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A Weekly Record and Review devoted to the interests of Women in the Home and in the Wider World.

Edited by

No. 203, Vol. VIII. REGISTERED AS A NEWSPAPER.

NOVEMBER 18TH, 1897.

Every Thursday, ONE PENNY WEEKLY.

Principal (ontents

this Issue.

Women Workers' Conference at Croydon: Conclusion of Report.

"The Better Organization of the Nursing Pro-fession." By Mrs. Bedford Fenwick. "The Nursing of the Insane." By Miss Honnor Morten.

"The Women's Co-operative Guild."

By Mrs. Greene.

"The Pain of the World." By Miss Clifford.

"Power in Work." By Emma Marie Caillard. Mary Wollstonecraft's "Vindication of the Rights of Women," (Continued).

Signals from our Watch Tower: Treatment of Lady Speakers at Political Meetings; Tactics of the so-called "Parliamentary Committee for Women's Suffrage"; Proposed Anti - Vivisection Hospital; the Appointment of a Woman Relieving Officer for Oswestry; Women Sanitary Inspectors; the Report of the Inspectors of Factories; a new "Feministe"
Paper for Paris; a Lady's Presentation to the
Lady Mayoress of Leeds; Miss Willard on the
Indian Purity Question; Letter from the late Duchess of Teck to the Greenock Needlework

Our Short Story: Betty's Story. By Ellen Mackubin.

Economical Cookery: Cookery for Convalescents (continued). By Katie Oulton.

What to Wear.

Elementary Teaching as a Profession. By An Old Teacher.

Current News for and about Women. Our Open Columns. &c., &c., &c. As Supplied to Members of the Royal Family.



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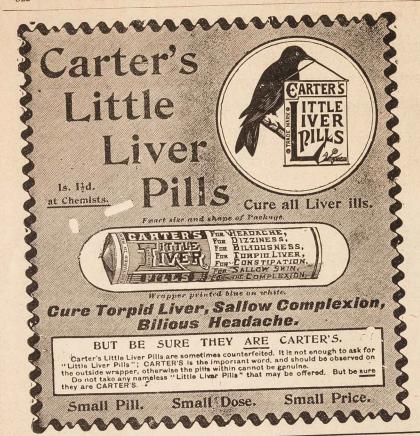
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FACTS AND SCRAPS.

PRETTY MOTTOES FOR WEDDING RINGS.

"Thou and I forever."

"With this the giver for eternity."
"My love like a golden circle shall surround

"All thine and thine forever."
One of the prettiest sentiments for a ring is taken from "Cymbeline"—"Remain thou here while sense can keep you on.

In Portugal a married woman may not publish her literary work without her husband's consent, which, should he unjustly withhold, can be given by a judge's authorisation.

"BLESSING she was-God made her so; And deeds of week-day holiness Fell from her noiseless as the snow; Nor has she ever chanced to know

Before the enforcement of the excise law in New York, Sunday was always a busy day in the emergency wards of the hospitals. The most of the cases brought in were men injured in fights in saloons, or by accidents, because being under the influence of liquor they were unable to take care of themselves. Sunday is now the quietest day of the week.

The late Bishop of Derry used to be very hard upon sceptics. "You young men," he once said to a congregation of undergraduates at Oxford, "are very proud to call yourself 'Agnostics.' It's a Greek word. I don't think you're equally fond of its Latin equivalent,

HUSBAND (to his wife, who is going off on a journey): "And then, Emily, be so good as to send me a curtain lecture from time to time. I shall hardly manage to get to sleep without, you

IT would matter little what some people hink, if they only kept their thoughts to

"What do you think of the bicycle craze?"
"Great thing. I never took so much exercise before in all my life." "Why, I didn't know that you were riding." "I am not, but I have o cross the street once in a while.

THE TELEPHONE IN HOSPITALS.—The very newest use for the telephone is a humane one. By the side of every patient in the pavilion hospitals of Paris there will be put a telephone, nnected with the office of the hospital superconnected with the other of the hospital intendent. As everybody who has visited a public hospital is aware, the friends of patients are admitted to see them only for a few hours on certain days; and in cases where the patient is an immate of an infectious hospital the friends of patients are never admitted, even though the patient is out of danger. The reasons for keeping out the friends of patients are of course obvious. But while these rules are necessary, they are nevertheless cruel to patients and friends. The introduction of the telephone by the bedside of every patient will be welcomed with joy. In this manner a patient may converse with absolute freedom. There will be no interference with hospital work and no danger of contracting infectious disease.

WOMEN AND WORK .- "Where neither worked for nor suffered to work on terms as equal as nature will permit, to what fate, we would ask, s the woman to be consigned? . . The rue paladin of the nineteenth century, the real inheritor of knightly tradition, is he who, sensible of the more ruinous forms of danger and intensified struggle from which man in the aggregate is powerless to protect his helpmate, accepts the new order for her and for himself, accepts the new order for her and to inflation, and, where he cannot help forward her steps, forbears to harrass the progress she is making under the lash of a stern necessity."

Mrs. Pfeiffer.

THE WOMAN'S SIGNAL

A WEEKLY RECORD AND REVIEW FOR LADIES.

NOVEMBER 18, 1897.

"It is a serious fact that at the present time there is no real organization of the nursing profession in this or in any other country. Earnest efforts have been made during the last ten years in the United Kingdom, in Holland, and in the United States to bring about some system of union amongst nurses, in order thereby to effect some organization of their profession; and it appears to most thoughtful people who are acquainted with the present condition of affairs, that it is essential for the welfare of the public and for the real efficiency and usefulness of nurses that the profession are should be organized upon lines similar to those which evist in other civilial services and usefulness of nurses to an immeasurable degree, and effectually bring about 'The Better profession, I would explain, briefly, the views which I have for some years advocated upon this subject. In the first place, I consider that every woman who desires to be recognized as a trained nurse, must be prepared to pass through a definite and organized curriculum of education to fit her for the duties and responsibilities which will devolve upon her as a member of an honourable public profession, in the same way in which men make it the chief business of their lives to qualify for the work to which they their lives to qualify for the work to which they intend to devote themselves. With women, should be organized upon lines similar to those which exist in other skilled vocations. It will which exist in other skilled vocations. It will probably be accepted as axioms that a nurse should be thoroughly educated in the duties of her calling so that she may be able properly to undertake the care of the sick committed to her the care of the c charge; and that, after she has been trained, she should be subject to some professional control and discipline for the protection of the public should she subsequently prove to be unworthy of the trust reposed in her, and that she should be awarded a recognized legal status. But, as a matter of fact, it has been publicly attested by the leading members of both the medical and nursing professions that at the present time any woman, even if she be destitute of knowledge or of moral character, can term herself a trained nurse, can obtain student nurses, like medical students, should pass a preliminary examination before admission to a dawning, in which those who are mentally ill can term herself a trained nurse, can obtain general knowledge, including sick-room cooking but to cure.

can term herself a trained nurse, can obtain employment in that capacity, and can, therefore, bring much danger to the sick and discredit to the vocation of nursing. There are more than one hundred hospitals in the United Kingdom which undertake to train purses, and in heardly two of these is the switch. nurses, and in hardly two of these is the system of education identical; while, in the great majority, it must be truthfully confessed that

her name and address therefore, with the date of her registration, and with the account of the hospital training she has received, would be published each year, in the Register of Trained Nurses. Then, the public could at once easily ascertain for themselves, by reference to this book, whether or not any given nurse had been properly educated and was therefore qualified to perform the duties entrusted to her. By this means, the women who at present palm them selves off as trained nurses, without any right or justification, would be speedily suppressed. Anyone who desired to be nursed by an untrained person would obtain such assistance with full knowledge of the fact; but on the other hand, those who were deceived by being given me ten years ago this condition of affairs was felt to be so dangerous to the public and so discreditable to nurses that the British Nurses' Association was founded by some of our leading matrons to bring about reform. We commenced a voluntary Register of Nurses, enrolling women who at present palm them who had had three years' hospital training and who were able to produce proofs of good person would obtain such assistance ciation has been published each year since 1890. But the Register only remained a voluntary measure, and was bitterly opposed for reasons into which I need not at present enter. I refer to these facts because they prove the earnest attempt made by nurses to reform and raise their profession, succeeding so far as to be the first body of working women to be incorporated by Royal Charter. It is also necessary to point the model of the public and sociation was founded by some of our leading properly educated and was therefore qualified to means, the women who at present palm them selves off as trained nurses, without any right or 1854 a Scotch doctor actually suggested that the attendants at the Creighton Institution should be taught their work, and in 1856, Dr. Conolly published a treatise on the subject. Then there was practically a pause of twenty years, and then another Scotchman, Dr. Clouston, suggested to the Medico-Psychological Association that they might help forward a scheme for training attendants. In 1882 Dr. Clouston started such a scheme at Morningside; in 1889 Dr. Greene started a three years' course of training for attendants at Northampton County Asylum; in 1891 the Medico-Psychological Association held its first examination for attendants on the insane. The new day had was felt to be so dangerous to the public and so discreditable to nurses that the British Nurses'

first body of working women to be incorporated by Royal Charter. It is also necessary to point the moral to all other women's societies. The Royal British Nurses' Association has fallen under the control and management of a few medical men, who have publicly avowed themselves to be opposed to the very legislation for nurses which the Association was founded to obtain, and the nurses at present, owing to their economic dependence, are powerless in

WOMEN WORKERS'
CONFERENCE.

NURSING THE SICK AND INSANE.
On the afternoon devoted by the Conference to these allied topics, the first paper read was on—

THE BETTER ORGANIZATION OF THE NURSING PROFESSION.

BY MRS. BEDFORD FENWICK.

Wit is a serious fact that at the present time

The sick that at the present time

"Women's societies should strengthen the hands of the women who are striving to effect nursing reforms. They can do so, by bringing influence to bear upon Members of Parliament to grant a public inquiry into the present condition of Nursing affairs. Women's societies of such that the public must now deal with it, and at this meeting I would urge that it is essentially a question for women to consider.

"It is a serious fact that at the present time"

periods:—
"First, the time when the lunatic was regarded as a wild beast, and the treatment consisted of whips and chains. The lunatic was then in the custody of 'keepers,' and the public were admitted to see him in his den for

"Second, the time when the lunatic was regarded as a prisoner, and the whole treatment consisted in restraint. He was then under the charge of 'attendants,' who were chosen for their strength. This system of repression, which shuts all beauty and interest and amusement out of the lives of the mentally afflicted, was only one degree less cruel than the 'wild beast' treatment.

training school, the subjects for nurses, besides are to be regarded as 'patients," and are to be nursed': the main object being not to control,

nursing. She would, after this, have three years with William Tuke, a Quaker, who in 1792 The dawn of better things in England began nursing. She would, after this, have three years spent in training in a general hospital's ward, and three examinations to be passed, after which the nurse could be registered as fully trained and certificated. The speaker continued and certificated. inalorty, it must be truthfully confessed that there is really no satisfactory educational system at all, and that the pupils have to learn what, and how, they can. Finally, there is at present no means whereby any trained nurse who discredits her calling can be prevented from continuing to act in a professional capacity.

