

## WOMAN AND HOME.

## SOME PLAIN TALK ON THE SUBJECT OF CORSETS AND THEIR EFFECTS.

Young Women In Paris—Woman Seen Through London Spectacles—An 1838 Ball Dress—The Woman of the Future. A Delicious Way to Cook Shad.

The human body is the most beautiful of created objects. It is strong, delicate, supple and graceful. This applies pre-eminently to the female form, but while woman seems to be satisfied with the way God made the tree, flowers and animals she is not satisfied with the way he made her body, so she seeks to improve perfection.

She trusts God to shape and plan the universe, but not her body, for while he put a sufficient number of bones inside her body to hold it erect she forthsooth must supplement them with a layer of bones outside to change and improve the outside of the figure. So we have that abomination known as the corset.

History tells us that as nations have grown wealthy and extravagant, the people giving themselves up to excesses of all kinds, the corset has been laced tight and even tighter at the climax of frivolity approached. The consumption of corsets in America, not including those imported, is said to be 60,000 yearly. What does this argue for the state of morals in our country? It is said that national dress keeps pace with national history. Both begin in simplicity and end in voluptuousness.

Tight lacing has been one of the high water marks of the self indulgent period. The body, when incased in stiff bones or tight lacing of any kind, is incapable of graceful motion, healthful exercise and ability to perform the work of life.

The "Venus of Milo," the acknowledged standard of beauty of form, has a waist about twice the girth of the modern belle, and the undulating lines and curves of the statue flow into each other, revealing great refinement of curvature and imperceptible gradation.

How different is the corset made form, with high, square shoulders, waist like an hourglass, hips extremely prominent, an artificial and ungainly attire!

If your horses, cattle and dogs were subjected to the cruel treatment young women inflict upon themselves, the newspapers and the officers for the prevention of cruelty to animals would be on the tracks of the guilty parties. But why should women exhaust their vitality by injurious modes of dressing? "Oh, it's the fashion" comes the reply.

But what is fashion that her laws should be obeyed in defiance of all the laws of beauty, fitness, true grace and health? If she declares that woman shall wear a hoop at her back, wide crinoline skirts trailing in the dust or a waist like a wasp, there seems to be no resistance. The plates and fashion papers of the day represent only caricatures of the female form.

The corset curse among women is more insidious than the drink curse among men. Both sins seek to extenuate themselves on the plea of moderation. A woman can no more be trusted with a corset than a drunkard with a glass of whisky.

More harm to the health and vitality of our race as a whole is done by corsets than by rum. This article of clothing violates the laws of good health. It weakens the body, enfeebles the mind and dwarfs the soul.—Mrs. O. H. Huizinga.

## Young Women In

Over 20 years ago the Home for British and American Young Women was founded in Paris, Miss Leigh, whose name is known throughout the world in connection with the institution, has been the wife of a Canadian archbishop for some years, but has never lost her interest in nor stopped her labors in behalf of the work.

Since its establishment the home has befriended over 7,000 young women, taking care of them in a city where unprotected young women are in much danger and providing many of them with employment through its registration bureau. It is open to all respectable English speaking girls in every class of life without distinction of creed. The work is branched as follows: 1. A home for daily and unemployed governesses. 2. For young women apprenticed in shops. 3. For ladies' maids, nurses, etc., seeking situations. 4. Sanitarium. 5. A free registry for those who are seeking situations.

The home is situated at 77 Avenue Wagner in Paris, and a letter sent to this address announcing a young woman's arrival by a certain train will insure her being met at the railroad station and taken to the home. Branches are Governesses and Artists' institute, 18 Rue de Milan, Washington House, formerly 153 Faubourg St. Honore; Young Women's Christian Association and Home, 26 Faubourg St. Honore.

Most of the young women aided by the society are well connected orphans, often of military and naval officers, or of professional English speaking men. This fact should encourage any gentleman of slender means going to Paris to pursue any vocation to copy these addresses for possible reference and refuge in a day of need.—Paris Letter.

## Women Seen Through London Spectacles.

Women cling to the idea that they are all born saints and angels, and that men hold a monopoly of evil, from which it is the proud duty of their mothers, sisters and wives to rescue them. They do not choose to believe that really bad women can exist in their own class of life. They only recognize the fact of their presence on earth at all as belonging to quite another sphere, upon which it is easy and best to turn one's back entirely.

It is time that this cuckoo cry of the goodness and purity of woman should cease. Women are no better and not so very much purer than man—that is, if you take them en masse, for the very degraded are just as much types as the very noblest and best. The goodness of man is just as important as the goodness of woman, only somehow the world has lost sight of that fact lately, and the goodness of both can only be attained by a clear and accurate knowledge of their faults and potentialities for evil.

