

WOMAN and HER WORK.

Just think girls! at the great Woman's Congress, held in the Memorial Art Palace at the World's Fair a few weeks ago, the only branch of the world's work that was not represented by a woman was the profession of engineering, and the chairwoman of the congress, Mrs. Sewall, stated that although every civilized country of the globe had been scourged to find a female engineer, not one had been discovered. Now I really think that is a very wonderful thing; not so wonderful on account of being the only unrepresented branch of work, but simply because it is such a grand profession, and no more difficult either to acquire or practice, I should think, than that of divinity, physics, or law. A woman preacher, why not a woman engineer? A woman entitled to write the letters M. D. after her name, why not C. E.? because if the calling of the civil engineer is open to the objection that the life he leads is an exposed and arduous one, surely the same may be said of the doctor's life; he, too, must be out in all weathers at the call of duty; and if the shrinking modesty with which our sex is credited leads us to avoid the profession of the engineer because it is exposed, in another sense of the word, what can bring a woman into more publicity than the law, since she must go into court and fight her own and her clients' battles in a hand to hand combat with her rivals of the other sex? Therefore, it seems to me that the dearth of female engineers is very strange. A good head for mathematics, a fair amount of application, and a remarkable supply of patience, are the chief requisites for those who contemplate the study of engineering, and of course good health is another necessity, but surely any other profession would make equal demands upon the mind and body of the student; the intending minister requiring as good a brain, and constitution, as the embryo engineer. True, there is much out-door work to be done, and a summer under canvas is a common experience in an engineer's life, but since we have authentic accounts of women having worked at such trades, as engine driving, being pilot of a river steamer, keeper of a lighthouse, captain of a boat, and later still of two young sisters, who engaged in the ennobling pursuit of butchering, for a living, why should any, but the most fragile of us shrink from out-door work, especially as women are daily demonstrating their ability to undergo the fatigues of an explorer's life, and keep up with their male companions through the rigors of an arctic winter, or the scorching days of Eastern summer. So that a few months of camp life would seem but a joke beside such hardships willingly undertaken.

At that Congress in Chicago, there were authors, whose names are almost household words, doctors, lawyers, ministers, bankers, journalists, brokers, philanthropists, professors, and teachers; all women, and all active members of their several professions, but not an engineer! So there seems to be one field in which we are unable to compete with men, or else in which we are afraid to try our luck.

But unfortunately we cannot all belong to the learned professions, and earn our bread and butter entirely on the higher plane of life. Some of us must stay at home and do the cooking! No light piece of work this hot weather, and requiring a good deal of silent heroism, though, unfortunately, it commands very little applause.

One is almost tempted, on these warm days, to follow the example of the clever French woman who was more at home in literary than house-work, and who told a friend seriously, that in hot weather they never cooked any meat, they always had it cold. Next to this impossible method of dealing with meat, is the substitution of salads, such as salmon, lobster, and lamb salad, for the hot meat, for which few people have much appetite in summer; they are a very pleasant change from heavier food, and a boon to the weary housekeeper.

Salmon Salad.

If fresh salmon cannot be obtained, canned is almost as good. Use in the proportion of one can of salmon to three large heads of lettuce. Break the salmon very fine with a fork or pick; carefully into shreds, chop the lettuce fine and mix lightly together with a fork. Set in a cold place, and just before serving pour over it the mayonnaise, the recipe for which appears on this page. Lobster makes an equally good salad prepared in the same way.

There are so many ways of using, and even of cooking bananas, that it seems a pity one should not try all and sundry of them, now that this delicious fruit is so plentiful and so cheap. It always seems to me a shame to cook it at all, when it is so nice raw, but still anyone who has once tasted fried bananas or banana fritters or cake will be sure to want to take them frequently, so I give a few of the best recipes for those dainties.

Fried Bananas.

Pare and slice in halves good solid bananas, not too ripe; roll thoroughly in flour; place a large piece of butter in a frying pan and when it has melted lay the bananas carefully in and fry till brown on both sides. Serve at once.

Banana Fritters.

