

# OUR WOMAN'S DEPARTMENT.

EDITED BY MRS. N. F. MOSSELL.

[This column will be devoted to the interest of women and will aim to promote true womanhood, especially that of the African race. Suggestions as to how this department may be improved and its usefulness increased will be gladly received. All success, progress or needs of our woman will be given prompt mention. We shall be glad also to receive for exchange or for our book table such publications as may be deemed helpful. All communications or contributions for this department should be addressed to Mrs. N. F. Mossell, 324 Lombard street, Philadelphia.]

"Whatever is worth doing at all, is worth doing well." Many women are now asking that new employments be opened to the sex. And yet we have not done all we might in the employments open to us. That women in all ages and nations have had most to do with the preparation of food will be readily admitted. Yet how few even of those who profess to know how can prepare any number of meats, vegetables, fruit, etc., so that they may best afford sustenance to the body?

Many restaurants are started by women and fail. They rarely live long enough to establish a reputation for the perfect preparation of even one article. We have in this city one restaurant established by a woman which has been in operation for forty years, and has gained a name for supplying good pies and biscuits. Women generally are fond of tea, coffee, chocolate or milk, and if these articles, with sweet fresh bread, home-made and baker's biscuits, short-cake or buns, accompanied with pure butter, not any imitation of it, were supplied upon reasonable terms, there would be found a ready sale for them. The first requisite would be a pleasant, cheerful location, easy of access. Let the table furnishing be clean and arranged with some taste. Let the liquids be served in dainty cups. Not oil cloth, but better quality of cloth, and clean white napkins. In many of the restaurants for the poorer classes oil cloth, cracked china and coarse, red napkins, almost destroy appetite. Women waiters are to be preferred. It makes the place more homelike, and one is able to forget that she is eating at a public place. Last, but by no means least, let every article placed before a customer be perfect. Perfection is what will gain a name for the place, and people will come miles and pay good prices to receive an article if they know it will always give entire satisfaction. A small cafe on Chestnut street sells chocolate only, and yet the cafe is crowded, because the chocolate has a reputation for excellence.

A restaurant managed by a woman, and supplying no greater variety of articles, would be found to pay, and would really by the good it would do have a right to be classed under the head of a benevolent institution.

Women are too economical to pay extravagant prices such as men pay for meals taken away from home, but how many a one hurried without time to prepare a meal in a busy shopping tour, or when engaged in visiting the sick, would hail with delight such a place, where for a small sum they might supply their needs. Many a severe headache, fit of ill temper, or attack of dyspepsia, would be warded off by this means.

Lady Duffin Hardy says, "that in order to thoroughly enjoy traveling in perfect comfort and freedom from anxiety in the United States one must be an unprotected female. To her the manly heart yields his interests; gives her the best seat while he boils in the sun; for her he fights his way to the front ranks of refreshment saloons, and bears triumphant ices aloft; for her he battles with baggage masters, and not being her legitimate owner he carries her hand-box—he even carries her baby." She might have added, he will even neglect his own wife and baby to do it.

Mrs. M. E. Lambert is editor of *St. Matthew's Lyceum Journal*.

The first medical school of France has been opened to women. Among the first to avail themselves of the privilege is a young colored girl.

Miss Edmonia Lewis, the sculptress, has presented St. Mary's Chapel, Baltimore, with a marble panel representing in basso relievo the "Adoration of the Magi."

Miss Alice Baker has begun her work in the mission field of Hayti. Of her, says Bishop Holly: "I am glad to say that we find Alice all that our fondest hopes could have pictured to our imagination. Many thanks for this most substantial service that you and your co-laborers have thus rendered to the poor struggling church in Hayti."

Mrs. Rutherford B. Hayes has bought and fitted a house in Savannah, Ga., where Negro girls will be instructed in the duties of housekeeping.

Miss Lucy C. Laney, a teacher in one of the public schools of Savannah, obtained permission to present some plans to the Presbytery, relative to the organization of an industrial school in Augusta, Ga. Her address was interesting and her plans were favorably received, considered and endorsed.

Do you wish a recipe for preventing all worry,

For giving composure and freedom from flurry?

Just think of one fact which is true you will find;

When anything happens to ruffle your mind,

First something or nothing there is to be done,

First nothing or something, that's clear as the sun.

If something then do it and make no delay;

If nothing, all thoughts of it cast far away.

This simplest of rules, if you'll only obey,  
Will free you from wrinkles for many a day.

It is difficult in domestic practice to apply tests for water in milk. One sure way is to dip a well-polished knitting needle into a deep vessel of milk, and then immediately withdraw it in an upright position. If the milk is pure, a drop of the fluid will hang to the needle, but the addition of even a small portion of water will prevent the adherence of the drop.

"Our Woman's Department."  
New York Freeman, 9 Jan.  
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