

this makeshift home for those who depend upon the wages earned therein.

Some Noted Women.

Mrs. Elizabeth Cady Stanton called the first Woman's Rights convention at Seneca Falls, N. Y., in 1848. She is now 87 years old, and lives in New York city—a fine, stately old lady, her mind still vigorous and busy, and she writes much on the various questions of the day.

Susan B. Anthony, at 82, is still a lion, showing no diminution of physical or mental vigor. She delivered her first public address at Cana Joharie, N. Y., in 1849. She was then a school teacher, and society was wonderfully shocked that a woman should dare speak in public. Miss Anthony has a comfortable home in Rochester, N. Y., and an income sufficient for her need.

Isabella Beecher Hooker, lives in Hartford, Conn. Her first Woman's Rights address was delivered in 1869, at a meeting in Newport, R. I. She is widowed, and is 80 years old. She is the last surviving member of the original Beecher family.

Lucy Stone Blackwell is dead, and her husband and daughter still continue the publication of the *Woman's Journal*, a paper founded by her.

Julia Ward Howe, author of "The Battle Hymn of the Republic," lives in Boston, Mass., is 83 years old, and is still active in writing and speaking.

Mary A. Livermore, the famous lecturer, lives at Melrose, Mass. At 81 years of age, she is still active in the affairs of her busy world.

Rev. Antoinette Brown Blackwell was the first woman preacher, and was ordained in 1853. She lives in New York city, is 79 years old, and is still seen and heard in public.

Dr. Elizabeth Blackwell, sister of the husband of Rev. Antoinette Blackwell, was the first woman physician. She still lives, in retirement now, honored and respected at the age of 81 by all who know her.

Belva Lockwood was the first woman lawyer, and is still vigorous and active.

Clara Barton was the first American Red Cross nurse, and is now the National Red Cross president at Washington, D. C.

Anna Dickinson was the pioneer woman orator, or political campaign speaker. She began in Lincoln's second campaign, in 1864, at the age of 18 years, full of fire and spirit. She is now in retirement and is heard no more in public.

Kitchen Cookery.

Housekeeping, to the woman of the city and village, is becoming more and more a co-operative affair, and the culinary department in many homes may be almost abolished, if one is willing to live on ready prepared viands now to be found on the shelf and counter in the market places. Scarcely anything can be mentioned, among the staples, and even among relishes and delicacies that is not now to be had, ready cooked or prepared for serving on the table, at a very slight advance over the cost of the raw material.

Every package is marked with directions for needed preparation, and

many a bachelor girl and lone man now "keeps house" with only an oil lamp, can opener and tin stew pan. Much of the cooking, or warming over, is done with gas or electricity, which greatly simplifies the work of the housekeeper.

Want of Faith.

All our troubles come from a want of faith in the all wise and all powerful God, who has told us that "All things work together for the good of them that love him." If we love him, and "keep his commandments," we should just keep on serving him and leave the rest to him. If our earthly parents strive so hard to secure the safety and happiness of their dependent child, surely the One who "so loved the world" will protect and bless his children, to whom he has said: "Lo! it is I; be not afraid." We may not be able to see the stars because of the thick clouds, but we know they are still there, and if we but wait patiently and trustingly, in God's own good time the shadows will break away, and in the glory of his presence, there shall be "no more night."

Our trials and afflictions are largely due to the fact that we have set our hearts upon the material things of this life, and when we are called to part with them, to give up the wealth for which we have labored, the power for which we have struggled, the position to which we have aspired, to leave the hill tops for the roadside of the valley, we feel that we cannot bear to lose them, because they have absorbed part of our very life, and it is this that makes losses and disasters so crushing.

If we have lifted ourselves to that serene height whereon even our calamities serve for spiritual perfecting, and have so developed our faith in God's goodness that we can say calmly, "God knows best," then we can face the darkest shadows without a fear; meet the greatest losses without faltering, and, in the midst of the wildest tempest of despair, soar upward to a region where no grief can follow us; and no disaster or defeat rob us of the peace which compensates for all losses in this life.

The darker the shadow, the closer should we cling to His promises; and the more trials and troubles assail us, the higher should we seek to climb onto the vantage ground of unflinching faith in God's word.

Comment.

The Commoner finds its way into many homes of the farm and the village, and thousands of its readers are among the toiling ones of earth. To such I would say, do not let your struggle after the material things of life rob you of the ennobling influences which expand and develop the spiritual. Bring into your lives and your homes whatever of refinement you can reach, and let nature and art minister to your love of the beautiful as far as your means will allow. Let there be sunshine instead of shadow—bloom, instead of blight.

"Consider the lilies." Scattered about with a lavish hand, we find some form of beauty in flower and

follage—a "plant for every place," in shade or shine; something suited to every condition of life; something that will brighten the shanty of the poorest as well as the palace of wealth. This beauty we have only to stretch forth our hand and possess, without money and without price. If one cannot afford the nursling of the florists, the world is full of wildlings, scarcely less beautiful in form and coloring, and far less exacting as to care and culture.

