

Wives * and * Daughters

Bread and Digestion.

A correspondent of the New York Outlook, writing about food, nutriment and good health, has a few words to say about the use of very fine white flour for bread which a good many Canadians would do well to take thought of. No doubt whole wheat flour would be a more healthy food, and especially where bread constitutes a large part of the meal partaken of.

The correspondent writes: "One of the mistakes of the time is our refining upon it. There is a passage in Macaulay, which at this moment I fail to find, in which he says, in substance, speaking of the earlier and ruder modes of living: 'The bread which was upon the tables of the nobles would now be rejected by their servants, while that which was provided for the servants would raise a riot in a modern work-house.' Now we have 'superfine flour,' and the whiter the loaf the more praiseworthy! We sit out all the nourishing part, and retain only the starch. A dog fed on starch only dies of starvation. The experiment has been tried; it seems cruel, but it is tried upon human beings, to a greater or less extent, constantly. When Sarah or her maidens ground the flour for Abraham's guests ('two women shall be grinding together'), they did not stop to sift out all but the white starch, but gave the whole grain, minus the 'chaff which the wind bloweth away.' And, for some reason, men and women lived longer in those days. Those of us who use whole-meal bread think we are stronger, and mean to live longer. "There is one error in the concoction of some of this bread; it is so often made of inferior wheat that it is tasteless, or even bitter. And then, to overcome this taste, sugar or molasses is added 'to sweeten it.' Then those who eat it complain that it turns acid and troubles the digestion. But this the pure wheat never does in its natural state."

The Economic Position of Women.
The United States census of 1860 was the first one which gave any definite statement as to the work of women and children, the figures then being difficult to obtain, and known to be in some measure inaccurate.

The New York Bureau of Statistics in 1885, under the direction of Mr. Charles M. Peck, reported the number of working women in New York—not in domestic labor, but in actual handicrafts—as 200,000, nearly one-third of this number living by the needle. In all such estimates, it must be borne in mind that large numbers of women are deterred by pride from reporting as members of the working class.

The gain of women in trades over the census of 1870 was 64 per cent., the entire percentage of women workers for the whole country being 49. It is reasonably expected the returns for 1890 will indicate a further increase of 10 per cent.

Miss Clare de Graffenreid, special agent for the United States Department of Labor, divides woman and child labor into five classes, New England being pre-eminently the textile district. In Boston alone, out of 17,427 workers, one-tenth earn only from \$100 to \$150 yearly.

The second group she locates in New York, where the employments are much more various, and the foreign element largely predominates. The third group goes west, the city of Philadelphia leading in population and in women workers.

The Southern group Miss Graffenreid considers unique, and says: "Nowhere else in the world do so many well-bred women, bankrupt and bereft of male providers, labor at manual callings as at the South, pursuing, without loss of caste, vocations which elsewhere involve social ostracism."

At the close of the war about 100 new avenues of industry had been opened to women. In the ten years following the number more than doubled, while to-day there are over 400 occupations which women are following with more or less social and financial success. In the great manufacturing cities of America there were, in 1885, 281,822 men and 112,762 women. Woman has now entered every field, and is distinguishing herself in art, music, the drama, in medicine, journalism, literature, education, theology and science.

Mrs. Lide Meriwether, of Memphis, Tennessee, reported the following figures in 1888. They were gathered from the editors of various magazines and their accuracy is vouched for. There are in the United States of America among women, 110 lawyers, 165 ministers, 320 authors, 588 journalists, 2,061 artists, 2,036 architects, chemists, pharmacists, 1,061 stock-raisers and ranchers, 5,134 government clerks, 2,438 physicians and surgeons, 56,800 farmers and planters, 13,182 professional musicians, 21,071 clerks and book-keepers, 144,650 heads of commercial houses, 155,000 public school teachers.