The speaker continued:

"In every case it appears to me that the trained nurse should be compelled to register the trained nurse should be compelled to register the certificates which she has received; and that the rame and address therefore, with the date of the methods of most asylums and the pupils attention was drawn to the difference between the methods of most asylums and the pupils attention and selecting with; so also was the free use of depressants and bleeding, which belonged to the old days. Public attention was drawn to the difference between the methods of most asylums and the pupils attention and selecting with; so also was the free use of depressants and bleeding, which belonged to the old days. Public attention was drawn to the difference between the methods of most asylums and the pupils have to learn trained nurse should be compelled to register the rame and address therefore, with the account of the methods of most asylums and the pupils attention and professional capacity.

394

regular classes and lectures, and most of the attendants are certificated. At present, everything lies in the hands of the medical super-intendent; he can either train his attendants or not, just as he likes.

The amount of humiliation and suffering that attendants can cause is enormous, and our aim must be to have every attendant trained, and the whole status of service raised. So in connection with the treatment of the insane than being under the charge of capable attendants; and Dr. Williamson says that unestimated benefits will arise when nursing is taught as fully and completely in asylums as it is in hearth. it is in hospitals. For insanity in its passing or permanent forms is often the result of oversurely, when that finely-strung instrument, the brain, is out of gear, it requires as much, if not roused to a sense of duty as citizens. They are

"The fallacy that it needs bodily strength to nurse mental disease is an extremely err foundation of the York Retreat; it leads to all sorts of cruelty, and the ignoring of the fact that skill is greater than strength. Take even the case of a violent patient who raises her arm to strike a nurse: the strong, untrained nurse grasps the arm, and in the struggle perhaps breaks it; the trained nurse grasps the sleeve grasps the arm, and in the struggle perhaps breaks it; the trained nurse grasps the sleeve, and no harm is done. Since the nurses at Northampton were taught, nine years ago, to hold 'an acute case' by the clothing there has not been a single case of a limb broken during a not been a single case of a limb broken during a support them. But in no case would we

struggle in the asylum. But struggles advocate them to work for a woman because a rare things indeed in enlightened asylums.

"The future will also probably hold in it many minor plans of tendance on the insane. Thus Dr. Batty Tuke finds it advantageous to have a lady companion employed in association with the gentlemen of his private asylum; Dr. with the gentlemen of his private asylum; Dr. Woman; it clearly understood, though we clearly of Morningside, has a similar arrange-

probably be raised, so that refined and intelligent men and women will enter the service, and some of the excess of praise and pay now lavished on the hospital nurse (to her unutterable undoing!), will be reserved for her much harder worked and far more worthy sister in asylums. The risks run in the one case are as great as in the other; and the asylum has its martyrs as well as the hospital. Not only may injury and death follow the violence of a patient, but the intolerable strain of the work often causes physical and mental breakdown. In support of which statement take the following paragraph from the report for 1889 of the Lancashire County Asylum: ashire County Asylur

'It is often said that constant contact with the insane has a tendency to induce a morbid mental condition in the sane; and those who have most experience in the matter are most convinced of the truth of this. Three cases should be educated. which occurred last year tend to support the proposition: the resignation of an attendant through ill health and mental failure, the death an ex-attendant of ours recently admitted into a neighbouring asylum, and the removal of

At the evening meeting, the subject was

"CO-OPERATION."

In the course of a paper on the educational side of this plan of action, a description was given of

THE WOMEN'S CO-OPERATIVE

GUILD.

By Mrs. Greene.

"We have throughout England 223 branches, with a total number of membership in our four teenth year of 10,555, with every year an increase—this year to the amount of 1,400, and with few exceptions all are working women. n the Poor Law and its administration. particularly of mental overwork; and have been formed and keen interest has been brain, is out of gear, it requires as much, if not more, tender care than does a broken limb. The public demands that its hospital nurses should be trained, and yet allows its asylum nurses to be chosen for their height and girth.

(The followy that it needs bodily strength to

' No less than 62 of our branches have been one, and ought to have gone out with the foundation of the York Retreat; it leads to all have also been pleased to conduct parties over

"Each section (of which we have five) has

Clouston, of Morningside, has a similar arrangement at the Craig House; and Dr. Phillips, Virginia Water, has adopted a similar system, we would not have a Board entirely made up of of which he speaks favourably.

"And the whole status of the attendant will probably be raised, so that refined and intelligent men and women will enter the service, is one thing we are proud of in our movement

societies and to vote. Lectures on bandles sheets are given, and discussions are held on a variety of topics dealing with the management of societies. Our members have voted in favour of shorter hours for the employees. The women

"We have twenty-two women on Management Committees of Societies, and no less than a hundred and fifteen on Educational Committees "I recently talked with one of the few of Societies. This speaks for itself: where opportunity is afforded women are equally as one of our laundry-maids (who are also assistant nurses) by her friends on account of her msanity.

"When the public praises nurses let us hope it will in future include the mental nurse in the term. Meanwhile the attendants have formed to the mental nurse in the term. Meanwhile the attendants have formed to the mental nurse in the term. The society which she has served for some understand our movement to be merely a banking concern, to think of this. We have banking concern, to think of this. We have the term and women among us who would like to the society which she has served for some understand our movement to be merely a banking concern, to think of this. We have banking concern, to think of this. We have banking concern, to think of this. We have banking concern, to think of this who would like to the society which she has served for some understand our movement to be merely a banking concern, to think of this. We have banking concern, to think of this who would like to the society which she has served for some understand our movement to be merely a banking concern, to think of this. We have banking concern, to think of this who would like to the society which she has been an attached the society which she has been at the properties. work last year. Now, I would ask those who

which are medical men interested in the study themselves into an 'Association of Asylum spend double as much of our profits on educa-Workers,' which numbers 2,668 members, and which aims at 'raising the status and the training of asylum attendants.' May it be successful; may every effort be successful which aims at 'raising the status and the training of asylum attendants.' May it be successful; may every effort be successful which they toil wholesome, then cessful; may every effort be successful which aims at curing or relieving mental disease; for surely that is the most terrible of all the maladies to which humanity is liable.

At the evening meeting, the subject was

ditions under which they toil wholesome, then we may expect to create healthy desires. But we must remember it is not only the poor that need education, for the rich need it quite as much. If to educate is to humanize, there is great need for it among the higher grades of except who have the wealth and do not use society, who have the wealth, and do not use t wisely or well.

Besides our strictly co-operative work, we educate ourselves on other social questions, such as the Poor Law, which I have spoken of. One year we investigated the conditions under which women work in the non-textile trades, and passed resolutions for changes to be made in the law. This minter are at

mind they are more to be pitied than blamed; it is the only means they have to provide for a rainy day, or maybe they are waiting for the quarterly dividend to buy boots, which is enerally a big item in a working woman's

"We are proud to call our co-operative movement the workers' movement, and it would be no less so if you who are more highly educated joined our ranks as workers. We do not countenance idleness. What a different not countenance idleness. What a different world this would be if there were no idlers world this would be if there were no idlers! True, some are compelled to be idle, and have to starve for it; other prefer idleness, and would not deign to work; there is too much refinement about them; 'tis only the common people who work. What a mistake!—it is idleness that creates sin. But there is such a thing as having too much work; that is not good for anybody, whether it be with the head or hands; and there are some of you here have experiand there are some of you here have experi enced this, I know—some who are anxious to do all you can to help your fellow-creatures. May your efforts be blessed and crowned with

MISS CATHERINE WEBB

(Educational Committee Central Co-operative Union), contributed a more general paper on struggle in the asylum. But struggles are very support them. But in no case would we advocate them to work for a woman because lectures and classes and recreation rooms and societies of the Co-operative movement. She mentioned that there are 1,695 co-operative societies, and amongst all these (apart from the special Woman's Guild described by Mrs. Greene) women have direct representation in the management as follows:-

"Twenty-two women have seats on the mangement committees of 13 societies; 115 sit on he educational committees of 38 societies; and 2 have been elected to the Southern Sectional

Board of the Co-operative Union.

"In a co-operative society, established upon what is known as the Rochdale system, in which the capital subscribed receives a stated interest only only the profits constants." interest only, and the profits are returned to the customers pro rata upon the amount of their purchases, the management is vested in a committee of persons whose tenure of office is always subject to the changes of a periodical ballot, so that in the course of years a large number of individuals take part in the condu of its affairs. There are dunces in every school; and some men will serve for years on a store committee without becoming any clearerheaded in financial matters, more sagacious business dealings, or more discerning in the control of employés at the end than they were at the beginning of their term of office; but

women who have gained seats on the manage-ment committee of Co-operative Societies, and her experience may serve to illustrate my

meaning.
"The society which she has served for some

a capital of some £12,000, and an annual trade | which most enjoyable holidays might be had at | workers more than men-workers are apt to comprising departments for grocery, drapery, bakery, butchery, a small savings-bank, coal club, &c. The staff numbers between 30 and

NOVEMBER 18, 1897.

requirements of the public registrar, and the well-defined standard of commercial morality, which is the root principle of co-operation, is an education of no mean order. That is, if we accept education in its broadest dictionary sense, as 'the training that goes to cultivate the powers and form the character.'
"I asked my friend to tell me what, in her

learnt in her official capacity.

public responsibility seemed to her as being of prime importance. Every detail of committee work must always be considered in relation to the welfare of the whole society; and points of business routine, which in the concerns of an individual might be allowed to pass unchallenged, must be attended

to with prompt and watchful care.

"The most interesting part of her experience she thought was in dealing with the employes,

man's wife the disadvantage of the credit system in domestic economy, and the justice and wis dom of paying a fair price for an honest and sound article—a valuable lesson to have learnt in these days of sweated industries and mad over the mysteries of suffering and doing over the m scrambles at the bargain counter.'

devoted to papers by Miss Clifford on "The Pain of the World," and by Miss Caillard on "Power in Work," and to the customary votes of thanks to chairmen, local committees, &c., moved by Mrs. Fawcett. The General Committee also met, and resolved to make the needful modifications in the constitution to transform the "National Union of Women Workers" into "The British National Council works and the workers and the whice to the still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to help in this still young world of strife and mystery, of happings we long to happ Workers" into "The British National Council of Women," on which enlarged basis its future of Women," on which enlarged basis its future meetings will take place. Mrs. Alfred Booth was elected President for the coming year, and which of the two is putting forth the more power, and as little that it is not the one who was elected President for the coming year, and it was mentioned that the next place of meeting would probably be Norwich, and that the "International Council of Women" purpose arranging to meet in London in 1899. Mrs. Fawcett's resolution against the C.D.A., which was carried, and Mrs. Webb's, to discontinue realize. opening the sittings with public prayer, which was lost, were referred to in our "Watch" ideal is to recognize it as such; and, unfortunately, few among us accord this recognize in the present instance. To strain

The subject discussed was "How to Make the Best of Leisure, Holidays and Times of Recreation." Lady Battersea gave a sketch of the benefits of co-operative holiday schemes, by The subject discussed was "How to Make the often demonstrated by the partial and therefore transitory character of their work, and by their own breakdown as workers.

"To commence with the physical: Women." I will quote here the words of another medical friend who has large experience

turnover of upwards of £26,000, conducted in a central and several branch establishments, and comprising departments for grocery, drapery, cussion.

small outlay. Miss Barlow, Miss Charlotte funder-rate its importance, and to neglect (often, doubtless, through stress of circumstances) the obvious and rightful demands of the body. In

The deputy-Mayor and Mayoress, Sir F. and 40, including both men and women.

