

BREAD, CHEESE, KISSES.

"ASTRA" DISCOVERS OF THIS JOYFUL COMBINATION.

The Microbe That Lurks in the Kiss No Longer Feared—Friendly and Unfriendly Kisses—Some Good Things to Eat That Will Make the Heart of Man Joyful.

I am delighted to be able to assure my readers that kissing is once more in fashion. It has been in disfavor with the all-powerful Dame Fashion for two or three years past, ostensibly on the score of hygienic scruples, but in reality I think because she was not quite certain that it was good form. She has changed her mind now, however, and kissing has come in with the flowers that bloom in the spring, and bids fair to be more popular than ever before. Handshakes, even of the most elevated description, bows, and courtesies are no longer in favor amongst the upper ten, except with formal acquaintances, and the up-to-date hostess now kisses her guests—of the female persuasion of course—instead of shaking hands with them.

But there are kisses and kisses, and in the best society there are almost as many conventional rules surrounding the ceremony of kissing, as those which hedge around the formal dinner. For instance—when a middle-aged woman in receiving her guests, the well-bred young girl who has been bidden to the function, bends her head slightly, when greeting her hostess, so that the elder woman may press a light kiss on her brow. The society woman of nearly her own age, presents the left cheek, and receives a gentle salute from the hostess, while the intimate friend may, with perfect propriety, press a rapturous kiss directly on the lips of the stately dame who is receiving.

Strange to say the once rampant dread of the insidious microbe seems to have subsided, as soon as the decree of fashion restored the kiss to a place of honor, and the matrons and maids of good society indulge in it fearlessly, without detriment either to health or happiness. There is danger, I am afraid, that the revived custom may be carried to excess and the delightful kiss become vulgarized by too constant use, and it will be perfectly proper for ladies to exchange affectionate salutes in shops, theatres, churches, horsecar, or elevator, yes, even in the street itself, and all former rules against public demonstrations of affection seem to have been declared as the lawyers say ultra vires.

It may be doubted that the kiss will prove a satisfactory medium for exchange of feminine hostilities as the handshake, or the cold and haughty stare, but the highest authorities on such matters, assure us that it will answer equally as well, and he shall be able to express just as many different shades of feeling with the kiss, as we can without it. Careless indifference, active dislike, haughty disdain, will all have their own language, and we can cut our dearest toes almost as effectually by kissing them, by passing them by unnoticed. I cannot quite see how it is going to be done myself, for it would be a well trained kiss indeed which would express so many various phases of emotions, but I suppose everything is easy when you learn how, and those who cultivate the art carefully may learn in time to convey a wellbred affront through a kiss, with a grace which only comes after long practice.

There is one rule however in connect on with the revised custom, which is as immutable as the laws of the Medes and Persians. No one must on any account draw back from the offered kiss of a friend, or acquaintance. To do so would not only be to wound her feelings in the most cruel manner, but worse still, to proclaim a most lamentable ignorance of the prevailing mode. By the way, I really must not close without giving my girls a description of two of the most popular kisses of the day, the society salute, and the jealous kiss, pure and simple, so that they may be posted and thoroughly at home in the art by the time the new fashion becomes general in St. John.

The society kiss demands that when two ladies moving in the same social set meet on the street, they first exchange smiles, cordial or tepid according to the degree of intimacy between them, then the veils are lifted just a little and the kisser's lips touch the kissee's chin, just beneath the lower lip, there is the faintest possible chirping sound, the veils are lowered again, and the operation is over.

The jealous kiss is more complicated, and requires more practice. It is invariably given through the veil, and if the requisite amount of skill has been acquired it will be accompanied by a skillful movement of the head which will knock the rival's bonnet awry, and impart a diabolical appearance most gratifying to the heart of her enemy. The kiss itself consists of a cold peck, with carefully pursed, and narrowed lips, which just grazes her chin, and thereby disarranges her veil as much as possible.

The girl who meets her own particular chum is easily recognizable by the manner in which she lifts her veil very high, lets it go just long enough to place both hands on her friend's shoulders and imprint a hearty kiss directly upon her rosy lips.

The sweetheart kiss has not changed materially as far as I have heard; perhaps because it would be far too difficult to impose upon it.