In Massachusetts there are 300,000 bread-winning women, of which Boston has 20,000. In New York there are 200,000 working women and girls. The American Cultivator gives the following figures based upon the census of 1890: In Germany there are 5,500,000 working women; in France, 3,750,000; in England, 4,000,000; in Austria-Hungary, 3,500,000; in America, 2,700,000; making a total in five countries of 19,450,000 self-supporting women.

In the industrial field woman labors under great disadvantages. She has no capital to begin with, and to earn her own capital under the present rate of wages is plainly impossible. Even man cannot do as he once did. Small beginnings cannot survive competition with trust companies, corporations, and long-established wealthy business firms.

Public opinion is still largely opposed to the idea of women being independent socially, and financially self-supporting. The seclusion of the home is still considered to be for them the only safe and honorable environment. Time must be allowed for the gradual dying out of this long-cherished belief, but when it dies—as die it surely must, and its dissolution is already begun—with it will also perish a host of pernicious notions which will surely leave the world better for their departure.—[C. B. Le Row.

The Hasty Word.

To think before you speak is so wise an axiom that one would hardly think it needful to emphasize it by repetition. And yet in how many cases the hasty temper flashes out in the hasty word, and the latter does its work with the precision and the pain of the swift stiletto! Singularly enough, the hasty word oftenest wounds those who love one another dearly, and the very closeness of their intimacy affords them opportunity for the sudden thrust. We know the weak points in the armor of our kinsman and our friend; we are aware of his caprices, and ordinarily are tender and compassionate even of his vanities and his small fancies and whims; but there dawns a day when it is written in the book of fate that we shall be as cruel as we are loving. We are cold, or tired, or hungry. We are anxious over unpaid bills, or our expected letters have not arrived, or one of the children is ailing, and we dread the outcome of the malady. So politeness fails us, fortitude is vanquished, philosophy is in abeyance, and we say that which we repent in sackcloth and ashes. But though the hasty word may be forgiven, it is not at once forgotten. It has flamed the crystal of our friendship; the place may be cemented, but there is a shadowy scar on the gleaming surface. Oh, if the word of haste had but been left unsaid; if the strong hand of patience had but held back the sword as it was about to strike!

[Harper's Bazar.

Bargains.

To the average woman the bargain counter presents a very great attraction, almost a temptation. Here is an article of use or beauty marked down a few cents, or it may be a few dollars below its usual price. The matron, intent on a shopping expedition, has carefully made out her list, and fancies that she knows precisely what she wants. Her lack of the thing which is on sale "at a bargain" has not been manifest to her mind, but the sight of it, displayed in all its cheapness, fires her imagination. It is a divan, one-third less in cost than the divan she has been intending to set in a special corner of her drawing-room. She purchases it at a bargain and sends it home triumphantly, forgetting that the spreads and the pillows it will require to make it complete will bring it to a point far beyond the original cost, and beyond the modest sum she had set aside for the entire outlay for this article.

This is only one case among many. A bargain in its first estate may be cheap, but in its last it is generally dear. The exception is when bargains are bought, not on impulse, but of set purpose, as, for instance, when a woman buys clothing for her family at the turn of the season. It is surprising what a difference in cost there is sometimes found in the same grade of goods, the difference being in the fact that the merchant does not wish to carry his stock over from one season to another.

But this is not strict bargain-buying. It is merely purchasing with forethought, and belongs in the category with the thrift that saves for a rainy day.—[Harper's Bazar.

Prevention of Disease Among Children.

The curious facts recently discovered bearing on the relationship between certain diseases and the microscopic plants known as bacteria have been in many instances of signal help in the prevention of those diseases.

Thus it is known that the onset of a bacterial disease is not passively tolerated by the human system. The human body contains within itself a power of resistance capable of doing battle successfully with disease germs, and when the bodily condition is normally active, the chances are all in favor of human organism.

In childhood, however, when the processes of nutrition and development are in a state of super-activity, the system is especially sensitive to infection, and a derangement of all the organs is especially likely to occur.