"To learn how to guide and control an organization such as this, with due regard to the binding laws laid down in the rules, the at the parish church by the Rev. C. T. local friends, and a special sermon was preached Ridgway, Vicar of Christ Church, Lancastergate

THE PAIN OF THE WORLD.

By Miss Clifford. Having referred to the terrible sufferings of the world in India, in Armenia and elsewhere, during the past two years, which had been so bitterly felt by many in this more happy land, and the doubts and misgivings which had, in consequence, overtaken many a heart, she showed how, into the same world of sorrow and mystery, Christ had come, feeling the black-ness and darkness of it all, but never, for one moment, knowing a time when His whole being did not say, "My Father, My God." He, realizing the force of these things, was "The most interesting part of her experience she thought was in dealing with the employés, towards whom the committee for the time being stand as employers. The necessity for exercising strict impartiality; for tempering sympathy with justice in the correction of faults; and for combining successfully the interests of the worker with those of the consumer, trains qualities of thought and judgment which, as my friend says, 'enables one to consider all things at home and abroad with a significant of her experience she thought was in dealing with the employés, towards whom the committee for the time being dismayed and disappointed because of them. "We, placed as we are as to education and light and knowledge," she said, "are in a position of sore temptation as to doubt and depression. We had better face the matter. Whatever we are we must be true. We want to see what comfort we have a right to take." Every birth, she said, meant anguish, every effort meant exhaustion and light and knowledge, she was a sea to education and light and knowledge, she was a sea to education and light and knowledge, she was a sea to education and light and knowledge, she was a sea to education and light and knowledge, she said, "are in a position of sore temptation as to doubt and depression. We had better face the matter. Whatever we are we must be true. We want to see what comfort we have a right to take." Every birth, she said, meant anguish, every effort meant exhaustice. which, as my friend says, 'enables one to consider all things at home and abroad with a wider outlook.'

"No tabulated statement as to the positive value of such training is possible, but the result we see in the confidence with which these working men and women have approached and mastered to a large extent the conflicting interests of capital and labour, and carrying their acquired powers successfully into the realms of local government, politics, and other of the duties of a trained citizen.

"Thrift, temperance, and self-respect are qualities fostered by the practice of co-operation, and in considering the sum total of its educating influence some credit is due here.

"Compensation meant anguish, every effort meant exhaustion, every victory meant a struggle. But through the grave and gate of death came resurrection. In the government of the world pain was on the side of deliverance. She knew some would doubt whether this was true, remembering the seemingly bad effect of suffering on some natures, and the deterioration, the selfishness, and the loss of hold on goodness which they had witnessed. But for one case where pain had produced generosity. It was the inherited sin, and not the suffering, which deteriorated the nature. Animals suffered because they shared our nature and lot. The compensation might some day be one of influence some credit is due here.

"Co-operation has also taught the working those surprises which more than satisfied us. The final sitting of the Conference was devoted to papers by Miss Clifford on "The devoted to papers by Miss Cl

"Power in work presupposes one main thing power in the worker—and the object of the

to be a good all-round human being, healthy in body, healthy in mind, healthy in spirit. This threefold health gives the due balance and proportion between all our faculties which is the

Lady Battersea was the principal speaker at certain selected faculties to the utmost is the a meeting for young ladies engaged in business, held in the small hall. Miss Clifford presided.

The subject discussed was "How to Make the often demonstrated by the president demonstrates and the president demonstrates are demonstrated by the president demonstrated by the pr

this view I am supported by those who can The deputy-Mayor and Mayoress, Sir F. and Lady Edridge, held a successful and pleasant whose opinions I have permission to quote. In reply to some queries on the subject Dr Charlotte Ellaby, well-known as an oculist writes: 'Many young women employed as clerks consult me for their eyes. I certainly do not exaggerate when I say that, nine times out of ten, the cases of overstrain are not in any way due to the work itself, but to the fact that in their spare time they do a large amount of such other work as sewing, &c., and have none of the recreation or fresh air which their brothers take as a matter of course.' Dr. Ellaby adds, however, 'that she thinks a change for the better is taking place in this respect, and that the necessity for due regard to the physical side of life is becoming more recognized among young women workers. Another correspondent, Dr. Eliza Walker Dunbar, of Clifton, insists not only on the importance of ample and regular physical exercise, but on the homely necessity of wellcooked, appropriate and sufficient food, on cheerful surroundings, and on sensibly chosen work congenial to the worker, and for which she has an aptitude, and has been trained. She sums up her advice in the following pithy

'Let women-workers then secure for them-

1. Good training for the work which they select, and which is congenial to them.

"2. Demand sufficient remuneration in order

that they may

(a) Live in cleanly, prettily-furnished

rooms,
"'(b) Have plain, well-cooked and well-selected food,
"'(c) Mix with their fellows, and, if possible, have a friend,

" '(d) Have time for recreation and a hobby,
" '(e) Have a yearly holiday of three weeks

" 'And let them not try to do impossibilities

"Work without sufficient training,

" 'Work without sufficient food,
" 'Work all day long and all the year round,
" 'Live lonely lives in dingy surroundings at

"With all there is to be done, with the few who are able and willing to do it, no amount of striving and effort on the part of these few can over the mysteries of suffering and doing nothing demoralized the whole nature, work for the good of the sufferers must be taken in hand. and steadfastness of purpose all honour is due, never feel they are doing as much as they ought to do, as much as is demanded of them, the strong man walking lightly and firmly under a similar burden. There can be little doubt is the more conscious of effort. worker is the strong man, not the invalid. Not, indeed, that the former is tireless. Healthy fatigue and need of rest are wholly natural.

They do not imply that all the time we are at work we are conscious of strain. When that begins it is a sign that the worker is deficient in power, and that rest and recreation are imperative necessities at the first possible opportunity.

"And here a word must be said re fallacy with which women-workers are especially beset, and which arises, I think, in the

down in a good cause is rather commendable, and I have known women sink into chronic and I have known women shift more chemic invalidism, cheerfully saying that their work in the world is done, whereas by a little care they might have been all the better for the work and have gone on being useful all their lives.' Now, I submit that a breakdown which a little or even which, however favourable they may be to a great deal of care might avoid, is so far from being commendable that it deserves severe blame; for it affects certainly some, perhaps regulate their life, where possible, in accordmany, other persons besides the particular one who, with work half finished, falls out from the ranks of active life long before it is needful.
Were the choice between a shortened life full which is beneficial, the quantity and frequency of food and rest and society, all these things are far more matters of personal idiosyncrasy than we are willing to allow; and a degree of petty appear differently. But this is not the true alternative. The invalids of whom I speak do not die. They go on living, almost, if not quite, not die. They go on living, almost, if not quite, themselves, and taking up the time of the true themselves, and taking up the time of the true themselves, and taking up the time of the true themselves, and taking up the time of the true themselves are the true themselves and taking up the time of the true themselves are the true themselves are the true themselves are the true themselves and the true themselves are the true themselve useless themselves, and taking up the those who might otherwise be doing much needed work, to look after them. Now, this is indulgence and disregard of the

"To rest in time is one of the chief of such means, and many more workers would find it quite possible to do so if they recognized alike the signs of overwork and their importance. The signs (I again quote from Dr. Eliza Dunbar), are 'irritability, restlessness, sleep-lessness, indigestion, depression of mind, weariness of muscles, lack of energy, and hopelessness. To continue to work when such signs appear is to court nervous prostration, and even nerve destruction, which means paralysis of some kind.' I may add, though Dr. Dunbar does not here say so, that it is also to court other kinds of someways broken to the court of the kinds of someways broken to the court of the kinds of someways broken to the court of the kinds of someways broken to the kinds of some kinds ourt other kinds of serious brain trouble. Too many of us forget that in workers what we are apt to call 'mere nervousness' has often a deeper-seated cause than some passing indisposition, and though not 'to be given way to,' should be understood and treated as a symptom showing that the great nervous centres have had snowing that the great her vous centers are a had too heavy a demand made upon them, which it is necessary to relax. In idlers, the case is, of course, different, but I do not address myself to

Intercourse with people whose interests do not lie in the same direction as ours, whose views of life are unsympathetic to us, who perhaps hold altogether opposite opinions from our own on subjects which we regard—it may be rightly—as of vital importance, should to some extent, at any rate, be cultivated, instead of, as is too apt to be the case, avoided. The larger outlook on life and its issues which is given by a many-sided intercourse with our fellows, the training which we thus acquire to allow to and respect in others, as well as ourselves, the right of dependent judgment, more than compens for any temporary friction, any pain or heart-burning at finding even justly cherished con-victions opposed. Since, with the exception of those who are called from their work in the prime of strength, and the very few who maintain in old age the vigour and energy of that prime, there must come to all workers a time when they step aside from the main current of nd make way for their successors, this breadth of practical culture, if I may so name it, affords the one assurance that they will still have a part to fulfil second to none in scope ortance. The counsels of a ripe experi ence, where that experience has not been narrowed by prejudice or dwarfed by one-sided interests, make their value felt even where it is not openly recognized.

"In what has hitherto been said, reference has been made to persons whose health of body and mind is constitutionally normal. But it is of course obvious that many are not in this happy condition. To such as these a fellow-sufferer would venture to offer a few words of

encouragement and suggestion.

"First of encouragement. Some of the best work the world has seen has been accomplished in spite of limitations which might have seemed to preclude the thought of any work at all. The deaf and solitary Beethoven is a case in point; and though we may not without the gifts of genius hope to achieve its splendid results, yet

in cases of overwork. He says: 'Many men and more women seem to think that breaking example to work on faithfully and abide the

"Next of suggestion. Where any s infirmity exists the conditions of work should be such as to counteract it as far as possible. I think one great reason why many women ance with their own physical and mental

The length and position in the day of working

a result which every woman is bound to use all means to avoid.

All indulgence and disregard of the convenience of others, or attention to every little fad and whim which a diseased or morbid fancy may dictate. Far from it; but indeed I think that the fads and whims of earnest workers—and it is only such whom I address—are not most prone to lie in the direction of what is ordinarily understood by self-indulgence. They take rather that subtle unsparingness to the body which, as St Paul tells us, and as one of the most unremitting workers of this generation has reminded us, may degenerate into a matter of intense satisfaction to the flesh. There are certainly not a few who run the risk of a serious they are afraid or ashamed to acknowledge that they can only work under different conditions than those to which many around them submit that they have being a provided that they can only work under different conditions that they have being a provided to please and to be submitted. break-down, both in mind and body, because without hardship or injury, but which can well be modified and are no sine qua non of good work.

Lastly. To maintain, in the midst of continual and pressing claims on our physical and mental energies that highest state of efficiency of which we individually are capable, and which of which we individually are capable, and which is the indispensable condition of adequate response to the demands made upon us, there must exist that profound repose of mind which has its roots in the spiritual region and which is fed from spiritual sources. An ideal analogy for power in work is the 'tide too full for sound or form,' which moves silent and irrespictible to or foam' which moves silent and irresistible to its goal. The springs of such a tide lie open to us all; and in the midst of the difficulties, and urgent need to have recourse to them. Many forms of creed and no creed are represented in the National Union of Women Workers, but to whichever we accord or withhold allegiance. otherwise; for all work is a more or less conscious endeavour to realize the ideal, to change what is into what ought to be, in the belief that what ought to be can be. It is a noble and inspiring faith, but one hard to keep in such a It is a noble and mspiring faith, but one hard to keep in such a world as ours; and when it weakens, all heart goes out of the worker and all vitality out of the work. Those feverish symptoms which many among us know too well—hurry, drive, overstrain of mind and body, wearing anxiety about failure and success—I know of nothing to countered them save expresses of that about failure and success—I know of houring to counteract them save experience of that deep, strong rest in God which lies at the root of all healthful activity, and is the abiding source not only of endurance, but of that cheerfulness whose importance to the workers of the world can hardly be overestimated.

