

WOMAN AND HOME.

TRACING THE DEVELOPMENT OF HOUSEHOLD FANCY WORK.

A Biography of the Baby—Care of the Finger Nails—Simple Life for Children. Working for Humanity—Cowardice. Hints for the Housekeeper.

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 decorative pictures. There used to be manuals of knitting, tatting and crocheting work. Every girl had to have a knitted purse, a tatting set of fingeries and crocheted edges for trimming underwear. She should know 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 footstools made from perforated card board and worsted, a fly catcher or air castle hanging from the chandelier; worsted lamp mats and jays canvas toilet sets; all in no many colors as the rainbow. The young lady's work basket was a...

transformed into a wretched landscape, portrait of a pebble or gorgeous bunch of flowers. On the walls hung a newspaper basket manufactured from old hoopstick wire, a stiff shell picture frame, and a most excellent unlikeliness in crayon of some member of the family. But there were some things the girl of the period produced that will always remain beautiful. The pressed sea mosses make just as interesting a little portfolio today as when they graced the sabbath 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 them, as far as practicable, upon their own resources, taught them to wait upon themselves—no matter how many servants she had—and to construct their own playthings. 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 bed and to sleep in a wholesome mental state that insures restful slumbers. They are taught to insure restful slumbers by the lily of the field, the bees and the butterflies; there is nothing so mean as a lie, nor anything so miserable 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 good.

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

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 moment 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 familiar 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 outward, 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 "bitter," 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.

A Child's Hunger for Love. Delays are always dangerous, but never so irremediable as in the case of loving words or deeds. It always leaves impressions to speak to-morrow exactly the cordial or affectionate word which today demanded of you. 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 let her take her in my lap for a minute, and sometimes I was busy and told her to run away and she—'I hurt her little heart.'—She shut up her little lips—'when it ought to have been coaxed open by the sunshine. I shall never forgive myself.'"

She never did forgive herself, and thought she was almost pathetically loving to the children who were left, no lapse of time could ever erase 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 recipes. 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, 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 illustrates 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 so much skill one naturally wonders if the same hand can produce a real appetizing dish of scalloped oysters or an old fashioned apple pie.—New York Sun.

Against the "Crazy" Quilt. If I was a woman and had nothing better 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—well, I'd make clothes for a few of the ragged, distressed 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 magazines of the day in less time than it takes to make one "crazy" quilt; and they are nightmarish 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.—Zenae 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 manner. The worst manner is born of self sufficient arrogance; a woman announces herself a vulgarian by every pompous sneer. The bad manners of the present are the outcropping of ignorance and selfish indifference. Until the heart is mended the manner 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. The process 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 put can be hung in a coarse linen bag. Hang 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.

Damp salt will remove the discoloration of cups and saucers caused by tea and careless 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 process.

Remove spots from furniture with kerosene.

Keep cheese in a tight tin box.

WHAT WE SHOULD EAT.

WHAT PROFESSOR ATWATER SAYS ON THE SUBJECT.

Food of the European Wageworker—A Question of Nutritious Diet—Proportions of Nutrients 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's diet has but little meat, butter or sugar. In England he often enjoys a richer diet, I suppose, but on the continent ordinary people live mainly upon the cheaper vegetable foods. Meat 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 dietaries 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 in this country range from a minimum of 3,500 to 8,000, and even higher. The differences in the protein in American and European dietaries are similar, though not quite so large. Without doubt we waste more of our food than the Europeans do, but the amount which we do eat is evidently very much larger. And though many of us eat far too much meat and sweetmeats, the evidence seems to me to imply very clearly that we must keep on eating more than our transatlantic brethren if we are to keep on working as industriously and as productively as we now do. The question of high wages and short hours is largely a question of nutritious diet. Meat, milk, butter and sugar can be had, what there is money to pay for them. They are toothsome, and hence people who can get them eat a great deal. They are easily digested and rich in protein 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 workman were restricted to a single food material, as beef or potatoes. A pound and thirteen ounces of roast beef, for the composition here assumed, would furnish the required 125 grams (4.25 lb.) of protein, and with it 0.2 lb. of fat, but it has no carbohydrates. Yet nature has provided for the use of these in his food. Three pounds of corn meal 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 carbohydrates 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 3,500 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 1/2 pounds of fat and over 32,000 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 protein, the fat pork nearly all fat, and the potatoes or rice little else than starch. With almost any one of these food materials, in quantities to meet the demand of his body 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, peas or other nitrogenous food to bring it to the proportions that the American standard calls for.

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 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 books—scarcely anything. Take a 50 cent book, for example, by a popular author. Your trade discount takes off 20 cents; royalty, 10 cents more; production, 10 cents; and advertising and handling, say 5 cents. There is 5 cents 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.

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