ical strength, but by a sort of knack ac-

the wheel up hill. The power will come

by use alone, and overexertion is injuri-

ous in the extreme. An athletic man on

his first ride will stick at the foot of a

hill that a skillful woman rider of not

not notice at all. This circumstance

of riding it.

ought to cheer every woman who at the beginning is discouraged because she

After mastering ordinary riding, hill

climbing and coasting—and the latter

amusement ought never to be indulged

wheel-there are several little feats of

fancy riding that are easy to learn and

pleasant to practice. Riding "hands off"

is a useful accomplishment, since it is

often convenient to have the hands at

liberty, and is quickly acquired by a per-

First one and then the other hand is re-

moved for a few seconds at a time, and

the trick of guiding the wheel by sway-

ing the body is learned after a few ex-

periments. Riding side saddle and pro-

PROPER POSITION.

pelling the machine by one pedal is also

asy, and riding hand in hand—at arm's

ength, of course-with another rider.

All such practice serves to give one con-

There are almost a hundred bicycle

nanufactories in this country, and every

eels of the previous season. The old

year produces some improvement on the

solid tire is almost universally discarded

in favor of the improved pneumatic, which runs more rapidly and easily, with

machine, easy clothing and a good road,

a nervous, easily worried woman can do, wonders for her health of mind and

body, and the sooner she is convinced of

it the better. Fortunately the woman's

machine can be ridden by either sex, so if but one wheel is to be owned in the

ime will come when, mistress of her un-

the crowded thoroughfares of the town

and traversing its parks and boulevards, or will wander far afield into the pleasant

country lanes, resting in the cool shadow

of overhanging trees and drinking from the wayside spring. And returning she will bring back great clusters of wild-wood flowers and leaves, and, better still,

the cheerful face and wholesome hunger

It is a pretty idea to have the guest cards at ladies' luncheons—which are

usually rather more dainty and fanciful

than any other variety—decorated appropriately to the occasion or to the person whose name they bear. The decoration may be very simple, and if the hostess does it herself the cards will be all

the more valued as mementos. If the luncheon is to have a Japanese effect, for

instance, and the dining room is orna-mented with chrysanthemums, paper lanterns and umbrellas, the cards may

be in the shape of tiny fans, with the name in zigzag letters done in gold paint, and these may be hung by narrow

ribbons around the necks of the little

Japanese vases that serve as souvenirs

of the occasion, or if it is a "literary

the cards may be in the shape of little

pennons, and the souvenirs may be silver

stickpins with anchor or ropeknot heads.

Never give costly souvenirs, as it looks
ostentations, besides forcing an obligation. Avoid the millinery effect of too

ISABELLA PROCTOR.

of a healthy and rational woman.

nce and complete one's control of the

son riding a cushion or pneumatic

in unless one has thorough control of the

A HANDSOME COMBINATION COSTUME designs, particularly in the insertions FOR SUNDRY OCCASIONS.

black laces are all popular as trimming now and will probably be employed as Sailor Hats Are Universally Becoming The Newest Fancies In Wraps-Handsome Seasonable Colors - New Tailor Made Dresses-Novelties In Laces.

[Copyright, 1893, by American Press Associa-

When the torrid sun of summer burns all nature, then women begin to long for the cool sea breezes, and whether they can or cannot go sailing on some boat or vet side bands, edged by flat lace and other they put on a yachting suit anyhow, and doubtless they feel cool, knowing they look so. Really yachting suits a pale pink crepon with outline of depend more upon the kind of hat one lace beaded and spangled. Around the wears than on the clothes themselves.