Make an ordinary batter for fritters, only rather stiffer than usual. Slice the bananas half an inch thick and dip each slice in the

batter. Then fry in hot lard, drain on a sieve, and serve hot, with maple syrup.

Baked Bananas.

Allow one tablespoonful of sugar, and one teaspoonful of hot water for each banana. Pare the bananas, and cut them in halves. Place them on a shallow dish, melt one tablespoonful of butter in the hot water, and pour it over the fruit, mix a little salt, and spice or lemon juice with the sugar, sprinkle it over the top, and bake until brown, which should be in about twenty minutes.

A delicious fruit salad, for after dinner, may be made of sliced bananas and either strawberries, or raspberries strewn in layers in a moderately deep glass dish, sprinkle each layer with powdered sugar, and cover with whipped cream.

Another is of alternate layers of sliced banana, sliced orange, and grated coconut, dusted well with powdered sugar, and the top layer of coconut. Both are very pretty dishes.

Mayonnaise.

Beat the yolks of six eggs with six tablespoonfuls of broth, six tablespoonfuls of best salad oil, one tablespoonful and a half of vinegar, and a good pinch of salt. Beat all together in a bowl until well mixed and smooth, then place the bowl in a pan of boiling water over a slow fire beating the mixture briskly with a fork or egg beater, until it becomes stiff enough to be spread easily on salad, taking care that no water boils into it and that it does not get hard. It is sometimes improved by a squeeze of lemon.

Many people are not aware that a dust of nutmeg in each glass, is a great improvement to lemonade, and that a little cinnamon sprinkled on the top of each cup of chocolate after it has been poured out, adds a delicious flavor to the chocolate.

Vegetables, except canned ones, are almost impossible to obtain at this time of the year, and the weary housewife, who has played the whole gamut of preserved vegetables from canned tomatoes to dried peas, begins to long for something fresh and green, besides lettuce and radishes, to put on her table. I have not seen any asparagus in the market yet, but surely it ought to be in season now; and if it is not to be obtained, why not try spinach? prepared by this recipe it is really delicious.

Spinach and How to Cook it.

As spinach is often cooked it is a coarse dish, whereas it should be one of the most delicate and refined vegetables that come upon our table. In order to free it from a certain rankness of the green leaf it must be blanched. To do this, wash it very thoroughly, cut off the stalks, and boil it in abundance of salted water for 15 minutes.

Then drain it through a colander, and immerse it in the colander in a pan of cold water. When it has become thoroughly cold, drain it again and chop it fine. It is now ready to be cooked and is in the condition in which it is often found in the French markets. It may be kept in this condition over night or for a number of days. As a rule, spinach is cooked too long. It is not uncommon for New England housewives to cook it for one or two hours, and the result is a coarse, flavorless vegetable, poor in color and only made palatable by smothering it in vinegar.—New York Tribune.

Of course it must have a goodly number of hard boiled eggs sliced around it as a garnish, most of them set well into the spinach with the cut sides out, so as to look as much as possible like daisies on dark green sward.

A toothsome relish for tea these warm evenings when one does not feel like anything very substantial is

Cheese Toast.

Slice some cheese into thin flakes and put into a saucepan over the fire with a good sized piece of butter, and while it is melting beat up two eggs and make two or three large rounds of toast, butter and lay on a hot flat dish. Then pour the beaten eggs slowly into the saucepan with the melted cheese, stir until thoroughly mixed and smooth, then pour over the toast and serve hot. A little mixed mustard is often an improvement. The fire should not be too hot while the cheese is melting or it will burn.

Cream Soup.

If the onion is ever glorified, it is in that state in which it exists in a cream soup. This delicious mixture as made by French housewives calls for half-a-dozen white onions, a pint of milk, four eggs, a cupful of sweet cream, and seasoning. The onions should be peeled, cut in very thin slices as for frying with steak, and fried a light brown in a tablespoonful of butter. Add to the fried onions a pint of sweet milk, a quart of boiling water, a saltspoonful of white pepper, a teaspoonful of sugar, and a pinch of mace. Cook slowly an hour, strain through a puree sieve, and add four eggs beaten to a froth, the cupful of cream and a tablespoonful of cornstarch moistened with cold water. Stir until the soup comes to a boil. Serve with croutons of bread.

