

WOMAN and HER WORK.

I wonder if any woman ever yet understood the meaning of the word rest? That is whether any of us ever knew how to take rest when she was tired? Of course we all think we do, and nine out of ten weary women will throw themselves into a chair, lean back with their feet resting on the ground, and their whole attitude as unsuggestive of rest as possible. Take up the first piece of work within reach, and settle down for an hour of real hard "rest." Is it any wonder that the woman who "rests" after this manner should feel quite as tired after this method of recuperation as she did before?

I really begin to think that woman like the horse, is one of the animals condemned to unremitting toil so long as her life lasts. The healthy society matron wears her life out in attending to her social duties and keeping up her position, entertaining and being entertained, fulfilling, as she says "the duties she owes to society." The young girl whose lot is in the upper circles of society works quite as hard as her humbler sister of the shop or office though her labor is all in the pursuit of pleasure, and the pale cheeks, and hollow eyes that show her need of rest at the end of the season are the results of a constant round of gaiety instead of any useful work. The anxious mother of a family whose work is never done, wears her life out contentedly, and never thinks of rest other than the apology for repose I have already mentioned; while the working girl whose days are spent in the confinement of shop, or office takes her pleasure, and her so-called rest together, and the consequence is that she begins work on Monday morning feeling rather more tired than she was on Saturday night when she left off for her weekly rest.

I have come to the conclusion that resting is one of those things in which men can give us many valuable "pointers." It is, in fact something they understand thoroughly, and it we were only as well up in the art there would not be so many tired, faded women in the world. A man comes home tired from his daily work, and if he is a gentleman the first thing he does is to change his coat for his lounging jacket, remove his boots, and put on his easy slippers, take a long drink of ice water, lemonade, or ginger beer, if he is not naughty enough to prefer brandy and soda—and throw himself full length on the sofa. Perhaps he smokes, and almost certainly he reads the paper, but of one thing you may be sure, you will never catch him exerting his muscles or doing any kind of work whatever, mental or otherwise, during the hour of rest. He has sense enough to know also, that the only way to rest a tired body is to let every muscle have complete repose, and this can be affected by lying at full length in that delightful inertia which is next to sleep in refreshment. He lays aside his business worries too, when he is engaged in the delightful occupation of resting, and he stops thinking as far as possible. Rest of mind and body is what he requires, and he sets about obtaining it in the only rational manner. Consequently he arises from that sofa a new man, refreshed in every fibre of his frame, and ready to take his evening's pleasure, or go back to the office, feeling almost as bright as when he first started out in the morning.

The laboring man is just as wise in his own slightly different way. He has no lounging jacket, and very likely no slippers so he simply kicks off his boots, takes off his coat, and sits around in his shirt sleeves and socks. After he has had his dinner or tea, he lies down on the sofa, if he owns one, and if not, on his bed, for a good rest, and in an hour's time he is rested and ready for his stroll down town, or the bit of work in his garden which is almost as much of a pleasure as the walk. I wonder how many women there are who make such an important business of taking a well earned rest? How many who would consider it worth while when thoroughly tired out to take off their neat shoes, or their high heeled slippers, put on a pair of bedroom slippers, remove her bodice and corsets, and donning a loose cool wrapper stretch out her weary body on the sofa, and rest, really rest both her mind and her body for an hour or two? I don't know one!

"But I have no time!" cries the society dame, "my engagements will not permit me to waste a moment, no one can afford to cancel important appointments just for the sake of resting, society would not hear of such a thing, we would soon be out of the swim and besides I always can rest when we go to the mountains or the seashore in the summer."

"I cannot spare a moment for idling" says the busy housewife, "Why in the world should I spend a precious hour lying down when I can rest just as well in a rocking chair and be darned the children's stockings at the same time? I have no time to waste." Neither have I, my friend, not a moment in the day, but still, in spite of that I very frequently find time without the least effort on my own part, to lie down days at a time, and not resting and enjoying myself either, but having a dismal teletete in a darkened room with the headache friend, who is taking it out of me for many

errors of omission, and showing me just how much time I can spare when he takes matters into his own hands.

I make a good many resolutions at such times, but like the rest of my sex I "trust to luck" as we are so fond of expressing it, and go on resting with the bit and bridle on, in true woman fashion, until the next time.

I wonder when bitter experience will teach us a little wisdom, and we shall learn the secret of resting so that we will really feel as much refreshed after our repose, as a man feels after his well spent "hour off?"

The woman with the sloping shoulders is "dead in it" now, to use a slang term! she has been entering "out of it" for so long poor thing, that no one should grieve her a brief season of popularity. I say brief, because she is entirely too scarce an article to enjoy any thing very long; the majority must always conquer in the end and as the proportion of women with drooping shoulders is about one in a hundred I am sure the other ninety and nine will never stand tamely by and submit to fashions which make caricatures of them. The athletic girl has been in fashion for so long that high square shoulders have become second nature and it will be very difficult to overcome a habit so firmly established.