One of the most important things to be borne in mind by those who have children is the necessity of maintaining a healthful condition of the nutrition.

This constitutes nature's own means of preventing disease. It includes attention to the quality and quantity of food, proper attention to light and air, and the avoidance of all unsanitary influences of every character. Habits of outdoor exercise should be formed at an early age.

Isolation from the community at large of persons suffering from disease is one of the methods most universally employed, as it is also one of the most useful. In private households this is usually done by setting apart the sick in that part of the dwelling which admits of the least communication with the other parts, while every means for the conveyance of the infectious materials from the sick-room is carefully guarded against.

Disinfection, if properly carried out, is an extremely useful means of preventing the spread of contagious diseases. Fumigation by sulphur is entirely inefficient. The walls, ceilings, floors, furniture of the rooms treated must be subjected to the actual contact of the carbolic solution, or to whatever suitable disinfecting agent may be employed.

About Women.

A MISER'S SAD END.—Mlle. Humbert, a famous court beauty in the reign of King Louis Philippe, has just died in Paris at the age of 87. For many years she lived in abject wretchedness in a garret, and passed off as a madwoman; but after her death a valuable collection of pictures was discovered in the garret, and some thousands of pounds in bonds and bank notes sewn up in her mattress.

WOMAN'S INFLUENCE.—At the annual meeting of the Ladies' Training College, held the other day in Edinburgh, Sir William Muir, principal of the university, expressed himself satisfied with the admission of women to the university. He said that "the influence of women has already perceptibly modified the harshness and rudeness which were at one time rather characteristic of our northern university-life."

A FRENCH WOMAN JOURNALIST.—In all France there is said to be but one woman journalist, one whose work and influence count for anything; but she ranks high. She is Mme. Severine, and her home and sphere of work is, of course, in Paris. She makes, it is said, \$12,000 to \$15,000 a year by her writings. She is prominent in the public eye just now because of the work she is accomplishing with her relief bureau in a field occupied here by fresh-air funds and relief organizations of like character.

WOMAN SUFFRAGE.—Jenness Miller, Monthly Magazine for January says of woman suffrage, that women in the Isle of Man enjoy parliamentary suffrage; women in Iceland, too, have full right to vote; unmarried women and widows in England, Scotland and most of the Canadian Provinces have municipal suffrage, and the women of Wyoming exercise the right of franchise to the full; but the New Zealand women will be the first to vote for what may be called a real parliament in a practically independent state—a self-governing country of 650,000 citizens.

WOMAN'S SUFFRAGE CONVENTION.—The National Woman's Suffrage Association will hold its annual convention at Washington, Feb. 15-20. The annual meetings of this association are always portentous, but the three signal victories of the past year—woman suffrage in Colorado, the magnificent Woman's Congress last May and the recognition on the part of the Government of women on the World's Fair Board of Managers render this 26th meeting of the Suffrage Association one to be eagerly anticipated and largely attended.

A W. C. T. U. WINDOW.—A new Methodist church, recently dedicated in Sullivan, Ill., has a large stained glass window bearing the letters: "W. C. T. U.—For God and Home and Every Land." This may not be the first church window thus appropriated, but it is the first time such appreciation has ever reached us and we would be glad to learn if others exist. The money for this window was raised by the pastor, Rev. M. P. Wilkin, who writes: "May this army of noble women be honored as we honor our great Union Army."

WOMEN DOCTORS.—Medicine as a profession for women is less than 50 years old. Dr. Mary Zakrzewske, of Boston, has recently published an interesting account of the early struggles of the pioneers in this particular field. Harriet Hunt and Elizabeth Blackwell were stirred by the idea that an important work might be done by well-instructed medical women. The materialization of this view resulted in complete social ostracism, impossible to be endured by any but the strongest and most courageous women. No woman doctor ever earned a living before 1860. No respectable family in any commonly respectable neighborhood would let rooms to a woman

physician. Even when friends gave her shelter a business card or sign was not allowed. The lack of practical training was really the stumbling-block and the cause of all this prejudice.

