

17. Woman's Sphere.

By One of the Sex.

THE FOOD WE EAT.

Very recently a lady friend told me she heard one of the best and best known physicians in this Territory say that if the "Mormons would keep their Word of Wisdom and all their fasts, the doctors would starve to death." It made me wonder if that day would soon come to Utah.

A great many people fancy that by pouring down each morning, a dish full of half cooked oatmeal with a thick coating of sugar on it and as much cream as they can get, they are fulfilling all that health requires of them in the matter of diet. The truth of the matter is that oatmeal is not the very best daily food for the human being. The Word of Wisdom says that oats are for the horse; yet of that oats are for the horse; yet of course, a reasonable amount of any or all the grains would not injure us, if properly cooked and properly eaten. If you must have oatmeal (and remember that physicians say oatmeal in excess causes skin diseases), cook it at least four hours, and eight is better; then eat it with a little sweet milk, no sugar, and it will be digested by ordinary stomachs without any trouble. While we are speaking of oatmeal, I remember hearing a well known Danish obstetrician in this Territory say that if a woman or child, or I suppose any one else, had a weak stomach and found it difficult to digest anything, let a bowl of extremely thin oatmeal gruel be prepared, strain it carefully and give it to the patient. I have since tried this, using about two tablespoonfuls of meal to a quart of water, and after boiling, strained it, and I took the liberty of adding a pinch of salt. I have certainly found it very comforting to the patients whom I have nursed since that time.

"What shall we eat for breakfast?" cries the impatient young housewife. No oatmeal, no tea or coffee, no meat if we are to keep the Word of Wisdom; no hot drinks of any kind. And what on earth are we to eat on the table for breakfast? Let me give you the advice of one of the most truthful and at the same time the oddest doctors that ever lived: "Go without eating, my dear, until you are hungry enough to eat proper food." So, then, supposing yourself and family have gone without their supper and that they all have a healthful and gratifying appetite for the morning meal, put some fresh, not warm, brown bread, some stewed, dried or fresh fruit, a baked potato maybe, a dish of hominy and milk, a fresh egg lightly boiled, a dish of tomatoes cut up in salt, or oatmeal and milk, in fact choose just a simple bill of fare as will do what breakfast should do and no more, and break the fast. Eat before eight in the morning, and then don't try to eat dinner for at least five hours after. We will talk about our dinners some other time.

THE CLOTHES WE WEAR.

It is certainly gratifying to one who loves mankind to see the earnestness with which women are beginning to take hold of the subject of dress. It is beginning to be actually fashionable to

appear in public without a corset, the costume arranged in such a way as to conceal that fact. I am not acquainted with all the many turns and twists this movement is taking among our people, but I understand from a friend of mine that there already exists in Provo a club for the reformation or bettering of women's dresses. This is very good indeed. But in talking with my friend, I asked her why it was that these ladies did not ally themselves with the Young Ladies' Association. Were they not organized to be a Retrenchment Association? And was not that the instructions of that good man, President Brigham Young—to retrench in dress and fashion? She answered, that the energetic Provo ladies thought that this movement had originated with a certain eastern lady who came here to lecture this summer. Of course I could not well enter into an argument with my respected friend, but I sat in my lonely little room that night, and said to myself, yes it is always so; "The children of the world are wiser in their generation than the children of light."

I see by a careful reading of the fashion journals of England and America, that the despots of France have decided that we are really to indulge this new fad or notion of our energetic little American women and assume the empire styles. Some one asked me the other day what the empire styles were. They are what we call now-a-days the baby waist, with the waist line up under the arm-pit, and the dress long-skirted, full, untrimmed, unless a narrow ruffle or two be added at the foot, big round sleeves, and a rather low necked effect. That is what we wear now, varied of course as dressmakers choose.

I am willing to take you into my confidence and tell you that I am not in favor of empire styles any more than any other; but I am in favor of women learning some of the rudiments of becoming attire, and then finding out the particular style which will suit themselves, and with slight modifications wear it to the end of their days. I don't know why we should consider it a necessity of our lives to spend most of our time in worrying about our clothes, those we have and those we have not. Let the woman who desires to be happy study her own form, avoid corsets as she would crime, have no skirts weighing upon her hips, and then let the outer dress be made in princess style or empire, in ancient or modern style, only let it be made loosely and without bones, with no bands about the waist. If this is done, no one need fear that their looks or their health will suffer.

THE LIVES WE LIVE.

There is one certain type of woman that I wish to take by the hand and have a good cosy chat with. Are you a woman who thinks that your husband knows more than any other man, or woman either, in this whole world? Do you respect his word as the word of the Lord to you, and wonder why all creation cannot see the immense superiority of your husband over every other living creature? Well, if you are that type of woman, you are not the one I wish to see just now. I may have something to say to you later on; but just now I wish to invite the woman who knows her husband is

a pretty good man, one who does about as well as most men do, but who feels in her secret soul that she would do a good deal different if she were head of the house; who feels cross when family prayers are neglected, who worries all the time about the spiritual welfare of her husband, while she feels quite secure in her own; if you are that sort of a woman just come here and let us have a good talk together. In the first place I want to ask you who is the first one mentioned in your prayer? I'll venture to say it is yourself, then your children, and if you remember to say a few words for your husband it is done hurriedly and half mechanically. Now, then, this is all wrong. When men go into conferences and hold up their hands, what is the virtual vow they are making? To sustain by their faith and prayers, by their good words and works, the man and men who are being voted into positions in the Church. What would you think of President Cannon or President Smith, if you could hear them pray and knew that they were praying for the Lord to give them light and revelation, to pour out upon them visions and dreams, to bestow temporal and spiritual blessings without number, and then at the close of the prayer just add a few hurried words for President Woodruff that he might be blessed with wisdom to guide the Church, etc. Just take that picture and set it calmly and slowly in your minds; can you imagine either Brother Cannon or Brother Woodruff doing such a thing as that day by day? Ah, no! How their whole hearts are poured out in public and in private, at night when they lie on their couches, in the day when in counsel with their brethren, how deeply are their whole hearts stirred to sustain the noble man who stands at their head and as head to the whole Church. Do you suppose the wives in this Church are thus loyal and devoted to their head and file leader? You can all answer that question for yourselves. I want to say to the wives in Israel, that you don't half appreciate your husbands. It has become so fashionable to say that women have the trials of life, that women suffer, that women are the ones who need the sympathy of the public, that we have begun to think that it is so and this is all nonsense. The man who is a virtuous, true, upright Latter-day Saint, has just as many trials as any woman in the Church. And furthermore, as he is the head he needs more wisdom, more faith, more strength to lead and guide his family. If your husband is a little bit behind you, my dear and over-zealous sister, I should be inclined to think that a good bit of the blame rests on your shoulders. There is one thing about the matter; if you will do your full duty, neither being a slave to your husband nor trying to be his head, if you will pray as earnestly for, ay, even more earnestly for him than you do for yourself, you will have your full reward. Your home will be happy, your children obedient, your life full of comfort and in eternity you will meet with nothing but joy and glory. If you fail—but you all know what failure means in this Church. But once more I wish to raise a warning voice to the daughters of Zion; appreciate and respect the good and noble men who are your husbands, and