Therefore it is time that we should cease to strain at a gnat and swallow a camel. We must learn to judge fairly and behave without pre-judgment to condemn a vice and be tender to the sinner; above all, to have patience with those who preach a new reform, even in their zeal, they overstep the precise bounds of speech which we ourselves may consider correct and self controlled. Such an impetuosity should surely be forgiven more readily than a deliberate sin, yet it is often visited with much graver displeasure.

But then sinners can hit out and defend themselves, while the promulgators of a new theory has no weapon of defense available against the dicta of outraged hypersensitivity.—London Queen.

## An 1838 Ball Dress.

Here is a description of a girl's first ball dress, taken from a letter written in 1838 by a young woman of 15 to her maiden

sister: "I went to the ball and enjoyed myself very much. Perhaps you would like to know how I was dressed. I bought me a bishop's lawn dress at 70 cents a yard (it was a very nice piece), and got Miss Almira Bradley to make it. She made it Grecian bodice and leg of mutton sleeves plaited down. She said that ruffled sleeves were entirely out of fashion. I had a piece of pink gauze ribbon tied in a bow at the bottom of the plait, and a piece of the same tied around my waist and tied in a bow at the point."

"I had a pink Donna Maria scarf, with aassel at each end fastened on the left shoulder with a very small bouquet. I had a new pair of white kid and a new pair of French slippers and a lace underhandkerchief trimmed with a narrow lace edging. I wore a thin flannel petticoat and a thick one, with another cambric muslin over that. I had on a pair of worsted stockings and silk ones over them. I had my hair curled at the barbers. I had to sit still two hours to have it done. I went to the ball at 7 o'clock and got home at 2. Miss Sarah Hildreth was the belle. She looked very beautiful. She had on a satin dress, with a figured blond over that, and a black mantilla. Her blond dress was so long that it dragged seven or eight inches."—San Francisco Argonaut.

## The Future Woman.

Mrs. Theodore Sutro, the well known society woman of New York, has the following to say about the "woman of the future":

"She will not wear trousers. On the contrary, her garments will be prettier, and she will herself be, if that is possible, more effeminate, more gentle and tender than she is now. Why? Because she will realize, by being all these, that her power will be increased in a corresponding ratio. Woman's rights are invariably associated in a man's mind with the loud voiced woman, the woman without personal vanities, the woman who is indifferent to her appearance, who wears big boots and would like to wear high hats and make other incursions on her wardrobe.

"He is the reigning power now, and looking at things from his point of vision can he be blamed for not wanting to abdicate in favor of any; one so unattractive to him as this person? There will be more marriages for love in her day than there are now, for the reason that natural selection will replace convenience. She will be qualified for work, and not fearing it will not marry for support. She will be able to provide for herself, and when she marries it will be because she loves the man, because he is congenial and sympathetic to her and will not retard her mental and moral development. She will be fearless and frank and will have the courage of her convictions."

## Delicious Way to Cook Shad.

Take a large dripping pan and stand it on the range. Put into it a heaping tablespoonful of well clarified beef fat or suet. Let it melt till the bottom of the pan is well greased, so there is no possibility of the fish sticking. Now take a fine roe shad, split for broiling, dry it well on a coarse linen cloth, sprinkle it generously with salt and lay it out flat in the pan with the skin side of the fish on top. Stand in a hot oven and let it cook until the skin seems to be puffed up in blisters and is just a nice brown and crisp, when you may know it is done.

Have a platter larger than the fish quite hot. Stand it on the kitchen table by the side of the dripping pan and quickly turn the shad from the pan onto the platter, just as you would turn an omelet from a pan. It will come out nice and whole, the roe and the entire fish being as perfectly done and quite as delicious as planked shad. Serve with pieces of lemon and garnish with parsley.

The advantage of cooking a shad this way is that all the juice and flavor are retained and no odor of cooking fish spread through the house. Try it and you will never cook a shad any other way. It is delicious.—New York Herald.

## Women Miners In India.

The women, in spite of their marriages at 14 and 15 years of age, were strong and well set up and in manner perfectly gentle and modest. Each was dressed exactly as she would have been for any other occupation, though her cloth and sari were perhaps a little dirtier than they would have been in a less grimy calling, and each wore a mass of bangles and anklets, some of them very interesting specimens of baratic silver and bell metal work. Save for a little pause of curiosity to look at me and my clothes, they worked steadily on, pushing forward the heavy truffles, which, when laden, weigh about eight hundredweight.

