

✻ IN ✻ WOMAN'S ✻ SPHERE. ✻

CONDUCTED FOR THE "NEWS" BY MRS. FRANCES M. RICHARDS

The Food We Eat.

The same 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 the table, is of the greatest importance. I am sure that our country friends might like to hear this heard put upon the good sisters of Salt Lake City. I am sure that they have some prepared food with them. Now, for instance, cannot the sister from the country easily put a pound or two of butter, a receptacle of sugar, a can of condensed milk, some cheese, cake, if she eats for sweets, into a basket and in fact bring enough to supply her own and her sister's wants, with a few loaves of bread which she always is to obtain at the bakeries? I think it is a duty the country sisters owe to those who entertain them. It is much, possibly, so that the woman of the house is not kept away from her meetings to cook and wait upon the many visitors. I know country visitors, who have come into the home, while the hostess was without a girl for 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 country girls are so used to being waited on. These of course are exceptions. But while the sisters in the city want to do the very best they can for their friends, it is a duty to bear a little more of a burden to feed and wait upon those from a distant area, people, unless some of those visitors order and insist upon helping to bear those burdens.

For the food which the city women can have prepared for her visitors, if she wishes to make an effort to entertain her guests, the housewife has a number of things herself. Fried food will keep for a week or more. But until the meat slips from the bone, sit on the table and enjoy it. After the meat is removed the fat and gristle, cook it like minute meat. Keep the hot liquor to use in the afternoon. Boil the meat down after removing the fat and gristle, season with pepper, salt, a little allspice if you like spiced meat, and after heating the meat, put it down in a bowl, and leave it over night; it can be cut in slices with a sharp knife, and you can use it for a week. If you have a little fat, if you wish. Make also a big panful of hash, and set that away. Make a generous supply of cold meat, which is just as good and twice as healthful cooked with a bit of fat beef, or even with butter alone. You can make cold meat of any kind of meat, and indeed any kind of cold meats can be prepared days before the visitors come. First, wash and clean the vegetables, corn, canned fruits and vegetables, can all be laid in the pantry. Then the woman of the house can go to the market and buy the things which the pastates have been left. Cleaned in cold water, it is only a matter of half an hour to get the things ready. The table and chairs of your visitors set the table, and dinner is soon ready. Cover the table, and when you get back from the afternoon walk, you will find the table set for your visitors to help you wash up and get things ready for morning. Many people from the city will come to see you, and you will be too free by offering their services, and they would gladly help if asked to do so. Don't make the mistake of thinking that you must have breakfast. Mush, bread, butter and fruit are ample for any breakfast. The supper is free of supper. At dinner, have your meats and vegetables.

The Clothes We Wear

While all the strenuous effort 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 light waist is considered the first high note in modern dress, desired to remove that weight, is answered. This remark always inspires us with the hope that, even the fashion writers and fashion-seekers 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. We would like to see the strategists or underlings for Christian women to enter into some organized plan to teach the Chinese women the cruelty they practice upon their children by the use of the foot. We would like every physician and indeed every one who has given the matter study will tell you that the mere deformity of the feet is a source of weakness, and that the deformity of the waist seen daily among the daughters of enlighten and Christianized nations is a source of weakness, exempt from this practice. Not by any means. On the contrary, I sometimes fancy that, as in other things, we go to the extreme, and that we are so sure we do in this country, we do with our whole hearts, and this wearing of our waists is one of the wicked things which we carry to a most harmful extreme. I have heard it said that certain girls in this city, by pulling all the whole line of corsets to a mere rill. I was delighted to mark the dawning of a new era, and that certain girls were indicative of a happy change in the fashions and customs of our women. May we hope that this new strength as it rolls, until all that is emancipated from this wicked thrall-dom. And if corsets are bad, skirts and petticoats are bad, and the long, laced, buttoned waist line are almost as bad, and in some cases, where the weight is a great deal, they are almost as bad. We do not need petticoats half so much as they think they do. If you need warmth, get it by garments which come to the heel and wear two or three of them if you are particularly cold. If you are fond of wearing a petticoat for looks, be sure and have it either buttoned upon a waist, a blouse waist, or a buttoned corset waist, or else have it buttoned upon a skirt, and pull down the hips, and upon this new your skirt. I have a friend who makes all her autumn dresses of a white cloth, and she takes a white chemise and skirt with one pound of weight upon the waist. If you wear dresses cut in Chinese and have a blouse waist, and are putting the skirt upon a thin under-waist, and you will thank me for the suggestion that you wear a blouse waist.

Underwaists. In fact every article of clothing should be suspended from the shoulders in some way or another. I have heard it said that a waistband and it is almost impossible to do this mislead to the body with that style of dress. I have heard it said that unfortunately it is not becoming to many women. Tall women always look well in the long empire gown, and short women in the short empire gown. I have anything but pretty.

Our Children

[illegible]

Our Athletics

[illegible]

A woman's bicycle cloth has been found in New York city. There are at present something over 300 woman riders. A clubhouse convenient to Central Park is to be secured.

Physical Culture.

[illegible]

2) *level 1 estimate*.

[illegible]

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