

IN WOMAN'S WORLD.

NOTES AND REFLECTIONS.

SENSITIVE vanity is the subject which an American correspondent to a leading journal had something to say upon recently. We take the following extract from the article, which it is quite safe to say will nicely fit a number of people with whom our readers are acquainted. The writer says:—

There is no class of people that is so uncomfortable to live with as the thin-skinned individuals who have what are called "feelings," and whose hypersensitive natures are continually on the lookout for grievances or fancied neglect or unkindness on the part of those with whom they are thrown in contact. It is a form of egotism that is not generally recognized as such, but which, nevertheless, is as self-centred as the conceit which springs from vanity, which may be more arrogant, but is hardly less provoking. In fact, the latter is generally accompanied by a cheerful disposition which is the natural result of self-confidence, and which renders the owner a much more pleasant companion than the morbid individual, who is continually feeling "misunderstood," and whose self-depreciation is often aggravating to the last degree. It is impossible to argue with these people. The Irish Biddy who complains of those who are "insulting" her is not more utterly unreasonable and irritating than the aggrieved spirit who goes about with a sad face and unhealthy self-communing, brooding over trifles until they assume exaggerated proportions. The fact of the matter is that in this workaday, practical world the less one thinks about one's self and one's feelings the better, and the best chance of happiness lies in forgetting our own individuality altogether and living for others.

Calling on the sick is a praiseworthy practice when carried on in a sensible and rational way, but, like every other Christian work, it is abused in many instances. A writer in an American magazine, in commenting upon the matter, says:—The world is full of well-meaning persons, who, as soon as they hear of the illness of an acquaintance, conceive it their duty to set forth and call on the sick. These visitors are generally of two kinds: one who has the fixed idea that the patient must be "cheered up" and his sickness made light of. These enter the sick room with a gay expression of countenance and a budget of lively gossip which they proceed to open up under the belief that it cheers the invalid and takes him out of himself.

The other style of visitor has a different set of sick-room tactics. He elongates his face, subdues his voice to a melancholy note, and proceeds to torture the nervous and depressed invalid with minute and harrowing accounts of illness which he has gone through or some of his friends have experienced. We use the masculine pronoun; but, truth to tell, a majority of these malapropos callers on the sick are women, whose visits are prompted by kindness of heart or the impulse of curiosity or of conscience.

A woman physician and nurse says: "To imagine that every one who is ill desires to be entertained is altogether erroneous. All that is wanted is peace and quietness to be allowed to rest in that semi-stupid state in which many diseases, and sometimes the remedies prescribed by physicians, kindly envelop the mental consciousness in order to insure rest so that the body may have time to heal. And even when this is not the case, I have noticed in caring for sick people, that it is almost impossible for a visitor to enter the room from the outside world and not bring with him a stronger atmosphere of life and activity than is good for one whose vitality is at low ebb. Something will be said or suggested to jar on the unstrung nerves of the invalid."

At no time is there greater need of that indescribable quality called tact than in visiting the sick. If the visitor draws a solemn face and assumes a grave air, the sick person will be sure to think: "It is because he thinks I am so ill." If he discusses outside topics unreservedly, and assures the invalid that he is not so bad as he imagines, the morbid sufferer will either become unduly excited, and resort into prostration when his caller has departed, or he will feel a lack of sympathy in his friend, and be upset because of it. The object of the visit to the sick should be gently to cheer the invalid as much by the tact and good will and sympathy expressed in a look and a touch of the hand as by any expressions of consolation and condolence.

From a secular standpoint there is little doubt that if the cooking department of the home is what it ought to be the average man will be always cheerful and satisfied. It is related of a candidate for the office of governor of one of the States in the neighboring republic that when he was approached by a deputation of voters who were interested in prohibition, and asked what measures he would take, if he were elected, to advance the cause of temperance, he said: "I shall advocate the establishment of cooking schools for the people," he gravely declared, much to the astonishment of his constituents. He went on to say he had long been convinced that lack of proper food, properly cooked was the prime cause of intemperance and crime. Many men and women contract the drink habit from the constant gnawing of an unsatisfied stomach. This does not always, or usually, proceed from emptiness either of the stomach or the pocket-book. Any who sit down to well-spread tables are filled because the food they partake is either not nourishing in its life, or it is so impurely cooked that the nourishing qualities escape in steam or in hot grease.

