

WOMAN AND HOME.

THE FIRST CHINESE WOMAN DOCTOR
IN HER OWN LAND.

Diet For Stout Women—How a Woman May Retain Beauty—Where Woman Is Exalted—Making a Hall Seat—A Toilet Luxury—Kitchen Kinks.

The higher education of women indulgently winked at, in special instances even upheld, by Viceroy Li Hung Chang, and through him by the vast Flowery Empire! Such, surprising as it seems, is the present status of the woman question in China, the still shadowy beginning of a vast social revolution, a result of the astute statesman's occidental tour.

At least a number of his recent acts and the complacency with which they are received by the public so signify. One of these, coincident with his return, was the choice of Dr. Rachel Q. Benn of Tien-tsin, where is his palace, as physician to the women of his household: another, deeply pertinent, the appointment as delegates to the women's congress in London in 1898 of two young Chinese girls, Miss Wang and Dr. Hu King Eng.

Among the few almond eyed standard bearers of the mute, new born revolt against the subjection of Chinese womankind Dr. Hu King Eng stands pre-eminent, of her sex and race the first master of arts, the second doctor of medicine. Dr. Ya Mae Kin graduated in 1889, but without returning to the orient married Eca de Siloa, with whom she lives in Honolulu. Her position in the history of China is unique.

King Eng was born in Fuchau to a heritage of wealth and aristocracy. Her grandfather, Hu, was a mandarin of influence. In the twentieth year of his age he became a convert to the "Jesus doctrine," and with him his two sons, Hu Po Mi and Hu Yong Si—King Eng's father—both of whom for more than 30 years have been Methodist pastors and presiding elders.



DR. HU KING ENG.

Soon grandmother Hu and her daughters-in-law, all of the bound foot class, influenced by convincing, even coercive, arguments, also reluctantly embraced the alien faith.

When quite a child, King Eng was placed in the girls' boarding school at Fuchau, where, in time, she developed into a thorough student, evincing marked artistic ability—an inherited talent. Furtive peeps into the dispensary and wards of the adjacent hospital, however, determined effectually her vocation to be, not art, but medicine.

With that end in view the little high caste Celestial maid, now in her fifteenth year, came across the seas, having met and conquered bitter, determined opposition. She immediately entered the Ohio Wesleyan university, graduating four years later a master of arts. Three years more of study, and the degree of doctor of medicine was conferred by the Woman's Medical college of Philadelphia, and also after a brief postgraduate course by the Philadelphia Polyclinic. Then followed several months of practical work in the Woman's hospital of Boston.

In December of 1895 Dr. Hu, fully equipped for her life work, returned to Fuchau to assume charge of Liang-au hospital. A triumphant home coming it was. Mandarins and coolies, high and low, met the ship, eager to pay their respects.

Her most prized successes, however, are not social, but professional. One instance is related of a coolly wheeling his blind

and mother a thousand miles in a wheelbarrow to consult the woman doctor. A double caesarian operation, and the blind was made to see.

The only son of a wealthy mandarin was dumb from his birth, and so of no account, disqualified to worship before the manes of his ancestors. The tied tongue once relieved, and the dumb was made to talk; hence the name and the fame of the "miracle lady."—New York Herald.

Diet For Stout Women.

MAY EAT.

Animal Food.—Meats, fish, poultry, game, eggs, cream, cheese, butter, salads, gelatin.

Vegetables.—That grow above ground generally—greens, spinach, lettuce, celery, paragus, tomatoes, white turnips, pears (green), beans (green), cauliflower, cabbage slaw, oyster plant, cresses, onions, vegetable salads.

Fruit.—Grape fruit, oranges, lemon juice in water or on food; tart, mellow apples; peaches, currants, cherries, plums.

Cereals.—Gluten or whole wheat bread baked, zwieback (unsweetened), bread icks, shredded wheat.

Liquids.—Tea or coffee, unsweetened and without milk or cream, lemon juice and water, white wine.

Nuts.—Slightly salted, with meals.

Condiments.—Olive oil, paprika, cayenne (a little), lemon juice, horse radish, salt (in moderation).

AVOID.

Highly seasoned food.

Pastries, puddings, preserves, chocolate, candy and sweets of all kinds.

Fat of meat, veal and pork.

Soups, and excess of liquid with meals.

Starchy food, such as cereals, potatoes, rice, refined wheat flour, in bread or crackers.

Root vegetables—carrots, parsnips, beets, etc.

GENERAL DIRECTIONS.

Drink a cup of hot water (freshly boiled) one hour before meals and before retiring at night (four cups daily).

Drink no liquids with breakfast, about five ounces with lunch, and six to eight ounces with dinner.

Drink water, hot or cold, freely one hour before or two hours after eating.

Do not overeat. It is better to take four or five light repasts daily than three hearty ones.

Eat only what agrees with you. Vary your occupations as much as possible.

Do not exercise to the point of fatigue.

Sleep in well ventilated rooms.

Avoid crowds and close atmosphere.

Cultivate mental as well as physical activity.

Bathe freely.

Do not take drugs or medicines except by advice of a physician.—What to Eat.

A Toilet Luxury.

Most of the expensive toilet luxuries will be found to contain cucumber juice. These hold a very important and expensive place, for the wise housekeeper preserves their cooling and healing qualities not only for her own and children's use, but for the comfort of the pater also.

To make cucumber cream, which not only clears and cleanses the complexion but is also very healing, proceed as follows: Remove the soft part from two or three cucumbers, warm sufficiently to make it squeeze through the colander, then squeeze through a hair sieve; to half a teaspoonful of this add a teaspoonful of glycerin and five drops of salicylic acid; both the latter are preservatives, and if glycerin does not agree with the skin the acid alone will be sufficient. Add a few drops of any perfume liked and the ointment is ready for use.

While cucumbers are plentiful it is well to have thick slices of the softest with the soap on the washstand, and to use after the former, to rub face, hands and throat, rinsing afterward. The clean, soft feeling of the skin will answer for its future use. While tomatoes are ripe and plentiful they are excellent to remove freckles and mudiness from the skin. A woman with a peachlike bloom on her skin declares she has used nothing else besides soap from her girlhood. A thorough rubbing of the skin once or twice daily while the season lasts with a ripe tomato will work wonders, and if this is found to be the very thing for certain complexions the canned may be used occasionally through the winter; those canned nearly whole must be chosen, as they are the least cooked.—Chicago Chronicle.

Mrs. Amelia Barr, the novelist, is quoted as saying, "There is going to be a reaction from the aggressive, athletic, sporty woman to the old fashioned woman, and when the old fashioned woman comes in again she will stay in."

The addition of a little powdered borax to cold starch tends to give the linen extra stiffness, and a little turpentine put into the boiled starch adds luster.

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