

17. Woman's Sphere.

By One of the Sex.

The Food We Eat.

BREAKFAST.

There are people who cannot find it in their hearts, that is in the place where the Polynesian people locate their hearts, to break their fasts with simplicity and health by some variety in the way of meat or eggs or potatoes or indeed something beside just bread, fruit, mush and milk or cocoa. The least harmful of all the articles that I have named is a baked potato. But for some baked potatoes or boiled potatoes would seem as out of place on the breakfast table as mush on the dinner table. However, if potatoes are desired certainly there is no better nor more healthful way of preparing them, than baking. Did you ever try salt and cream on your baked potatoes in place of butter or gravy? Try it, and you will want to repeat the experiment. Eggs are healthful, especially in the winter when they cost thirty and forty cents a dozen, and only one or at most two can be afforded. They are very rich, and yet so little "fillin" that three are often eaten, and that is too much nutriment for one meal, if other things are eaten with them. Everybody knows how to cook eggs, or they think they do. But I have never met more than three people who knew how to boil an egg properly. To throw them into boiling water, and take them out with the white set hard, the yolk in more or less the same state, is to make the most indigestible part, the white, still harder to digest, and to leave the yolk a liquid of greater or less solidity. I learned how to boil eggs from a nurse who had learned her secret in the hospitals of Copenhagen. Lately I have found another Danish midwife who cooks them in the same manner, and so I naturally infer that this mode is a Danish one, and here give due credit to the nation of good nurses. Your eggs should be taken exactly ten minutes before they are wanted! set in a tin vessel on the back of the stove, or on the hearth if that would be warm enough; pour boiling water over them until they are well covered, put a tin lid over your vessel and leave them there for ten minutes. When you take them out, you will find them of the most delicious jelly like consistency, the yolk of the same mellow consistency as the white, and the flavor of all preserved. Don't insult the delicacy by covering it with pepper, salt and butter, but dust a pinch of salt into it, and then partake with a thankful heart. When you wish to have eggs on toast, try this method, and turn your egg carefully on the toast, and you will find it far better than poaching. If you feel that you must have meat of some kind, prepare a stew or try to have the meat in small pieces and let there be potatoes or toast to accompany it, as that will prevent the eating of so much meat. A very good way to use up all the tough ends of steak, and this sort of weather you can keep meat for a long while, is to cut your raw meat up into half inch pieces, fat and lean together, put them on in a saucepan, and stew slowly on the stove for an hour. Season with a little pepper

and salt, and an onion if you like onions, then toast two slices of your stalest bread, and pour your stew upon them sending the dish at once to the table. Some add several onions to this stew, cutting them in slices and dropping soon after the meat is put on.

The Clothes We Wear.

HATS.

The rage for big hats seems to continue unabated. Women in the East who have any claim to move in high society never wear large hats on the street. If they are in a carriage, at a garden party or out in a mountain tramp, large hats, if becoming, are worn. On the street, that is walking, ladies who are really ladies, wear walking hats. The fashion books show us large hats as novelties and many of those seen in this country are very pretty and very becoming to their wearers. But there is something decidedly out of place if not funny in the sight of one of ten meets; a woman in a plain street costume, with a huge, dressy plume crowned hat to complete her costume. Young girls who cannot afford, so they think, to buy two hats, spend all their money upon an expensive large hat, and then have to wear it every where. Let me make a suggestion to these same girls. Get a very simple shape, either of felt or velvet, put a ribbon bow or a wing upon it, and you will find it will go with any style of costume you can possibly wear. In this Territory, there has grown up a custom of wearing the very best dress and hat a person has to church, or "meeting" as we term it. I see nothing wrong in this survival of an old Puritan custom—that of wearing the best for the best occasion. But keep your wide-brimmed, feather trimmed hat for meeting, and Sunday wear. If you can become the boy's felt shapes they are suitable for street wear. Remember that nothing is so indication of a modicum of taste and sense, as an incongruous mixture of costume. If your dress is silk and elegantly made, wear an elegant hat or bonnet with it. But if your dress is a woolen one, and that too of not too new or stylish a pattern don't wear a beautiful hat that would grace the head of a millionaire's daughter. I do not mean by this, that only the rich can wear beautiful clothes, not by any means. But there is no beauty in illy matched articles of apparel. Beauty is a thing of completeness. You nor I would not call a woman beautiful who had every grace and charm of feature, if she had with that a spotted complexion or a snub nose. Well, my dear girl, you look as painful to the possessor of taste with a pair of gold bracelets and a dirty shabby dress, or with a lovely hat and a poorly made dress as does a woman who is lovely in feature but who has had the small pox. Learn the first principle of beauty, which is consistency. An alpine eitlewiss does not compare in any sense of the word with a garden pansy, but the delicate, silvery grey of its outer covering is so perfectly in accord with the branching willowy stem, and it seems so much a part of its snowy, mountain home, that it is truly beautiful. How better can we learn to be beautiful, than to study humbly yet earnestly the elementary laws of life and its creation, wrought out by the Master Hand, that all knowing Mind which teaches, us that like cleaves to like, and only in the

observance of this law can we achieve honor, beauty, or wisdom.

Women with small faces should not buy the bonnet which they have admired upon a full-faced woman. And yet, how many women finding one style that suits themselves, say and think they can wear only that style. Don't be too frivolous nor too precise in your taste, but study consistency which is harmony.

Our Children.

THE BEHAVIOR OF OUR YOUNG PEOPLE.

I spoke last week of the freedom which exists among many of the young people of this Church. I wish to continue this subject. First let me say that the class of young people of whom I spoke are those who go out much in society in Salt Lake City and other towns. To be sure there are many of our young men who are naturally modest and reserved with girls, as there are girls who are strict even to severity in their conduct with young men. But the young people who are gay and social in their nature and habits are those who are the most liable to these immodest and forward actions.

I know, and am deeply grateful for, the purity and virtue of our youth. It is something more than rare in the outside world! it is there unknown. But I do think that mothers and fathers rest too much on this well known fact and therefore deem it unnecessary to do more than to give general counsel. What should be done is to give to every youth and maiden detailed instructions as to their behavior when in each other's society.

It is unwise and dangerous for parents to rely upon the known innocence of their children when that innocence arises perhaps from ignorance. Knowledge is the strong safeguard of innocence and caution the true shield to virtue. I wish to rouse our mothers to the importance of constant diligence in the matter of the behavior of their young people and to warn them that the innocence and purity of our young men and our young women is too precious to be jeopardized by a dangerous if ignorant freedom between the sexes. Therefore, mothers, talk long and often and not in vague, general terms, but in plain, unmistakable, if loving and patient words.

BEGINNING AT THE BEGINNING.

The headings which I have put to this chapter might be objected to by some of our critical friends, but let me be understood as desiring to begin at the time which seems most appropriate, and that is with the birth of the infant. There has been a great deal of good done in this community by our learned men and women in the matter of teaching mothers how and what to do with the tiny life at its beginning as a separate being. But I beg to offer some more remarks on this ever interesting subject, thankful that I shall have such a large audience.

Let us in this paper speak of the clothing which should envelop the little form. A great many mothers buy the knit shirts, and the only objection to them is that they are so apt to shrink. If they are washed in a little water, not too hot, into which a few drops of ammonia has been put, and then rinsed in water of the same temperature, and dried in the house, they will not shrink so much. I said that that was the only objection, but I mistake. The skirts are hard to