

template becoming young housekeepers were there to hear her sensible advice. "Advantages and disadvantages of a meat diet" were discussed by Mrs. Weidner, who proved that meat was necessary to give strength and that human beings are so constituted that a mixed diet is conducive to health. Mesdames Letton and Cropsey gave demonstrations in cookery and served celeried oysters on toast. Mrs. Letton explained "how to select and prepare meats." For roast, ribs; for steak, porter-house cut thick; pork roast, loin; for larded veal, the upper part of the leg. The program closed with music by Miss McCoy.

The Farmers' Institute of Fairbury, which was held on the 29th and 30th of January, invited the club to furnish a part of the program for the evening of the 30th, which consisted of a paper on How to teach children patriotism by Mrs. Welton; recitation by Mrs. Kesterson, and a song by Miss Connie Sarbach.

The program for January 29th of the Farmers' Institute of Fairbury, was as follows: Business; response, a funny story; music; recitation by Mrs. Kesterson; paper on "the leading magazines, their editors and noted contributors" by Mrs. Freeman; review of short humorous story by Mrs. Cross; review of short religious story by Mrs. Balch; song; social time; light refreshments served.

The "rest room" idea was first evolved by the Minnesota club women. In towns, trade-centres of large districts, rooms were rented and furnished with comfortable chairs and cushions and sofas. Often refreshments for a small sum is served. During the state fair the Minnesota club women were at home, in a building on the grounds, to all women from the country, interested in club matters. Club calendars were exhibited, and suggestions as to the forming of clubs were made.

The Woman's club of University Place held its regular meeting on January 17th. Dean Fordyce delivered another very instructive lecture on the Effect of Adolescence on the emotional and religious nature of the young. It was shown that the love that arises in the boy for the girl is the nucleus around which many of the most noble emotions cluster. At the time of the second physical birth there is a tendency to a new spiritual birth, hence religion should be encouraged at this period.

Mrs. Sarah Fletcher Whitcomb, a great aunt of Mrs. W. Q. Bell of this city, and a member of the Deborah Avery chapter D. A. R., died at Red Oak, Iowa, January 17th. Mrs. Whitcomb's father, Mr. Isaac Fletcher, was a soldier of the American Revolution and fought at the battle of Bunker Hill.

The second meeting of the executive board of the New York state federation was held last week. The principal topic of discussion was the State Industrial school. Plans were made to urge the matter before the legislature. Outlines were also adopted for the next federation meeting in Buffalo next October.

Monday afternoon the Lincoln Woman's club met in the chapel of the Memorial building. The program was in charge of the music department of which Mrs. Eames is leader. Director Kimball of the University conservatory gave the program for the afternoon, "an organ lecture-recital." Mr. Kimball explained the mechanism of the organ, the panels of the organ being removed. He also had charts and diagrams to assist with his explanation. He gave a brief but interesting talk upon the invention and development of the organ, and spoke

also of the increasing demands made upon the skill and culture of the organist. The musical numbers were chosen to illustrate various qualities and powers of the organ. Mr. Kimball said he had selected the Bach number for the illustration of form rather than for its beauty. The program was as follows:

Toccata in F	Bach
Pastoral in G	Flagler
Serenade	Gounod
Triumphal March	Dudley Buck

The president, Mrs. Bushnell, announced the reception to be given by the club at Walsh hall, February 11th, to all Lincoln club women. As the members of the Woman's club are the hostesses invitations will be sent only to club women, not members of the Woman's club. Mesdames J. F. Stevens, W. C. Phillips, E. A. Burnett, O. S. Ward, G. E. Hibner and F. N. Gibson, were appointed representatives of the Woman's club for the annual meeting of the City Improvement society which was held last Thursday morning.

Mrs. Lowe, president of the General Federation, has sent in the name of the American club women, an expression of sympathy to Edward VII.

The following is the Columbus Woman's club program for today: Parliamentary drill 2:30, Mrs. Brindley, leader. Program by French history department, Mr. L. J. McMahon, leader. National song of France, chorus by Darthick club; paper, Napoleon Bonaparte, Miss G. Whitmoyer; recitation, Joan of Arc, Miss C. Parks; talk, Richelieu, Miss Sheldon; piano solo, Mrs. F. H. Gaer.

The Association of Colleague Alumnae of Philadelphia in connection with the Housekeepers' Alliance will give during Lent, the following course of lectures: "The use of the income;" "house furnishings;" "household hygiene;" "the chemistry of digestion;" "the relation of food to physical and mental efficiency;" and "the ethical side of home economics."

The corresponding secretary of the Seward Woman's club furnishes the following reports to The Courier:

The general meeting of the Woman's club was held as announced on January 26th. A program for a library day was carried out. Vice president, Miss Miller, presided in the absence of the president. Quotations on books and libraries; music, vocal duet, Misses Merriam and Nunemaker; the public library, its value to a community, Mrs. Spear; need of traveling libraries, Mrs. Stoner; reading from Courier, Mrs. R. P. Anderson; music, song by the club; Nebraska state laws regarding libraries, Mrs. Carey; instrumental solo, Miss Victoria Hedden. Miss Miller requested the members to remember the "Art Auxiliary." Mrs. Anderson read to the club the announcement from the Courier in regard to three pictures purchased by the Art association at Lincoln. A vote of thanks was returned to the young ladies who contributed musical numbers for the afternoon. Four new names were presented.

The Art department of the Seward Woman's club met at Mrs. Wm. Redford's January 18th. The club was entertained by Miss Mary Dunphy, who leaves Seward soon to take up her residence in Utica. Miss Dunphy's removal causes regret to her many Seward friends, and she will be missed by the club. The following artists were presented by Mesdames Carey and Keefer: Corot, Diaz, Troyon and Daubigny.