THE END.

WOLLSTONE = CRAFT'S

VINDICATION OF THE RIGHTS OF WOMEN" (Published 1793).

CHAPTER V.

ANIMADVERSIONS ON SOME OF THE WRITERS WHO HAVE RENDERED WOMEN OBJECTS OF PITY, BORDERING ON CONTEMPT.

THE opinions speciously supported, in some modern publications on the female character and education, which have given the tone to most of the observations made, in a more cursory manner, on the sex, remain now to be

I shall begin with Rousseau, and give a sketch of his character of woman, in his own words, interspersing comments and reflections. My comments, it is true, will all spring from a few simple principles, and might have been deduced from what I have already said; but the artificial structure has been raised with so much ingenuity, that it seems necessary to attack it in a more circumstantial manner, and make the application myself.

Sophia, says Rousseau, should be as perfect a woman as Emilius is a man, and to render her so it is necessary to examine the character which nature has given to the sex.

He then proceeds to prove that woman ought ject to him; and that it is her duty to render herself agreeable to her master—this being the grand end of her existence. I have already asserted that in educating women these fundamental principles lead to a system of cunning

Supposing woman to have been formed only to please, and be subject to man, the conclu sion is just, she ought to sacrifice every other consideration to render herself agreeable to him; and let this brutal desire of self-preservation be the grand spring of all her actions, when it is proved to be the iron bed of fate, to fit which her character should be stretched or depressions, disappointments, perplexities from which no earnest work is free, there is constant contracted, regardless of all moral or physical distinctions. But if, as I think may be demonstrated, the purposes, of even this life, viewing the whole, be subverted by practical rules built our working life is lived by faith. It cannot be upon this ignoble base, I may be allowed to doubt whether woman were created for man; and, though the cry of irreligion, or even atheism, be raised against me, I will simply declare, that were an angel from heaven to tell me that Moses' beautiful, poetical cosmogony,

Rousseau, "that man and woman are not, nor ought to be, constituted alike in temperament and character, it follows, of course, that they should not be educated in the same manner. In pursuing the directions of nature, they ought indeed to act in concert, but they should not be engaged in the same employments; the end of their pursuits should be the same, but the means they should take to accomplish

boys, has not the same effect: provided they imagine themselves already grown up, and Of snakes and birds, and which God loved the are let pursue their amusements at pleasure, think with pleasure that such qualifications will they care very little what people think of them. enable them to decorate themselves."

manner, before the soul, our first concern should spirits come under that description, is very be to cultivate the former; this order is common pleasing. To render it weak, and what some School parted us! we never found again ment of corporeal powers; in the other, that of with dolls and listen to foolish conversations; personal charms: not that either quality of strength or beauty ought to be confined exclu-undoubted indication of nature.

adapted to them. Woman and man were its peculiar taste to distinguish in this parmade for each other, but their mutual ticular. Boys love sports of noise and activity; impress a sexual character; and the education dependence is not the same. The men depend to beat the drum, to whip the top, and to drag of society was a school of coquetry and art. At the women only on account of their little carts; girls, on the other desires; the women on the men both on hand, are fonder of things of show and orna- sooner, girls began to coquet, and talked, unaccount of their desires and their necessities: ment; such as mirrors, trinkets, and dolls; the reproved, of establishing themselves in the we could subsist better without them than they doll is the peculiar amusement of the females; world by marriage. . . For this reason, the from whence we see their taste plainly adapted education of the women should be always to their destination. The physical part of the almost from their very birth, and compliments relative to the men. To please, to be useful art of pleasing lies in dress; and this is all were listened to instead of instruction. These to Us, to make us love and esteem them, to which children are capacitated to cultivate of weakening the mind, Nature was supposed to educate us when young, and take care of us that art. . . . Here then we see a primary have acted like a step-mother, when she formed when grown up, to advise, to console us, to propensity firmly established, which you need this after-thought of creation. render our lives easy and agreeable: these are only to pursue and regulate. The little the duties of women at all times, and what creature will doubtless be very desirous to know they should be taught in their infancy. So how to dress up her doll, to make its sleevelong as we fail to recur to this principle, we knots, its flounces, its headdress, &c., she is run wide of the mark, and all the precepts obliged to have so much recourse to the people which are given them contribute neither to their about her, for their assistance in these articles, I CANNOT choose but think upon the time that it would be much more agreeable to her to When our two lives grew like two buds that Girls are from their earliest infancy fond of owe them all to her own industry. Hence we kiss dress. Not content with being pretty, they are have a good reason for the first lessons that are At lightest thrill from the bee's swinging desirous of being thought so; we see, by all usually taught these young females: in which chime, their little airs, that this thought engages their we do not appear to be setting them a task, but Because the one so near the other is. attention; and they are hardly capable of obliging them, by instructing them in what is He was the elder, and a little man understanding what is said to them before they immediately useful to themselves. And, in Of forty inches, bound to show no dread, are to be governed by talking to them of what fact, almost all of them learn with reluctance And I the girl that, puppy-like, now ran, people will think of their behaviour. The same to read and write; but very readily apply them- Now lagged behind my brother's larger tread. motive, however, indiscreetly made use of with selves to the use of their needles. They I held him wise, and when he talked to me

THE WOMAN'S SIGNAL

body; but Rousseau is not the only man who rest. "Whensoever girls derive this first lesson, it is has indirectly said that merely the person of a If he said "Hush!" I tried to hold my breath; is different. In the one sex it is the develop- neglected, and girls forced to sit still, play

sively to one sex; but only that the order of the In France boys and girls, particularly the We had been natives of one happy clime cultivation of both is in that respect reversed. latter, are only educated to please, to manage And its dear accent to our utterance clung Women certainly require as much strength as to their persons, and regulate the exterior behaviour; enable them to move and act gracefully, and and their minds are corrupted, at a very early men as much address as to qualify them to act age, by the worldly and pious cautions they with ease. . . . Children of both sexes have receive to guard them against immodesty. a great many amusements in common, and so I speak of past times. The very confessions they ought; have they not also many such which mere children were obliged to make, and I would be born a little sister there when they are grown up? Each sex has also the questions asked by the holy men, I assert

In short, they were treated like women,

(To be continued)

BROTHER AND SISTER.

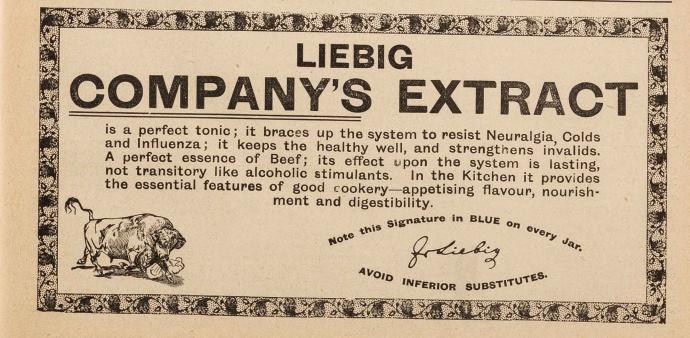
I thought his knowledge marked the boundary, Time and pains are necessary to subject boys to This is certainly only an education of the Where men grew blind, though angels knew the

a very good one. As the body is born, in a young woman, without any mind, unless animal Whenever he said "Come!" I stepped in faith.

to both sexes, but the object of that cultivation may call beautiful, the understanding is That childish world where our two spirits

Like scents from varying roses that remain One sweetness, nor can evermore be singled; Yet the twin habit of that early time ngered for long about the heart and tongue: Till the dire years whose awful name is change Had grasped our souls still yearning in divorce And, pitiless, shaped them into two forms that

Two elements which sever their life's course But were another childhood world my share,



WOMAN'S SIGNAL.

and Interests at Home and in the Wider World. addressed,

30 Maiden Lane, Covent Garden, London, W.C.

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THE WOMAN'S SIGNAL will be sent post paid to any address, in Great Britain or abroad, on receipt of subscriptions:

12 months for 6 ,, ,, 8s. 8d. , ... 1s. 8d.

Or can be had to order, One Penny weekly, from any Newsagent in the United Kingdom; also sold at Messrs. Smith's Railway Bookstalls. Published Every Thursday, Price One Penny.

THE TRADE SUPPLIED By Marshall and Sons, 125 Fleet Street.

must be written on one side only of the paper, and | the writer's name and address must be given, not necessarily for publication. The Editor cannot answer correspondents privately, except

NOTICE

loss of manuscripts, and any not accompanied by a wrapper for return will be destroyed if unaccepted. Space being limited and many manuscripts offered, the Editor begs respect fully to intimate that an article being declined does not necessarily imply that it is not considered an excellent composition.

FREE DISTRIBUTION of the WOMAN'S SIGNAL in order to make it more widely known. We are always much obliged to friends who will behalf of one of the two. kindly undertake to distribute copies of back numbers of the Woman's Signal at meetings, and shall be glad to send parcels for this purpose gratis and post free. Will correspondents please name meeting, and number of copies that can probably be utilised.

The following ladies are thanked very sincerely for kindly sending for copies of the SIGNAL to distribute at meetings :-

Mrs. Colby, Bristol; Mrs. McArthur. New Ferry; Mdlle. Veigelè, Women's International Progressive Union; Mrs. Norton, Bexhill; Mrs. Johnson, Jarrow; Mrs. Dunbar,

The Editor begs to acknowledge, with many thanks, the receipt of 10s. from "A Constant READER," for the Free Circulation Fund.

SIGNALS FROM OUR WATCH TOWER.

A correspondent writes :-

meetings held in the Rochdale district in support of Mr. Duckworth, the Liberal candidate, a lady was on the platform as one of the speakers of the evening. The "abnormal road, Bedford-park, W." garments smaller for Christians presents, will be thankfully received by Miss S. S. Monro, 22, Thurlow-road, Hampstead, N.W., or Capt. Shawe, 15, Woodstock-road, Bedford-park, W.

type" was in the chair, and, inflated with the onscious superiority of his own masculinity the meeting said, "that the intending speaker deceased husband's room, and were stopped A Weekly Record and Review of Woman's Work being only a woman, he hoped the audience from doing so by the opposition of would bear with her." The lady gave a bril-Editorial Rooms and Business Offices, to liant speech—the speech, indeed, of the evening. which all letters to the Editor, Advertise- Comment, indeed, is needless; but is it not MENTS, subscriptions, and enquiries should be beginning to be time for sensible men to look a Guardians are not obliged to submit their little to their own dignity when choosing men appointment of a Relieving Officer to the selves open to ridicule?

Another correspondent's letter with disturbed by Mr. Chaplin. regard to the same election will be found in our "Open Column," and reveals a Sanitary Inspectors under local governing They held a meeting in London legree of folly on the part of the so-called bodies. Suffrage" so great as to almost lead to Suffrage" so great as to almost lead to posed that they should admit women to the suspicion that it is not folly, but their membership, but the proposition was deliberate treachery. This Committee is managed by a Miss Cousins, but, as our paper describes this as "a check" to the speak in the name of others who desire to advance this movement.