I noticed in last week's Progress mention

was made of the fact that the first daily newspaper was published in England on the sixteenth of March 1702, that it was called "The Daily Courant" and one E. Mallet was the publisher. Now although I am not in any sense a supporter of the so-called women's rights movement, I do believe most firmly in every one standing up as far as possible for those rights which belong to them, and as E. Mallet has been dead for something over a hundred and fifty years and therefore cannot demand any rights at all, I feel it due to a distinguished memory to remind the public that E stood for Elizabeth, and that to our sex belongs the proud distinction of having struck out in a new line, and originated the daily paper. Yet people will say that women have no originality.

I don't believe I ever saw pickled lemons in Canada, though the little pickled English lemons are commonly sold in the best shops, but they are a very favorite pickle in England, and any Canadian housewife who is fond of experimental cookery, will find this an excellent recipe.

Pickled Lemons.
The following is an English way of pickling the lemon: Take a dozen small, sound lemons, selecting those with good thick rinds, rub them over with a piece of flannel, and slit the skins in four quarters without cutting into the pulp. Fill these slits with salt, pressing it tightly in, and then set them upright in a deep pan and set the pan in a warm place until the salt melts, turning them three times a day and basting them with the liquid until they are tender. Then drain the liquid from them and put them into earthen jars. Add two quarts of good vinegar to the brine, eight ounces of the bruised ginger, three ounces of black pepper, six ounces of mustard seed and an ounce of Jamaica pepper; boil all together, and pour it, boiling hot, upon the lemons, giving an equal quantity to each jar; when cool cover the jars with thick paper. The lemons must be kept well covered, and, as the vinegar evaporates, more must be added. This pickle will keep for years, and, when the lemons are gone, the liquid is useful in making fish and other sauces. It is best when kept a year before using.

Graham Minute Biscuits.
Two cups of Graham flour, one cup of white flour, two tablespoonfuls of mixed butter and lard, one tablespoonful of brown sugar, three cups of milk, or enough for soft dough, one teaspoonful of soda dissolved in hot water, two teaspoonfuls of cream tartar, sifted in flour, one teaspoonful of salt. Chop the shortening into the flour, add sugar and salt, and, lastly the milk, in which soda has been dissolved. Roll out with as little handling as possible into a rather thick sheet. Cut into round round cakes; prick with a fork and bake immediately in a brisk oven.

Biscuit Cheese.
Slice into very thin pieces about a quarter of a pound of fresh cheese. Lay this stand on the stove for a very few minutes, after adding butter about the size of half an egg, and a little pepper and salt. Then sprinkle cracker dust until the desired consistency is reached.

Cream Cakes.
One cup of boiling water poured on half a cup of butter. When you have done this place it on the stove in a saucepan, bring to a boil, and add one cup of sifted flour. Let it boil five minutes, beating all of the time. Then add three well-whipped eggs and a bit of soda the size of a pea. Drop on buttered pans and bake 30 minutes. When cold split open and fill with a cream made of mixing together half a cup of sugar and three spoonfuls of flour, one egg, and stir this into one cup boiling milk; boil all together until thick, and flavor.

Coffee Cake.
One-half pound of butter beaten to a cream, with one-half pound of sugar, four eggs, one-half pound flour in which one teaspoonful of baking powder has been mixed. Pour it on a baking tin, so that it will be one inch thick; strewn cinnamon and granulated sugar plentifully over it and bake.

Snow Cream.
Beat the whites of four eggs to a stiff froth, stir in two tablespoonfuls of powdered white sugar, a tablespoonful of sweet wine, a teaspoonful of rosewater. Beat all together. Then add a pint of thick cream. A very luscious dish.

Jouquill Blanc Mauge.
Boil a quart of milk with a teaspoonful of salt and four tablespoonfuls of sugar. Soak half a box of gelatine an hour in a teacup of milk and when the milk boils stir it in. When it is dissolved add the yolks of four eggs. Flavor with vanilla, pour into a mold wet with cold water and set it away to harden. Serve with whipped cream heaped around it.

Rhubarb Jelly.

For rhubarb jelly soak an ounce of gelatine in half a pint of water, with one-fourth pound of sugar. Wash and slice about one and a half pounds of rhubarb and put on to boil in a pint of water

Strain of the juice, before it becomes thick, and add a scant pint of it to the gelatine, with the whites and shells of two eggs. Whisk it all quickly on the fire, then pass through a jelly mold and leave it in a cool place to set.

Whip Syllabub.
Take good sweet cream. To each pint put six ounces of double-refined powdered white sugar, half a tumbler of white wine and the juice and grated rind of a lemon. Beat the whole well together. Just jelly in glasses and fill them with the froth as fast as it rises.