Given a serge dress trimmed with wavy black braid, a jacket and plaited sleeves. The pattern of lace is cut out front to a full waist, and a cap, one and appliqued with beads all around the knows that it is a regulation yachting edges. It is laid flat upon the garment. suit. Take that same dress and wear a glazed or straw sailor hat and you know quite as well that the wearer is going to the seashore, and put a flower hat on the dainty head, and it is a natty negligee walking costume. Caps are worn by the seaside occasionally, and sailor hats on pleasure yachts as well as on many other occasions, many of them being seen on the street for runabout uses, but a cap has no right in the streets of a city unless upon a bicycle rider, when it is

There has never yet been discovered a hat so universally becoming as a sailor, be it of white straw with white ribbon band or with a band of dotted ribbon, or of red straw with red ribbon, or of black straw or glazed silk. The shape is its chief beauty and its neatness its best attraction. And it is as pretty for matrons as for little girls, and for young girls there can be nothing prettier for ordi-nary wear. I noticed among the caps some with extra long peaks, and these were for the better shading of the eyes, but they were not so becoming. Flan-nels and serges are the natural complements of sailor hats and yachting caps, with the balance very much in favor of serge this season, and it is made in extra heavy weights for extra warmth while

The changeable climate makes it neces sary to have warm clothing in summer For such needs there is a large variety of short wraps and jackets, almost as many styles as there are persons, but the fa-vorites are the short military wrap and the reefer jacket, satin lined.

Among the newest fancies in wraps

intended for such needs there are short round capes made of the new shadow bengalines. These bengalines come in 48 inch width and change by perfect stages from the lightest shade of one and then back again, but the transition is so gradual that it generally takes the e width to bring out the whole pat-There was one pattern that shaded off from old rose to olive green, the weaving and blending of all the intermediate shades being most cunningly done. Another one changed from the palest straw to the darkest brown hrough all the intermediate shades of on, orange, mandarin and red.



There is also another fabric called urs that is woven in very coarse stripes of different colors, the surface being ribbed and the thread upon the raised part being of a different color from that beneath, so that it has a very sumptuous effect as the folds throw light and shade upon it. In some cases mains the same. There are some where the surface is brown, the under cord lemon color or green. There are soft dark greens overlying rose pink, or ma-genta or eminence purple over bright

name is almost to give the impression of vulgarity, but the tints and shades all bination a saving grace.

These heavy bengalines, poplins and velours are used for making the little wraps mentioned, and so is plain cloth with straight cut or pinked out edges.

To go with the shaded bengalines and

the two toned velours there is a special ribbon made with two or three heavy cords along one edge. The other edge is to be gathered. This kind of ribbon will also be used to trim skirts for fall.

Some of the new shepherd's plaids have pale, indistinct figurings or swivel weave thrown in between the narrow lines that form the large plaid that over-lies the small check. Some of them have only a small check. Tailor dresses are being made up with flat insertions of lace as trimming, which seems an odd combination. The lace, however, is always of the heavier kinds.

THE LATEST STYLES. along the edges. Point bruges is like CYCLING FOR WOMEN. the duchess lace in all but price. Point

HEALTHFUL RECREATION WHEN that are now to be so largely used. The MODERATELY ENJOYED.

It Strengthens the Lungs, Cures Melanflouncings on many elegant gowns. Chantilly never goes out, but is now in cholia and Nervous Dyspepsia and Uplifts the Spirits-A Word For the Weary novel and lovely designs, many of the patterns being outlined with crystal or Housekeeper-Learning to Ride.

Copyright, 1893, by American Press Associajet beads, with here and there a spangle. There has been much discussion on the show the mode of applying lace. One is a gown of large flowered silk with velealthfulness and unhealthfulness of icycling for women. Carried to excess it doubtless proves injurious, as does imwith a bertha of the same, with velvet

de gene and bourdon are shown in new

very high favor and is shown in many

moss green velvet jacket with gigot

There are many clever ladies who lik

or highly contrasting color.

HENRIETTE ROUSSEAU.

MAKE HASTE SLOWLY.

What a great mistake the average

young couple with moderate means

now and then that is really good. They

are unwise enough to wish to begin where their fathers and mothers left off.

