TOMAN AND HOME.

TRACING THE DEVELOPMENT OF HOUSEHOLD FANCY WORK.

A Blography of the Baby-Care of the Finger Nalls-Simple Life for Children. Working for Humanity-Cowardice. Hints for the Housekeeper.

82

It is quite a study to trace the development of what is called women's fancy work. If one takes up an old book on the matter it is found to contain various chapters on leather work, was work, and paper flowers, picture frames made of beans and rice, landscapes composed of pebbles, moss and pieces of bark, and decalcomanie pictures. There use to be manuals of knitting, tatting and crochet work. Every girl had to have a knitted purso, a tatting set of lingerie and crocheted edges for trimming underwear. She should troove how to knit suspenders and smoking " caps for her future spouse, tidies and bedspreads for her mamma, and afghans and shirts for her baby friends. In those days the guest chamber had match boxes and motions made from perforated card board and worsted, a fly catcher or air castle hanging from the chandelier; worsted lamp mats and Java canvas toilet sets; all in as many on ot oanvas being

work basket bein a signation of oanvas being trait of a poodle, or gorgeous bunch of flowers. On the walls hung a newspaper basket manufactured from old hoopskirt wires, a stiff shell picture frame, and a most excellent

unlikeness in crayon of some member of the family. But there were some things the girl of the period produced that will always remain teautiful. The pressed sea mosses make just as interesting a little portfolio today as when they graced the somber old parlor of yesterday. The dainty embroidery on muslin and grass cloth, the graceful vines and flowers worked out on soft flannel, the fine hemstitching, the drawn thread work, handed down to us from nimble fingers of bygone days, are as beautiful needlework as anything we can do.

The herbariums of flowers and leaves pressed in some old book have developed into work with a flower press, and such art arrangements as the stationers get out to contain pressed flowers as souvenirs of different localities. Leather work has been supplanted had-and to construct their own playthings. by wood carving full of life and beauty. The conventional worsted work has given place to embroidery on beautiful texture that takes high rank in art work, and is essentially feminine. While it vies with the grandmother accomplishments with the needle in its delicacy and finish, it has gained strongth in breadth and boldness of design, of arrangement of color, and warm tones and variety of fabrics. The deathly wax flower art has riser into wax and clay modeling, and whereas the caller used to be entertained by sketch books of old castles and ruined bridges copied from unnatural landscapes, today he looks on a painted screen radiant with groups of natural flowers, a silken ban- good." set with a lifelike bird singing on a swinging vine, a canvas on the easel filled with nodding pansies; bits of life gleaming out here and there and everywhere.

In the shop windows can be seen most artistic embroideries and paintings effectively worked up into all kinds of articles for home adornment, from toilst articles to parlor draparies and hangings, all the product of feminine fingers and fancies. There are societies of decorative art where one will find throwing yourself into this cause or that tiles, wood carvings, designs in bronze and plastic sketches, the results of women's fancy or art work. The soc artists design and manufacture rare textile tabrics for embroideries and paintings. Every industrial association and charity school for girls has its department where art is taught.-New York Sun.

trimmed to the quick, as it is often done to prevent dirt gathering there; whereas, if a margin were allowed, it would be an index to the cleanliness of the hands, from which the collections under the finger nails are made. Leave a margin, then, and the mo-ment you observe that these collections need removal, you may know that the hands need washing, when they and the nails are both cleaned together.

Most persons are famillar with those troublesome bits of skin which loosen at the roots of the finger nails; it is caused by the skin adhering to the nail, which, growing out ward, drags the skin along with it, stretching it until one end gives way. To prevent this, the skin should be loosened from the nail once a week, not with a knife or scissors, but with something blunt, such as the end of an ivory paper cutter; this is best done after soaking the fingers in warm water, then pushing the skin back gently and slowly; the white specks on the nails are made by scraping the nail with a knife at a point where it emerges from the skin.

Biting off the finger nails is an uncleanly practice, for thus the unsightly collections at the ends are kept eaten clean! Children may be broken of such a filthy habit by causing them to dip the ends of their fingers several times a day in wormwood bitters, without letting them know the object. If this is not sufficient, cause them to wear caps on each finger until the practice is discontinued. -Hall's Journal of Health.

Simple Life Best for Children.

Happiness is the natural condition of every normal child, and if the small boy or girl has a peculiar facility for any one thing it is for self entertainment, with certain granted conditions, of course. One of these is physi cal freedom and a few rude and simple play things. Agreeable occupation is as great a necessity for children as for adults, and beyond this almost nothing can be contributed to the real happiness of a child. "I try hard to make my children happy,"

said a mother, with a sigh, one day, in de spair at her efforts.