One or two had requests to make of the foreman as he went by—in general these being trifling things, such as taking half a day's leave at some little point about the land they held—but the general quiet, good order, discipline and respect were all points that impressed me much. The few questions which I put to them about their hours, which are only eight a day, their food and amusements, which seemed largely to center in the big bazaar of Sunday, were straightforwardly and frankly answered. Bengal Cor. London Graphic.

## Floor Coverings.

In using denim for floor coverings lay it over padded paper, which will make it look much heavier than it really is and will also deaden the noise that results from too flimsy a floor covering. I saw this material used with excellent effect in a really handsome dining room as a background for a very large eastern rug that was laid in the center of the room. If one does not choose to put a floor in order by staining or painting a border, use the denim, matting or ingrain or Brussels' filling in plain colors. If one large rug is used, it is quite unnecessary to cover the entire floor with any of these materials, except it be the matting. One advantage in using the denim is that it can go into the wash tub and renew its cleanliness and what beauty it has as often as one chooses.—New York News.

## For the Bath.

A delightful preparation for the bath and one that is good for softening and whitening the skin is made from oatmeal, pure castile soap and Italian orris root, powdered. The soap is powdered and mixed with the oatmeal and orris root and put in small bags of cheesecloth to be used in place of a sponge. Enough of the bags last a long time may be made from five pounds of meal, half a pound of soap and a pound of orris root. Make as many bags as you can from a yard of cheesecloth, cutting them about four or five inches square and stitching them tightly. Fill the bags loosely and sew up the other end. Dip in warm water when you use one.—Chicago News.

## For Those In Mourning.

Visits of condolence are made a week after the funeral. A card is left, and no effort is made to see those who are in sorrow. A number of women have asked me if it is proper to send invitations to friends who are in mourning. Of course one would not do this until after a month had passed, but

after that time it is quite proper, and certainly our friends who have had sorrow come to them do not like to think that they are forgotten. It is no longer considered in good taste to have "R. S. V. P." in the corner, but instead are the English words, "The favor of an answer is requested." This is, however, never written on a dinner invitation, for that presupposes a reply.—Ladies' Home Journal.

## Discontent Dispellers.

How much woman's interest in everything about her, which is a part of her latter day religion, improves her physically is a frequently commented upon fact. The fresh complexioned, keen eyed woman of 45, alert and interested, is a common sight today, but only a short time ago that age was looked upon as almost if not quite hopeless. Says George MacDonald in one of his novels: "I believe that many women go into consumption just from discontent—the righteous discontent of a soul which was meant to sit at the Father's table and cannot content itself with the husks that the swine eat."—New York Times.

## At Home Days.

If women would only realize how disappointing it is to go a long distance to call upon one and then find the one they desire to see "just gone out" there would be more who would set aside some particular day each week upon which they would be at home, have that day understood by all their friends and above all things make it a point to stay in upon the appointed day. And a call seems so much more homelike and cheering if a cup of chocolate, glass of wine or tea and some light cake are in readiness. Try it and see if you and your friends are not both better satisfied with each other.—New York Commercial.

## The Blissful Onion.

There can be no successful dinner without the aid of the leek family. Every soup, every meat course and every sauce and dressing, whether for fish, flesh or sausages, needs the flavor of the onion. This blessing is easily disguised, but the professional cook keeps the secret. Two drops of onion juice in any cream soup instantly kill the starchy, pastry, nursery taste.

One drop will lift a sauce or a cream gravy out of the common. Rub the bowl with a leek or a slice of onion and the tamest salad, red or green, has sap.—New York Telegram.

## In Behalf of Baby.

Do not discourage the baby from using his muscles because of rumpling his clothes or even taking the shine off your furniture. His little limbs are worth more to him and perhaps to you, too, when, mothers, you are old and have to depend on them than the polished legs of your table. Little girls have to play an all important part in their life, especially when they come to work for another baby life. So do let the girls have some muscular development as well as the boys.—Detroit Free Press.

## Cries of Sick Children.

In the crying of sick children there are many peculiarities which when differentiated lead to correct conclusions about their ailments. In pneumonia and capillary bronchitis, according to a medical paper, the cry is moderate and peevish and muffled, as if the door were shut between child and healer. The cry of croup is hoarse, brassy and metallic, with a crowing inspiration. That of cerebral disease, particularly hydrocephalus, is short, sharp, shrill and solitary.—London Tit-Bits.

## Chat Helps Digestion.

Serious, gloomy and cross people should eat alone. A man or a woman with a scowling face and a savage temper will give every child and sensitive adult about the table indigestion. Deep thinking or preoccupation of mind retards assimilation and digestion. As a rule, meal times are dull times. Foods are eaten too rapidly, taken into the stomach only partially masticated and often forced down with drafts of ice cold water, which weakens the action of the gastric juices.