Each has left a comfortable home, a lux

urious one perhaps, and the young man has a foolish pride—foolish when he can-

not afford to gratify it—to give the dear-

est woman in the world as downy a nest

Neither one considers perhaps that the pictures, books and the hundred and one things that make up the luxurious home

Neither do they realize that cheap fur-

niture only grows cheaper; that it is bet-ter by far to have a few pieces really good than a house filled with ordinary

things. I do not mean to say that the well furnished home should contain noth-

ing but massive and costly furnishings

Far from it. There are countless cozy nooks, a shelf here and there, an ideal

window seat which the ingenious house-

are an accumulation of years.

How a Young Couple of Modest Inco

New York.

moderate indulgence in any sort of bodily exercise. Too violent and long continued bottom is a velvet band to match the action of the heart to such an extent as to be dangerous, and it is claimed may even cause certain throat difficulties by inducing rapid breathing through the mouth. However, these same results are quite as likely to be produced by overexertion in tennis, swimming or any other active amusement. On the other hand, many doctors recommend the moderate use of the bicycle to persons having delicate lungs, nervous dys-pepsia, melanchelia (which is often an-other name for it) or a rheumatic tendency. Fortunately women have not adopted the stooping style of riding, which is one of the main counts against bicycling in opposing physicians' eyes. As long as the woman rider sits upright, with her chest well out and her shoulders thrown back, so long will she be a strong argument in favor of the wheel.

Like swimming, bicycling brings an ntirely new set of muscles into playnot solely in the legs, as many suppose, but through the whole body. The cir-culation is thereby increased, and if a proper position in the saddle is maintain ed the lungs are expanded and the digestive powers strengthened. This last fact alone should be ample recommendato pass their idle time in doing just this to pass their idle time in doing just this tion of the amusement to American kind of work. It requires that the pattern shall be a well defined one and rather heavier than usual—that is, the flowers, etc., shall be large enough to entary life and lack of open air. An hour's ride at sunset will do wonders spread out on the material to which it is to be appliqued and lightly tacked on and each separate part fastened down as it is intended to go. After that is done the beads are sewed on, and when all is firm the intervening meshes should be snipped out with a fine pair of scissors. It is

the intervening meshes should be snipped out with a fine pair of scissors. It is much work, but very beautiful when much work, but very beautiful when rehended. To cramp the muscles of the done. It should always be over a light body at the moment when they are being brought into more or less strong play, to crowd together the vital organs when both the heart and lungs are being called upon for extra effort and need perfect freedom of action, cannot fail to be harmful as well as uncomfortable and to give rise to evils which will unjustly be considered the fault of the wheel, while they are in reality caused wheel, while they are in reality caused make in attempting to furnish a home by the folly of the rider. Easy fitting first month or year of their married life. Should be the rule. Wool should always be worn next the skin, as it absorbs to have their little domicile cozy and attached the rule. Wool should always be worn next the skin, as it absorbs dampness and prevents a sudden chill on dismounting from the wheel.



The skirt should be narrow enough, so that it will run in no danger of blowing back sufficiently far to become entangled window seat which the ingenious housewife can fashion with very little expense.

They not only cost a trifle, but are artistic and add greatly to the comfort
and beauty of the home. In fact, a
home without these "homey" things is
not half a home.

The one thought uppermost in the
minds of the young married couple is,
however, that their home must be furnished at once in some way. Consequently they rush madly into buying
movement to the muscles of the ankles.

nished at once in some way. Consequently they rush madly into buying things they don't like and filling up the house with countless inferior articles because they cannot wait with patience for a few years to bring them the handsome and substantial furniture that will make them in the end so much happier.

It is not by any means an easy matter in this age of fast living, wealth and luxury to be content to wait and thus build the nest piece by piece, but the satisfaction gained in the end in having a home to be proud of and one worthy of the name is well worth the waiting.

There are a few "don't" planks which should be incorporated into the platform of every young married couple starting out things to learn and are not taught. of every young married couple starting out to furnish a home. until the pupil has gained control of the

Don't try to furnish a dining room machine when in the saddle. complete with a sum which should be paid for the table alone. The buffet and regular dining chairs are not necessities.