I have seen some early, pale complexioned tomatoes, already, in the markets and fruit shops so I suppose before long we will be hunting up new methods of cooking tomatoes, that is, as soon as they are sufficiently reasonable in price to be cooked so I have taken time by my venerable forelock and looked up one or two today.

Tomato Soup.

To one pint of canned, or four large fresh tomatoes, cut up fine, add one quart of boiling water, and let them boil till soft. Then add one teaspoonful of soda, and as soon as it foams add a pint of sweet milk, with salt, pepper and a good lump of butter; when it boils add eight small crackers rolled fine, and serve hot.—Equal to oyster soup.

Tomato Salad.

Twelve tomatoes, peeled and sliced, four hard-boiled eggs, one raw egg, well beaten, one teaspoonful each of salt and sugar, half a teaspoonful of cayenne pepper, half a teaspoonful of vinegar. Set on ice till quite cold.

Anyone who has felt as much annoyed as

I have, over the persistency with which every kind of frosting that is at all hard will crack, and fall off, just when it shouldn't, will give the following recipe a hearty welcome.

Cake Icing Which Will Not Fall Off.

Icing for cakes may be prevented from cracking or falling off, when cut, by adding one teaspoonful of sweet cream to each unbeaten egg; beat altogether and add sugar until the mixture is as stiff as can be stirred.

Here is an excellent recipe for *café au lait*, which is not to be despised when one lives in the town, and cannot get cream.

A Cup of Coffee.

Coffee is far more delicious when made with egg than it is without. One egg to a teaspoonful of ground coffee is about the right proportion for a rich extract, but less than this can be easily used, by adding a teaspoonful of cold water to a well-beaten egg, and using enough of this mixture to thoroughly wet the ground coffee. Beat an egg thoroughly, add two tablespoonfuls of cold milk; pour this mixture into a pint of boiling milk, let scald but not boil. Try this when you have no cream for breakfast coffee.

Chocolate Caramel Cake.

Two cupfuls of white sugar, three-quarters of a cup of butter, four eggs, one cupful of sweet milk, three teaspoonfuls of baking powder, flour to make the usual stiffness of cake batter. Divide in three equal parts, mixing one half cake of grated chocolate with one-third, to make the dark layer. For the caramel to spread between, take butter the size of an egg, one pint of brown sugar, half a cupful of milk, half a cake of chocolate; boil until thick and spread between the layers of cake, placing the dark layer in the middle.

TOMO and VALERY—Or was it just Tom?

With pleasure. A wedding invitation does not require an answer, unless it is to be a regular sitting-down breakfast, when, of course, it would be necessary for the hostess to know how many guests to expect, but, as the invitation usually contains some intimation of the fact, it is safe to leave the invitation unanswered, if such an intimation is absent. Send your present, accompanied of course, by your card, three or four days, if possible, before the wedding, and your own, and your husband's cards either on the day of the wedding, or soon after; one of your own for the hostess, and two for your husbands, one for the hostess, and one for the host. It will be quite correct to send them by mail, and will indicate that you are unable to call personally. After the bride and groom have returned from their trip, and have settled down in their new abode, send your own, and two of your husband's cards, if you are unable to call. This time, the cards would be addressed, of course, to the bride herself, instead of her mother. I think that is all you wanted to know. I shall be very happy to give you any information in my power, at any time.

ASTRA.

Lunch Counter for Women.

A wide awake restaurant keeper in New York city has established as one branch of his business a lunch counter for women. Ladies who do not care for a full dinner or luncheon get a hasty bite and pay for what they get without buying either beer or cigars. There is a long counter or table, with a row of high stools in front. A woman perches herself upon one of the stools and orders her coffee and roll or a dainty cup of cocoa and a tea biscuit or maybe even the fiend dyspepsia's great knock-down argument, a piece of pie. The charges are reasonable, the waiters attentive, everything clean as paradise, and a woman feels no more embarrassment in giving her little order at this nice lunch counter than her husband experiences when he orders his glass of beer and sandwich at a man's lunch counter. The innovation is a success. Ladies wait their turns at the counter. It is a great convenience to business women and those who are shopping, and there ought to be more such lunch counters in all the large cities.