"Stop trying," exclaimed a practical friend at her elbow, "and do as a neighbor of mine does,"

"And how is that?" she asked, dolefully. "Why, she simply lets her children grow and develop naturally, only directing their growth properly. She has always thrown them, as far as practicable, upon their owr resources, taught them to wait upon themselves-no matter bow many servants she When she returns home from an absence they await but one thing-their mother's kiss. Whatever has been brought for them is bestowed when the needed time comes. Nothing exciting is allowed to them at night, and they go to hed and to sleep in a wholesome mental state that insures restful slumber. They are taught to love nature, and to feel that there is nothing arrayed so finely as the hily of the field, the bees and the but terflies; there is nothing so mean as a lie. nor anything so miscrable as disobedience; that it is a disgrace to be sick, and that good health, good teeth and good temper come from plain food, plenty of sleep, and being

In order to thrive, children require a cer-tain amount of "letting alone," Supreme faith in the mother, few toys, no finery, plain food, no drugs, and early to bed, are the best things for making them happy .-Quiver.

A Woman Working for Humanity. You are distributing tracts or making clothes for the poor, or visiting the sick, or movement with all your body and soul, might and main.

gilding the nails and the door knobs, making pine look like shony, and common earthen ware like choicest Sevres. How faisel how vulgari what a shami Home made decora tions are like home made gowns; they serve a purpose, but show the lack of ar artistic hand. In nine cases out of ten they are crude, inelegant, and in the end expensive. They do not make your home attractive. If you have not the qualities of mind and heart that will keep your boys off the street at night they will not be stand the a head at night, they will not be stayed by a hand-painted milking stool tied with a yellow satin bow and a Turkish scarf across your center table; if you have not for your friends a gracious welcome and hospitable cheer they will not come for the frippery in your drawing room.

Was there no virtue in the substantialness and simplicity of the old fashioned parlor! is not the personality of a room of timer its greatest charm? Are not pretension and cheap ornamentation as much out of place in your home at they would be in your attire! Then away with all these superficialities! Sweep out the whole array of tinsel and fringer and rags, ornament that are no ornaments, that pervert the taste, that destroy the dignity and character of a home, making it look more like a curiosity shop than the dwelling of refined, cultured people.-Dora V. Stoddard in Good Housekeeping.

A Child's Hunger for Love. Delays are always dangerous, but never so irredeemably as in the case of loving words or deeds. It always proves impossible to speak to-morrow exactly the cordial or affee tionate word which today demanded of us. A mother whose child had died suddenly was so entirely prostrated with grief that some of the too officious friends asked her to

consider if her sufferings were greater than those of others who had lost friends. "Oh, it is not the same, it is not the same!" she cried, "My little girl was different from other children; she was so loving! She used

to come to me and beg me to king her, of take to come to me and beg me to give upr, of take her ir my lap for a minute, and sometimes I was busy and told her to rup away and at-"I hurt her little hearts" its little laws "nee it ought to have been coaxed open by the sunshine. I shall never forgive myself"

forgive myself."

She never did forgive herself, and though she was almost pathetically loving to the children who were left, no lapse of time could ever erast from her mind the memory of that little girl who was hungry for love. - Youth's Companion.

Illustrated Cook Books.

Some young ladies who have attended cooking schools during the winter have collections of their favorite receipts. The little books, made by their own hands and illustrated in water colors, are quite unique. The cover of one has a picture of still life, apples, nuts, raisins and a glass of wine, while another has the portrait of a dainty cook, with sleeves rolled above the dimpled elbows and tumbled curls peeping out from beneath a lace frilled cap. In one book which I was permitted to look at the picture that illus trates salads is a lobster and lettuce leaves beside a pot of mustard and bottle of pepper, with a teaspoon lying near filled with salt. Slices of lemon and curled lettuce leaves form a border, in and out of which receipts are written in rhyme. The picture of a salmon in another book is a genuine work of art. Curious little designs accompany each receipt, and the pretty affair shows sc much skill one naturally wonders if the same hands can produce a real appetizing disb of escal loped oysters or an old fashioned apple pie. -

Against the "Crazy" Quilt. If I was a woman and had nothing better

New York Sun.

WHAT WE SHOULD EAT. DON'T WHAT PROFESSOR ATWATER SAYS ON THE SUBJECT.