Macaroni Without Cheese.
A good dish of macaroni can be made as follows: Stew the macaroni in salt water; at the same time stew half a can of tomatoes (or four fresh ones) with a sliced onion, putting them through a colander when they have cooked about ten minutes. Then add butter about the size of half an egg, a heaping teaspoonful of corn starch, salt and pepper to taste (it is better if highly seasoned); when this mixture is to a thin paste, pour it over the macaroni and bake it 20 minutes.

Lemon Ice.
Squeeze the juice from six lemons and grate the peel of three of them; also take the juice and rind of a large sweet orange. Let the orange and lemon peel steep in the juice one hour; then strain through a bag squeezing the bag dry, mix in one part of sugar and one part of water. Stir until dissolved and freeze in a freezer.

Cocoonut Drops.
Grate cocoonut and weigh it, then add half the weight of powdered sugar and the white of one egg beaten to a stiff froth. Stir the ingredients together, then drop the mixture with a dessert spoon upon buttered white paper or tin sheets and stir sugar over them. Bake in a slow oven fifteen minutes.

A CHEERFUL JOURNALIST.
The Poetic Soul of a Maine Journalist is Moved to the Following Elongated Burst: "It is a dull spirit indeed that does not feel the inspiration of this season. The upspringing of all nature sends a thrill through the least imaginative soul. And forgetting the snows and dark days of the long New England winter all look forward to the promise of the spring grass, the bursting buds, the early blooming flowers, and the glowing suns of early May."

It would be well if "all" were well able to enjoy the thrill of which the writer speaks. But how can a man or woman tortured by disease forget the pain and wretchedness that have survived the snows and dark days of winter? They cannot until they are cured. They need a Spring medicine. They need a thorough course of Hawker's nerve and stomach tonic, the greatest nerve and brain invigorator, and flesh and blood builder of the age. It restores lost nerve energy, and renews mental activity in muscular vigor. It forms new rich blood, increasing its reconstructive powers, thereby renewing wasted tissues and nerve force. For delicate ladies or men suffering from the effects of worry, brain tire, exhaustion or any form of debility resulting from overwork, la grippe or overeating of the nerves forced in any way, it will be found invaluable in restoring tone to the nerves, stomach and blood, and vigor to the mind and body. Sold by all druggists, fifty cents a bottle six for \$2.50.

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In Siberia, ranging from the plain of the Obi River, on the west, to the valley of the Indiginka, on the east, and embracing the great river valleys of the rivers Olenek, Lena, and Yana. The average breadth of this great forest region is 1,700 miles, and the average length from east to west about 3,000 miles. In the province of Quebec and Ontario, north of the St. Lawrence River, there is one great continued tract of forest which extends northward to Hudson and Labrador, and which measures altogether about 1,700 miles in length, and 1,000 miles in width. There is also another large area of timber lands in South America, which occupies the valley of the Amazon, embracing large portions of Northern Brazil and Eastern Peru. This forest is estimated to measure about 2,100 miles in length by 1,300 in width. Recent explorations have shown that Central Africa possesses a tremendous forest. This forest is situated in the valley of the Congo, bounded on the north-east by the Nile, and by the Zimbese on the South. Its width has not yet been surveyed, but its length is estimated to measure at least 3,000 miles from north to south.

Millions of Packages.
The Rising Sun Stove Polish factory sold 23,000,000 packages of stove polish in 1894. These packages, placed so as to touch end to end, would reach 1000 miles. The factory at Canton, Mass., covers four acres, and turns out the enormous product of 10 tons per day. Most of the material used is mined by natives in Ceylon, India, and brought by sailing vessels to New York. The Rising Sun Stove Polish has the enormous sale of 3000 tons per year but Morse Bros have recently added to their business the Sun Paste Stove Polish in answer to the demand for a perfect stove paste. This Sun Paste is already meeting a large sale. The Rising Sun Stove Polish in cakes is recommended for general blacking of a stove and for economy, and the Sun Paste Stove Polish in boxes for a quick after-dinner shine. Dearborn and Co., are the local agents.

Methods of Sardon.
Sardon has a method. He rises at six and writes till noon. As soon as he enters his study he locks the door, and is disturbed by nobody, except the barber, who comes every day to shave him. He breakfasts at twelve with his wife and children, and eats like a cormorant. After breakfasts a stroll, a cigar, and the daily papers. At three a reception—actors, actresses,

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