HOUSEHOLD NOTES.

THE average housekeeper is ever delving into the mysteries of the Cook Book, in the endeavor to secure some suggestion that will help her to vary the appetizing morsels to be served up as dessert. An authority speaking of Ambrosia pudding says it is a delicious dessert, and makes also an ornamental dish, and one, too, which has beside the charm of novelty. It requires six juicy, rich Valencia oranges; or, if they are juicy, the same number of seedless oranges will do; one pint of rich cream, the yolks of two eggs, two cups of sugar, a lemon, a liberal half-package of English gelatine, a half-cup of cold water, half a cup of pistachio nuts chopped fine, and a cup of fresh grated coconut are the other ingredients. Almonds may be used in place of pistachios if the flavor of the latter is not liked, and in this case, to give the jelly a pale green tint, it will be necessary to use a little coloring liquid. Spinach green costs 25 cents a half-bottle, and will last for years if kept well corked in a cool place.

For a large pudding use a two quart melon mould. Prepare a pale orange jelly. Squeeze out the juice of three of the oranges; there should be at least a cup and a half of this, and the juice of one lemon, a cup of sugar and a little of the lemon rind grated. Soak a liberal quantity, or nearly a third, of a package of gelatine for two hours in a quarter of a cup of cold water. Add a quarter of a cup of boiling water to it, and strain into the sweetened orange and lemon juice. Let it become cold, and meantime have the melon mould set in a pan of cracked ice of wet snow, to chill it. Line the sections of the mould alternately with the chopped pistachio nut or almonds—and half the grated coconut, and pour cold jelly over them, to hold them in place. In order to set the jelly on all sides evenly, the mould must be turned from side to side as the fluid hardens. This hardening will take place in a few minutes, if the mould is set in cracked ice.

The editor of the "Woman's Corner" in the New York Freeman's Journal refers to a question which has occasioned many a wordy encounter in the household. It is the free indulgence of the use of coffee. She says:

I am very fond of coffee, and am really annoyed by the constant efforts to persuade me to give up the delightful beverage. I am told of many physical disasters that will follow its continued use, and occasionally I yield to my friends' entreaties, and refrain from sipping the mildest made, and for two or three months will not even look at the black coffee.

After this "sacrifice" for a more or less lengthy period I begin to believe that coffee is not unhealthful, at least for me, and I joyfully return to its use. I do not notice that I enjoy any better health when I deprive myself of my morning cup and after-dinner solace, and no one informs me that I am more beautiful and my complexion fairer. So altogether I have come to the conclusion that the confirmed coffee fault-finders are mistaken in their conclusion, and that I will no longer confirm their wrong diagnosis.

I presume there are many who are also beset by good people who apparently have their welfare at heart to let coffee alone, and it may interest them to learn the other side of the question, and to hear of the virtues of coffee, as discovered by study and research. I find that coffee is really a valuable agent in assisting in the digestion of food, and aids the blood in taking up more nourishment than it otherwise would. It quickens the circulation of the blood and respiration.

It is also stimulating and refreshing, owing to the caffeine it contains.

In tiding over nervousness or emergencies it is a sovereign remedy.

As a disinfectant it is one of no small usefulness in the sick chamber.

As a stimulant and caloric generator in cold weather it is 100 per cent. ahead of liquors.

Taken in the morning before breakfast without cream or sugar, it is in many cases a superior laxative.

Combined with lemon juice and no milk and sugar, it is excellent in malarial troubles, and a block to chills and fever.