Food of the European Wageworker-A Question of Nutritions Diet-Proportions of Nutriments in Various Articles of Food-Important Facts.

The main difference between the diet of people of moderate means here and in Europe is that the people here eat more meat and other animal foods and more sugar. The European wage worker usually has but little meat, butter or sugar. In England he often enjoys a richer diet, I suppose, but on the continent ordinary peopl. live mainly upor the cheaper vegetable foods. Meatz and fish supply a good deal of protein and fat. The fats, including butter, are rich in energy, and sugar supplies more energy than most vegetable foods. While the energy in the working people's distaries in England, France, Germany and Italy, as reported by Playfair, Moleschott, Voit and others, ranges from 2,500 calories or less to a maximum of 5,700, those that I have found is this country range from a minimum of \$,500 to 8,000, and even higher The differences in the protein in American and European dietaries are similar. though not quite as large. Without doubt we waste more of our food than the Euro peans do, but the amount which we do eat is evidently very much larger. And though many of us cat far too much meats and sweetment for the good of our health or our

pockets, the evidence seems to me to imply very clearly that we must keep on eating more than our transatlantic brethren if we are tr keep on working as intensely and as productively as we now do. The question of high wages and short hours is largely a que tion of untritions dies. Meal, and butter and sugar can be nos milk.

oney is not them. They are toothe, and hence people who car get them money to me eat a great deal. They are easily digested

and rich it proteit and energy, and hence sustain a high degree of activity. The standards for proportions of nutrients

help to explain why we need combinations of different food materials for nourishment. Almost any one kind of food would make a one sided diet. Suppose, for instance, a workingman is restricted to a single food material, as beef or potatoes. A pound and thirteen ounces of roast beef, of the composition here assumed, would furnish the required 125 grams (0.28 lb.) of protein, and with it 0.20 lb. of fat, but it has no carbohy drates. Yet nature has provided for the use of these in his food. Three pounds of corn mer.l would yield the protein and with it a large excess of carbohydrates-over two pounds. A pound and three-quarters of codfish would supply the same protein, but it would have very little fat and no carbohy-drates to furnish the body with heat and strength. Potatoes or rice would have even a greater excess of the fuel which the beef and fish lack than has corn meal Assuming that the man needs 5,500 calories of potential energy in his daily food, the one and three quarter pounds of salt codfish which would furnish the needed protein would supply only 540, while to get the needed protein from the fat pork would require 9.8 pounds, which would supply 7% pounds of fat and over \$2,000 calories of energy!

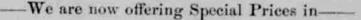
Putting the matter in another way, we might estimate the quantities of each material which would furnish the required energy. A ration made up exclusively of either kind of food would be as one sided in this case as before. The fish would be mostly portein, the fat pork nearly all fat, and the atoes or rice li

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DAILYANDWEEKLY

A Biography of the Baby.

A pleasant custom, that I am sure more mothers would like to observe if they knew of it, is that of keeping a brief record of baby's life. Our children's earliest years must ever remain a blank in their memory, and who can tell with what delight they may in after years peruse the pages that may give them a clue to the happenings of that wonderful period?

Once, when looking over some rubbish in my mother's garret, I found a package of old letters, some of which had been written by grandmother to my mother when I was a tiny infant, and never shall I forget the eagerness with which every word referring to that remarkable baby was devoured. The color of hair and eyes, weight at birth, a sug-gestion concerning the name, etc., all were invested with a strange charm for me; yet the facts were pitifully meager; and when my own sweet baby came, I resolved to keep for her future gratification a systematic record of her progress and achievements. To be sure there isn't time to do much at once, but I plan to write a few lines each month, even though baby has to sit on my lap during the operation.

It takes but a few minutes, and if the darling, when grown, shall value her baby history, surely the reward will be sufficient. Such a record could conveniently be kept in a small blank book and in any way desired. Mine begins with a newspaper notice of baby's birth, and is followed by a minute description of the interesting little maiden. Then in order of occurrence are chronicled the principal events of her babyhood, together with many hopes, reflections and prayers of her mamma. When baby was a few months old we printed her tiny hand and foot on one page by carefully rubbing ink on ther with a sponge and pressing them on the paper. What would not you and I give if we today could see the imprint of our own baby hands or feet?

A lock of silken hair graces one page, and here and there throughout the history are short poems clipped from papers and magazines by way of variety, and which are of course appropriate for baby. Other features, to make the account interesting, could be added from time to time as taste or ingenuity might suggest, and the history itself could be as lengthy and complete as time and in-elination permitted. But if no more than five minutes in each month could be devoted to this purpose I would earnestly recommend every mother to do so much for the future happiness of her little ones.-Ladies' Home Journal

Care of the Finger Nails.

