applied to you.

Endeavor to time your arrival so that it shall not interfere with your friends' meal hours, and arrange so that your baggage shall be delivered without being a care to them.

Do not outstay your welcome; do not even stay as long as you are asked to.

Allow your hostess time to attend to her household duties; observe the hour at which her husband is likely to return from business, and try to arrange so that he may find his wife alone at that time; you can easily find an excuse for absenting yourself.

Try to be unconscious of any friction which may exist in the household machinery, and by your punctuality do your best toward keeping it in regular motion. Be thoughtful of your hostess, affectionate to her children and courteous to her servants.

The Clothes we Wear.

GOWNS FOR THE SCHOOL GIRL.

Her school dresses may be of serge and cheviot, as they probably out wear other woolen materials, and should be made in a simple manner without any trimming, unless it be mohair braid or velvetene collars and cuffs, writes Emma Hooper in her valuable department "Home Dressmaking," in the November *Ladies' Home Journal*. The church dress will be of ladies' cloth, or one of the new ottoman weaves, made with a jacket bodice, velvet cuffs, revers and collar, and a plastron of surah, the shade of the cloth or in contrast, this being a wonderful season for a harmonious contrast of materials and colors.

ODDS AND ENDS.

The doctor and I walked up the avenue the other day, and met any number of charmingly attired women. We were back of several others who were not so well gotten up.

"They call those places pocket holes," said the doctor, "but why they put their pockets in the middle of their backs is a mystery to me. If they could walk behind themselves a block or two they would either change the location of that gap or stuff it to the brim with a pocket handkerchief or something."

And, really, I have wished several times they would. It is embarrassing to a man to find himself—however innocently—on forbidden ground.

Mutton Chops Grilled.

Cut the chops an inch thick, either from the loin or the best end of the neck; if from the latter, the bones must be shortened a little, writes Mary Barrett Brown in the November *Ladies' Home Journal*. Remove all superfluous fat and season each chop by pressing in a mixture of salt, pepper and powdered herbs; then dip each chop in warmed butter, and grill on a hot, well greased gridiron, over a clear fire, from eight to ten minutes, according to thickness. During the process of cooking the chops require to be frequently turned, in order that they may be done equally, and for this purpose use a pair of steak tongs. By inserting any sort of a sharp instrument into meat that is cooking will provide a ready means of escape for the juices which the meat contains, and thus, being deprived of its best element, becomes dry and tasteless. When cooked, place each chop, just slightly overlapping its neighbor, upon