WOMAN

Edited by Mrs. E Day MacPherson

Dress art is an appeal to the permanent beauty in presence of the transient.

Mildew can be removed by exposing the article to sufficient heat to dry up the mildew. The powder remaining can be dusted off.

Not self interest but self sacrifice is the way law upon which human society can be founded with any hope of prosperity and permanence.—*Charles Kingsley.*

It is my experience that there are more men who have eliminated the idea of a God than those who have cleared out the self consciousness of a personal self.

When hot grease is spilled over wood flat a cold water on it at once, and scrape the solid grease as it forms. The grease will thus be prevented from penetrating the pores of the wood.

Two thousand children are said to be employed in the mines of Pennsylvania alone and there are probably one million children at work in the mines and factories throughout the United States.

One of the simplest but most effective ways to keep the hands soft and white is to wash them well with white castile soap and hot water at night, and wear a pair of kid gloves a size or two too large for the hands.

There are now 120 women in the Berlin telephone exchanges. It has been decided to employ only women in the future, as it is alleged that their voices are much more audible than men's, owing to the higher pitch.

Another idea for screen panels is to choose a "tapestry" canvas of rather coarse weave and cover it with a *good* gold bronze paint. When dry a suitable design can be painted upon as above or with oil paints only.

There is a cotton imitation of China silk, which is choice in color and design, and absolutely fast, notwithstanding any amount of sun or laundrying. It can be used to advantage for curtains, bedspreads, or scarf table-covers.

The twisted wire nail is said to be far superior to the ordinary wire nail. It not only crushes the fibres of the wood less than the two other forms of nail, but by its screw shape possesses a much greater holding power than the other forms.

Miss Louise Parsons, the superintendent of the Baltimore Training School for Nurses, studied her profession with Florence Nightingale in London, and was a nurse with the Egyptian expedition. The Queen bestowed upon her the Royal Red Cross.

Miss Matilda Montague is a graduate of the Medical College in the city of Mexico, and is the first Mexican woman to enter the medical profession. She is a successful practitioner and has done much to open a new and wide field for her fellow country women.

The doctrine of Karma explains the origin of evil, and ennobles our conceptions of what divine immutable justice ought to be instead of degrading it into known and unknowable Deity by making it the whimsical cruel tyrant which we call "Providence."—*Secret Doctrine.*

Snow flakes and ice flowers give a beautiful variety of shape to the designer for embroidery or painted ornaments. For a lunch or table-cloth, with napkins to match, these designs are very effective, worked in the various shades of yellow silk, as yellow laundries better than any other color.

Any two shades of one color will always blend and be in harmony with itself. Any two or more colors that will blend and not create a new color are blending colors, and are in harmony with each other. Any two colors that create a new color are in disorder, and are non-blenders.—*Decorator and Furnisher.*

France has 4,220,000 industrial workers, 1,050,000 of whom are females, and their average wages are about 28 cents per day. The entire number of wage-workers in France is 14,768,000, among whom 4,415,000 are women. The average daily wage of the French agricultural laborers amount to 25 cents.—*Sunday Dispatcher.*

Clara Barton is known and loved by all the world for her labors in behalf of the "Red Cross Society" and the "Woman's Relief Corps." She is the only woman whom the old Kaiser William ever decorated with the Iron Cross of Prussia. She also has the honor of having been the only woman who ever sat in the Swiss National Council.

One of the most practical methods of keeping the average house wife in touch with the current topics of general interest is found in club meetings where the college alumni or women of leisure for study—paper prepared with special reference to the needs of the members. Discussion follows and the asking and answering of questions brings the vital points of interest into vital contact with each person who is eager to catch the inspiration of the moment.

Labor and reform bodies in California are directing their efforts towards bettering the condition of the women employed in the canning factories. At a meeting preliminary to taking steps to organize the operatives, one girl stated that her average wages was $1.10 per week, and the sixteen cents of several others showed that $1.90 a week was a good average; another woman, who acts as an overseer, said that she received $10 for four week's work.

One of the most potent factors in the evolution of the Girl of the Period towards a knowledge of a more thorough enjoyment of the delight of living is the study of the Decorative Arts in regard to dress, deportment and esthetic culture in general. Mrs. Edmund Russell is one of the most practical and delightful expositors of the art and attracts to her lectures the most interesting gatherings of notable women. She is present in New York the famous summer resort.

