

## Ladies' Department.

### Feminine Beauty.

Those who are accustomed to enlightened views on the subject of female beauty, will be perfectly well aware, that there are different kinds of personal beauty, amongst which that of form and coloring holds a very inferior rank.

Amongst these various kinds are to be found beauty of expression, of intellectual refinement, of nobility, of sweetness, of feeling, of animation, of meekness, of resignation, all of which, with many other kinds of beauty, may be allied to the plainest features and yet may remain to give pleasure long after the roses on the once blooming cheek have faded and streaks of silver have mingled with the once glossy tresses of auburn, brown or black.

The effects of these different kinds of beauty upon others are as varied as the beauty that produces those effects, the influence of some of them being far more powerful than others; for, after all, beauty really depends more upon the movements of the face than upon the form of the features in repose; a countenance habitually under the influence of amiable feelings acquires a beauty of the highest order, from the frequency with which such feelings are the cause of the movements which stamp their character upon it.

On the contrary, have we not all, in the course of our lives, at some time met with a female face which, when its features were in repose, appeared to us to approach as nearly as possible to our ideal of feminine beauty? And yet how suddenly were those features actually distorted and rendered almost hideous by the effect of some inward passion, whose outward expression quite obliterated the favorable impression produced on our mind by the classical features we had so much admired.

A simple movement of the loveliest lips, in speaking or smiling, may reveal a mind which is almost a blank, and our feelings of interest in the possessor of so charming a countenance are turned to those of unconcern when we discover that the mind is unworthy of so fair a casket.

The language of poetry describes the loud laugh as indicative of the vacant mind, and there are expressions, conveyed even through the medium of a smile, which may be interpreted by us as showing that refinement or elevation of soul is absent from the possessor of the countenance on which they are impressed, even though we have never heard of Lavater and his theories. And again we meet with women whose features are absolutely plain, but every movement of which displays intelligence and amiability, and who, from the genuine heart-warm smiles that play about the mouth and the refined and gentle expression of the countenance, seem perfectly beautiful to those with whom they come in contact whose ideal of a perfect female face is not the insipid and expressionless pink and white beauty to be found in many women who pass as belles in society.

And, after all, what is beauty? A thing liable to be snatched away from its possessor in a few hours by disease or accident, and which must give way, in a greater or lesser degree, to age, though we have seen some old ladies who seemed to grow more lovely as the years sped by, but you may be very sure that cosmetics and "beauty washes" played no part in this seemingly perennial bloom. To women whose youth and beauty sometimes form their only distinction, it is doubly difficult to grow old with a good grace, especially as they ap-

proach that semi-centenarian bourn beyond which, unless they possess the Medean secret of Ninon de l'Enclos, they cannot hope to retain that freshness and bloom which are absolutely inseparable from youth. It is true that some women are enabled to retain them longer than others, and this is, in the majority of cases, owing to the greater attention they may have paid to the rules of health and to the avoidance of all cosmetics and "beauty preparations"—which latter are all, without exception, snares and delusions, and should never be mentioned in the same breath with pure soap and soft water liberally used.

Nothing is more ghastly, in our opinion, than the endeavors of an old woman to appear young, and her assumption of the graces of juvenility and the skittishness of youth ever seems to us as much out of place as a death's head at a feast, and render her, instead of being an object for respectful homage on our part, one for contempt and pity.

### USEFUL RECIPES.

**TAPIoca CUP PUDDING.**—One even teaspoonful of tapioca soaked for two hours in nearly a cup of new milk; stir into this one egg beaten very light, a little salt, and sugar to the taste. Bake in cups fifteen minutes.

**SPONGE DROPS.**—Beat to a froth three eggs and one cup of sugar. Stir into this one heaping cup of sifted flour, in which one teaspoonful of cream of tartar has been mixed. Dissolve half a teaspoonful of soda in a very little hot water and add last, after beating well. Flavor with lemon, nutmeg or vanilla. Butter tin sheets with washed butter, free from salt, and drop the mixture in teaspoonfuls upon them, about three inches apart. Bake in a quick oven. Serve with ice cream.

**ALMOND JUMBLES.**—One pound of sugar, one half-pound of butter, one pound of almonds, blanched and chopped fine, two eggs beaten light, and flour enough to roll out. Roll thin, moisten the top of each one with the white of an egg beaten to a stiff froth, and sprinkle with granulated sugar. Bake quickly.

