

WHAT WOMEN SHOULD KNOW.

Mrs. E. B. DUFFY, well known as a writer upon social and domestic topics, has published, through J. M. Stoddard & Co., of Philadelphia, a clever and somewhat comprehensive volume with the above title. It embodies a great number of useful facts in regard to the physical conditions of women, married and single, and hints and suggestions to young mothers particularly, which, though somewhat exaggerated in point of economy, are extremely valuable.

We differ from her decidedly in regard to the desirability, or even practicability, of wives who are also mothers, trying to unite the duties of an outside business or professional career with those of a middle-class household and true home. We have tried it faithfully for seventeen years, and know that few women could survive the ordeal, and that it cannot be done with justice to both sets of interests and obligations. Women who have no children, who board, or are otherwise released from family cares, will find it to their advantage to have active occupation of some other kind, even at the cost of their freedom to cultivate social life; but these cases are so exceptional compared with the mass of those who are absorbed in a busy home life, that they afford no basis for a system; and even these are required to share the universal penalty which motherhood imposes upon all women, and which is one of the principal reasons why her labor can never have the same pecuniary value as that of men.

If a re-adjustment ever does take place, it will take the washing and the ironing as well as the plowing and the planting out of the hands of women, and put them upon the broad shoulders of men, who are fitted for this kind of work, leaving to women the lighter tasks of selling and distributing the productions of male labor. When this is done, women, married and single, will stand some chance; but competing as bread-winners now, means that, with less strength, they must perform much more and much harder labor, and obtain less money.

QUEEN VICTORIA'S INDUSTRIAL SCHOOLS.

In the Royal Schools in the Great Park at Windsor, "Fifty boys and fifty girls are there instructed in various branches of useful knowledge, and trained to habits of industry. The school buildings, which are most conveniently arranged, include a kitchen and a wash-house; and two and a half acres of ground adjacent to them are set apart for a school garden. The children are clothed by Her Majesty, and dine at the school. It being understood to be Her Majesty's wish that the girls should be so trained in the school as to fit them for service, and to enable them to discharge in after life the duties of wives and mothers, to the usual instruction in religious and secular knowledge a good deal of useful teaching in domestic economy is added. Besides making their own clothes and those of the boys, they do (assisted by one maid servant) all the household work of the schools—the cleaning, cooking, washing, and baking. The schools are placed under the care of a master and a mistress, each of whom is assisted by two apprenticed pupil teachers, and whose residences form part of the school buildings. The mistress, besides her duties in the school, is charged with the industrial training of the girls, and with the entire management

of the household department. The children are assembled at 8 o'clock. The boys continue at their lessons until 12 o'clock. From 10 $\frac{1}{2}$ to 12 the girls work in the kitchen. At 12 o'clock they dine. From 12 $\frac{1}{2}$ to 2 o'clock the girls devote to needle-work, and the boys to their lessons; and from 2 till 5 the girls are at their lessons and the boys work in the garden. On one day in the week the lessons of the girls are in domestic economy; on another their industrial work consists in cooking "cottage dinners." The manner in which this is managed appears to be very judicious. They are divided into groups, each of which cooks, under the direction of the mistress, a separate dinner, as for a separate family. The variety of these dinners affords the opportunity of instructing them in different expedients for the frugal management of a household. Whilst so large a portion of the time of the girls is thus devoted to industrial occupations, nothing is thereby lost on the side of their learning.

A WONDERFUL DRESS.

At the Vienna Exposition is seen a lace dress which is a monument of the ex-Empress Eugenie's taste for an encouragement of the artistic industries of France. This dress is the first piece of real antique *point de Venise* manufactured in over a hundred years. That mediæval art having been lost, Eugenie ordered this dress of the *Compagnie des Indes*, lace manufacturers of Paris, four years before the fall of the Empire, giving them *carte blanche* to reproduce the lost mesh of the Venetians, and to manufacture her dress. The directors of the company spared no expense, and finally succeeded in reproducing the mesh. About the time the dress was finished, Paris fell into the hands of the Germans, and Eugenie was exiled to England, but the ex-Empress offered to take and pay for the dress, though her circumstances were so reduced, if the *Compagnie des Indes* would lose by keeping it. The directors, not to be outdone in generosity by the fallen Empress, wrote and released her from her bargain, and that now historic dress is on exhibition in Vienna.

PROVIDENCE HAS COMPASSIONATELY given mortals an instinct to feel that they are of more importance than they really are, and it is a great support to them in passing through life. It would be a very unfortunate thing for both men and women—but especially women—if the poet's wish were granted—namely, the gift to see ourselves as others see us. We should lose that amount of self-confidence which is so necessary to the well-doing of both small and great things, and we should shut out more than half the mental sunshine which now makes our lives bright. As it is, we really fancy that the world will miss us when we die, and it softens the idea of death. And you rarely if ever find a man or woman who does not wish and try to leave some footprint or other on the sands of time. I think philosophers must be rather miserable when they so clearly perceive that the world cares very little indeed about births and deaths, and that even a very large footprint on the sands of time is soon washed out by the flood-tide of events. The fact is, that things on earth as well as things in heaven require a background of imagination. It is to the human mind and heart what the summer skies are to the earth, and blessed are they who are long in finding out that it is a sell, or pious fraud, as the Romanists would call it.