The "Parliamentary Committee" has indulged in more importance for the general good of those following the occupation as a whole to gather into their association all the persons working in it than it is for any many vagaries, steadily of a mischievous All communications intended for insertion character and disadvantageous to the movement. Such matters as forcing a by the men who voted against the resolution Bill forward last Session in the House of Lords, or refusing to withdraw a Bill in the Commons the Session before, on the business of the paper strictly.

If a stamped and addressed wrapper be attached to a manuscript offered for publication, it will be returned if declined; but the Editor cannot be responsible for the accidental the resolution—these might be errors in Society, 32, Sackville-street, Picc. judgment and lack of capacity for Parliamentary tactics; but about this latest move | tors of Factories, some twenty pages are there is such a simplicity of folly that it devoted to the work of the women inspechardly seems possible to continue to attri- tors, which has evidently been far-reaching works this so-called Committee to mere in mind about the children employed in but perceive the foolishness and the mis- children engaged in the cotton industry chief of going into a constituency where work in a temperature of 80 or 85 degrees, Suffrage and "billing" the constituency on constitution, apart from the danger to

nospital at which all the physicians and have just held a ballot on the question

The case of the Oswestry Guardians. who wish to appoint a wom and councillorship, in introducing the lady to the late Relieving Officer, to that post in her Local Government Board, has taken an unexpected turn. Mr. Haldane, Q.C., has advised that under the existing law the to lead them in public, and not thus lay them. veto of the Local Government Board: the Guardians' own authority is final, so that their appointment of Mrs. Price cannot be

They held a meeting in London Parliamentary Committee for Woman's the other day, and a resolution was proreaders know, does not contain any one of the well-known workers for Woman's Sufthat observation is simply foolish. The rage, and is in no way representative, not value of being a member of a trade society of comprising any person who, either by devotion or ability, has proved a right to individual to be so admitted. spirit of jealousy of women workers shown is deplorable.

Mr. M. Sidney G. Trist, editor of the

In the report just issued of the Inspec-

bute the conduct of the individual who and useful. They are particularly exercised blundering. Even a school girl could not the factories. Miss Deane says that the both candidates were in favour of Woman's and urges that this debilitates the unformed health of going out from such heat to the cold winds with the insufficient wrapping A movement is on foot to found an Anti-Vivisection Hospital:—that is to say, a when not looked after. But the weavers surgeons shall be known opponents of whether children under fifteen shall be ruel experiments upon living animals. prohibited from working in the mills, and At present there is not a single large by a majority so large that it might be London hospital which does not suffer called unanimity they have decided to from at least two or three men holding oppose such a regulation. It is a fact that certificates entitling them to vivisect, upon will astonish many people that children the staff, so that those persons desiring to are legally allowed to work for wages in contribute to hospitals where there is no this country earlier than in any Continental danger of the experimental spirit being one. It was not by the will of the majority called into play, are placed in a difficulty. The foundation of a new hospital of any get their children employed for wages that ize and importance is a somewhat serious any restrictions were ever placed on child indertaking, but it is in energetic hands | labour. It is on record that in the bad old and will probably be carried through in days it was quite usual for miners to take time. Any of our readers desiring to give their boys and girls at six years old down immediate help towards this object can do into the pits, and in one case at least a so in connection with a Sale which will be baby of three was regularly taken down by held at 115, Ebury-street, Pimlico, on its father "to hold his candle." In the A correspondent writes:—

Thursday, November 25th, commencing mills children used to go to work at five at two o'clock. Any contributions of work, as showing a type of man which we fain would fancy articles, woollen shirts, and other be taken into the mills early in order to hope is fast becoming abnormal. At one of the garments suitable for Christmas presents, cultivate their tactile sense; but if other

Miss Paterson points out in her report | It is stated in the daily papers that a that the boys and girls who run errands new "féministe" paper is to be brought are omitted from all the protective pro-Truck Acts are mentioned by the inspectors. told to keep it in lieu of wages or to raffle own way," and their consequent inability it among her colleagues. The reputed to rally round any single flag and carry value of the garment is then made up in to success; each woman of some abilit shares, and the issue is decided by throws and energy rushes to raise her own small of dice or lots drawn from a bag."

Miss Paterson is strong on the ventilation question. She owns that it is as often the employées who object to the admission of fresh air as the employers, and that every means of ventilation will be stopped up if possible. But though this unwillingness to breathe fresh air may be does not prevent these other women from accounted for by the long - continued breathing of a close and overheated atmosphere making the workers exceedingly susceptible to cold, this evil state of the constitution would not arise if they had had properly ventilated workrooms from the tions. Women have often done, and still time they entered on their employment, and so Miss Paterson says that if the other women. A graceful act of "a woman

Miss Anderson also says :-I have already referred to the injury to which young people are exposed in working in high giver, in an anonymous letter to Alderman temperatures, and have expressed my opinion that further regulation is here needed. Either Alderman Harding, styled herself "a they should be excluded from the processes citizeness, a lover of her country and that further regulation is here needed. Either carried on in the hottest rooms, or a more Queen," and she asked that Mrs. W. L. said: rigid medical examination, periodically repeated, should be applied to their case. I refer the Lady Mayoress. Accordingly, no tion of two laws of God—first, "Thou shalt not particularly to certain spinning-rooms in Lancashire, and to some woolcombing sheds sary proceedings, and at the invitation of thy neighbour as thyself." Whatever degrades and worsted-spinning rooms in Yorkshire. A more unsuitable occupation for young girls the Lord Mayor (Sir James Kitson, Bart., M.P.) most of the members of the Council tion more all women. To this it will be realised. more unsuitable occupation for young girls and their wives came together to witness that they have degraded themselves, and the under eighteen (or even later) than attending the ceremony. The Lady Mayoress is Sir sheds I have not seen. The great heat from the cylinders and the steam-laden atmosphere must be extremely trying at an age when the healthiest attainable conditions are desirable. One fragile slip of a girl, aged sixteen, whom I found eating her dinner near her machine, had not very long recovered from a severe injury gentlemen in the city had had in their in the form of crushed fingers. When the machinery stops for the dinner hour the raise money for a gold chain, or a badge of the time, is an attitude of utter hostility, and mechanical ventilators stop too, and the heat some kind, to be worn by the Lady it makes all the difference in the world to us does not tend to decrease. I could only Mayoress on public occasions. While whether its presence among us is in spite of speculate on her slender chance of a healthy womanhood; she had passed the age when I and doing nothing else, a lady had carried measures that render its continuance probable could require fresh examination as to physical the idea into execution, and the gift was The foundation and the keystone in the arch of fitness. Fortunately, as a rule, older women no less appropriate because it came from a heathenism is the sacrifice of women's purity are employed in woolcombing, but sometimes lady." young girls may be found at work in this of Leeds it would add tenfold to the one monstrous thing which above another occupation, in which the great heat and constant need of attention appear to express had been the gift of another woman, and oriental countries women are helpless in the their physical results in recurrent sick head- so I doubt not many of those ladies in days hands of men as they have been through the aches, backache, and other nervous disorders. I to come will feel.

visions of the Acts of Parliament. Their lady lawyer, "Severine," the well-known hours are, therefore, very long, and no proper time is allowed for their meals, by parentage, but more French than a by parentage, but more French than a which they have to take as best they may at odd times. They are not bound to receive the weekly half-holiday, and in fact are ill-treated by comparison with success), and the woman playwright, who research work at home and abroad. Miss others. It is, of course, an accidental works under the name of "Daniel Lesueur," Cooke holds the post of assistant-tutor in omission. Various ways of defeating the are to contribute. There were already two the women's department of Owens Col-"féministe" papers struggling in Paris lege, Manchester, and she has been for Miss Anderson tells of "the raffle system" against the indifference and jealousies of in vogue in Leeds, Manchester, &c. women themselves. But the special weak- cation. When a garment is damaged, or alleged ness of women in regard to public affairs is to be damaged, the worker in charge is their anxiety to "have everything their As the individual standard, and so the field is effect on the general tone of the workers dotted over with feeble and ineffective where such practices exist is obvious, Miss Anderson argues that steps should be taken to put it down.

scattered factions. In Sarah Grand's new novel, "The Beth Book," she speaks with just bitterness of this failure, and the suffering that it entails on every woman who tries to work for her sex. One of the Movement" is managed by Madame Schmal, who has succeeded in carrying in the French Chamber an important measure of married women's property reform; yet even this proof of her devotion and ability competing with her, in place of joining and aiding her in her labours in the journalistic field for the advance of women.

But, happily, there are brilliant excepwomen inspectors are strict in carrying out the provisions for proper ventilation, it is in the interests of the workers themselves.

Other women. A graceful act of a woman for women "has been performed at Leeds. A lady, who will not allow her name to be made public, has presented to the City as a large of the workers themselves. gold and jewelled badge, to be worn by the Gordon, the Deputy Lord Mayor, and Jackson might make the presentation to time was lost in arranging the neces-James Kitson's daughter, and Mrs. Jackson, in pinning the badge on her breast, con the world to us whether their degradation came gratulated her on being the first to wear about through any forces that we have set in what will be a permanent adornment to motion. By parity of reasoning we may say "the leading lady of the City.

Deputy Mayor, as chairman, observed that, "It was curious that a number of the people. But this is not the point; our the people. But this is not the point; our the people. minds in a vague sort of way the desire to men had been talking about such a thing, our protest and work, or whether we have taken

The election of Miss Alice Cooke, M.A. as a representative of Convocation in the Court or governing body of Victoria Cooke holds the post of assistant-tutor in two years on the Committee of Convo-

Many women have been waiting with anxious interest to learn how Miss Willard has dealt with the situation created for White Ribboners" by Lady Henry Somerset's declaration that she is in favour of State provisions for healthy and "safe" vice. This is one of the occasions that arise and try the soul so as by fire in public work; a valued and beloved friend goes over to the side which one believes that of wrong action and evil principle, and the who tries to work for her sex. One of the existing French papers for the "Woman friend or the principle be abided by? To 'hedge," to neither forsake the principle nor lose the friend, appears to some minds not merely possible but wise, statesmanlike and easy. Others can make no such compromise; recognizing that "he who is not for Me is against Me," they dare not speak and act as though a trusted comrade were still the same after he has declared on the wrong side, and gone over to it, with all his influence and his "weapons of war." Miss Willard's admirers will judge her action in the present crisis, which undoubtedly must have caused her pain and perplexity, according to their own ndividual temperaments. Here is what she is reported by the American papers to have said in her address on October 27th to the World's Convention of the Women's Christian Temperance Union, the members of which shortly afterwards re-elected Lady Henry Somerset as their Vice-President :-

INDIAN PURITY QUESTION.

Regarding the purity question, Miss Willard

No good can come of legalizing the violacommit adultery"; second, "Thou shalt love means proposed are only to mitigate the conattitude toward the saloon, first, last and all If I were ever Lady Mayoress on the altar of man's sensuality, and if there is dark centuries, and the depths of degradation

Dur Short Storp.

BETTY'S STORY.