Mrs. Norris furnishes this department with the following report:

The work of the North Bend Woman's club on last Saturday afternoon

was Household Economics and brought out a large attendance, which fact may be taken as evidence that club women lose no interest in domestic affairs. On the contrary, they realize that the kitchen is a universal institution embracing a laboratory of no mean scope. The excellent papers of Mesdames Doan and Eigler treated of most important features of domestic science. Mrs. Doan's paper of the insidious enemy—microbes—giving many hints in regard to their life and death. Mrs. Eigler demonstrated the advantage of understanding the chemistry of foods and the effect of sunlight and ventilation. Much depends upon the food value of the articles which make up our daily meals. All admitted that the men and children who are fed upon the most perfectly balanced rations can do the best work and have the clearest brains for their studies. Mrs. Eason's treatise showed that the "first principles of household management" are system and economy of strength and nerve force, by lopping off non-essentials. Here Mrs. McMurray set the work to a new key by rendering a fine instrumental piece. Mrs. Dowling told the club something of the lecture in Omaha last week by Elbert Hubbard, the Roycroft of Aurora, N. Y., author of "Little Journeys to Distinguished Homes." He found his text in Carlyle: "Blessed is the man who has found his work," and added "The curse of the world is joyless work." Art is the expression of men's joy in their work. Joy in work is the underlying principle of kindergartens. Of two boys suspended from school, one becomes a tramp through idleness, the other is given work by the Roycrofters and becomes an industrious man. The philosophy of Froebel, Ruskin, Carlyle and William Morris—whose true disciple he is—was epitomized in Hubbard's lecture, thus: "If you would give me a rule for a great and splendid life, I would answer. Work and then work, travel, revere and pray, do something for somebody." Miss Francis crowned the afternoon's work by a sweet solo. Miss Millor was accompanist. There is a thrill of delight throughout the club when these young ladies appear on the programs.

The new royal household of Italy is simplicity itself. King Victor Emanuel rises at daybreak and works until seven thirty, when he and Queen Helena breakfast together. At eight o'clock their Majesties walk or drive for an hour, after which the King attends to business of state and the Queen visits her many pets, which includes a number of rare birds. At one o'clock a simple luncheon is served, which rarely consists of more than two dishes. Dinner is served at eight P. M., and there are seldom more than three courses and dessert. Queen Helena is extremely amiable and considerate and frank to the last degree. Recently at a reception she made a number of practical remarks and suggestions to her ladies in waiting. "Ladies, allow me to give you a word of advice. When you appear at court you will find it more comfortable to wear shoes that do not pinch your feet. When one has to stand so long and make so many courtesies it is best to seek comfort."—Chicago Times-Herald.

#### City Improvement Society.

Thursday morning in the library of the Union-Commercial club rooms members of the society met and elected officers for the ensuing year: Pres. Mrs. Taylor; Sec., Mrs. Richardson; 1st V. P., Mrs. Welch; 2nd V. P., Mrs. Callen Thompson; Treas., Mrs. Mungler and Mrs. Eames. The annual dues to the society were raised from a quarter to fifty cents. The society further deter-

mined to hold a fair on the first and second days of February at the auditorium. Mrs. Ogden is chairman of the enterprise which should include as patrons and helpers every citizen who is interested in the aspect of Lincoln. Members of the Union-Commercial club are interested and have promised their active cooperation. In order to meet the expenses of the organization, money is absolutely necessary. After canvassing various plans for raising money this one was considered the most profitable and if every one who is interested in Lincoln helps, the society can, at least make a beginning in the park fund.

The History department met Thursday in the club rooms.

The Athenae club met Friday at the home of Mrs. Ladd. Mrs. Fawell had the subject, "Gothic Architecture."

The Fortnightly met with Mrs. Hinman on Tuesday. Mrs. Hinman read a scholarly paper on Germany, 1848; the idea of unity; rivalry between Germany and Austria; Bismarck and the Empire; Wilham II.

The Music study department met on Friday afternoon. Mrs. Eames, leader of the department gave a short talk on Verdi. Miss Lally was in charge of the program, which was one of the three to be given on Elementary Theory.

The Arts and Crafts committee of the Massachusetts state federation has sent out a circular offering a first and second prize, \$15 and \$10 respectfully, for designs for artistic and useful signboards and posts for country and village streets and roads. The competition is limited to people living in Massachusetts and closes April 1st. The guide boards must be of such a nature that both sides may be utilized and the material must be wood and iron. This committee has been in existence only a short time, but has already accomplished worthy results. The committee in speaking of the work says:

"If we have never before thought about the matter, let us now observe how many lovely views are marred by ugly guide-boards. It is hoped that the women's clubs, especially in towns and villages, will endeavor to have the guide-board of the federation introduced wherever they can exert influence. It is suggested that when this board is ready each club buy one and obtain permission from the town or city authorities to place it on a street or road as an object-lesson, and then try to get it adopted for general use."

All work in city improvement is of great interest, especially to the west where there is so much to be accomplished. The Lincoln City Improvement society has made a good beginning possesses a number of energetic members and needs encouragement from all. The Courier would be glad to have word from all state clubs engaged in town or country improvements.

The papers and readings presented at the Fremont Woman's club January 26th, dealt principally with Egypt and some of its geographical features. The program for the evening was in charge of Mrs. J. W. Richards. Two papers were presented, one on The Streets of Cairo, by Miss Ethel McGiverin, and the other upon a Trip up the Nile, by Mrs. C. F. McGiverin. Both emphasized the fact that the ladies had spent their time to good advantage while on their journey in that section of the world last winter. Following the meeting the ladies made a canvass among the members for subscription to the library fund. A neat sum was raised. The canvass has been continued until the mass meeting on Thursday evening of this week.