A NOTED WOMAN ASTRONOMER.—Miss Klumpke, a young American girl, has won for herself recognition in France for being one of the most learned astronomers and most indefatigable and successful observers in that country. Five years ago she was received as a pupil in the Observatoire, being the first woman to whom the doors of that institution were opened. One of the two great equatorials, it is said, is reserved for her exclusive use, and her duties are to record the movements of the planets and to search for new comets and nebulae. Miss Klumpke comes of a family that has long been resident in California.

LEADS ALL THE REST.—Johns Hopkins University has enrolled among its students this year a rather remarkable woman in the person of Mrs. Arthur Davis. Before her marriage she graduated with high honors from Columbia University in Washington. She passed a perfect examination for the nautical almanac office, making 100 per cent., while her competitors, all men, and all college graduates, retired from the examination room early in the day, unable to solve the problems presented. She invented a Washington-Greenwich table which is now in observatory use. She will study for the degree of Doctor of Philosophy.

QUEEN VICTORIA'S FAMILY.—Queen Victoria has 6 children, 36 grandchildren, and 13 great-grandchildren. It is satisfactory to know, however, that even in these hard times she is able to support her numerous family. The English newspapers figure the amount of the Queen's wealth at between £4,000,000 and £5,000,000, exclusive of landed property. It is publicly predicted that, by the terms of her Majesty's will, her private property will not go to the Prince of Wales, the Duke of Edinburgh or the German Empress, but that the bulk will be divided between her favorite son, the Duke of Connaught, and her favorite daughter, Princess Beatrice.

ENGLISH WOMEN IN POLITICS.—In a recent number of the English Women's Herald is the following news item: A deputation of 60 representatives of the 38 temperance societies in the United Kingdom was received by Mr. Gladstone and Sir William Vernon Harcourt on Dec. 7, the day following the great temperance demonstration. Lady Henry Somerset and Miss Florence Bargaine represented the B. W. T. A., and Miss Willard was invited to accompany them. The strongest possible assurances were given of the Government's fidelity to the bill. With woman's vote to furnish its "enacting clause" it may well be hoped that the Direct Veto Bill will prove the best legal solution of the liquor traffic problem that we have yet devised.

HANNAH MORE'S CURE.—Harper's Bazar says: "It is told of Hannah More that she had a good way of managing tale-bearers. It is said that whenever she was told anything derogatory to another her invariable reply was, 'Come, we will go and ask if this be true.' The effect was sometimes ludicrously painful. The tale-bearer was taken aback, stammered out a qualification, or begged that no notice be taken of the statement. But the good lady was inexorable; off she took the scandal-monger to the scandalized to make inquiry and compare accounts. It is not likely that anybody ever a second time ventured to repeat a gossip story to Hannah More. One would think her method of treatment would be a sure cure for scandal."

Homemade Candies.

It is surprising the large variety of toothsome sweets which can be made in an afternoon and at a small cost. First on the list should be placed molasses candy, two or three kinds. But before beginning operations have a quantity of nuts prepared for the various kinds of nut candy.

Walnuts are nicer when left whole, but most kinds, such as almonds, filberts and peanuts, are better chopped as fine as possible. Almonds must be blanched by pouring boiling water over them, draining, dropping in cold water and rubbing off all the skins from the meats. Dry in a hot oven and pound or chop fine.

All the materials needed should be put on the table before beginning operations. Confectioner's sugar is best, but sifted granulated sugar may be used with good results. A dish of sweet butter, eggs, a paper of cornstarch, cracked nuts, water, essence of peppermint, lemon, and vanilla, grated chocolate, and desiccated coconut, must be in readiness. Red fruit juice is nice for coloring.

A small porcelain-lined kettle is the best dish to use in cooking, although a bright tin basin will answer. The hands must be well buttered before working any variety.

