

the pan, especially if they are apples, and pour in boiling water as occasion may demand, but never stir them under any circumstances. If you find them scorching, take them off at once and turn all that will readily turn out into a clean saucepan, and with more boiling water complete the operation. There is a great deal to be said about sweetening the fruit; how to do it and when so we will discuss that in another chapter.

### The Clothes we Wear.

#### UNDERWEAR.

Married women in this Church have their own particular suits of underwear which is worn next to the person. I have heard recently of some of our overworldly young matrons who have taken these union suits bought in the stores and with a needle and pair of scissors have adapted them to such use as they thought rendered other undergarments unnecessary. Wives of High Counselors, and daughters of Apostles are guilty of thus abusing their high privileges. Let me raise my warning voice against such sinful practices, for they will surely win the sorrowful reward they merit. There can be no such thing as temporizing with the designs of the Almighty. I have also seen some of these same silly women with such low bodices and with sleeves so short that there was nothing but a strap over the shoulder, and I have painfully wondered where their undergarments were. Surely the mothers and fathers of this generation of young people are not fulfilling all their duties if they see their children doing such things without reproof. These actions are more injurious to other silly women, because of the example set by those who are in high places, than they are to the silly ones who perpetrate such foolishness.

A most comfortable suit of winter underwear is a pair of properly made cotton undergarments, with a knit union undersuit over that, and then a divided skirt—if it is considered indispensable to wear a petticoat. There is small need of any sort of petticoat. If extra warmth is needed, more than the two suits of underwear, take a pair of flannel bloomers or as they are now called, divided skirts and you will surely be warm enough for the frostiest weather. No man can imagine the burden women bear in their unhealthful modes of dress. If a man were to wear just one skirt around for a few hours while he was at his work, he would be ready to almost curse skirt, the one who invented it, and all who wear it. Unless a woman adopts the reform costume and wears it for a portion of each day she will never be made to realize the bondage she is in daily. But for goodness' sake let us get rid of as many burdens as we can, and trust to the future to develop something which will be possible and healthful for us all. Therefore I say, take off your petticoats, get union undersuits, or vests and drawers if the undersuits are not to be got, and then wear woolen drawers if those are not sufficient to keep you warm.

The question of hose and garters is also an important one to consider for the woman who wants to be healthy and comfortable. A great many people think that woolen hose are a necessity for cold weather, and for many they may be; but if artics are worn on the feet out of doors, and good warm shoes are worn all the time, with the under-

garments to the ankles, many people find a cotton stocking just as comfortable as a woolen one. I have tried both and find either one good enough. There has been a great deal of controversy upon the subject of wearing garters suspended from the shoulders, waist, or only at the knee. I have tried all of them, and prefer mine suspended from the shoulders. They should not be too tight, wherever they are. A free play of limbs and body is what must be sought for and obtained.

### Our Children.

#### THE BEHAVIOR OF THE YOUNG PEOPLE.

I have yet to ask a parent of growing boys this question, and have it answered in the affirmative: Do you teach your boys that it is wrong to attempt to put their arms around a young girl, unless engaged to that girl? The young man who does not try to take liberties with the girls with whom he associates is an anomaly. Is not this a sure indication of the state of our society? I was rebuking a young girl the other day for going out with a young man not in this Church. "Ah," she replied, "he is the only one of my escorts who does not attempt to take liberties with me, and he is a perfect gentleman." "Do your Mormon escorts try to hug you and kiss you," I asked in alarm? "I should say they did," was her emphatic reply, "and I have to talk pretty sharply to them to prevent them from carrying out their purposes." A kiss at the gate, so this young girl informed me, was considered the only proper way of parting. And the girls laugh at one of their number who dares to say openly that she would not accept such familiar attentions from young men, declaring their intentions of not driving off the boys by such silly prudery. Does not this make you stare, my dear, good sister and mother of growing boys and girls? It made me gasp. I was talking to another girl some months ago—indeed it was in the summer, when bathing in the Lake was in vogue. She told me about the actions of some of our young men, and another girl even brought in the names of married men who sought under cover of the water to take the vilest liberties with young girls out bathing. I have found in my questions to my Sunday school students a woful lack of knowledge upon this important subject. Many girls do not know there is anything wrong in allowing the arm of a young man to be about their waist, or even to slip up under their arms. And I wonder and wonder what their mothers and fathers are about that such ignorance can continue. I tell you that there is need in Zion of some one to cry out from the watch tower that the freedom which precedes sin is a growing evil among our young people. It may not be considered proper to say this in public, but I feel that in no other way can this matter be so broadly reached as through the public press. To you, mother of grown or half grown girls or boys, I say, don't let this matter rest another day, but take your children, all alone, and with the kindest and most loving persistency discover what their actions in this regard have been in the past. Use all the wisdom you can get, and of one thing be very sure—that your attention once having been aroused to the importance of this subject, you must never rest until you know of a surety your loved ones are shielded, if still

innocent, and are rescued if they have been guilty. Then never relax your vigilance. And what about the counsel which young people should receive from their fathers? If I told the truth, I should say that the blame for the ignorance of our young men on this subject should rest upon the heads of their fathers. For not all the responsibility of young people's actions rests upon the mothers—only the half of that responsibility. Fathers, where are your boys, and what is their conduct towards young women?

### Our Ailments.

#### CONSTIPATION.

My friend the doctor says there is no complaint so common in Utah as this one which I have chosen to speak of in this paper. To be sure, we all know that the original cause of such a trouble as this lies in errors of diet and living. But with all the strength of obstinacy we will cling to our suicidal habits of eating and drinking, and then run to the doctors to help us up when nature, disgusted, prostrates us as a punishment for our sins of transgression. People will eat white bread, and if they take a saucerful of mush covered with cream and sugar in the morning they think in some vague way that they have thus appeased the god of health and that thereafter they are at liberty to sin against him as they please. Brown bread, pure and simple, should be the only bread made, in Christian, and especially Mormon houses. The Word of Wisdom says wheat is the food for man, not three elements of that precious grain, with the rest thrown away to the hogs. A great many think that the new process of rolling keeps in the other elements of wheat, but you would not think so any more if you would go to the mill and see what is discarded. It is only a degree better, and nothing which is so clearly a robbery of the stomach and body as this throwing away the most valuable elements of the wheat should be tolerated by Latter-day Saints who pretend to lead the world in enlightened knowledge. Well, even then, says my doctor, some people have sinned so long that nature will never be able to do her proper work in their bodies, and even brown bread will not ensure them from attacks of constipation when cheese, lean meat and new milk are too freely eaten. So, then, the question arises, what shall we do when our sins find us out, and we must have some help? The doctor says that warm water injections relax the bowels, and if persisted in will certainly paralyze the bowels. Cold water is far more preferable, for that contracts and forces the bowels to act. However, there is one sure and safe remedy that can be used as frequently as needed without any after bad effects, and it is as simple as can be. Go to the drug store, or send to the city if you live out of town, and procure what is called in America a glycerine syringe. It is small, and has a bent tube. Put into this one teaspoonful of glycerine, and add a teaspoonful of cold water if you wish, and use it as an enema. This acts like a charm and leaves no weakness behind it, nor does it tend to force the patient to resort to the expedient any oftener than his own errors in diet force him into adopting it. If a cathartic is needed, in case of fever or in case of women who are confined, or when the children have a cold and