By ELLEN MACKUBIN

to which this utter dependence has reduced them are beyond the power of western comprehension We hold that there is but one standard for men and women, and that they are equally capable of living up to it. We steadfastly believe that all law should set forth the ideals—that it should beckon men to the summit rather than provide | The dainty dresses of half-a-dozen young women for them, under no matter what restrictions, who were grouped on a veranda repeated in pink climate and some of the comforts for lack of those indulgences in alcoholic liquors, opium and white and blue and yellow the many-coloured which he was dying. We had arrived from and social vice, whereby they live upon a flowers of the terraced garden. Golf had tem- another road, and all we knew of our present sensual plane. Our beloved comrade (Lady porarily engrossed the men of this "house way was the doctor's instructions. The drive Somerset) has hoped to reach the same result party," and a rather slumberous silence, born would take us three days to accomplish, and by regulation that we propose to attain by of the freshness of the country air, sank lay through the dry region of Texas, where as to methods, we repudiate any personal attack or severity of language toward our unless some effort is made to keep us awake," a ing solitude of the plains! Yet that this solitude beloved comrade, whose zeal has been that of girl declared with sudden energy. "Tell us a should be undisturbed was our hope, a possible a flaming herald, whose devotion is a household story, Betty." word among us, and whose untiring work in ditions more difficult than have surrounded comrade, who had left them on her wedding any reformer that we have known, bind her to day three years since to go to a Texas ranch, our hearts with cords that never can be broken. We admire and trust and love her. admit that, although she put it forward because she "thought it practicable," it partook far too | illness and swift danger. much of the "impracticability" attributed to our own methods, and she will stand with us, shoulder to shoulder, heart to heart, as she has done already so long and so bravely.

and admiration the following letter, as picturesque as the adventures of a sojourner in almost, if not quite, the last message from the late Duchess of Teck to the community At a meeting of the Greenock Needlework Guild the secretary read a letter which had been received from the late Duchess of Teck, who was the hon, president of the Guild, three days before her death. The note, which was replying to a communication asking her advice on the question of granting articles to others than Protestants, was as follows :- "White Lodge, Rich mond Park, October 21st. Dear Madam,-I am desired by H.R.H. the Duchess of Teck to reply to your letter of the 19th as to the question of Roman Catholics participating in the benefits from the Guild. Her Royal Highness wishes me to say that she knows no distinction of creed in the Guild distribution; that poverty is the one claim to be considered by the Needlework Guild, irrespective of any creed or sect. This is a point on which H.R.H. is very strong, knowing that we are commanded naked' in the Bible, but nowhere are we commanded to distinguish between creeds. -Yours very truly, Giana Tufnell, Ladyin-Waiting.

A CALL TO THE BACKWARD.

O DWELLERS in the valley-land, Who in deep twilight grope and cower, Till the slow mountain's dial-hand Shortens to noon's triumphal hour,—

While ye sit idle, do ye think
The Lord's great work sits idle, too? That light dare not o'erleap the brink Of morn, because 'tis dark with you?

Though yet your valleys skulk in night, In God's ripe fields the day is cried, And reapers with their sickles bright, Troop, singing, down the mountain side:
Come up, and feel what health there is
In the frank Dawn's delighted eyes, As, bending with a pitying kiss, The night-shed tears of Earth she dries!

prohibition, or not at all. But while we differ presently upon the deserted feminine assembly.

Three or four voices joined the suppliant. these long years, carried forward under con- They were all of them curious about this old whither her husband had been ordered by a council of doctors as the sole remedy for a serious We believe that when she sees her plan is not | threatening of consumption. Betty's letters adopted in the Indian army she will frankly were brief and infrequent, but there was mention of rough journeys and hard work, of long

When the Whartons at length came home for their first visit, these friends, the gay tenor of whose lives had run smoothly through familiar channels, expected to find many changes in the wanderers. Yet they had found few! Rex, indeed, showed regained health by every glance Our readers will peruse with interest and movement, and the stories he told were as the wilderness should be. But Betty seemed quite the same Betty who had gone away. Was she, who dressed and chattered so blithely, the woman who had worked, and hoped, and dared so dauntlessly as her husband declared?

"You remember Rex and I were married in January," Betty began. "We went immediately to Southern Texas, where he intended to buy part of a cattle ranch, after trying the climate for a time. Our journey was tedious, the ranch rougher than we had imagined, but, as long as cool weather lasted, Rex improved, and was able to be on his horse most of the day.'

"Did you ride with him?"

Betty laughed. When I had learned to manage an animal I could never have mounted here. The education of a Texas housekeeper includes varied lessons, and a knowledge of horseflesh and the use of firearms is considered as important as the arts of washing and cooking. We made a feed the hungry and clothe the gay bivouac of our hardships while Rex remained the frontier's lack of euphuism well. But with March the hot weather began. To say that it began gives no idea of its sudden ness. It fell upon us like an avalanche, and crushed Rex. He ceased to eat or sleep, and would return to me exhausted by an hour in the | beatsaddle. Early in April he had a hemorrhage. God knows how long it was before they brought | and turned away. us a doctor. It seemed eternity. Then he rallied somewhat. His pluck is limitless, and you, who do not know that the prairie is as he insisted upon riding again in the freshness hospitable as the desert, and that a cowboy of the mornings. One day he dropped into my shares his cabin as generously as an Arab arms as he dismounted, and there was another | shares his tent. hemorrhage. I had learned what to do for him, and he was better when the doctor arrived, but I struggled to speak, but the words trailed away could bear suspense no more. I drew the into a sigh, and he sank forward across my doctor outside the cabin and desired him to tell knees. me what hope there might be for us, and whatpossibility of strengthening that hope. We bought | sake, help us!' a light wagon and a pair of tolerably well-broken morning succeeding the doctor's verdict. At anxious.

the last he was very near going with us, but there was much illness among his widespread patients, and finally we departed alone. Our plan was to cut across the prairie to a newly finished branch of the railroad, which would convey us to a decently civilized mountain resort, where Rex would have an invigorating population is scanty, because of the scarcity of ncounter was our dread.'

"Indians? You brave Betty."

"There are not many Indians left in southern Texas, but the country is infested by half-breed Mexicans and the varied roughs and ruffians who escape from the restraints of more complete government, to make the chief danger of these border lands. Our first day passed uneventfully. At nightfall we reached a ranch to which the doctor had directed us, where I found a boy to groom my horses and a woman whose history was written in her shamed look, but who was good to Rex and very sorry for me. My husband was feverish from fatigue, and the night brought slight repose, yet we set off at dawn, as we had a drive of many hours before we could arrive at our next shelter. As the day grew the heat grew, until the wide, brown prairie seemed the bottom of a huge copper cauldron, whose close-shut lid was the shining sky. was neither air nor shade. The horses panted heavily with every slow stride. Rex's hair and beard were dusty grey, and his eyesoh, girls, pray God you may never see such weariness in the eyes you love, and which smile bravely up at you! At last, when we were quite worn out, nightfall came. Slowly I drove toward some vaguely outlined buildings, whose increasing bulk, as we approached, suggested an establishment of more than ordinary size, though there was no other sign of life than that friendly shining beacon. I drew up before what seemed the entrance and shouted. Rex started into wakefulness, a door creaked sharply open, and in a broad stream of lamplight a tall figure loomed darkly.

"'Who is here?' he asked roughly.

"' A man and a woman who need shelter,' I answered, with a quickly acquired mimicry of

" You will have to go to the next place."

" 'How far?

" Fifteen miles.'

"'My husband is ill, and my horses are dead

"'I can't take you!" he interrupted, sternly,

"His refusal was stranger than it seems to

"Rex clasped my hand, and, sitting upright,

"'He has fainted!' I cried, 'For God's

"The man came to the wagon's side and horses, and, equipped with the merest necessaries peeped at my poor Rex, and then at me. His in clothing and provisions, we started on the look was not unkindly, so much as sombrely

"' See here,' he said. 'I don't want to turn a sick chap from my door. I would take care dress. of him, if he were alone-but I can't risk you!

"'I hire convict labour from the State. I've seventy-five rascals at works on a reservoir near by, with only four guards, and they will tramp back to supper here in half-an-hour. Now reach it. do you understand why I don't dare let a woman stay?

"'I dare to stay,' I said. 'I've got a pistol. and I can use it. I don't ask you to protect me. I ask you to give my husband a bed, and let me watch beside him.'

Betty paused. Horror stared from six pairs of feminine eves which had never confronted life's darkest aspect.

"He did not speak for a long moment," Betty continued. "Then he paid womankind a compliment.

""When a girl has got spunk, I'm hanged God knows why! if she don't beat men folks out of sight!' he

"After which he briefly informed me that he possessed a cabin a quarter of a mile distant, where he slept occasionally, when he wanted to get away from his gang. There Rex and I might pass the night in possible security, if no one discovered my presence—a possibility, however, for which he declined to be responsible.

"Of course I eagerly accepted both the shelter and its danger. Within a few minutes he installed us in a tiny room, where the cot. to which he carried Rex, was almost the only furniture. He barred the single window, brought me our basket of provisions and a bucket of cool water and departed.

"' I'll "hobble" your horses where they ain't going to be found, and I'll come to see you off at daylight, before anybody is stirring, he said, lingering in the doorway. 'Keep those shutters closed, and don't you call for help; you.' never mind how sick your man may be-he come to your call!'

" During a couple of hours I could spare no anxiety from Rex, who recovered consciousness slowly, so oppressed by the intense heat that every gasping breath foreboded a hemorrhage. At length his wandering gaze rested on the closed shutters, and returned to me with a gleam of hope.

"' More air,' he faltered. 'Open the window.

"He had heard nothing of our host's warning, and I could not explain to him a danger whose mere suggestion, in his utter helplessness to protect me, would assuredly kill him.

"I opened the shutters

"After a time the gradual coolness of the night stole upon us, the frown of suffering left his brow, and he slept. I rose from my knees beside the cot, and went to the water-bucket. It was empty. I had used all its scant supply in my despairing efforts to allay his fever with bathing and compresses.

"If he should wake presently, he would crave water. Dully I considered this new need, for I was half-dazed from fatigue. Could I risk the chance that Rex might rouse in my absence and grow uneasy, while I wandered

-a scowling, sullen face, and a figure in convict's

"With the realization of my helpfulness fear left me, and I gazed straight into the wild light eyes of the man who confronted me.

"A man whom God had made, and who there fore possessed a soul capable of good could I but

"I walked softly to the window.

""Whisper what you wish,' I murmured. My husband will die if he wakes suddenly. "No answer. Merely the dumb glare, fierce

vet bewildered, of those unwinking eyes. "If I can help you without leaving my sick

husband-

hoarse, foreign accents.

"I stepped close to him. I laid my hand on his shoulder.

'You will neither hurt that sick man nor me,' I murmured. 'You will help us!'

'I brought the empty bucket to him. "'I don't know where to get water for my

husband. Will you fill this for me? "Silently he took the bucket and went in chunks in a glass dish, awav-

You bolted the shutters at once?" one girl are often given, but in recipes directions for interrupted, breathlessly.

"I left them open, Betty replied. "My only dread was that Rex would wake. But he slept profoundly, and the convict returned speedily.

"'You have helped us,' I said. 'Let us help place on the toast.

"He drew back his hand, he straightened his would rather die than have you risk what might | slouching figure, there was a dimness of tears in his eyes.