MOLASSES CANDY.—Use two cupsful of molasses, or one of brown sugar and one of molasses and butter size of a walnut. Boil twenty minutes or until brittle when dropped into cold water; add one tablespoonful of vinegar and one tablespoonful of soda. Turn into a greased pan and when cool enough pull and work with the hands until white. Make some into rolls the size of a pipe stem and with these form the children's initials, three inches long, plain or ornamented. If kept in a cool place they

retain their shape well. The rolls may be braided and cut into sticks of any length. A part of the candy ought to be poured over nut meats for nut taffy. The rest may be flavored as desired.

WHITE CANDY.—There are two methods used in making this. For the uncooked the whites of eggs are required. Into a bowl break the white of an egg, with one-half its bulk of cold water and one teaspoonful of corn starch; stir well, but do not beat, and gradually add fine sugar until stiff enough to form into balls with the fingers; flavor as desired. Form some of the mixture into cubes or balls. Into another portion stir powdered chocolate and make sticks, or stick the white balls on the end of a darning-needle and roll in chocolate which has been melted in a saucer. Set over a kettle of boiling water. Into another portion stir desiccated coconut and shape. These are delicious. Color a part pink with fruit juice, and spread a thin layer on a greased platter; put over it a layer of pure white candy, then a layer brown with chocolate. With a knife dipped often in cold water smooth and press it evenly, mark into squares and set away to harden.

To make the foundation for ice cream candy, rock candy, etc., boil one-half a cupful of water with two cupfuls of fine white sugar, using the white of an egg to clarify; skim carefully as soon as the scum rises.

PEPPERMINT DROPS.—Make by stirring into the juice of one lemon all the sugar possible, and flavoring with a few drops of oil of peppermint. The white of an egg may be used instead of lemon juice. Drop on white paper and dry at a little distance from the fire.

OLD-FASHIONED HOARHOUND CANDY.—Good for coughs and hoarseness. Boil one ounce of dried hoarhound in a little over half a pint of water for half an hour. Strain, add nearly two pounds of brown sugar and boil until hard when tested. Pour into greased pans.

This poor one thing I do—instead of repining at its lowness or its hardness, I will make it glorious by my supreme loyalty to its demand.—[GANNETT.

With the Poets.

"My Times Are in Thy Hand."
One radiant thought comes to my heart to-day.

As sad I sit beside the dying year;
One thought that, 'cross the gloom, bids sunbeams play,
And turns to rainbow's glowing light each tear;
One thought that lifts me out of all earth's night
Into the warmth of God's eternal day,
And thrills me with an infinite delight,
As, o'er and o'er, with trembling lips, I say:
"My times are in Thy hand."

My times! what are they? Yesterdays long past,
To-morrows yet to dawn, and this to-day;
The near and far, the first gleam and the last
Blended together in such wondrous way.

All that I've hoped, or sought, or gained, or lost,
All that I might have been, and still may be,
All that life holds for me, and all the cost,
These, Thou art keeping evermore for me,
"My times are in Thy hand."

That some deep joy Thou'rt hiding from me now
I cannot doubt; I dare not, if I could;
Perchance 'twill come sad-eyed, with weary brow,
But from Thy hand there can come only good.

The gladdest messengers of all the past
Have worn disguise of sorrow or of pain;
And can I doubt Thy love to me doth list,
Or fear to trust Thy wisdom once again?

"My times are in Thy hand."

"Thy hand!" Oh, safe, sure shelter, place of rest,
Defense and shield, strong tower, eternal home!
How safe am I! how infinitely blest!
What that could harm from Thy dear hand can come?

Then gladdest welcome to this strange New Year,
Which stands, reluctant on the threshold still.

Its days can bring me nothing that I fear,
Since well I know those days fulfill Thy will.

"My times are in Thy hand."
—Katherine Lente Stevenson, Chicago, in Union Signal.

