

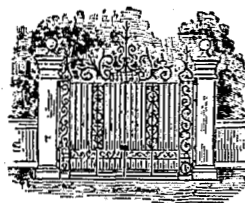
Preparations, Inventions, etc.**SHREDDED WHEAT.**

"Milk and honey and shredded wheat
Is a dainty meal a King might eat."

AND if, in addition to its palatability, shredded wheat is found to contain all the nutritive qualities of wheat, surely we have got very near to the ideal food. At present, in our white bread, we are at some pains to remove the most nutritive part of the grain, leaving little but starch, thus depriving ourselves of its phosphates. In shredded wheat, the grain is not reduced to flour at all, but, after being thoroughly cleansed and softened, it is shredded into fine threads. These are then cut up by sharp knives into four-inch lengths, and baked for thirty minutes in an oven of a temperature of no less than 560 degrees. They are then transferred to a second oven of much lower temperature, and baked for six hours. By this process, the starch in the biscuits thus produced is made quite soluble, and can easily be digested by the weakest stomach. Shredded wheat is particularly adapted for the use of invalids, old people, and infants, by reason of its digestibility and nutritive qualities, while it is also a most beneficial and acceptable article of diet to the strong and healthy. We commend shredded wheat biscuits, which may be obtained in this country from all the leading grocers, to the very careful attention of our readers.

CRAVENETTE.

WHAT is Cravenette? It is important to know, for Cravenette is an ideal material for cloaks for a wet day, inasmuch as it is ordinary cloth rendered waterproof by a special process, and while it may be of becoming material, and is entirely rain-repellent, it is, at the same time, porous, so that it is thoroughly hygienic. Another advantage of this material is that it is improved by heat, whereas, as we are many of us aware to our cost, the ordinary mackintosh is spoilt if put before the fire by a well-meaning, but indiscriminating domestic. The peculiarity of the Cravenette system consists in destroying the absorbent properties of the fibres composing the material used, whether wool, cotton, or silk, and fabrics which have been so treated do not absorb water any more than if woven from strands of metal or glass. It may be applied to materials of the most delicate shades without in any way injuring them. Therefore, on all counts, it is a most desirable material for out-door wear on damp or wet days. It may be obtained of all the leading drapers. It is, however, important to note that, on every yard of the material, the registered trade mark "Cravenette" is stamped.

Outside the Gates.**WOMEN.**

A ROYAL proclamation has been issued establishing a new Order to be called the Kaiser-i-Hind, which is to be a medal for public service in India, and may be conferred on both sexes. This is good. No doubt some of the devoted women who have been working for the past two years helping to combat the terrible plague in India may in the future be recipients of this well-deserved honour.

Great satisfaction prevails among the friends of the higher education of women in Austria. The Countess Gabrielle Wartensleben has had the title of Doctor of Philosophy conferred upon her by the University of Vienna. As this was the first case of the kind in this capital it naturally occasioned some rejoicing. In his address upon the occasion the Rector of the University advocated the admission of women to the learned professions. It has only been possible within the last eighteen months for women to graduate for philosophy, but the Minister for Public Instruction has now solicited the University to admit women not only to these lectures, but also to the regular courses for law and medicine. The one or two lady doctors practising in Austria obtained their degrees in Switzerland, as it has not yet been made possible to study medicine with a view to a degree in Austria. The Minister will henceforth permit women who have had degrees conferred upon them abroad to repeat their examination, that they may take an Austrian diploma.

The London School Board is at last taking a practical view of things, and is about to open a school where girls may qualify as thrifty housewives. The school built on what was once the Paragon, in New Kent Road, was opened last Monday by Lady Londonderry, and there will be taught cooking, laundry work, and housewifery, which will include the management of lamps and taps, bed making, table laying, sweeping, ventilation, and other household duties.

France and the United States have nominated ladies as representatives to serve on the jury who are to assign awards to exhibitors at the Paris Exhibition. All the other Powers send men alone.

The reactionary condition of British women in relation to the Paris Exhibition is extraordinary when one recalls the influential committee of women appointed by the Royal Commission in 1892 to deal with Women's Work at the Great World's Fair at Chicago in 1893. The committee of men dealing with our national work in Paris have excluded women from taking any official part whatever in the organization of the British Section. Sometimes one wonders if the latter-day Britisher is "born of woman" at all. Anyway he has effectually snuffed her out in relation to Paris, and this at a time when the virtues and statesmanship of the Queen are on every tongue and spurting from every pen!

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