**FEDERAL CAKE.**—One pound of flour, one pound of sugar, three quarters of a pound of butter, one pound of raisins, one small teacup of rich milk, one teaspoonful of soda, two of cinnamon, half a nutmeg, half a teaspoonful of cloves, five eggs beaten light. Beat butter and sugar to a cream, then add the milk and eggs gradually; then the spices and scented raisins, mixing thoroughly and beating until very light; the last thing stir in the soda, dissolved in a little hot water. Bake in a moderate oven, and if it is as good as one I received from a friend last Christmas you will wish it would last forever!

**WHITE FRUIT CAKE.**—One cup of butter, two cups of sugar, one cup of sweet milk, two and one-half cups of flour, the whites of seven eggs, two even teaspoonfuls of baking powder, one pound each of scented raisins, figs, dates and blanched almonds, and one-quarter of a pound of citron, all chopped fine. Mix all thoroughly before adding the fruit. Put baking powder in the flour and mix well before adding it to the other ingredients. Sift a little flour over the fruit before stirring it in. Bake slowly, and try with a splint to see when it is done.

**CORN MEAL PANCAKES.**—Two eggs, three cups of buttermilk, and one and a half teaspoons of saleratus, half pint of meal, of more, if not thick enough to bake well.

**CORN BISCUIT.**—Scald two cups of corn meal in one pint of sweet milk. Then stir together three-quarters of a cup of butter, two cups of sugar and a little salt, and add to it. Then add to it three eggs well beaten, a little flour, and half a cup of hop yeast. Let it rise the second time; then roll out, and let rise the third time. Bake and send to the table hot. This amount makes about twenty-five biscuits.

**UNION SAUCE.**—Union sauce is made by boiling three or four white unions until they are tender, then mince them fine. Boil half a pint of milk, add butter half the size of an egg, salt and pepper to taste. Stir the union into it, and a teaspoonful of

flour rubbed smooth in a little cold milk. Let it come to a boil, then serve.

**WELSH RAREBIT.**—An English lady vouches for the goodness of the Welsh rarebit. Grate some cheese and pepper it with Cayenne pepper. Fry some slices of bread on one side with a little butter, until quite yellow, then spread the grated cheese thickly on the fried side of the bread; place the slices in a hot oven, taking out as soon as the cheese melts and serve hot.

**DOUGHNUTS.**—The following rule is as nearly perfect as anything can be in this world: Three pints of flour, butter the size of an egg, one cup of sugar, one egg, a small bowlful of milk or water, and four teaspoonfuls of baking powder; flavor with nutmeg or cinnamon. The dough made in this way will be thin, and you will need to sprinkle flour enough over it and on the kneading board to roll it out nicely; do not handle it any more than is necessary. Cut the cakes out with a biscuit cutter, then take a knife and insert it at the edge of the cake until the point of the knife is at the centre; then take out the knife and press a raisin into the centre of the cake; press and flatten the cake, and cut it out again with the biscuit cutter. This operation prevents the raisin from burning out when the cake rises. Fry in perfectly clear hot lard. When the cakes are ready for the table, sift powdered sugar over them. The bowl used to measure the milk or water in holds a little more than a coffee cup does.

### REQUESTED RECIPES.

**"FANNY FERN,"** Mount Forest, is anxious to know what a feather cake is, and how it is made. Answer: Two cups of flour, one cup of milk, one egg, one cup of sugar, half a cup of butter, half a teaspoonful of soda, one of cream of tartar. Flavor with lemon.

**MRS. A. M.** asks for a good recipe for bean or pea soup. The following has always met with much favor where it has been tried:—Soak the beans, if dry, overnight, and boil until soft. Press them through a colander. For each quart of liquid allow one teaspoonful of sugar, one teaspoonful of salt, and a small saltspoonful of pepper. Add a beaten egg, a cup of milk, and two tablespoonfuls of butter. Some like to add a little lemon juice on taking up. Canned sweet corn added, is said to make good succotash for winter.

**LINA** requests a recipe for making a nice jelly for invalids other than calf's foot. The following is a favorite:—Half a raw chicken pounded with a mallet, bones and meat together; cover with cold water and heat very slowly in a covered vessel. Let it simmer until the meat is in rags and the water reduced one-half. Strain and press through a collander or coarse cloth. Season to taste, and return to the fire for five minutes. Skim when cool. Keep it on ice, and give it to the patient cold. For a change the jelly can be made into a sandwich with thin slices of bread and butter and will be found very nourishing.