## Painting the Lily.

The mother who decks her debutante daughter with diamonds is more ambitious for show than sensible. Youth is a girl's highest jewel and needs no sparkling setting other than the flash of clear eyes, the gleam of white teeth, the sweet, sunny smile, with a soul behind it. Painting the lily defaces it, and diamonds on a young girl seem to suggest that her charms need enhancing because she is not in herself satiating.

## A Thought For Parents.

Each one of us is bound to make the little circle in which he lives better and happier. Each of us is bound to see that out of that small circle the widest good may flow. Each of us may have fixed in his mind the thought that out of a single household may flow influences that shall stimulate the whole commonwealth and the world.

## A Hair Receiver.

A hair receiver may be made of white linen, embroidered in some slight design, lined with wash silk and folded to a triangular shape, then overhand sewed together. If the maker chooses, it can be punched for eyelet holes and laced together with a narrow silk cord. This enables the quite necessary taking apart and frequent washing.

## A Well Worn Bond.

In the selection of a petticoat everything depends upon the hips. A girl with hips wants a yoke to her skirt, and the slender damsel will look well built if her skirts are cut wide and fastened with a drawstring.

An exquisite window drapery is of fine silk damask in flower-de-luce designs in shades of gold, with the under curtain of rich silk in iridescent colorings of mauve and rich lime green caught up in horizontal folds.

After ironing linen place it near the fire or in the sun until perfectly dry, as the garments will be much stiffer than if left to dry slowly. This hint is especially useful with collars, cuffs and petticoats.

A mother should keep herself in perfect sympathy and close touch with her young daughters, being indeed their nearest friend, and until marriage no one should be allowed to come between them.

Fine lace, if it is torn, should be mended before sent to be cleaned. If you do not know the lace stitch, simply darn with very fine thread in meshes about the same as those in the lace.

Quida once said, "Cut your gowns out of your dog blanket or your horse clothes, if you will, but mind who cuts them."

The best face powder with which to beautify a woman is the kiss of her little baby.

Large pictures, or greatly projecting frames, lessen the apparent size of a room.

## TO PIANOFORTE PUPILS.

## Items of Importance to All Who Want to Become Successful Performers.

It is amusing how some look at the keyboard after they miss the respective key. Pupils ought to be taught early to jump distances "without looking." And, another thing, successful jumping depends on the steady position of the hand. It is the arm that does the "jumping," not the hand. The angle between the hand and the arm must not be changed during the operation. A slightly outward position is of advantage. In my opinion, says a writer in *The Etude*, "jumping" exercises ought to be performed first on black keys and in octaves. Playing scales with both hands two or three octaves apart is also very useful in order to become familiar with the relative distances on the keyboard.

The authority quoted says every pupil knows or ought to know the different positions of the hand used in playing—the low (on the white keys), the high (on black), and the two oblique (the thumb covering a black, the fifth a white key, and vice versa). When you have to change these positions, it is useful because easier to that do gradually. This is done by sliding the fingers toward the keys that have to be struck.

Furthermore, in all places where one hand has to jump, while the other does not, take advantage of the first leisure instant to jump long before you have to strike, and that as quick as lightning, to place your hand over the right key ready to strike; then, and not before, the other hand that has only to "walk" moves to its proper place. Or, in other words, the jumping hand should always move first.

A proper use of the pedal often allows the hand to jump in good time where the value of the first note seems to forbid the removal of the hand. Our next item is an easy way to learn the notes or to learn note reading. Take the treble part of some piece and write it down in the bass clef or the reverse. Beginners ought to be taught both clefs at the same time, starting from the center c and counting up to the fifth line of treble, then starting again from the center c and going down to the first line of bass. Learn to write notes first by thirds (lines or spaces). Recite the musical alphabet in this order—c, e, g, b, d, f, a, c, and back. Then come the ledger lines above fifth lines in treble—viz, a, c and e; then those below first lines in bass—viz, e, c, a; then the spaces b, d, f and d, b, g.

An early teaching and writing in the three positions of the seven fundamental triads—ceg, dfa, egb, gbd, ace and bdf—is of great help.

## A Special Room For Sewing.

The wise housewife is she who would rather dispense with a reception room and have a sewing room than vice versa. The sewing room does not need to be large. It must not contain carpets or upholstered furniture. The floor should be stained and varnished, so that the daily brushing up may be easily accomplished. There should be hooks on the wall, from which the piecebabs should hang. Several shelves are necessary, where boxes containing buttons, trimmings, findings, patterns and the like should be kept. A lapboard, an armless rocking chair, a dress form and a big closet for unfinished work are other necessities. The machine should be placed in a strong light, and there should be a long mirror in which the "hang" of a skirt may be viewed