

7. Woman's Sphere.

By One of the Sex.

The Food We Eat.

The near approach of conference suggests to me that some directions for cooking and preparing food which will not keep a woman home all day to wait upon visitors, may be of inestimable value. Let us here suggest that our country friends might help to bear this heavy load put upon the good sisters of Salt Lake City if they would try and bring some prepared food with them. Now, for instance, cannot the sister from the country easily put a pound or two of butter, a roasted chicken, some pressed beef, pickles, cheese, cake if she cares for sweets, into a basket and in fact bring enough to supply her own and family's wants, with the exception of bread which is always to be obtained at the bakeries? I think it is a duty the country sisters owe to those who entertain them twice a year to feed themselves as much as possible, so that the woman of the house is not kept away from the meetings to cook and wait upon the many visitors which come so often to her house. I know country visitors, who have come into the house, while the hostess was without a girl, and in delicate health; they staid a week, and the girl who was one of the party never offered to wash a dish or sweep a room. In fact some of the visitors do not even offer to make their own beds. These of course are exceptions. But while the sisters in the city want to do the very best they can for the strangers within their gates, it is too much of a burden to feed and wait upon from two to a dozen extra people, unless some of those visitors offer and even insist upon helping to bear those burdens.

About the food which the city woman can have prepared for her visitors, if she wishes to make an effort to entertain her visitors while she still attends the meetings herself: Pressed beef will keep for a week or two. Boil until the meat slips from the bone, either a shank or a brisket of beef, and after removing the fat and gristle, chop it like mince meat. Keep the pot liquor to use in the after preparation of the meat. When it is well chopped, season with pepper, salt, a little allspice if you like spiced meat, and after heating the pot liquor, put the meat in it, press it down in a bowl, and leave it over night; it can be cut in slices with a sharp knife, and you can use some of it for hasty stews or gravies if you wish. Make also a big panful of hash, and set that away. Bake a generous supply of beans, don't flavor them with pork, though; they are just as good and twice as healthful cooked with a bit of fat beef, or even with butter alone. Then, cold roast beef, and boiled mutton, and indeed any kind of cold meats can be prepared days before the visitors come. Pies, boiled puddings, cake, pickles, cheese, canned fruits and vegetables, can all be laid in the pantry. Then the woman of the house can go to meeting and when she gets home if the potatoes have been left cleaned in cold water, it is only a matter of half an hour to boil them, while your daughter or one of your visitors sets the table, and dinner is soon ready. Cover the table, and when you get back from the afternoon

meeting, just pleasantly invite your visitors to help you wash up and get things ready for morning. Many people from the country feel shy and hate to seem too free by offering their services, and they would gladly help if asked to do so. Don't make the mistake of cooking meat and potatoes for breakfast. Mush, bread, butter and fruit are ample for any breakfast. The same is true of supper. At dinner, have your meats and vegetables.

The Clothes We Wear.

While all this crinoline talk is going on in the scores of leading fashion papers, there is one thing said which gives a sensible woman a hope for the future. One and all of the fashion writers say women must wear hoops if the heavy, gored and full skirts are to become fashionable. Why, we ask? Because the weight will be unendurable on our hips unless something is devised to remove that weight is answered. This remark always inspires me with the hope that even the fashion writers and fashion wearers are becoming awakened to the terrible custom civilized women have, of suspending pounds of weight upon the most easily injured portion of the body, the waist. Nobody would think it strange or unbecoming for Christian women to enter into some organized plan to teach the Chinese women the cruelty they practise upon their children in the way of crippling the feet. But every physician and indeed every one who has given the matter study will tell you that the mere deformity of the feet is as naught compared with the horrible deformity of the waist seen daily among the daughters of enlightened Christian lands. Are the people of this Territory exempt from this practice? Not by any means. On the contrary. I sometimes fancy that, as in other things, we go to the extreme in this matter. Whatever we do in this community, we do with our whole hearts, and this wearing of corsets and of heavy clothing around the waist is one of the wicked things which we carry to a most harmful extreme. I heard the other day that a certain large firm in this city were selling off their whole line of corsets for a mere trifle. I was delighted to mark the dawning of a better sentiment, for this is certainly indicative of a happy change in the fashions and customs of our women. May the flood roll on, gathering vigor and strength as it rolls, until all Utah is emancipated from this wicked thrall-dom. And if corsets are bad, skirts and bands without corsets upon the unprotected waist line are almost as bad, and in some cases, where the weight is a good deal, worse. The fact is, women do not need petticoats half so much as they think they do. If you need warmth, get it by garments which are in one piece from the neck to the heel, and wear two or three of them if you are particularly cold-blooded. If you must have a petticoat for looks, be sure and have it either buttoned upon a waist, a loose waist, not a boned corset waist, or else have a half tight underwaist coming down to the hips, and upon this sew your skirt. I have a friend who makes all her summer skirts in the following fashion: She takes a white chemise and skirt, without one pound of weight upon the waist. If you wear dresses cut in basque and skirt form, insist upon your dressmaker putting the skirt upon a thin underwaist,

and you will thank me for the suggestion and her for the consequent comfort. Underwears, in fact every article of clothing should be suspended from the shoulders in some way or another. The empire style of dress is very healthful and it is almost impossible to do the mischief to the body with that style that is possible with other fashions, but unfortunately it is not becoming to many women. Tall women always look well in the long empire gowns while short and especially stout women look anything but pretty.

Our Children.

Sometimes, through a lack of nurse, or through death of the mother it is necessary to bring up a child by hand. There are many ways of accomplishing this, and each one thinks her own way is the best. We Mormons are all such a conscientious lot, that we sin rather through partial knowledge than through any desire to break laws and override rules. But there are certain facts, which constant recurrence prove to be facts, and when any one has taken the trouble to study and observe the various results, bringing therefrom some feasible and reasonable conclusions as to causes, it behooves you and me as wise and progressive women to listen to those teachings, and obey in so far as in us lies. The experiment of bringing up children by hand is most largely in hospitals, where hundreds of infants are deposited, and here it is that the most significant results are noticed. I might quote to you reports of various institutions, giving figures and names, but the papers are to be written in an entirely unprofessional way, and therefore I shall merely repeat the sum and substance of such reports, and give meanwhile some hints as to the home treatment of such cases as I am talking about. In a certain hospital in Philadelphia, where there are hundreds of infants ranging in age from a day to two years old, the attendant physician decided to try an experiment. He knew it was perfectly safe, and for obvious reasons; namely, no child dies from under feeding, unless that process is kept up for some time. A few days of insufficient feeding never hurt child nor adult. It is indeed, in many cases, a godsend. So this doctor told the matron to feed the children three times a day. In a week, he returned to find out the result of his advice. The nurses, one and all, reported that so great had been the improvement in the health, spirits, and looks of the babies, that he was delighted. But further inquiry proved that the matron had understood the doctor to mean three times in twenty-four hours, while he meant only three times in twelve hours. But so great had been the improvement all along the line of babies, that the doctor resolved to limit the feeding times to four times in the twenty-four hours. The instructions which accompanied this advice are significant to you who are mothers. "Feed them three times a day, and once at night but be sure each child has all it wants at the time of feeding." Here is the point. It is of some moment what kind of food you give the baby, but it is far more that it shall be fed at long intervals, and with the regularity of a clock, and it must have all it wants at the time it is fed. These are most important things to remember. I saw a beautiful pair of twins some months ago, fat as butter,