> "Despite his shameful dress he looked the man God created him to be—not the criminal whom sin had debased.

"'Me no touch you, me not touch your

peacefully until our host appeared at dawn."

A flutter of caresses followed Betty's conclusion, and a wonder of admiration for this girl | served immediately, who was one of themselves-a wonder which questioned in each heart whether love could make her also as faithful and brave.

presently.

night, and Rex has grown steadily stronger will be firm, and you can turn it out.

It might be useful to know how to make an

ECONOMICAL COOKERY.

COOKERY FOR CONVALESCENTS.

(Continued.) BY KATIE OULTON. (First Class Diplomée in Cookery.)

EGGS form an important item in invalid cookery. Perhaps the best way to boil one is to place it in a saucepan of boiling water, then cover it, and draw it aside from the fire, allowing it to stand for five minutes. In this way the albumen will be set by the set of the standard or five minutes. men will be set, but not too hard.

EGG JELLY

"'If I can help you without leaving my sick usband—"
"'You not afraid of me?' he interrupted in loarse, foreign accents.
"'No, I am not afraid of you.' Truly I no ""'No, I am not afraid of you.' Truly I no """ Truly I no """ I made lemon essence. Dissolve a quarter of made lemon essence. Dissolve a quarter of """ I so good anyone would willingly partake of it. Break two eggs, separating the whites from the yolks. Put the yolks into a bowl, adding the strained juice and finely-grated rind of an orange, or if preferred a lemon, two tablespoonfuls of castor sugar and a little of home-made lemon essence. Dissolve a quarter of the substant of the preferred as a lemon essence. is so good anyone would willingly partake of it. longer feared those bold eyes, that cruel jaw, made lemon essence. Dissolve a quarter of an ounce of leaf gelatine in one gill of water. Stir this over the fire till dissolved, but don't allow it to get hotter than necessary to melt it, then strain this into the bowl, whip all together till nice and frothy, place it in a larger bowl containing cold salted water (the salt is to make the water still colder) and add the two whites beaten to a stiff froth. Whisk the mixture till it begins to set, when it may be poured into a mould rinsed with cold water, or allowed to stiffen in the bowl and piled rou

cooking them often give too long time. One hardly realizes how very quickly an egg cooks when brought into direct contact with boiling water. First of all, toast and butter a nice thin slice of bread, then have a saucepan ready With awkward noiselessness he leaned through the window, and put the well-filled bucket on the floor. Then I lifted my money bag, and the floor is the street bears of cilver. The since of bread, then have a saucepan ready of boiling water, into which you may put a teaspoonful of vinegar. Carefully break the egg into this, and when the water boils again, place the saucepan at the side of the fire. It the light flickered upon the tiny hoard of silver.

"An evil purpose quivered over his watching face, his coarse fingers stretched out greedily.

""You have helved upon the tiny hoard of silver.

""An evil purpose quivered over his watching face, his coarse fingers stretched out greedily.

""" You have helved upon the tiny hoard of silver.

""" You have helved upon the tiny hoard of silver.

""" An evil purpose quivered over his watching count them. Lift the egg out on a fish slice, or with a fish spoon, drain off the water, and

A beaten-up egg may be given with great advantage in coffee. Eggs should be perfectly

A nice light pudding for an invalid is

SEMOLINA SOUFFLE.

Boil two dessertspoonfuls of semolina in a point of milk, and if it be allowed to stand in the milk for ten minutes before putting it on the fire, it will greatly improve the flavour. Stir till it boils, and allow it to cook for ten minutes. money,' he muttered. 'You go sleep, me let no harm come.'

"With which he walked away into the dark"With which he walked away into the dark"Bara and I law down beside Rex and slept"

"With which he walked away into the darkthe whites of two eggs beaten, one tablespoonful of sugar, flavouring, a pinch of salt, and lastly, the whites of two eggs beaten to a stiff froth.

"Bara and I law down beside Rex and slept"

"With which he walked away into the darkthe whites of two eggs beaten to a stiff froth.

"Bara and I law down beside Rex and slept"

"With which he walked away into the darkthe whites of two eggs beaten to a stiff froth.

"With which he walked away into the darkthe walked away into th Pour into a prepared soufflé mould, stand it in an oven-tin containing some water, and cook in moderate oven for twenty minutes. Must be

One easily tires of custard pudding, but

STEAMED CUSTARD

is rather nice. Well butter a breakfast cup. "Did the convict escape?" somebody asked | beat up an egg removing the speck, mix with it a quarter of a pint of milk, one teaspoonful of castor sugar, a pinch of salt, and if liked a little "Oh, yes! The ranchman warned us to keep watch for a convict who had run off during the night, and for whose pursuit no guard could be spared. Rex and I watched for him eagerly, as you can imagine, but I never saw him again.

We reached the mountains before the next. the pudding in this for twenty minutes, when it

INVALID CARE

absence and grow uneasy, while I wandered about in the darkness, seeking the spring without whose neighbourhood, in that arid land, no ranch was built. Could I risk the encountering of that other danger which threatened me?

"I turned sharply at some slight sound, and I saw—oh, girls, I shall renew that instant in dreams while I live—I saw a face and figure framed by the black square of the open window."

INVALID CARE

This world is not a very fine place for a good many of the people in it. But I've made up my mind it shan't be the worse for me if I can thelp it. They tell me I can't alter the world—that there must be a certain number of sneaks and robbers in it, and if I don't lie and filch somebody else will. Well, then, somebody else will. Well, then, somebody else shall, for I won't.—Felix Holt (George framed by the black square of the open window."

Eliot).

332

may be made as follows: Cream together two ounces of butter and two ounces of castor sugar. Add alternately two eggs well beaten, with three ounces of flour, beating the mixture well after each addition. Add the grated rind of half a small lemon and a quarter of a teaspoonful of baking powder, Pour into a prepared cake tin and bake in a moderate oven for about

Few vegetables agree with invalids, but celery seems to be made on purpose for them.

A very nice way of cooking it is to stew it in

Wash and trim two heads of celery, and place it in a white-lined saucepan, covering it with milk. Stew gently till tender, about thirty minutes. Lift out the pieces, place them on a hot dish, thicken the milk in which they were stewed with a little rice flour, stirring it all the time till it boils. Season it with a little pepper and salt, and pour over the celery. Cooked in this way it is very much recommended for Seal Jackets - - from £15 15 0 rheumatic patients.

SEA KALE

on toast, and pour over a little nice white

In conclusion I would say that food for invalids should be prepared in the simplest and most wholesome way possible. Often recipes are given for sick room cookery containing so many ingredients that it would single according to the property good.

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THE poblest minds their virtue prove By pity, sympathy and love: These, these are feelings truly fine, And prove their owner half divine. Cowper.

PETER ROBINSON.

PETER ROBINSON

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WHY WOMEN ARE ATTRACTIVE.

NOVEMBER 18, 1897.

Why is one woman attractive and another not? It isn't entirely a question of age, or features, or intellect. The most admirable and attractive thing about an attractive woman is her woman liness. Everybody admires a womanly woman. She must have health, of course, because without it she would lose the brightness of her eyes, out it she would lose the brightness of her eyes, the fulness of her cheeks, and her vivacity. Health brings all these things, but health means more than most people think of. If pale, nervous and weak, a woman lacks good health. Women who are pale and wan should not resort to iron, drugs and tonics, except by the advice of a properly qualified medical man. They should try instead to nourish and build up their blood by the vital nourishment imparted by Dr. Tibbles Vi-Cocoa. And so rosy cheeks and comeliness may be attained. Surely the road is pleasanter than the thorny and nasty path paved with

my patients."

Miss S. Percival, Post Office, Burgh, writes:

"I do not think any other can equal yours. My father has been taking ordinary cocoa, but I think Dr. Tibbles' Vi-Cocoa is better. I will tell my friends of your Vi-Cocoa."

Mrs. King, Linden Cottage, Wimbledon Hill,

Mrs. King, Linden Cottage, Wimbledon Hill,
Surrey, writes:—"I think Dr. Tibbles' ViCocoa is delicious, and quite fulfils all said

Mrs. Budden, Bradwardine, Bournemouth, writes:—"I am pleased with Dr. Tibbles' Vi-Cocoa, and like it, and will certainly use it in

Merit, and merit alone, is what we claim for Dr. Tibbles' Vi-Cocoa, and we are prepared to send to any reader who names the WOMAN'S Signal, a dainty sample tin of Dr. Tibbles' Vi-Cocoa free and post-paid. There is no magic in all this. It is a plain, honest, straightforward offer. It is done to introduce the merits of and tidy, Mrs. Brown, and now I declare you

There was only one thing in which I disagreed with Mrs. Field, and that was, when she says the profession is understocked. As far as I can judge (and, of course, I am open to correction), I think the profession is crowded. Yet, for all that, I would not discourage any one from going into it. I quite believe that any girl, with ordinary ability and perseverance, and a liking for the work, could not choose a nicer of the work of the w any girl, with ordinary ability and perseverance, and a liking for the work, could not choose a nicer or more agreeable occupation. When the uphil work is over and the final certificate is gained, and college and all its pleasant associations left behind, the work, to my mind, is delightful. The position of assistant would have to be filled for three or four years before one would be eligible for the post of headmistress. This position is very pleasant, and more especially so if there is sympathy between the headmistress and her assistants, and even if there is not this sympathy, a capable assistant is always appreciated by the headmistress and can always work on comfortably. She has a class-room to

herself with a class of perhaps sixty girls—a less number if standards are high—she is supplied with all the latest appliances to help her in her work, and if she is a fairly good teacher and wins the love and confidence of her class, her success is certain.

The hours are not long, and the work is not monotonous. There are at least seven weeks' holiday during the year, besides a few odd half days (salary going on as usual). I really don't know of any serious disadvantage which an assistant has to contend with. She works

may be attained. Surely the road is pleasanter than the thorny and nasty path paved with drugs.

Nurse Tillotson, Alexander Hotel, St. Leonard's-on-Sea, writes:—"I have tried Dr. Tibbles' Vi-Cocoa, and like it very much. I shall have much pleasure in recommending it to my patients."

Temark I made, that a capable assistant is always appreciated.

At this present time I know of three girls who have been educated in what are termed "High Schools," and who are now serving their apprenticeship under the London School Board. They tell me they are delighted with their work, and I could judge by the way in their work, and I could judge by the way in

liking for young people, and also to be tolerable judges of character, for one seldom meets with search two girls alike, and the different dispositions and tempers have to be studied and trained.

THE USE OF A SHEET.

offer. It is done to introduce the merits of Vi-Cocoa into every home. Dr. Tibbles' Vi-Cocoa as a concentrated form of nourishment and vitality is invaluable; nay, more than this; for to all who wish to face the strife and battle of life with greater endurance and more sustained exertion it is absolutely indispensable.

Dr. Tibbles' Vi-Cocoa is made up in 6d. packets, and 9d. and 1s. 6d. tins. It can be obtained from all chemists, grocers and stores.

Dr. Tibbles' Vi-Cocoa is made up in 6d. packets, and 9d. and 1s. 6d. tins. It can be obtained from all chemists, grocers and stores.

of the probability days the the child of the billing experience.

a sweet jelly, daintily transparent, deliciously appetising and flavoured not with some chemical

BOTTLE. MASON'S GINGER WINE ESSENCE NEWBALL & MASON, NOTTINGHAM MASON'S (NOTTINGHAM) COFFEE ESSENCE. (THE BEST MADE)

ASPIRATION.