Wait and add the other articles as your purse will allow. Inexpensive cane chairs, which can be afterward used in the hedroom will approximate the complete when in the saddle. The first lesson usually consists in being led about the hall on the wheel and learning the use of the pedals. Then come balancing and guiding, which are the start rather tiresome processes. But skill soon comes, and by the fifth the bedroom, will answer every purpose lesson the pupil is generally riding until you can afford to buy handsome ones.

Don't buy cheap carpets. A good success if not with the ease of an ones.

Don't buy cheap carpets. A good quality of matting can be bought for much less than an inferior carpet and is far more attractive. Add a rug now and then. A tasteful rug is "a thing of beauty and a joy forever." It will outless the average of less that an inferior carpet and so woman's mount is by the pedal and is more difficult than the ordinary running mount employed by men, who gain their seat by means of a small step on the left last any carpet and saves the expense of having to be refitted whenever a change is made.

The laces now shown as novelties include mignonne and pointe de flandes. These are both light cotton laces and are known by the square pin dots and valenciennes are all shown in new patterns of exceeding delicacy and very narrow widths.

One pattern of lace has medallions set

Is made.

And last, but not least:

Don't frequent the auction room in the vain endeavor to find something for nothing. Ten to one you will get an article you don't want and which you can buy at any retail store for the same money and perhaps less.

MARY MATHEWS EATON.

Is made.

Never give costly souvenirs, as it looks obtentations, besides forcing an obligation. Avoid the millinery effect of too many ribbons in the decoration of the rolling over a smooth floor was the learner of lace has medallions set mount which may be used by either sex, but it needs practice and is usually learned at the cost of a few falls.

The first road ride proves to be not nothing it appeared when rolling over a smooth floor was the learner of lace has medallions set mount which may be used by either sex, but it needs practice and is usually learned at the cost of a few falls.

The first road ride proves to be not nothing it appeared when rolling over a smooth floor was the learner of lace has medallions set mount which may be used by either sex, but it needs practice and is usually learned at the cost of a few falls.

The first road ride proves to be not many ribbons in the decoration of the rolling over a smooth floor was the learner of lace has medallions set was a sit looks but it needs practice and is usually learned at the cost of a few falls.

The first road ride proves to be not many ribbons in the decoration of the rolling over a smooth floor was the learner of lace has medallions set was a supplement of the provent of the provent of the first road ride proves to be not many ribbons in the cost of a few falls.

The first road ride proves to be not many ribbons in the cost of a few falls.

The first road ride proves to be not many ribbons in the cost o

of all perhaps some little hill to be sur-LIKE THE SNARK ounted. In the language of one be-nner, the wheel "strikes root" at the Why the Tyrant Fashion Is Allowed to Tyrannize.
"Was there ever so bewildering a time tom of the first slight rise in the road. It refuses to budge an inch and topples languidly over! This indolent inclination is soon overcome by practice, however, and that not by means of physpefore in the change of fashions They had paused in front of a wide

quired unconsciously and gradually. It is a great mistake to attempt to force "I don't know, and no one can tell me as yet, whether my new frocks should be trained or to touch the ground or to clear it. I am only confident of one thing—they shall not be distended with horsehair and hoopskirt. I have decided that much for myself." one-fifth his strength and muscle will

en image smirked down upon her own

"My dear," quietly, "if crinoffne had come in you would wear it. I rely upon your common sense." "My-I don't understand you. You

urely don't approve of it?" "Not of the style. Certainly not. Still less do I approve of any one person who refuses to adopt a general fashion. It is servile to follow its dictates blindly and o extremes. It is defiant to stand out lone against them." "I don't think I agree with you.

