

WOMAN AND HOME.

GIRLS STUDYING PHYSIOLOGY AND ESCHEWING HYSTERIA.

Neatness in Dress—Woman's Troubles.

Corner in Marriage—Serving Tea—Japanese Women—Perfect Chocolate.

"Cora Pone"—Notes and Paragraphs.

It is only lately that girls have been initiated into the, to them, long hidden mysteries of how they are made and the nature of the different vital functions and the location and operation of the bodily organs. The great majority of the newly married and most of the old married women of today know nothing of such matters, and in most instances are shamefully ignorant of why it is absolutely their duty to know. Physicians hardly ever come across a young mother who knows any of the most rudimentary facts about a child's stomach, not often even its location. There is probably not one girl in a hundred out of the schools who knows where her liver is or what it does, or how it is affected. The schools are changing all this.

A gentleman riding in one of the street cars a few days ago noticed a young and pretty girl, who never lifted her eyes all the way from West Philadelphia from an illustrated book which she seemed perusing with wrapt interest. Anxious to see what this entrancing work could be, he changed his seat so as to get a glance over her shoulder, and found that it was her "Comparative Physiology," and that she had just reached the chapter on the action of the heart, which she was devouring as if it was the climax of one of Ouida's novels.

The great amount of out-of-door exercise taken by young ladies and women generally is no doubt in a great measure responsible for the decline in the practice of fainting. One of the good old "chestnuts" among story tellers has always been the fainting young lady "coming to" when some one calls for a bucket of water. How much the joking has had to do with stopping the practice it is hard to say, but fainting is now completely out of fashion, and no one ever sees or hears anything of it except upon the stage and in novels. The changed ideas regarding woman and her life and sphere have done it. Since women, and especially young women, have stopped living exclusively indoors, fainting has become comparatively unknown, and even hysteria is rare. Plenty of exercise, occupation, industrial pursuits, out-of-door sports—these have had their influence in making the women of to-day not the frail lilies that wilted at the least excitement or tilted over in an over-heated room, but strong and sensible creatures, much better fitted in every way to make a home happy. —Philadelphia Times.

A Few of Her Troubles.

The woman generally and properly knows little or nothing about the daily progress of a man's business. He conducts his farm, factory, trade, profession without her direct interference or knowledge. If he makes a loss or a profit she knows nothing about it unless he thinks to tell her, and I suppose that unless some extraordinary incident is connected with it, he seldom does think to tell her. She is absorbed in her work, and when he is at home he does not wish to "talk shop," nor does she desire that he should. She knows, or ought to know, the general condition of his business, his profits, his income, how much they can afford to spend, when they ought to retrench, when they are justified in increasing outlay. This is all that is necessary. If he dismisses a man, if he increases his force, if he changes his methods, she does not feel it, sees no result from it, is not affected by it. But with household business the man must be constantly interfering—rather, I ought to say, he is constantly involved in it. It is not simply that he is, as the woman is to the man, the ideal object; he is the practical, actual center, the daily and almost hourly controlling force. The whole household system revolves around him, is conformed to his necessities, is shaped to his purposes. Everything of heart and soul and mind and strength must and ought to bend to his three meals each day, prompt, agreeable, sufficient. No intermission can be allowed while the mistress is changing servants. She has no leeway. If there is a strike in the kitchen the man will none the less be at home in three hours famishing for his dinner, and the hungry children are hungrier than ever the moment there is nothing to eat. The house warming, the room red-ding, the stocking mending, feeding and laundering all must go on every minute. The kitchen doors cannot be closed for three weeks or three months to let the heaven of logic work. They are all hungry now. They are all sleepy now. They are all dirty now. The mother must either turn cook and housemaid herself, or she must take such maids as she can get at what prices she must pay.—Gail Hamilton in New York World.

Conquering Foolish Fears.

Some children are very much afraid of horses. Don't oblige such children to touch a horse. But whenever occasion offers in the presence of such a child, pet and pat a horse without seeming to notice the fact that the child is afraid. By degrees, your example, if he have perfect faith in his parents, will have such an effect upon him that he himself, almost without knowing it, will do the same thing, unless the fear be one of those inexplicable "rooted aversions" which nothing can erase.

The same system can be practised with those children who are so unfortunate as to be afraid of the dark.

Try sitting with the child from the latest light on through twilight into the dark, talking to him pleasantly the while. Perhaps after a few times of such treatment you can say: "Wait here a moment, I am going to get a lamp." Perhaps he will stay but if he does not feel inclined to do so, don't force him. Wait a few days longer. Try sitting in the absolute dark some evening, and when he calls to know where you are, say quietly: "Here I am." "But you have no light." "No, I like to sit in the dark." "But I can't find you." "Listen to my voice now, and see if you can't tell where I am, and then see if you can't come straight to me without the use of your eyes." In the interest of trying to do something and feeling that you are near almost all fear is lost and the battle won. Then is the time to tell him quietly that it is foolish to be afraid, but that you know and thoroughly understand how he feels, and that you hope that some day he shall have conquered the trouble. If you can recall for his benefit some time when you were just so foolish, it will do him a tremendous amount of good, and you will be sound together more closely by a bond of sympathy.—Mrs. E. C. Hewett in Ladies' Home Journal.