Our finger nails grow out about three times a year. They should be trimmed with scis-sors once a week, not so close as to leave no room for the dirt to gather, for then they do not protect the ends of the fingers, as was designed by nature; besides, if trimmed too close at the corners, there is danger of their growing into the flesh, causing inconvenience and sometimes great pain. The collections under the ends of the nails should not be re-

moved by anything harder than a brush or a soft piece of wood, nor should the nails be scraped with a penknife or other metallic substance, as it destroys the delicacy of their

Madam, you are not doing nearly as much good as you think you are. You are only feeding and clothing a few bodies who will in all probability be just as hungry and ragged next year at the same date, and come to you, as usual, with their mouths and rent garments both wide open. Or, you are working to push a movement when possibly you need far more to push yourself in every direction. You are expending a vast amount of force and enthusiastn in attending exciting meetings, listening to speakers, good, bad, indif ferent and all other kinds, being possibly one of the lot yourself, and you get up in the morning too tired out and fagged out to get

up any interest in anything. You wonder where your strength has gone to. Why, madam, it went into Thursday night's public reform meeting. It was a part of the enthusiasm which prevailed there, You can't get up such a good time as you had there on empty benches. There must be people to fill them, people to talk, people to appland, people to clatter canes and boot hoels when they are pleased, people to feel excited or indignant, and talk excitedly or indignantly, as the "tyrants," or wrong doers, whoever they may be, are held up to the audience's execration. People must expend strength to do this. Nor can they fill up again in an hour, nor in five hours. You are one of those people. You had a good, warm, exciting time at last night's meeting, and now you must pay for it. You were on

a mental spree, possibly, at the temperance meeting, along with the rest, and now you feel the reaction, just the same as if you'd taken your stimulant out of a bottle .- Prentice Mulford in New York Star.

A Case of Cowardice.

A woman came to me one evening and told me that a certain neighborhood was all excitement because of the constant and cruel beating of a child by its adopted parents. "They whip him constantly," said she, "and one can hear the little fellow pleading and begging for mercy between the blows," "So? And you sit around and listen, do you " said 1. "Well, to my thinking, you are just ex-actly as bad as the doer of the cruel deed." Think you the Lord is going to hold you and me guiltless, if the day ever dawns when he makes up his accounts, that we have been such sneaks and cowards that we dared not be about his business down here-business he has left in the hands of the faithful to do?

If I were a girl and engaged to a millionaire doubly endowed, who promised to keep me on honey dew and clover all the days of my life when I married him, I would break the contract and starve on a crust if I found him out a coward, for of all things detestable in the sight of good women and angels, a flunk is the worst. And what is any man better than that who stands around with his hands in his pockets and watches, without protest, a brute pounding a horse? And what is any man or woman but a partaker in the crime who allows the inhuman beating of a motherless child in his or her hearing, and never lifts a finger to interfere! Up with you and find your birthright to a soul! Off with the habiliments of men if you have the natures of mice! Do not masquerade any longer as human beings when you put hu-manity to shame! If God had intended you to carry yourself in the world as an oyster he would have put you in a shell and planted you underneath the tides of the sea.

Pretension and Cheap Ornamentation

It is at comparatively small expense that the average housewife must adorn her home. structure and will at length give them an un-natural thickness. We are not favorably impressed as to the cleanliness of a person who keeps his nails

to do than to sit down and cut scraps of silk and satin velvet into pieces and then spend hours in sewing them together again into a "log cabin" or "crazy" quilt, I'd-I'd-well, I'd make clothes for a few of the ragged, dis tressed and forlorn little creatures of earth who swarm in all cities and are often found in small villages. A woman could read the entire works of Dickens, Macaulay and Hume, and keep up with all the leading mag azines of the day in less time than it takes to make one "crazy" quilt; and they are night-marish sort of things when done. A white spread, costing \$2, will give any bed an infinitely more elegant and restful appearance. This is a man's view and may not count for much.—Zenas Dane in Good Housekeeping.

Good and Bad Manners.

Yes, to become polite and well bred is possible. Some women have but to bow and smile to conquer the world; others must study long and patiently to achieve a good The worst manner is born of self sufficient arrogance; a woman announces berself a vulgarian by every pompous sneer. The bad manners of the present are the out-cropping of ignorance and selfish indifference. Until the heart is mended the manners will continue bad. - Mrs. M. E. W. Sherwood.