Plowman John.

A long face, yet a strong face
Had Plowman John;
And in it was a tender grace
To look upon.

In every step you saw the strength
Of manliness,
In honest eyes a boundless length
Of kindness.

He was not troubled that his dress
Looked weather-worn,
Nor that the hand which you might
press
Was common-born.

The stains that honest earth had made
He did not hide;
He knew where hand of God had laid
'Twas sanctified.

He did not wish to pass for aught
Than Plowman John;
He had no time for such a thought
Nor dwelled upon.

His fields he plowed as if he knew
In manhood's pride,
That lowest effort strong and true
He beautified.

The shams and tricks for worldly pelf
Beneath him lay;
His mind a standard for himself,
Dragged not thro' clay.

My honest John, on such as you
The nations lean,
In every effort tried and true
Thy manhood's seen.

His face is long, and yet 'tis strong,
My Plowman John,
His voice is cheering as a song,
My happy John.

—Ebb, Hamilton.

Beauty and Truth.

I died for beauty, but was scarce
Adjusted to the tomb,
When one who died for truth was laid
In an adjoining room.

He questioned softly why I failed.
"For beauty," I replied.
"And I for truth; the two are one;
We brethren are," he sighed.

And so, as kinsmen met at night,
We talked between the rooms,
Until the moss had reached our lips
And covered up our tombs.
—Emily Dickinson.

The Sparrow in the Snow.

He hopped down cheerily into the snow,
Brave little barefoot Brownie—
As if snow were the warmest thing below,
And as cosy as it is downy!

And his brown little knowing, saucy head,
In a way that was cutely funny,
He jerked to one side, as though he said,
"I don't care if it isn't sunny."

"I don't care! I don't care! I don't care!" he said,
And he winked with his eyes so cheery,
"For somebody's left some crumbs of bread,
So my prospects are not all dreary."

"And what's a cold toe, when I've got a whole suit
Of the cunningest warm brown feathers?
I don't care if I haven't a shoe to my foot,
I'm the bird, sir, for all sorts of weathers."

"I don't fly away at the first touch! of frost,
Like some of your fine-tongued birdies;
I don't think everything's ruined and lost
When the wind mutters threatening wordies."

"I don't care!" he chirped; I don't care!
It might be a great deal colder;
But I'm a fellow that knows not fear—
Old Winter but makes me bolder!"

Ah, plain little hardy brown-coat bird!
Through life I'll try to remember
To meet its winters with cheerful word,
Like thee to brave my December.
—[Howard Glyndon in Youth's Companion.

It is sin that brings dread, and darkness, and despair; there is light and blessedness for us as soon as we cast it off.—[GEORGE ELIOT.

Not a Belief Merely.

But no truth is essential to the beginning of salvation—that is, to a start after character; no truth—nothing but a desire Godward? Nothing is essential but desire. Every equipment is an advantage; no equipment is a requisite. Have you a desire Godward? Do you wish there was a God? Do you wish that your cry could reach him, and your heart could hear his answer? Do you wish he had given you a book of counsel to guide, and a book of law to govern? Do you wish he had sent some one to lift off the burden of remorse from your soul and point you to a nobler, better, diviner life? No? Then I know not what can be said to you, what help can be given you. Yes? Then you have enough to begin with. Desire Godward is faith. Begin with it. Grope until you can see. You can hardly believe less than the jailer; begin with his cry, and it will lead you to a creed. As one struggling in the surf seizes the rope that is thrown out to him, without asking who holds the other end, to seize the rope that is thrown out to you, and let it drag you to the shore. Use all the help you have; and if you have none, without it. If you cannot pray, be merciful to me, a sinner," pray the agnostic's prayer, "O God—if there be a God—be merciful to me, a sinner." God is at least a possibility. If you can see no luminous figure walking on the water to meet you, row toward the shore, and cry for help even into the darkness, and it will come.