大大大大大 人名 不 计表示的 计大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大 should call it courageous."
"Suppose, like President Lincoln, tell you a little story. It will make my neaning clearer from experience. I am good many years older than you are, nd I have had more experience

"You know what my husband is—a shy, reserved scholar, shut up in his books. He was all that as a young man when we were married. About 35 years ago arose the last crinoline craze. It was started by Eugenie of France and became universal at once. I was a little bride visiting my mother. I said to her: Think how Samuel would exclaim if I appeared in one of those cages. I owe it to him and to his position that I should not make myself absurd.' Well, when I went home Samuel met me at the station. After a how do you do, the very first words he uttered were, eagerly Have you a hoopskirt? Everybody wears

"Your husband!" "I don't wonder that you are shocked I have learned many lessons since then. So that six years ago when those enorsurprised as we trotted out together a sober middle aged couple to have him observe, 'Wife, couldn't you—I wish you would wear a bigger bustle!

"As," reflectively, "my husband laughed me out of adopting hygienic clothing, though he is a doctor. He said, 'You want to look like other women.

"Ah, there is the kernel of the whole question. We do. And men are even ener to feel it than the women, notwithstanding their satire at our expense. I remember when small bonnets came into popularity. It was after years of ample capes and crowns and brims. I declared that nothing should induce me to put on one of those scraps of tulle or velvet; that I should keep to my sensible bonnet if all the rest of the world went mad. I came to New York on my way to see a friend in Brooklyn. I reached the city my resolution unshaken. Be fore I could get to the ferry I wished the if but one wheel is to be owned in the family let it have a drop frame that felt as though I were perched up on a the weary housekeeper may enjoy her pole for every one to jeer at. I would share of the change and exercise occanot recross my friend's threshold until she had gone out to buy me one of tiny bonnets."

nothing except for repairs, and in the hands of a careful rider it will take little been through something like it several

injury, so that the item of expense is not a large one, provided a serviceable machine has been purchased in the first place.

Once more. It is hardly possible to be too careful about overdoing. The first road ride should be short, and the bills.

"Happily, the opposition was so stron tiring steed, she will skim along unconscious of effort or weariness, threading noticeable one."

"Happily, yes, but if it had not proved so neither you nor I, though among the most reluctant, would be among the last to fall into line at the mandate of Mrs. Grundy."

This bag is 11 yards long by 18 inches vide and may be made of roman striped silk or of wide bands of different harmonizing colors feather stitched together The stripes should be crosswise of the bands 10 inches by 36 will be found suf-



The strips or silk are joined a brass or composition.

ISABELLA PROCTOR.

A Pretty Serge Dress. A very pretty dress for a girl of 15 or 16 for seaside wear is of all wool mous-seline de laine of a dull brown, with a light brown flower pattern printed upon it. The sleeves have shirrings on the forearms, and the waist is also shirred and all the shirred part is of surah of the same shade as the figures in the pattern A coarse brown straw hat is trimme with bows of plaid ribbon, the colors be ing brown, green, red and yellow. While this dress is not as durable as the serge the wearer is older and therefore prob

## The Colonist Printing & Publishing Co'v.

ILIMITED LIABILITY.

VICTORIA, B.C.

Contains full Foreign, Canadian and Provincial News, and is unquestionably THE LEAD-ING NEWSPAPER OF BRITISH COLUMBIA. It has a large City and Provincial Circulation, and is the Best Advertising Medium in the Province. Those who desire to read full particulars of the events of the day the world over read THE COLONIST. Advertisers who so that six years ago when those enormous tournures were worn I was not desire a benefit from their expenditure for advertising use THE COLONIST.

# THE WEEKLY COLONIS

Contains all the important news published in the Daily Edition, and is one of the best evidences of the Progress and Prosperity of the City and Province to send abroad. It road ride should be short, and the hills should be taken easily. When the beginner comes home feeling stiff and sore, an immediate hot bath, followed by a short nap, will remove a great deal of the fatigue and lameness. Sooner or later the time will come will come when mistrees of home. Anything rather than that?

No nice woman wishes to be conspicutors. She cannot be, like Lewis Carroll's famous Snark, 'ages ahead of the fashion,' nor yet lagging behind it. She must keep up with the procession of styles or she is remarked and remarkable. Anything rather than that?

To careful about overdoing. The first on the first of the should be short, and the hills should be taken easily. When the begin ion,' nor yet lagging behind it. She must keep up with the procession of styles or she is remarked and remarkable. Anything rather than that?