To Toughen Glass Ware.

Put dishes, tumblers and other glass articles into a kettle; cover them entirely with cold water, and put the kettle where it will soon boil. When it has boiled a few minutes, set it aside, covered close. When the water is cold, take out the glass. This rocess will harden the articles so that they will not be so easily broken.-Boston Budget.

The best method for cleaning old brass is to pour very strong ammonia over the brass, and then thoroughly scrub it with a regular scrubbing brush. After five minutes of labor, the brass will become as clear, bright and shiny as new metal. Then rinse it in clear water and wipe dry.

A wash which will remove the sunburn acquired by outdoor sports is made by adding to twelve ounces of elder flower water six drams of common soda and six drams of powdered borax. Applied to the skin, it will make it as clear and as soft as a baby's.

Do not appropriate the best room for a guest chamber. Take that for yourself; your friend's stay is short. Still, make the room as cheerful as possible; hang the wall with pictures, and supply such beautiful things as taste suggests and means allow.

Hams may be wrapped in paper and packed in a barrel of ashes. Smoked ham or beef after being cut can be hung in a coarse linen bag, tied closely to keep out flies, and hung in a cool place.

Hive syrup is good for croup or inflammation of the lungs. It must be kept in a cool place, for if it sours it is very poisonous.

cups and saucers caused by tea and careless and handling, say 5 cents. There is 5 cents washing.

A teaspoonful of salt in each kerosene lamp makes the oil give a much clearer, better light.

A tablespoonful of turpentine boiled with your white clothes will aid the whitening

Remove spots from furniture with kerosene Keep cheese in a tight tin box.

tarca. WILL almost any one of these food materials, in quantities to meet the demand of his body for heat and muscular strength, the man would have much more or much less protein than he would need to make up for the consumption of muscle and other tissues. If he were obliged to confine himself to any one food material, oatmeal would come about as near to our standard as any. Wheat flour with a little fat-in other words, bread and butter-would approach very close to Voit's standard for European working people, with chiefly vegetable diet, but it would need a little meat, fish, eggs, milk, beans, pease or other nitrogenous food to bring it to the proportions that the American standard calls Rice, which is the staple food of a large

portion of the human race, is very poor in protein; beans have a large quantity. The different plants which are together called pulse are botanically allied to beans, and are similar in chemical composition. We have here a very simple explanation of the use of pulse by the Hindus with their rice. The Chinese and the Japanese, whose diet is almost exclusively vegetable, follow a similar usage.

The codfish and potatoes and the pork and beans which have long been so much used in and about New England form a most economical diet; indeed, scarcely any other food available in that region has supplied so much and so valuable nutriment at so little cost. The combination is likewise in accord with the highest physiological law. Half a pound each of salt codfish and pork, two-thirds of a pound of beans and three pounds of potatoes would together supply almost exactly the 125 grams of protein and 3,500 calories of energy that our standard for the day's food of a workingman calls for.-Professor W. O. Atwater in The Century.

Politics and Literature.

"Why should politics interfere with the sale of books?" is a question that every publisher is at present asking himself, and finds no answer. Presidential politics undoubtedly affect the book market, and while publishers are ready to admit the fact, they can find no logical cause for the interference. Said a member of one of the largest houses to me only the other day: "These political agitations, especially in a presidential year, are ruinous to the book trade. I will not admit that politics hurt literature, but the impression has gove abroad that out of town dealers are cautious about buying, and the result is almost a stagnation of trade, except in the direction of paper covered books. These, being cheap and ready selling stock, are

being taken in large quantities, larger than usual by the dealers. "But there is little or no profit in paper

covered books, and houses like the Scribners, Cassells and Macmillans go into the production of that class of literature simply because they are compelled to do so by the action of other houses in the same direction. But there is no money in these 25 and 50 cent booksscarcely anything. Take a 50 cent book, for example, by a popular author. Your trade discount takes off 20 cents; royalty, 10 cents Damp salt will remove the discoloration of more: production, 10 cents, and advertising left for the publisher, and even then the author thinks that the publisher is making more than he is, when you see very plainly he is not. This is what politics are doing, driving the large houses into this paper covered literature because the dealers are afraid to order and stock themselves up with cloth books."-William J. Bok in New York

Graphic.

Coffee is improved by keeping in a cool, dry place, but loses its flavor if kept after browning.

The Year 1888

Will be one during which the subjects of national interest and importance will be strongly agitated and the election of a President will take place. The people of Cass County who would like to learn of

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