The girl with the sloping shoulders has been having a bad time of it for a good many years, but her troubles are not to be mentioned in the same breath with what lies before her square shouldered contemporary in the near future. For the former there was at least the blessed expedient of cotton wool; she could pad herself until the "sired proportions were reached; but what I am will there remain in Gilead for the high shouldered maiden should the threaten. A fashion ever obtain a firm foothold? she can't use a plane and it she spent all her days from dawn till dark in carrying two heavy pails of water up and down a long corridor, as our grandmothers used to do, in order to obtain the coveted slope, she could never hope to bring down those tailor made shoulders of hers, that she was once so proud of.

It is said that the effort to reduce the size of sleeves, and lengthen the shoulder seams originated [with the princess of Wales, who, as everyone knows] has very beautiful sloping shoulders, and who is no doubt tired of fashions which persistently conceal them. Should this be the case, I fear the long shoulder seam may obtain some favor, but I sincerely hope, like all other square shouldered women, that its reign may be a short one.

Another innovation which is said to be rapidly approaching is the short skirt dear to the hearts of our ancestors, and that there is some color of possibility in the prediction is proved by the fact that the skirt of walking costumes are already quite perceptibly shortened. If it is true that skirts are to grow fuller, instead of narrower, as time goes on, this shortening will become a necessity because the average woman has about reached the limit of her endurance in carrying around the heavy burdens of material, especially in warm weather. It is predicted that with the increase of fullness in the skirt, stiffening will go out entirely. That would almost go without saying, as it would be impossible to imagine any ordinary woman moving about in a skirt as full as those which are predicted, if they were to be held out with hair-cloth. By the way some of the best dressmakers have recorded their vote against hair-cloth. It is said that in the largest dry-goods establishments the use of its substitute, fibre chamois, is discouraged, on the ground that it is exceedingly warm. But it must be remembered that hair-cloth is very expensive, and continually increasing in price, while fibre chamois is correspondingly cheap. It is not true that hair-cloth wears well, and that has been the one argument in extenuation of its high price, while it is a fact it is quite as warm and much heavier than the fibre chamois. The opinion of a leading New York dressmaker on the subject is worthy of attention. Said she

"I am sorry that I did not find out the virtues of chamois fibre, sooner. I think it is really as good as hair-cloth and I know it is much cheaper. I cannot imagine why my customers object to it unless they do believe that it is warmer than hair-cloth. Women are simply throwing away their money, and putting big profits in the pockets of the merchants, when they persist in using a material which will not stand heat or dampness." Which certainly looks as if the high priced luxury was waning in popularity, and people with moderate purses could at last indulge in the luxury of a dress which was thoroughly up to date in every essential, and the lining of which did not cost more than the original material, and the making but together."

Here is a happy suggestion for the ever popular sailor hat. To make the sailor hat of greater value to the summer wardrobe it is necessary to have several ribbon bands to match the various frocks. This is the clever idea of a young belle who is always well gowned, and who does this at a small ex-

pense. For instance, with a pure white toilet of duck a white sailor hat, with a wide band is correct, and with a pale or dark blue it is the same rule of fashion which applies. This changing of the band makes it appear as though it were a new hat, whereas the cost of the band is a small expense. Make the band with a piece of elastic inside of it, so that it will slip over the crown of the hat easily. The narrow corded ribbon is now most in vogue.

The one rule with regard to bodices seems to be that they shall all be bloused! Blouses for the matron, the maid the stout and the thin, even velvet bodices, and silk velvet that are made to drop over the waist line almost concealing it, while in some of the newest blouses shown with imported dresses the belt is entirely concealed the material hanging quite below it. An example of the extreme of this fashion has the bodice fitting quite smoothly over the shoulders and bust, while from this level the material hangs away from the figure in a perfectly straight line all around, front, sides and back. At a level with the waist it is turned sharply under, and drawn within the belt. This has the effect of making the waist look very slender. Every effort seems to be concentrated upon making the blouse seem to hang fully as wide as the curve of the wearer's hips, the belt receding well into its shadow, as a swiss chalet hides under its overhanging eaves. There are of course many modifications of this model, and the box-plait effect is one of the most popular; when it is adopted, the fullness hangs from the collar, spreading over the entire front, the shoulders alone being closely fitted. Sometimes the fullness falls from the collar and shoulder seam by way of variety, but in any case it is caught in at the waist and bloused over well in front. Scarcely a plain bodice is to be seen anywhere, and when it is seen one may be pretty certain that the gown is not one of this season's making. When there is not a bloused bodice, there is sure to be a blazer and vest, and on these two themes the variations that are played are infinite.