A master mechanic once assured me that coffee was generally harmful because it was made of stale hot water. "We found that out," he said, at the factory. We proposed for a certain number of us who "stayed noons" to chip in and buy coffee and have a big pot made every day at the forge. Some of the fellows objected, saying coffee made them sick and they'd rather have tea. Coffee carried the day, and those who wanted tea drank the coffee just the same and they didn't get sick. You see, our factory coffee was always made of water freshly boiled and used as soon as boiled but at their homes the water was from the teakettles that had stood upon the cooking stove and lost all its vim and that was what was the matter. The coffee wasn't to blame—it was the water in it.

There was good sense in the workman's philosophy. We are many of us not careful enough with the teakettle. It should be emptied every morning and rinsed carefully; then filled with fresh water. This should be done at least once a day, and if the fire burns fiercely three a day is not too often for its refilling with fresh water.

Another writer in dealing with the same subject says that coffee is a sort of antidote to alcohol. In countries where the consumption of coffee is the greatest—Turkey, the Orient and Brazil—alcoholism is unknown. Coffee is the best of stimulants and helps to kill the craving for strong drinks. Among the Creoles of Louisiana, continues this authority, who are noted for their indulgence in coffee drinking, going so far as to use it for all meals, a drunken man is seldom seen and examples of longevity are numerous.

WHIMS OF FASHION.

THE fashion authority of the Sun, N. Y., bewails the lack of something new, although it would appear to the average citizen who has to pay the bills in connection with the varying changes in feminine apparel, that there is an unending change. Here is what this writer says:—

A careful search after distinctive features among the new fashions does not reveal anything strikingly new except perhaps in skirt models, and many of these, which seem new, came out among the winter modes. They simply reassert their rights now by reinforcements in numbers and the stamp of Parisian approval, which is usually emphatic as well as final, and we meekly accept our fate. To be sure there is unlimited variation in the modes of decoration, in which tucking, cording, ribbon, lace, chiffon, and spangles flourish beyond the power of description; but real novelties in dress trimmings are rare exceptions.

The gowns which aspire to be dressy at all are extremely fussy and elaborate, yet in general they are very pretty and tasteful. Chenille, which, by the way,

the violet colored styles above alluded to, would certainly be something of an improvement. Black tulle would at least tone it if it did not conceal the crudity of their dyes.

Every day sees something new in belts. Three made of patent leather are fetching with spring tailor-made gowns. The swellest are made of half-inch stripes of the leather plaited in a pretty design and fastened with a plain gold or silver harness buckle. Black is the favorite color, though tan is also popular, and so is brown. Morocco belts are fastened with large tortoise shell buckles treated with applied silver. They are stunning and look particularly well with cotton shirt waists. Plainer belts of all sorts are supplanting the jewelled girdles used so much to brighten winter costumes.

A man who knows probably more about the proper thing in gloves than any other dealer on Fifth avenue says that the most fashionable shade is tea color. This is a soft, pleasing tint, just what it is called. Everybody knows how a cup of green tea looks after a cream is added. Well, that's just the way the new gloves look. They range in tint from very strong green tea with little cream to a weak decoction with a deal of milk in it.

Bar pins are in again. About fifteen years ago nearly every woman owned a bar pin of one kind or another, and she who didn't, wanted one. This pin was very convenient, and held the gown to



A SNAPSHOT OF SOME SPRING STYLES IN HATS.

was very much in evidence in our winter gowns, has developed some new possibilities. It is twisted into a dainty cord, using two shades of one color, or one shade, as you fancy, and applied as a finish sewn on in straight rows or coiled into a simple design. In an eccentric nun's veiling one row of ecru chenille cord, and one row of white are sewn quite close together at the head of the circular flounce. The effect is pretty, but it requires a second look to see what produces it. Narrow plaitings and double frillings of black mousseline de soie are effectively used on grenadine, foulard silk, and barege gowns. Edging the circular flounces on the skirt and a square double yoke shaped collar, they are especially pretty. Plaitings of white swiss muslin on wool and silk gowns are indeed a novelty, but they must have the finish of ribbon or lace on the edge. A blue and white foulard is trimmed on the bodice with swiss plaitings edged with a narrow black and white striped gros grain ribbon. Plain satin baby ribbon is also used.