An easy and effective way to take a bath in a bedroom without bathing convenience is to rub the person well with a dry coarse towel and then with another towel thoroughly wet by soaking in water in the basin. Rub briskly with the dry towel until an even glow is produced over the whole person. Let the fresh air into the room, and if one can stand in the direct rays of the sun so much the better. After the bath drink a glass of fresh cold water, and follow by breakfast as soon as possible.

A thoroughly helpful enterprise conducted upon practical business principles has been organized in New York, Chicago and other cities. It is called "The Ladies Guide and Purchasing Bureau." The management furnishes chaperons for ladies and children, takes orders for shopping details, draw up plans for house and apartment furnishings, and attend to the selection and buying of books for libraries. They also place insurance rates, negotiate loans, and buy and sell real estate for out-of-town investors.

The following extract from a letter of Rev Dr Stowe to his famous wife Harriet Beecher Stowe is a pleasing tribute of a husband's unselfish appreciation—"There is no woman like you in this wide world. Who else has so much talent with so little self-conceit; so much reputation with so little affectation; so much literature with so little nonsense; so much enterprise with so little extravagance; so much tongue with so little scold; so much sweetness with so little softness; so much of so many things and so little of so many other things."

Mrs E. M. Ames is a woman who has learned the secret of a successful method of business in a literary calling. She controls an extensive syndicate correspondence and a popular bureau of literary criticism and revision under the name of Eleanor Kirk. She has long been a welcome contributor to periodical literature, and is also the author of two very practical books, "Information for Authors," and "Periodicals that Pay Contributors," and she has lately issued "The Woman's Way to Health and Beauty," which is said to be full of valuable hints.

A fund is being raised to redeem the property of the late Charles Bradlaugh for his daughter, Mrs. Bonner. Mrs. Bonner has proved herself worthy of such a father, and, at a time when he was in great need of money, sacrificed, for his benefit, the life policy he had assigned to her. Christians and Free-thinkers alike can unite in giving practical proof of their appreciation of the noble-hearted, generous man who died in his prime, worn out with labor for the good of others. Subscriptions should be sent at once to George Anderson, Esq., 135 Great George Street, Westminster, S.W.

The organization known as the Order of the Kings Daughters has spread all over the world. National organizations have been formed in nearly every one of the principal countries in which young men are unclothed. It has been thought best for this reason to change the name for one of wide significance, and it is, therefore, now known as "The International Order of the King's Daughters and Sons." Under the loving diminutive of "The King's Sons and Daughters" a host of the youth of all countries will continue to live out their pledge to upright lives and kindly deeds "in His name."

Colonel Henri Elisdale, of the Royal Engineers, claims to have discovered a certain and rapid means of resuscitating persons from the effects of suffocation, says the London *Chronicle*. This consists of the use of pure oxygen at a very high pressure as an inhalant, and is available in all cases of suffocation, from whatever cause, as well as for those persons who have been asphyxiated by choke damp in coal mines, or by ordinary coal gas. The oxygen can be administered by means of any of the ordinary forms of compressed oxygen, and, really, it would seem as if such an apparatus should be in the medical stock of every physician.

The experiment of employing women in government positions as post-office clerks, printers, telegraph and telephone operators, is about to be tried in the republic of San Salvador, Central America. By decree of the President, Senor Carlos Ereta, government schools are to be established, in which the women applicants for these positions will receive free instruction. President Ereta takes the ground that women's abilities are not inferior to man's, and that the general practice of appointing men exclusively to government positions has its justification merely in precedent, not in reason. He has issued a decree setting forth his reasons.—*Woman's Journal.*

Weak eyes are often caused by disordered kidneys or liver. Dyspepsia, too, is often to blame, while constant use of the eyes in too strong a light aggravates any trouble. Many persons, without knowing it, have an unequal focusing power of the eyes. Often one eye is stronger than the other, and, as a consequence, does too great a share of work, while the other eye gets atrophied from want of use. Such persons should wear glasses that correct the vision, and will thus save the eyesight for longer time than without. Unless a very aggravated case, little treatment should be done directly to the eyes in case of disease, but all possible effort should be made to improve the general health and to eliminate from the blood the special poison that is causing the trouble to the eyes.