**"YOUNG HOUSEWIFE"** would like to know what are the proper accompaniments for different kinds of meat. Here is a list: Roast beef—grated horseradish; roast pork—apple sauce; roast veal—tomato or mushroom sauce; roast mutton, hare, venison, and various kinds of game—red currant jelly; boiled mutton—caper sauce; boiled chicken—bread sauce; roast lamb—mint sauce; roast turkey—cranberry sauce; boiled turkey—oyster sauce; broiled fresh mackerel—gooseberry sauce; boiled bluefish—white or cream sauce; broiled shad—boiled rice and salad; compote of pigeons—mushroom sauce; fresh salmon—green peas, fennel or cream sauce; roast goose—apple sauce; curry—grated cocoa nut.

### Woman's Physical Inferiority.

Men can work more hours in bad air and all manner of discomfort without any protest from nerves or muscles than is possible for women. Whether the office is high up or low down, clean or dirty, hot or cold, convenient or otherwise, are not matters much taken into account by men when at work, and employers are not apt to be harassed by an uneasy sense of injustice toward them on such accounts. But it is almost impossible for women to do thorough-

ly good work in similar conditions, and one of the preliminary steps to employing women is or ought to be, arrangements for the comfortable performance of their task. The moment this is necessary the market value of their work has declined. Inquiry was made of a prominent book seller in this city as to the relative value of young men and women as clerks in his business. "Girls are quicker and more pleasing," he said, "but they are a great bother. If I had a son of the Governor in here to learn the business I should not hesitate to set him to wash the windows if it suited my convenience; but I can't ask a girl to climb to the top of that step-ladder. I should regard it as a rudeness which I could not offer a woman." Here is one of the disabilities of sex, where the value of wage-workers is impaired from the instinctive feeling for her delicacy and weakness. In all such positions it is evident that a woman is less valuable than a man because small duties incidental to her position must be delegated to others at the cost of some annoyance and trouble. This deference to womanhood is a national characteristic; we are proud of it, and should dread to see it decline, even though it reacts unfavorably on the industrial interests of women.

### Ways to Become Attractive.

A Parisian newspaper has been teaching its lady readers "how to be attractive." Surely the readers of the *Vie Parisienne* ought to be in no need of advice such as the following:—

"Look confident and indifferent; express yourself simply and with a voice as sweet as possible. Be keenly alive to everything that passes, yet appear absent-minded; know as much as possible, yet please by asking questions. Having read everything, quote nothing; seen everything, appear ignorant; heard all, always express surprise; desiring everything, ask for nothing. Be light-hearted to preserve your beauty; be indulgent to attract sympathy"—and so on.

These laws—some evidently anti blue-stocking laws—are laid down as absolute, with one exception. "Blush neither for shame nor for pleasure," to which is added: "if you can help it." Verily, the good old saying holds good still: "Il faut souffrir pour être belle." There are, however, some clauses which might with equal advantage be applied to both sexes. For instance: "Do not force wit; always listen attentively; be charitable for your own satisfaction; be frank and you need never be afraid of the truth; see things at a glance; judge quickly, and think more quickly still, in order to keep a cool head."

But wise as these saws are, and however much the world might be benefited by a more general application of them, they belong decidedly to the category of precepts more easily preached than practiced.

### This Explains It.

I asked a physician if there really were any structural difference between the tongue of woman and man. "Certainly," he replied; "the organ is attached to the floor of the mouth at one extremity, and it is a fact that in the females the controlling muscles are much more pliable than in males. Those muscles which control the acts of taste, prehension, and mastication are not appreciably diverse in the sexes, but those relating to articulation are enormously developed in woman as compared with man." I told him that he was a real mean old thing, and that I didn't believe a word of it; but, privately, I shouldn't wonder if it were the gospel truth.—*Cincinnati Enquirer.*

### A Strange Reporter.

Miss Middy Morgan, who does the cattle market reporting for the *New York Times*, is considered one of the sharpest of Gotham. She is 50 years of age and gets \$100 a week out of her business. Her business compels her to be out a great deal, but she carries a revolver, and more than once has shown that she knows how to use it. This queer woman has accumulated a fortune of \$60,000. She is very much respected and very much let alone. The young journalists who are thrown into her company have never had the audacity to make love to her, and it is more than likely that she will always remain single.