Engagements and Marriages.

The following figures have been compiled from the combined recollections of thirty-two maiden ladies and forty-five military officers, all resident in the county town of one of the home counties of England. Out of the 1,540 engagements to marry which their joint reminiscences present, 46, or about 3 per cent., ended in lunacy, incarceration, or decrease of one of the parties; 385, or 25 per cent., were broken off at the instance of the girl, and 262, or about 17 per cent., by the man; 169, as near as possible 11 per cent., were interfered with by friends; 154, exactly 10 per cent., came to an end for reasons not made public; 185, or about 12 per cent., faded away, without incident, in the lapse of years; 108, say 7 per cent., (not included in any previous category), led to actions for breach of promise. The remainder a pettifoggish 15 per cent., resulted in marriage.

A Lady's Shoe.

Few people have an idea of the amount of work involved in the making of a fine shoe, or the quantity of material employed.

In a lady's shoe of the best quality there are twenty-two pieces in the sole and heel, and thirteen or fourteen in the upper, and so in the pair there will be seventy-two pieces, to say nothing of the buttons, of which there may be from twelve to twenty, or of the eyelets in a laced shoe, of which there are fifteen or twenty on each side.

Every shoe passes through the hands of forty-five people—twenty-five in the fitting room and twenty elsewhere. The usual time of completing a pair of shoes in the ordinary line of work—that is, from the rough material to the finished product—is about eleven days; but, if necessary, a pair of shoes could be cut, put together and finished complete in fifty minutes, or even less, if special effort was made.

Curious Offer of Marriage.

A piece of evidence some time back in a Quebec breach of promise case was a cuff with an offer of marriage written on it. One night, while the defendant was holding the plaintiff's hand and whispering fervid

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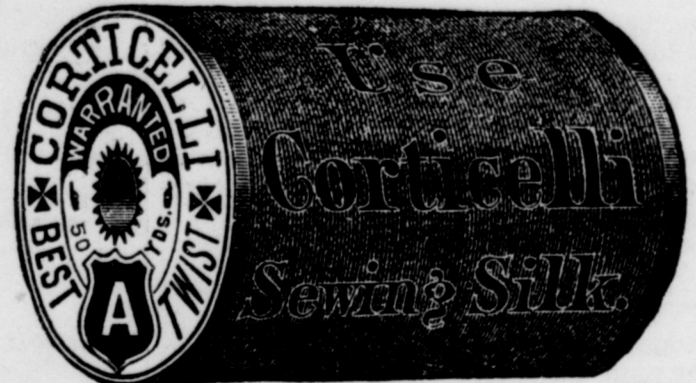
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words, he popped the question on the smooth linen at her wrist. She was sentimental or shrewd enough to keep that article out of "the wash."

A New Cure for Corns.

A young lady, who was the proud possessor of a pair of dainty feet, was tormented by a corn upon the little toe of the right foot. Chiropodist, had dug into it in vain.

One day a friend advised anointing the offending corn with phosphorus, which the lady in a weak moment did, but forgot to tell her husband before retiring at night. It had just struck twelve when the husband awoke, and was startled to see something sparkle at the foot of the bed. He had never heard of a firefly in the neighborhood, nor did he ever remember seeing such a terrible looking object as the toe presented.

Reaching carefully out of his bed till he found one of his slippers, he raised it high in the air and brought it down with a terrible force upon the mysterious light. A shriek and an avalanche of bed-clothes and all was over.

When at last he released himself from the bed-clothes, he discovered his wife groaning in the corner. He had struck the phosphorated toe.

At Hatfield House, in the James II. picture gallery, there is preserved the garden hat worn by Queen Elizabeth, and a pair of her Majesty's silken hose. The room is also remarkable for beautiful alabaster sculptures, and it is the rule for every royal visitor to leave behind a photograph, to which is added an autograph of the donor.



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