SUMMER DISHES must be very light, nutritious, and carefully prepared, to be at all tempting. In our intense climate food spoils easily, and the appetite is spasmodic. Ripe fruit should be eaten raw at breakfast and dinner. Very little meat, and a variety of vegetables is the healthiest diet for warm weather. Fevers and headaches would disappear if this rule was respected.

In regard to drinks, the Americans are the most unwise of nations. The abundance of good drinking water often proves more of a curse than a blessing. Nothing is so injurious to the whole physical system as the unlimited use of ice-cold beverages to which we accustom ourselves. The inordinate use of iced food leads to diseases that can have but one result.

Well-supplied tanks of ice-water are kept in offices, hotel parlors, cabins of steamboats, public parks, and even on the sideboard in private houses, which offer the temptation of "a cooling drink" to over-heated business men. The children run for iced water if warm, or unoccupied, and the habit of drinking it for pastime grows upon them.

This sudden cooling of the system arrests the digestive process, causing oppression and irritation, and injures the coats of the stomach, thus laying the foundation of liver complaint, dyspepsia, and numerous diseases. In obedience to the laws of health, the temperature of the system should be kept equal, all sudden changes being avoided. For this reason pure, unadulterated tea is the healthiest drink for very warm weather, and is recommended by leading physicians for use at the three meals, provided only a moderate quantity is taken each time. Drinking between meals should never be allowed to grow into a habit.

COOKING BY STEAM.

We were afraid that cooking by steam was at least a quarter of a century in advance of the times, but we begin to see by the interest it excites, and the almost universal expression of opinion in its favor, that the new method is only a reply to the popular demand for a mode more healthful, more economical, and less destructive than that achieved by the old appliances.

We confess to having been as much interested in our series of experiments with Hines' Combined Tea-Kettle and Cooker, as if we were making tests in a grand laboratory, in the interests of science. The achievement of wonderful Strawberry Short-cake, and surpassingly light and delicious pot-pie, superior even to that made by "Mother,"—was cause for great gratulation, and then the discovery that even corn beef was more tender, not to say sweeter by this process, and increased in bulk instead of being shrivelled up to half its size,—all this was interesting as well as instructive.

The truth is, one cannot appreciate the difference in flavors and bulk, and general excellence of quality between food cooked by steam and the ordinary way, until we have not only tried it but our taste has become educated, and our stomachs made happy by the regular reception of food, healthfully prepared.

Young people about to be married should be supplied with a Hines' Cooker by all means. Start right in this matter, and it will preserve health and happiness, save doctor's bills, and a host of evils in the future which you cannot realize till they come upon you. Get a Cooker and a Sewing Machine, whether you have a piano or not.

A PLEASANT DRINK.—Put two quarts of water on the fire, when boiling add four large apples, cut in slices, not peeled. Boil till the apples are quite soft, strain the liquid, and add honey enough to sweeten.

ANOTHER.—Bake six large apples, put them in a jar while hot, and pour over them three pints of boiling water. Sweeten with honey and drink cold.

APPLE TARTLETS.—Peel six large pudding-apples, boil to a pulp, mix with sugar, cloves, and lemon-peel to taste; let this mixture stand till quite cold, then mix with it two ounces of dried currants. Make a light puff paste, and fill in with it a large flat baking-tin, and pour the mixture in. Cover it with the pastry, and bake half an hour in a very hot oven.

ALMOND WATER.—Put five ounces of sweet and two of bitter almonds into a sauceman, with a pint of hot water. When boiling strain them, take off their skins, and let them cool. Then dry them on a cloth, pound them in a mortar till very fine, adding a little water to prevent them becoming oily. Boil the mashed almonds in a pint of syrup, let it simmer for twenty minutes, strain and bottle it. When required for a drink add water to taste.

SALLY LUNN.—Three breakfast cups of flour, one ditto sugar, two eggs; make into a thick batter with a breakfast-cup of milk. Blend a small teaspoonful of soda with a little milk, and mix it in, and before adding all together mix a small teaspoonful of cream of tartar with the sugar. Bake in a round shape for an hour, and serve hot and buttered; it is very light and spongy. The rind of a lemon may be added if liked.

PLAIN OMELET.—Break two or more eggs into a basin, according to the size of omelet you require, add a little chopped parsley, salt, and pepper; mix it well together with a whisk; put a piece of fresh butter the size of a walnut into an omelet-pan or common frying pan; put it on a quick fire, beating the eggs while the butter gets hot; pour in the eggs quickly, keep moving the pan, shaking it round until the eggs begin to set; move them lightly toward the front of the pan; leave the omelet a few seconds to take color; turn it on to a hot dish, and serve.

PEASE PUDDING.—Take a pint of split peas, put them in soft water over night; in the morning put them into a sauceman with enough water to cover them; when they boil and swell add a little more water, but only allow enough for them to swell without burning. They require a great deal of stirring. When they are done enough to mash, beat them through a colander, add two eggs beaten, some pepper, salt, and butter; put the mixture when well beaten into a buttered mould, tie a floured cloth over, and boil for two hours. It ought to turn out firm and whole. The mould must be full.

WHITE CUP CAKE.—One cup of butter, two cups of sifted sugar, one cup of sour cream, four cups of flour, five eggs, one nutmeg, a very small teaspoon of saleratus. Beat hard together, and bake in small tins.