The jaunty shirt waist necessitated something equally fetching in the shape of neckties to go with it, and the demand has created the supply as usual, so that there is an endless variety of lovely washable neckties, to choose from besides any number of plain Indian silk ties in light tints and also in striped and plain washing silks, and the greatest quantity of bows, and scarfs of ginghams, pique, and scotch madras. So the summer girl cannot complain of any lack of smart neckwear.

Amongst the newest belts are seen, the nickel and silver zones which were so fashionable a few years ago. Ribbons are run through the links and the effect is very pretty indeed. They are said to impart a look of roundness to the latest waist, and they are both handsome, and durable.

A new and most successful skirt for tennis, golfing walking or wheeling is made of accordion plaited tweed serge, or cashmere, and allows perfect liberty to the wearer, besides being both graceful and pretty.

Two new materials which are in reality very old are coming in again, and bid fair to enjoy all their old time popularity, they are grenadine and poplin. The former comes in irregular weaves dashed with contrasting color, and the latter are prettiest in black, cream white, and tartan plaid.

The latest outing jackets strongly resemble the etons but are much longer some of them have tabbed fronts, and some are edged with frills, which at the under arm seams and finish with sharp revers, and deep cape collars. These jackets are worn over blouses of china, India, and Japanese silks.

A new effect for the necks of summer gowns is to have several folds laid smoothly on the neck of the bodice, thus doing away with the stiff standing collars which have stifled and oppressed suffering woman kind through the long hot summer. Bodices which display these folds at the neck, are also finished at the bottom with folds to match.

The collar of the season is fish shaped when it does not ray out like the petals of a daisy, over the shoulders. This petal arrangement, in dark colors falling over light, and in heavy material over flimsy stuff, is a favorite London effect. Some collars are in imitation of the cut known as sailor, but which are so much wider than a real sailor would care to wear, and they also show a deep lapel in front.

Chicken Curry. Cut the meat from the remnants of cold roasted or boiled chicken into one inch sized pieces, place a saucepan with one gill of cut onions and one and a half ounces butter over the fire, cook five minutes. Add one teaspoonful of curry powder, one teaspoonful salt and one tablespoonful flour, stir and cook three minutes. Add one-half pint chicken broth, which can be made from the chicken bones and gravy, cook and stir a few minutes, then add one and a half gills of cream or milk, one-half pint grated coconut and one pint of chicken meat. Cook five minutes, serve in a border of boiled rice.

Cheese Fudding. Stir half cup of butter with four tablespoonfuls of sugar to a cream, and add by degrees the yolks of eight eggs and the grated rind and juice of one lemon. Cut

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the crust off a five cent loaf of bread, grate the white part and add it to the above mixture, with one and a half cups of milk, three-fourths of a cup of finely cut citron and the whites of the eggs beaten to a stiff froth. In the meantime pour over one-fourth pound of vanilla waters and one half pound of macaroons some Madeira or sherry wine, and sprinkle with finely sifted bread crumbs. Cut a layer of the bread mixture, one inch in thickness, in a form and cover it with a layer of macaroons and waters; then a layer of bread, and continue until all is used. Close the form tightly and boil two hours. Serve with wine sauce.

Pineapple Pudding.
Pare and cut into small dice a ripe pineapple; put them into a dish and pour a pint of cold sugar syrup, let it stand four hours. Two hours before freezing put the fruit into a freezer until it begins to thicken. Then add one pint of whipped cream into a form and pack in ice for two hours.

Alligator Pear, Salad.
Take two alligator pears, cut in slices and place in a salad dish. Break the yolks of four hard boiled eggs into small pieces and sprinkle over the fruit. Cut the whites into fine strips, lay them around the dish; pour over a fine mayonnaise and lay a border of tender lettuce leaves around the dish.

Wonders Seen by a Native Alaskan.
"The Indians of the interior of Alaska," says a traveller, "are so unsophisticated and uncivilized as the natives of the interior of Africa. I saw an Indian lad in Juneau who had been brought from Forty Mile Camp, and it was amusing to watch his interest in the big ships, houses, cattle, electric lights, telephones, and phonographs that he saw there. The little incandescent electric lights interested him perhaps more than anything else and he would have 'gone broke' in buying them if his guardian had not prevented him. He thought that he could take them back to his tribe and make them glow by simply turning the thumb-screw, and he believed that he could sell them like hot cakes on the Yukon. The mysteries of the phonograph seemed to him something supernatural, and they were entirely beyond his powers of understanding."

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Cut the meat from the remnants of cold roasted or boiled chicken into one inch sized pieces, place a saucepan with one gill of cut onions and one and a half ounces butter over the fire, cook five minutes. Add one teaspoonful of curry powder, one teaspoonful salt and one tablespoonful flour, stir and cook three minutes. Add one-half pint chicken broth, which can be made from the chicken bones and gravy, cook and stir a few minutes, then add one and a half gills of cream or milk, one-half pint grated coconut and one pint of chicken meat. Cook five minutes, serve in a border of boiled rice.

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