If you feel that you can care for but one plant, indoors or out, try that one. You do not realize how it will grow into your affections, and become indeed a living thing to you, unfolding in leaf and flower, new beauties every day. It is always smiling, it never chides you for neglect, or sulks if denied its real needs. It brightens thankfully for every care, and even endures many hardships with a brave, bright spirit of perseverance which should teach you many a lesson of patient hopefulness if clouds should fall athwart your own pathway. The one great lesson the plant conveys to the receptive mind is an absolute trust in the goodness of God.

Cooking Vegetables.

Vegetables, of all kinds, should be as strictly fresh as it is possible to have them; they should be carefully looked over, and all decayed ones thrown away, or the decayed parts carefully cut out. They should be washed quickly, not allowing them to soak in water. Vegetables which do not require peeling, such as roots, tubers, etc., should be scrubbed clean with a small scrubbing brush kept for that purpose. Cauliflower, cabbage, spinach, lettuce, and such vegetables as vermin often frequent should be washed in salt and water, and carefully examined, leaf by leaf.

No vegetable is so universally used, or so satisfactorily, as the potato, but it should be cooked in a variety of ways, that its constant appearance upon the table may not become monotonous. But whatever way you cook vegetables, remember there is a difference between stewing and boiling, and nearly all vegetables must be cooked in plenty of boiling water, carefully salted, with fire enough to keep the water boiling after the vegetables are put in, until they are done. If more water is to be added, let it be boiling; do not add cold or tepid water.

Turnips, unless very young, should always be pared and boil for forty minutes to one hour. When done, put them through a vegetable masher, season with salt, pepper and butter. Beets should never be pared, or the skin cut in the least. Wash carefully with a brush, boil until they can be pierced with a fork—generally from one to three hours, according to age, then skim out and cover with cold water, when the skins can be easily removed.

Onions should be peeled, immersed in cold water, and let come to a boil, turn the water off, and add fresh hot water. When nearly done, the cover should be removed, the water allowed to evaporate as nearly as possible, then season with butter, pepper and salt. Some add a little sweet cream.

Cabbage requires plenty of salted water, to which some add a lump of baking soda as large as a pea. Cab-

bage is often chopped fine and boiled in a very small quantity of water, kept closely covered, allowing the steam to do the cooking; this is dressed with butter, pepper and salt. Cabbage may be seasoned with beef, salt pork, or served "straight." If dressed with butter some cooks like to add a few tablespoonsful of vinegar.

Shelled beans should be soaked for an hour before putting on to cook, cooking until tender; a small piece of salt, or pickled pork seasons them nicely, or they may be dressed with butter, pepper and salt. Some prefer them seasoned with butter, pepper and salt, with a cupful of sweet cream, then baked to a rich brown.

Canned vegetables do nicely to eke out a short supply, if unexpected company comes. They should be opened an hour before using, immediately turned out of the can, and no fruit or vegetables should ever be set away in tinware. Canned corn and shelled beans make a nice succotash.

Tomatoes should be put on to cook and kept closely covered, until tender, then seasoned with bread crumbs, butter, pepper, salt, and to some tastes they are improved by adding a few slices of onion, then closely covered again, and set back on the stove where they will gently simmer until the whole mass is like cream. Do not let get too dry.

Cucumber salad is very nice. Pare the cucumbers, and lay in cold water for half an hour, wipe dry, slice very thin, adding some thinly sliced onion, allow these to lie in cold water well salted, for an hour, squeeze dry in a cloth, place in a salad bowl, sprinkle with pepper, bits of parsley, cover with good vinegar and set on ice until served.

Cabbage, cucumbers, onions, lettuce and small gherkins, chopped together quite finely, seasoned with mayonaisse dressing, and set on ice until served is very nice.

Tomatoes, cucumbers, onions and celery thinly sliced or chopped fine, dressed with salt, pepper and vinegar, makes a nice salad.

Many vegetables are much nicer steamed than boiled.

Cauliflower is nice cooked in salted water only, and when done, season with pepper, and add a cup of nice cream.

Celery should have all the outer leaves removed, cleaned, cut in small pieces and stewed until tender, when add some rich cream, butter and a very little flour beaten up in a spoonful of the cream. Season with pepper, salt, and, if liked, a dash of nutmeg.

—H. W. McV.

TOO FAT PEOPLE

I have a sensible, harmless treatment that will reduce your weight from three to five pounds every week. No starving or change of habits required. By my treatment your weight will be reduced without causing wrinkles or thinness of skin; heavy abdomen, double chin or other evidences of obesity will disappear; your form will acquire symmetry; complexion will be cleared; troubles of heart, kidneys, stomach or other organs will be remedied; and you will be delightfully astonished at the promptness and ease with which these results are accomplished under my system.

FREE BOOK on Obesity, Its Cause and Cure, will be sent FREE in a plain sealed envelope. It will convince you.

HENRY C. BRADFORD, M. D.
24 East 254 Street, New York.

WANTED—Active canvassers male and female, whole or spare time, for the sale of Mr. William Jennings Bryan's new book, just published. It is a splendid seller and we allow liberal terms. A big commission to those who want to earn money. Address, The Abbey Press, Publishers, 114 Fifth Avenue, New York City.