To careful about overdoing. The first of the should be short, and the hills of the hills of the fashion,' nor yet lagging behind it. She must keep up with the procession of styles or she is remarked and remarkable. Anything rather than that?

To careful about overdoing. The first of the hills of the hills of the fashion,' nor yet lagging behind it. She must keep up with the procession of styles or she is remarked and remarkable. Anything rather than that? to all parts of Canada and the United States, \$2.00 per year.

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THE COLONIST PRINTING & PUBLISHING CO.

LIMITED LIABILITY.

VICTORIA

From the DAILY THE

M. EMERSON, for ass ne Police court yester THE City Council me terday afternoon, when matters considered w

ters' ascount. THE al fresco dance St. James' hall was proved a complete succ of the same kind will

THE case of Adams was up for argument ocourt yesterday, Mr. pearing for the appe Mr. E. V. Bodwell for

THE Methodists of V a thoroughly delightfu Tuesday evening. All agreeable social were evening, a good progr refreshments. VICTORIA WEST LO officers for the ensuing they had their photog Jones. There were a brethren present.

A CONCERT will be gi Home to morrow even Perseverance lodge, N good programme will be hoped there will be a la all persons interested in Home being invited to

ON SUNDAY next Rt. will visit the parish at where he will hold oo On the following Sun Saanichton, where he with an address. He w firmation service at Saan

A LIBEL suit against I paper published at Van ed by Capt Jaegers, of Rithet. The statement captain had seen a come tion above referred to captain's vision could mafter midnight.

THE case of Margaret. & Mylius was called in yesterday before Mr. J. B. H T. Drake appearin and Mr. F. B. Gregory f Celia Mylius. The trial however. postpoped. however, postponed, having to attend the Fu

THE C.P N. Co. have return tickers at \$3 50 fr return tickers at \$3 50 fr
inclusive, good to return
Vancouver, Westminste
Return tick te at same fi
exhibitors only, from Ar
will also include coupon
once to the Victoria exh
N. railway will issue rou
ing the whole week at le
the round trip, posters i
been issued by the comps

MR. AND MRS. R. MR. AND MRS. R. Muraed from Seattle, who Mrs. Macdonald, met he extraordinary circumsta ago. The question of id tablished beyond the and Mrs. Macdonald's oh Victoria with their grahome they will now shar left a man named Jones ton to continue the search body, and when it is recoonce brought to this city the lake is very deep and terious it is not likely the recovered by any of the t

MARTIN McDonald, sentence of twelve month jail for larceny, made his from the chain gang and last night was still at lar working at Government Guard Mullen, when th recaptured. He had all months of his term and h well behaved. He has fr may hide him for a few d all being watched and a being kept to prevent his any of the steamers.

ATKINSON, the enginee partment, whose dism mended by Chief Deasy; of the City Council, and ferred to the Fire Warde a counter list of charges. They will be considered a the charges against Atkin disposed of by the Warde A meeting was to have being, but some of the mem tend, so the matter was I son charges Chief Deasy members of the departme moral manner, to the diand also of the Fire Deaty; not reporting the i city; not reporting the i some of the department, was called to it; orderin out of the Fire hall bees proper characters, and ye men on duty forty-eight giving orders to suppre and being the first to vio

THE new Episcopalian ton was yesterday ded Bishop Perrin, there be gation in attendance. out in the morning and assisted by Rev. J. A. C those present were a la who had left work to at were unable to remain fand the presentation therefore postponed unt day next, when Bishop another visit to the service was also held, it a sermon appropriate a sermon appropriate the course of his rema to the difference bet consecration, showing that were to be learned Ven. Archdeacon Scri yen. Archdeacon Scriv te accompany the party get away. During the wese entertained by I countesy and hospits materially in making one. The new church land donated by Mr. it is next the railway convenient to the new convenient to the new station, soon to be This makes the third nich is now well pro

TORONTO, July 26. meter ranging between