Neatness in Dress at Home.

The importance of neat and tasteful house-dressing cannot be overestimated. The mother who appears before the members of her family in a shabby, soiled wrapper, and makes the excuse—if, indeed, she takes the trouble to make one at all—that "it is so

much more comfortable," has little idea of the possible consequences of such a course. It is not only her own appearance that is an example to her daughters, but also the attitude of consequence that will reach beyond her own span of life; that her husband and sons cannot fail to draw comparisons between her dress and that of the ladies they meet in other homes, and that these comparisons cannot fail to decrease their respect for her, she might be induced to give more attention to her personal appearance. Not even the burden of care and constant employment can furnish a sufficient excuse for careless personal habits, for few things are now important to the well being of a family.

There is an old saying to the effect that an untidy mother has disobedient children; and while neither parents nor children may realize the why or wherefore of it, yet there is always a lack of respect and an indifference to the authority of a mother who takes no pride in her personal appearance. And it is not the mother alone upon whose shoulders rests the burden of responsibility for home neatness and order in dress; the father has his duties to look after as well, and should never fail to insist upon the younger members of the family presenting themselves with well kept hands, clean faces, neatly brushed hair, and orderly dress, at least at every meal where the family assembles.—Brooklyn Magazine.

Women Can Afford to Remain Single.

The common talk is among young men that they cannot afford marriage, because wives are such an expensive luxury, and altogether such an impediment that no one can afford to have one unless he is very rich, or is willing to remain very poor. This kind of twaddle is so much in vogue that it will probably seem funny to take any other view of the case, but bearing in mind the innumerable stories of beating and mutilation, and even murder, inflicted upon women by drunken and ugly husbands, it seems to be about time to start a crusade to bring about a resolve on the part of women not yet married. They run about twenty times as much risk in such an operation as the man does, and if the latter cannot "afford" to take unto himself a wife, the majority can well afford on their part to remain single. Within twenty years we predict that clubs for women and an increased independence in earning a livelihood, and a generally better status for unmarried women will result in a serious diminution of the marriage rate. And, when women are not to be got for the asking, men will be more careful of them. A little "corner" in the marriage market would not be a bad thing.—Boston Record.

Care of Children's Feet.

Wise mothers see that the children always have dry feet. Shoes should be loose enough to be comfortable always—half an inch longer than the foot, but not loose enough to slip round. Never let the child wear a shoe that is run over on the side or heel, and constantly discourage the habit of standing on the outer edges of the shoe, turning in the toes, or rubbing one foot over the other. Have the child taught from the earliest hours of understanding that the moment his feet are wet he must change shoes and stockings. Some children's feet perspire so that woolen stockings keep the feet damp and cold; let them wear cotton hose, and buy the elastic woolen webbing which comes by the yard, and draw it over the child's limb to the ankle; this will protect the limbs, which, in snow and slush, should also be covered with leggings. If mothers will make it a rule that the child's hose must be hung up when taken off, and the feet warmed before going to bed, they will save themselves much trouble. Too many mothers tie up a child's throat, a most pernicious habit, and allow the child to wear thin shoes or sit with rubbers on for hours.—Philadelphia Call.

One Dress for All Occasions.

It would simplify matters wonderfully should the women of America adopt an ancient custom observed in Holland, where it is the ambition of every Dutch lady of high degree to possess a black lace dress. This is carefully worn, and a lifetime and in many cases being handed down from one generation to another. The singular feature of this custom is that no matter what the style of the dress, whether of ancient or modern fashion, it is perfectly correct to don it upon whatever occasion of state or social entertainment the owner may desire to appear therein. Indeed, no lady's wardrobe is considered complete without this dress, which is made all in one piece. The lady for whom the garment is to be fashioned, having expressed her preference in the matter, patterns are drawn and given to the seamstresses, who then set to work and make it according to directions without a single seam. Such a dress is, of course, expensive at the outset, but once secured is most economical, inasmuch as it is elegant, and, no matter how frequently worn, is always in good taste and admired by the company.—Baltimore American.

How to Have White Hands.

A little ammonia or borax in the water you wash your hands with, and that water just lukewarm, will keep the skin clean and soft. A little oatmeal mixed with the water will whiten the hands. Many people use glycerine on their hands when they go to bed, wearing their gloves to keep the bedding clean; but glycerine does not agree with every one. It makes some skin harsh and red. These people should rub their hands with dry oatmeal and wear gloves in bed. A good preparation for the hands at night is white of egg, with a grain of alum dissolved in it. The "Roman toilet paste" is merely white of egg, barley flour and honey. They say it was used by the Romans in olden time. It is a first rate thing, but it does not do the work any better than oatmeal. The roughest and hardest hands can be made soft and white in a month's time by doctoring them a little at bedtime; and all the tools you need are a nail brush, a bottle of ammonia, a box of powdered borax, and a little fine, white sand to rub the stains off, or a cut of a lemon, which will do even better, for the acid of the lemon will clean anything.—Popular Science Monthly.

