

IN WOMAN'S SPHERE

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

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 fast with simplicity and health by one variety in the way of meat or eggs, or potatoes or indeed something beside bread, fruit, milk and milk or cocoa. The fastidious eaters of the articles that I have named is a baked potato. But for some baked potatoes or boiled potatoes would seem as much out of place on the breakfast table as much 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 water on your baked potatoes in place of butter or gravy? If 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 "filling" that three are often eaten, and that is too much nutriment for one meal. If other things are eaten with 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 still 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. Later 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 uniform consistency as the white, and the flavor of all preserved. Do not 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 steak or try to have 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 meat, and this sort of weather you can keep meat for a long while, is to cut your 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 yeast rye 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.

DAYS.
The rage for big hats seems to continue unabated. Women in the East who have any claim to more 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 here, show so large hats as novelties and many of them even 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 a woman, a woman in a plain street costume, with a huge, elaborate, jeweled hat, to complete her costume. Young girls also 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 old European customs—that of wearing the best for the best occasion. But keep your wife-himself, neither trimmed hat, for meeting, and Sunday wear, if you can become the wear of the best shapes they are suitable for street wear. Remember that nothing is an indication of a mistress of taste and sense, as an inconspicuous 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 ill-matched articles of apparel. Beauty is a thing of completeness. You nor I would not call a woman beautiful who had very green and shorn of feature, if she had with that a spotted complexion or a snub nose. Well, my dear girl, you look as pitiful 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 edifice does not compare in any sense of the word with a garden party, but the delicate, silvery grey of its outer covering is so perfectly in accord with the branching white 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 begets like, and only in the observance of this law can we achieve honor, beauty, or wisdom.

Our Children.

THE BEHAVIOR OF OUR YOUNG PEOPLE.
A 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 in 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 need to look on this well known fact and thereon 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 raise our mothers to the importance of constant diligence in the matter of the behavior of their young people and to warn them that the influence 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.

Our Ailments.

HEADACHE.
Scarcely less common than the infirmity of our last paper is the one common complaint. It is annoying to most people, and especially to young people. Because the seat of the pain is in the same place, they fancy that the same remedy will cure them both. Well, I will confess that most of headaches are caused by indigestion offered to the stomach, yet there are two kinds of headache which have little or nothing to do with the state of the digestive organs. One is the nervous headache, caused by various causes of brain tension. The ordinary splitting headache is usually a very pressing call from the stomach to free it from the impurities with which it is loaded. Now, there is one thing that should be well understood by every one who cares to have peace of body. Nature, except under the most violent conditions, is quite able to cleanse out her own impurities if she is only left to do so without being interfered with. So, if one will only let long and strong, the headache will leave when once the stomach has got rid of its load. There are one or two diseases which will hasten this desired event, and there are others which will give temporary relief. If you have frequent headaches, they may arise from an overworked stomach, or they may be caused by work and darning nerves. The stomach is the seat of a large group of diseases. There is one thing which I have known to be very efficacious in the treatment of such disorders, and that is the free drinking of warm water. If it is taken lukewarm, and this causes you to smile, so much the better, you will sooner be rid of your trouble. You drinkers invariably suffer intense pain if the customary stimulant is withdrawn. The nervous—so long strained and tortured and spurred and whipped like a horse which has worn a collar upon a sore neck so long that when it is taken off it is far more painful than if the collar were on long for the first time. The nervous system is the seat of the most delicate and the most delicate of the human body. But water will soothe such headaches. If you are sure your trouble arises from constipation, use the remedy proper for such an ailment. A great many people use soda in various ways and with other things to get rid of their trouble. Why don't they have sense enough to let the stomach rest for a day, and put the extra task upon it, either in the way of medicine or food? If you have the headache you are hungry enough to eat a slice of dry bread, you can do so with the clear assurance that your stomach can digest the dry bread. But if you feel that butter or tea or what not is needed to assist in getting the dry bread down, you may know that you have no business to eat at all. Children who go to school and come home with the headache, have chances to eat, but a very unhygienic luncheon to let their stomachs work upon when the brain has called the blood away from the encephalic stomach. Women who have periodical headaches have weak digestions and perhaps other weaknesses. But under any circumstances, fasting, rest, quiet and warm water, curiously and liberally applied, will relieve.

Physical Culture.