The feathers in beds or pillows can be washed as easily as can the sheets or pillow cases. Fill two wash tubs about half full of hot soap suds, in which has been added a little ammonia. Place a small piece in one of tick and pull out the feathers into the water. After it is empty turn the tick wrong side out and with a clump brush get off all the down. The cloth submerged the feathers should be well scoured in the first water and then passed through the second one. They should be then well rinsed in clear water and passed as dry as possible. Put the feathers then into pillow cases or cheese cloth bags filling the bags not more than one fourth full, and hang them up to dry in a sunny place. When thoroughly dry they will be as fluffy and clean as new, and can be shipped from the case into the tick with little trouble.

THE FEITCH OF BACON.

An odd custom in England, and which still survives, is to present a flitch of bacon to that wedded pair whose happiness has never been darkened during the year by any of those "tiffs" so common alas! in married life. The reward is known as the Dunmow Flitch of bacon. This year three married couples claimed the prize. One claimant is a clergyman of the West, another a doctor from the South, and the third a clerk from one of the Midland counties. The North and the East are not in it.—*Exchange.*

PRESSED FLOWERS OR FERNS

Now is the best time in all the year to make a collection of pressed flowers and ferns.

The flowers best adapted for pressing are those of single petaled ones of delicate, silky texture and strong colors, such as poppies, corn flowers, daisies, pansies, geraniums, etc. Ferns and all leaves of frond like structure—fennel feather—partridge and all feathery greens lend themselves in delightful sympathy to the delicate beauty of pressed flower petals. Old newspapers can be used to advantage if of a soft and porous character. At first lay the flowers or leaves between the sheets as flat as possible, change each day into fresh newspapers for the first few days, brushing out with a fine bristle or camels hair brush all the creases and tendrils until a natural effect is obtained. *Don't* varnish them or wax them or iron them for then you loose all the grace of nature and prepare an ugly eye sore for any one of taste and a constant source of injury to your own well being.

The composition into studies for window transparencies—bouquets, panels, etc., is a fascination one and can be made a means of profit both in pleasure and as a business. Later on I will tell you more about this.

BOILING MEATS AND VEGETABLES.

Boiling is certainly the easiest way to cook meats or vegetables and perhaps for this very reason is often the worst performed.

The best utensils for use are those made of cast iron, with well fitting lid, the whole, preferably, being well tinned throughout. All meats, whether salted or smoked, or dried, should be put into cold water. For fowls or white meats, or salted meats that may loose their flavors, the water may be warm, but never hot. The goodness and the beauty of the boiled meats depends greatly upon the separation and removal of the *scum*. Carefully watch when the first thick scum rises, take the pot from the fire, if necessary, to remove the scum completely. Throw in a little cold water and what scum may remain after skimming will generally be thrown up and must be removed at once.

This is the way in which soups, gravies, and sauces are best cleaned and refined. When the pot must be *kept hot* it will be with boiling water kept in readiness.

The hind-quarters of meats take longer to boil or simmer than the fore-quarter, as the meat is closer in texture. As a general rule, bishop, however, to many exceptions, from fifteen to twenty-five minutes, and a quart of water is allowed by cooks to the pound of fresh meats—from twenty-five to thirty-five minutes and a fourth more water to salted meats. Nearly all salted or dried meats should be well soaked in cold water that is often changed before cooking.

What goes under the general name of *pot liquor*, particularly that in which fresh meats or poultry has been boiled can be put to many useful purposes.

Often vegetables can be boiled with meat to great advantage, but care should be taken that there is a natural affinity between the meat and vegetables chosen.

Poultry should be neatly dressed before putting into the pot and be kept skimmed very carefully. Hams often must be well soaked before cooking. Then let it soak in the kettle an hour or so before coming to a boil—then quicken the boil and skim. Let it simmer slowly by the side of the fire from two to five hours, according to weight. When done pull off the skin neatly and put it by to cover up the ham when cold. An appetizing way to dress it is with bread or cracker crumbs which can be crisped up in a hot oven, or it can be glazed in various ways, or garnished with the different greens—available. Partridges, pheasants and the small birds are best not boiled, but for rabbits there is no better mode of dressing. They should be well trussed and are best smothered in a thick mild onion sauce or a sauce in which veal gravy has been mixed with the liquor in which the rabbits were boiled, thickened with flour and a good bit of butter and parsley chopped fine. Mace and allspice can be added if wished and the whole can be garnished with slices of lemon. Onion sauce is also used with boiled goose and duck.

Tripe can be boiled in veal broth and served with onion sauce and mustard.

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