## TO WOMEN. OR INTEREST

HE trials of a beauty are doubtless very severe, but they are not a patch on the trials of a "nice" girl. I speak from no little experience. "Nice" is my only adjective, so to speak. I am plain and neither rich nor brilliant, so to make up I try to be amiable, and consequently society imposes upon me shamefully.

For instance, when my friend Mrs. Grey has a dinner party and some one disappoints her at the last minute, she says: "It's a pity to spoil the looks of the table; I'll send for Edith; she's such a nice girl; she won't mind being asked to fill up." She does, though, but she can't very well refuse to oblige people for the sake of cilly pride and prejudice.

And when I do go she probably delivers me over to the tender mercies of old Mr. Cairns, who is as deaf as a post. I know my hostess has said: "Edith won't mind his taking her in; she's such a nice girl."

Or perhaps I am out spending the evening somewhere, and it is decided to finish off the proceedings with a little dance. No one will volunteer to play, and the hostess comes up to me and says, with a gracious smile: "Edith, dear, perhaps you won't mind playing us a set of lancers. I'm afraid no one else can."

"Of course, it wouldn't matter if it stopped there; but the lancers are followed by a waltz and the waltz by a polka and the polka by a schottische and so on, until just as it is time to go home some one says:

· "Why, poor Edith's never had a dance! She's been playing for us all this time! What a shame!"

And the hostess says: "I am afraid we have been very selfish, my dear, but you do play so beautifully, and you are always so obliging."

Then again, when I go to see any one my appearance is the signal for them to pull out their hats and gowns things, and they all ask my advice and borrow my patterns and copy my bonnets and make a general social hack of

Of course matrimony is entirely out of the question for a "nice" girl. I have heaps of male friends, but that's precisely where it is. They are simply

girls, and then come and tell me all about it, and expect my advice and sympathy and encouragement.

Of course it's very gratifying, and I suppose I ought to feel highly flattered, but at the same time it is a little trying.

As I said before, I am not rich, and my business in life is to "teach the young idea how to shoot." And alas! even here that relentless adjective pursues me!

It is rather a long walk to the scene of my labors, and frequently when I arrive their the mother of my pupil meets me in the hall with apologetic smiles.

"The children are not in this afternoon," she says. 'A friend called and has asked them for a drive. It is such a lovely afternoon I knew you would not mind it."

And then they wonder that their young hopefuls do not get on.

And in the matter of holidays, too, my leading characteristic serves me but poorly. "You wouldn't mind having the summer holidays a little earl er this year?" is sometimes said to me with a gracious smile.

"I have just had an invitation for the children to spend next month in the country." And it is said to me with such an air of assurance that I feel my feeble protest that it is "inconvenient" die away upon my lips.

I weakly murmur instead that it "won't make any difference;" but when I have to begin work again just as every one else is "breaking up" for the summer vacation, it is but poor consolation to me to know that Mrs. A. confidentially informs all her friends that the young lady who instructs her offspring is "such a nice girl! So very obliging always."

After all, I suppose its my own fault and I bring it all on myself; and I may as well nake myself useful, as I can never, by any chance, be ornamental.

But, at the same time, it is impossible to help wishing sometimes that people would be a little more consider ate, and remember that I am only human, even if I am "such a nice girl."

A NICE GIRL.

The greatest and first essential to physical perfection in a woman is a figure without an angular line. Nature avoids angular lines everywhere, but in They go and fall in love with other the human figure especially. A per-

fectly formed woman will stand at the average height of five feet three inches to five feet seven inches. She will weigh from 125 to 140 pounds. A plumbline dropped from a point marked by the tip of her nose will touch at a point one inch in front of her great toe. Her shoulders and her hips will strike a straight line drawn up and down. Her waist will taper gradually to a size on a line drawn from the outer third of the collar bone to the hips. Her bust will measure from 28 to 36 inches, her hips will measure from 6 to 10 inches more than this and her waist will call for a belt from 22 to 28 The arms of the perfectly formed woman will end at the wrist line, so that she can rest her elbow on a table while standing erect, and her forearms should extend to a point permitting her fingers to mark a point just below the middle of the thigh. Her should be of neck and thigh about the same circumference. The calf of her leg and arm should measure about the same. Her legs should be about as long as a line drawn from her chin to her finger tips, or about one half her height, say from 2 feet 7½ inches to 9 feet 9½ inches. She should measure from her waist to her feet about a foot more than from her waist to the crown of her head. Her neck should be from 12 to 14 inches around, her head erect and on a line with the central plane of her body, and her feet should be of a size and shape to conform with her hands. Although sizes in footwear and gloves vary somewhat a wellproportioned woman wears a shoe one-half the size of the glove that her hands call for; thus, if a lady wears with comfort a No. 6 glove she should wear a No. 3 shoe.

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