Gently Closing Doors.

Once I called with a friend upon a sick person whose nerves had become so painfully acute through suffering that noise tortured her. A screen door opened from the room into the hall, and as callers or members of the family passed in or out, a quick, sharp slam of this door followed close on their egress or ingress. The torture of the noise sent a spasm of pain across the sick woman's face, but she bore it uncomplainingly, thinking it more endurable than flies and mosquitoes, and no one had noticed or thought to lessen this annoyance until my friend's kind heart and quick eye prompted and planned a remedy. She called for tacks and cotton batting, and making firm little cushions of the batting, she tacked them up and down the casing where the door would strike, and the sharp slam bang was instantly softened as the door swung to. The grateful language and glance of the sick woman made me wish that I, too, had eyes that could see ways to be helpful toward others.—Philadelphia Call.

General Advertisements.

Hawaiian Bell Telephone Co.

Reduction of Rates.

COMMENCING ON THE FIRST OF April next, the rental of all instruments in use in the District of Kona, Oahu, will be reduced to \$5.00 per quarter. Persons desiring to make contracts for one year at this rate will be furnished with forms on application at the office of the Company. A discount of 10 per cent. will be allowed to subscribers paying a year's rent in advance. GODFREY BROWN, President Hawaiian Bell Telephone Co. Honolulu, February 21, 1887.

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Always keep on hand a most elegant assortment of FINE JEWELRY, SOLID AND PLATED SILVER WARE. Ever brought to this market. Clocks, Watches, Bracelets, Necklets, Pins, Locketts, Gold Chains and Guards, Sleeve Buttons, Studs, Etc., Etc. And ornaments of all kinds. Elegant Solid Silver Tea Sets. And all kinds of silver ware suitable for presentation. KUKUI AND SHELL JEWELRY. Made to order. Repairing of watches and jewelry, carefully attended to, and executed in the most workmanlike manner. ENGRAVING A SPECIALTY. Particular attention is paid to orders and job work from the other islands.

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Total Undivided Surplus over Four per cent Reserve, \$16,355,875.76

Of which the proportion contributed (as computed) by Policies in general class is \$ 5,728,764.76

Of which the proportion contributed (as computed) by Policies in Tontine class is 10,627,114.00

Upon the New York State Standard of 4 1/2 per cent interest, the Surplus is as computed, \$20,495,175.76

New Assurance written in 1886, \$111,540,203

Total Outstanding Assurance, \$411,779,095

Increase of Premium Income, \$2,810,475.40

Increase of Surplus (Four per cent basis), \$2,499,636.63

Increase of Assets, \$8,957,085.26

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Amount of Policy, \$10,000. Tontine Period, 15 years. Age 53. Annual Premium, \$543.10.

Total premiums paid in 15 years, \$8,146.50

1. CASH VALUE, Consisting of Reserve, \$3,856.30 and Surplus, 4,199.80, \$8,056.10

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If the policy-holder select this settlement, as the paid-up value is larger than the original amount of assurance, a satisfactory certificate of good health must be furnished, or the excess must be drawn on a cash basis.

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Under this settlement, the policy holder withdraws the surplus in cash, and retains the original policy, continuing the payment of premiums, less annual dividends.

Three other options are available under this Policy.

The policies with 10-year Tontine periods do not show results as satisfactory as those above given. Policies with 20-year periods, on the other hand, will show much larger results than those with 15-year periods; but for purposes of illustration the 15-year policies—those of the intermediate period—are given as fair specimens.

The longer period of accumulation which the 20-year policies enjoy renders them the most desirable for those who seeking absolute protection at the lowest "Life" rate, desire also the largest returns in case they live:

Hence the Best Free Tontine "Ordinary Life" Policy is One with a

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The Free Tontine Policy of the Equitable Life Assurance Society is unrestricted after one year, incontestable after two years, and is then PAYABLE in the event of death, immediately upon the receipt of satisfactory proofs of death.

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Sacks Beans, Navy

Sacks Beans, Horse

Sacks Beans, Lima

Sacks Potatoes, Best in Gunnies

Cases Nipples

Cases Extra Soda Crackers

Cases Medium Bread

Cases Cracked Wheat, 10 lb. bags

Cases Corn Meal, white, 10 lb. bags

Cases Corn Meal, 10 lb. bags

Cases Fairbank's Lard, 5 lb. pail

Cases Fairbank's Lard, 10 lb. pail

Cases Whitney's Butter, in tins

Half Salts Butter, Gilt Edge

Qr. Salts Butter, Edges

Cases New Cheese.

Boxes and tins Salt Codfish

B