O MAY I join the choir invisible Of those immortal dead, who live again
In minds made better by their presence: live In pulses stirred to generosity, In deeds of daring rectitude, in scorn teaching.

I may say in conclusion, that those who enter the profession ought necessarily to have a stars,

To vaster issues. . . . May I reach That purest heaven, be to other souls The cup of strength in some great agony, Enkindle generous ardour, feed pure love, Beget the smiles that have no cruelty— Be the sweet presence of a good diffused And in diffusion ever more intense.

Whose music is the gladness of the world.

she remarked. The sick woman smiled, "Well, nurse," she said, "I knows you likes to see me a lookin' clean and wholesome, so I just puts that sheet over me when it's gettin' to your for free sample.

ELEMENTARY TEACHING

AS A PROFESSION.

By an Old Teacher.

I was very much interested in Mrs. Field's article in the Signal on "Elementary School Teachers," and the very clear way in which she gives an account of a pupil teacher's career, from her probationary days till the end of her college experience.

There was only one thing in which I disagreed

she remarked. The sick woman smiled, "Well, nurse," she said, "I knows you likes to see me a lookin' clean and wholesome, so I just puts that sheet over me when it's gettin' to your time for coming. I 'as 'im took off as soon as you're gone, for I ain't so wasteful as to use a clean sheet when there ain't nobody to see it! I just keeps the old 'un 'andy and uses 'im."

PUDDING DAYS.

The mother is always in an odour of sweet sanctity who gives to her children, to the invalid under her charge, and to the males in her care a sweet jelly, daintily transparent, deliciously appetising and flavoured not with some chemical appetising and and wholesome, so I just puts that sheet over me when it's gettin' to your time for coming. I 'as 'im took off as soon as you're gone, for I ain't so wasteful as to use a clean sheet when there ain't nobody to see it! I just keeps the old 'un 'andy and uses 'im."

PUDDING DAYS.

The mother is always in an odour of sweet sanctity who gives to her children, to the invalid under her charge, and to the males in her care a sweet jelly, daintily transparent, deliciously appetising and flavoured not with some chemical through the same week's issue. Transets and Investment should words. Figures counts for the price of three if no change words; four insertions for the price of three is not hand words. Figures counts for the price of three is not part words; four insertions for the price of three is not part words; four insertions of the price of thre

Miscellaneous.

B, 106. HAND-PAINTED Christmas Cards from 3d. each. Selection sent for customers own wishes followed.



Current Aelus

FOR AND ABOUT WOMEN.

B.W.T.A. MEETING IN EDINBURGH.—The Council of the Scottish Christian Union in con-

B.W.T.A. Meeting in Edinburgh, Mrs. concetion with the British Women's Temperance Association has been sitting in Edinburgh, Mrs. Blaikle presented. It stated that the Home had attained its majority this year. During the period since its institution 213 women had been admitted as patients, and considerably more than one-third had been completely reformed. During the last year 51 cases had been received at the Home, five less than during the preceding twelve months, but sufficient to prove that intemperance among women still prevailed to a large extent. The small number of women inebriates whose friends could prevail upon them to place themselves under restraintshowed the necessity for some alteration in the law by which the party's consent was necessary before she could be so ordined. Owing to the number of higher paying patients, the income of the Home, which was of a fluctuating nature, had been larger than during the preceding year. It was reported that the Victoria Fund for the extension of the work of the Association in Scotland now amounted to £900. Some conversation took place at the Home help of the fund, the President stating that they wanted the whole of Scotland to be permeated.

The Country of Graze Young, as a brilliant exception. The Country of the progress of education for girls, he said intemperance among women still prevailed to a large extent. The small number of women inspirately prevailed to a large extent. The small number of the progress of education for girls, he said foundations for girls were following in the footsteps of the progress of education for girls, he said foundations for girls were following in the footsteps of those who in the old days supplied an educational Scotland now amounted to £900. Some conversation took place at the thore of the fund, the President stating that they wanted the whole of Scotland to be permeated.

The Union's work and the Carbon for Girls on Staturday after. The Cumberland genius, "she said, did not lie in Cumberland genius," she said, did not lie in

with their teetotal principles. Office-bearers were appointed—Mrs. Blaikie being re-elected president. The remaining part of the sitting was devoted to the hearing of reports by the superintendents of the various departments of the Virious reports. Seizing Miss Millett's keys, the patient struck her repeatedly over the face and head, and tore off part of one

WOMEN'S TREASURE FUND

or the purchase of books are invited, and gifts of books, or an of Standard Works, will be at once acknowledged by the Librarian and Hon-Treasurer, The Lady ELIZABETH UST, 13, Eccleston Square, S.W. Trustees: The Lady ERRY SOMERSET; the Lady ELIZABETH CUST; the Lady REY EGERTON; Mrs. SCHARLIER, M.D.; Mrs. EVA MCLAREN, REY EGERTON; Mrs. SCHARLIER, M.D.; Mrs. EVA MCLAREN,

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Where also apply for Consultation Appointm

Weak Tea in the Workhouse.—At the meeting of the Richmond Guardians on Saturday, Mrs. Walker proposed that the Board should apply to the Local Government Board for permission to double the quantity of tea used in the workhouse. At present, she said, it was only 1½ ounces to 10 pints of water, and it was very weak and barely coloured. The motion was carried unanimously.

Command of the Queen, expressed her Majesty's thanks for the gift, and her gratification that the fan was entirely of British work. Mr. Crawford was commanded to convey to Miss Oldroyd and Mr. Gleeson the Queen's congratulations upon the artistic talent displayed by them.

The displayed specific provides thanks for the gift, and her gratification that the fan was entirely of British work. Mr. Crawford was commanded to convey to Miss Oldroyd and Mr. Gleeson the Queen's congratulations upon the artistic talent displayed by them.

The displayed cases of anymic general weak. motion was carried unanimously.

THE VICTORIA HEALTH INSTITUTE. - The real nature and objects of the Pasteur Institute projected for India have been obscured under A NEWSPAPER reporter rarely records such an said:—"It is a thousand pities that the Pasteur Institute fanatics in India should have coupled the name of the Queen with the abode of devilry and butchery which they are about to set up in this country. That is, indeed, dragging Her Majesty's name through the mire, and it is yet to be hoped that better counsels will prevail with the sale which have to be the stream of the str with the people who have set their hearts upon such an unfortunate method of commemorating the Diamond Jubilee." The special veneration of the natives of India for animal life makes the connection of the Queen's name with a place for animal torture peculiarly objectionable.

PARISH HOMES FOR ENGLISH GIRLS .-- A friendless English girl, having vainly sought a night's lodging in Paris, drowned herself in the Seine. The story was told the other after-noon at a meeting in the Mansion House, and the narrator added that this tragedy was mainly the basis of the work of the British and American Mission Homes in Paris. The meeting was held for the purpose of making known the needs of those homes, and Princess Christian, Lady Jeune, and Lady Battersea had written expressing sympathy with that object. Those present included the Lord Mayor (who was the first chairman), the Lady Mayoress (who afterwards presided), the Archbishop of Ontario, his wife (Mrs. Travers Lewis, who, as Miss Ada Leigh, founded the homes), and Mr. F. A. Bevan. It was pointed out that the homes are open to all English-speaking girls of every class of life, without distinction of creed. The "mother" institution at 77, Avenue Wagram, has received 9,000 young women, besides otherwise befriending a larger number. It has 65 beds. At 18, Rue de Milan, is the Y.M.C.A. Home, notable for its free reading room, day meals, free Sunday dinners, and Bible readings. In the same building is a Governesses' and Jeune, and Lady Battersea had written exotherwise befriending a larger number. It has otherwise beds. At 18, Rue de Milan, is the Y.M.C.A. Home, notable for its free reading room, day meals, free Sunday dinners, and Bible readings. In the same building is a Governesses' and Artists' Home and Institute, with 30 beds. The Orphanage and Children's Home is at 35, Boulevard Bineau, and here 45 children are maintained and educated. At 22A, Queen's-road, Bayswater, London, young women are received from Paris, and advice is given to those who think of going there. The working of the homes during the past year has resulted in a deficiency of £334, and the speakers at the meeting begged that this cause of anxiety might be ing begged that this cause of anxiety might be ing begged that this cause of anxiety might be ing begged that this cause of anxiety might be ing begged that this cause of Artistan recently gave her Princess Christian recently gave her and the part of the cure of palpitation of the heart, giddiness, and other ailments by Dr. Williams' Pink Pills for Pale People. My wife endeavoured to induce me to give the Pills a trial, but having experienced so much disappointment I felt dispersed. There is no better in the princess Christian recently gave her and a prince of the princess Christian recently gave her and a prince of the princess christian recently gave her and a prince of the mean of the princess wrote. The working of the homes are princed as hopeless, and I was unft for further service. In was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Medican and die. I was finally called before the Me before long she might hear of its removal. Donations may be sent to the Secretary, 22A,

Donations may be sent to the Secretary, 22A, Queen's-road, Bayswater,

The Queen and the Farmakers' Company.
—In connection with the recent Fan Exhibition held under the patronage of her Majesty, the Queen has been graciously pleased to accept the prize fan which the master wardens and court of assistants of the Worshipful Company of Fanmakers sent through Mr. Homewood Crawford, the chairman of the exhibition committee, for her Majesty's acceptance. The leaf of the fan was worked by Miss L. Oldroyd, of Denne Manor, Chilham, Kent, a lady member of the company, and is composed of Maltese lace, cream silk, with gold thread and spangles, and bears eight heraldic badges. The fan-stick was beautifully carved in ivory, inlaid with gold, by Mr. Robert Gleeson (of Messrs, Duvelleroy), also a member of the company, and the fan was rivetted with diamonds, and enclosed in a handsome case with a crown and the Royal initials in 18-carat gold. In acknowledging the receipt of the fan, Liett, Col. Sir Arthur Bigge, by in 18-carat gold. In acknowledging the receipt of the fan, Lieut.-Col. Sir Arthur Bigge, by enclosing the wooden box or tube, which is about

THE WOMAN'S SIGNAL.

the above-quoted specious title. The Indian escape as that of Frederick Eld, formerly sergeant, 1st Battalion Leicestershire Reginement. On information reaching me, I called contain nothing that could injure the most

nearly 12 years. For eleven years he was a non-commisand for seven vears sergeant menced the e led to my inter- STRONGEST & BEST." commenced in

'He hadn't taken half of them when his heart

orders they have cured include over six thousand nine hundred cases of anamia, general weak-THE VICISSITUDES OF A SOLDIER'S HEART.

A NEWSPAPER reporter rarely records such an escape as that of Frederick Eld, formerly

nine hundred cases of ansemia, general weakness, loss of appetite, palpitation, shortness of breath, early decay, all forms of female weakness, hysteria, paralysis, locomotor ataxy, rheumatism, sciatica, scrofula, rickets, chronic erysipelas, consumption of the bowels and lung. These pills are not a purgative, and delicate.

Our Open Columns.

The Editor does not hold herself responsible for the opinions expressed by correspondents. Discussion is invited on the subjects here



It was in the West Indies Every Thursday, ONE PENNY WEEKLY.

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all times and all seasons. building up the

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growing body.

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