Black and white effects as a trimming for colored gowns are very popular, and it does not seem to matter very much what material you use. White lace, in which the pattern is traced with a thread of black, is one of the novelties, and is equally pretty in the bodice of a blue and white foulard or a light fawn nun's veiling. Colored chiffon is also very much used as a trimming and very attractive on the figured foulard. Thus, a gray and white silk has a plaited ruffle of gray chiffon, with a narrow band of jet where it gathers on, heading the deep circular flounce; gray chiffon at the wrists, and a guimpe yoke of guipure over white silk.

Grass lawns in open work stripes and variously embroidered designs mixed with gold thread appear again in vests, yokes, and collars. Ecru canvas embroidery is another variety of material for this purpose. Gowns of grass linen are shown among the new dress models, which is an encouraging outlook for those who invested in this particular kind of costume last season.

In trimming spring hats and bonnets handsome imported violets are used, minus the leaves, which are seldom pretty or natural-looking, even on expensive clusters. Another very fashionable mode of decoration is to encircle the crown of turban or toque with a thick wreath of flowers; asturtiums in all their red glowing shades being favored blossoms. This wreath is then veiled with tulle or other gauzy material, of white, black, or golden brown; repeating one of the colors of the flowers in the wreath, if often not only the flowers are used. When not only the flowers but the entire hat is veiled with this delicate web-like textile, which, in the case of

gather at the neck more firmly than the more graceful and smaller brooch of fancy design that succeeded it. The re-asserted bar pin is somewhat sporty in design, the most fetching being a miniature coaching horn, riding crop or whip, a bunch of golf sticks, or something suggesting outdoor sport.

Cuff buttons were never so cheap or so pretty as they are now. This is well, for devotees of the shirt waist regard the cuff button as a very important item. Linked buttons are used entirely. The newest are made of silver or gold enamelled in bright red, blue, or green, and embellished with a floral or fancy design of precious stones or mock gems sunk in. It is possible to get very pretty sleeve buttons in silver and enamel for 50 cents a pair, and then again, it is possible to ruin a \$100 bill in securing another pair.

A style of headwear quite sure to be come popular because of its not having been seen for a very long time, is the low crowned medium broad hat, which has long ostrich feathers laid flat on the brim on each side. The feathers start from the front, under a buckle or short bow, and, being carried to the back, fall over the edge and curve down upon the hair. It requires very long feathers to produce this effect. Most of the feathers that fashion now effects have little curl in them, so that damp weather or sea-air will affect them less than those of seasons past when ostrich plumes were deeply curled by artificial means, and the least moisture proved detrimental.

Nobody But Mother.

How many buttons are missing to-day?
Nobody knows but mother.

How many playthings are strewn in her way?
Nobody knows but mother.

How many thimbles and spoons has she mistook?
How a any burns on each fat little foot?
How many bumps to be cuddled and kissed?
Nobody knows but mother.

How many muddy shoes all in a row?
Nobody knows but mother.

How many stockings to darn do you know?
Nobody knows but mother.

How many little torn aprons to mend?
How many hours of toil must she spend?
What is the time when her day's work shall end?
Nobody knows but mother.

How many cares does a mother-heart know?
Nobody knows but mother.

How many joys of om her mother-love flows?
Nobody knows but mother.

How many prayers for each little white bed?
How many tears for her babes has she shed?
How many kisses for each curly head?
Nobody knows but mother.

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A bit oforris root kept in the mouth for a little while will keep the breath as sweet as a baby's unless the disagreeable odor is caused by catarrh.

Every woman should keep a box of charcoal tablets in her room and take a tablet once a day whenever the complexion begins to get a little dingy.

One of the best cures for red eyelids is to bathe them in water in which is distilled a little powdered borax. This simple lotion is almost miraculous in its effects.

When your face and ears burn so terribly bathe them in very hot water—as hot as you can bear. This will be more apt to cool them than any cold application.

Beautifully the finger nails hold them for fifteen minutes in warm water; then while flexible cut carefully. Polish them in a mixture of oil and powdered pumice stone. Push down the skin at the lower part of the nails to show the half moons of white.

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