ITS RELATIONSHIP TO THE HOUSEWIFE.
My dear sister who works away at washing, sewing, darning and sweeping has read these papers with much or less interest, but she says to herself, "That is all very well for young girls and women of leisure, but I have no need to take exercise; I have enough to do as it is, and I have no time to spend in such things." Well, I have once thought as you did, and confess that it is one of the most difficult things in this world to force oneself to keep up a daily round of exercises, for it becomes monotonous and a dreaded thing. But, you must be convinced, and after you once make a trial, your own body will convince you of the necessity of continuing your work. I have an intimate friend who once, in company with another friend, decided to try the effects of this physical culture. Having obtained accidentally a copy of a certain useful work on the subject, she became convinced that the rules there laid down would be worth a trial if nothing else. A very distressing stiffness in the hip, a general languor and weakness which had always accompanied her, made her determined to try what was said to be a sovereign remedy for all such difficulties. So, the two women began the exercises described in that book. Less than the month, which had been set apart as the time of trial, had elapsed before both of the girls were thorough converts to the new doctrine, and the results of their earnestness seem of such extremely gratifying character that ever since they have kept up at intervals the beneficial exercises. But what about the woman who does her housework and feels well all the time? There are many such women; I have met not a few. And even if I had I would say to her that she needed some sort of scientific help to keep her in good health and to further develop her body. If the arms are well developed, and the legs poorly developed, there is a lack of unity in the body that is neither healthy nor beautiful. If the limbs are well developed and the shoulders are well developed, but the back weak, there too is a deviation from the laws of life and nature. The woman who has a small, naturally thin body does not require any large or strong muscles as the larger framed woman. The great thing to be sought is a harmonious development. Each part should be well proportioned and perfectly balanced. If this is the case, there will be no bent shoulders, no weak spine, no stomach, no shrunken limbs, no ill-balanced head, the body will be equal to all tasks required, and nature will co-operate with art to bring up the physical standard to the ideal or perfect level. Have no duty which we owe ourselves and posterity in thus studying and practicing the laws of life?

Interests Outside the Home.

SOCIAL.
Although people are continually talking about hard times, there seems to be plenty of money to give parties and to go to theaters. We need some relaxation, and nothing is more beneficial than social intercourse. There is no need to enlarge on this subject, it is all too universally recognized, if not lived up to. So let us mingle in company to a reasonable extent. But there is one phase of social life which is becoming somewhat common and which is to thinking minds neither pleasant nor profitable. And that is the habit some people are forming of offering punch and wine to their guests. While it may be proper and right to use these things at certain times and places, I confess that I know of few such cases, however—surely there is less than no need to use them at social gatherings. If there were no other reason than the example set to our young people, that is quite sufficient reason why neither beer, wine, punch, nor toddy should be offered to our guests, or even served on any point, for I have seen and known something of the evils of drink, and I know that those who are not inclined to give way to such a vile habit are the very ones who earnestly set the example to others who are weak and inclined to sin. Will we not be compelled to answer for the example we set to others, as well as for the injury we may do or not do to ourselves?

The Anti-Crinaline League.

In England, such a strong feeling has been aroused upon the subject of the predicted arrival of the ugly crinaline, that over eight thousand women have banded themselves together, under the title I have just mentioned. The women are in earnest, and (titled women by scores have joined the ranks. There has been an effort made by these women to send the name of Queen Victoria on their list, but that over-conservative lady has not as yet responded. But surely the uncrowned American queens will not hesitate to join with these ladies in practical work, even if they do not organize thereby.

Miss Willard says that few forms of hypocrisy are more common on the lips of women than this: "I would on account have my name in the newspaper." If a woman has accomplished something helpful to humanity it is just as desirable to have it known as if a man had accomplished the same. Indeed, she adds, it is more so, because this knowledge will encourage other women to lift their hands in some good employment.

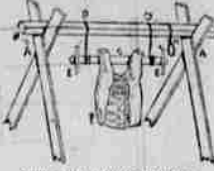
Miss Kate Holden, matron of the women nurses on North Brother Island, where the New York city prisoners afflicted with contagious diseases are sent, has for ten years led a life of solitude and sacrifice, frequently spending months at a time without crossing the mainland. When fifty Russian typhus patients were sent in a single day to this island hospital, Miss Holden spent forty consecutive hours among them without sleep or food.

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George William Curtis had been associated with Harper's Weekly almost since its beginning in 1857, and had written the "Editor's Easy Chair" in Harper's Magazine since 1864.

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Deposits 1874, 11,070.72	Deposits 1884, 138,110.64
Deposits 1875, 18,119.70	Deposits 1885, 142,780.12
Deposits 1876, 19,148.92	Deposits 1886, 195,903.66
Deposits 1877, 21,058.84	Deposits 1887, 207,331.50
Deposits 1878, 20,612.71	Deposits 1888, 428,464.79
Deposits 1879, 42,703.59	Deposits 1889, 626,799.52
Deposits 1880, 60,071.01	Deposits 1890, 874,281.97
Deposits 1881, 69,457.09	Deposits 1891, 791,621.11
Deposits 1882, 132,078.90	Deposits 1892, 875,194.54

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