

for it is far more easy to walk in the single skirt than it is in what I may call the "double bag," which we have been wearing so long.

Short sleeves with the long gloves will be again worn in the evening this season. It is a pretty fashion out of doors, but I cannot say I admire it in the house. If all women had really pretty hands and arms, well and good, but alas! the contrary is the rule, and what can look worse than a bare and red hand and arm? Nothing in my opinion.

Dinner dresses are often made with long sleeves, although the bodices are cut low. I am told that *Moire Francaise*, both plain and striped, will be much worn; that green in various shades will be the prevailing colour, the *waiteau plait* will find increased favour, and Irish lace and quipure be much used for trimming costumes, and that ribbons are to be used in every possible way.

The attempt to bring in larger bonnets will, I imagine, end in failure. In spite of the cold weather, the heads of our women still remain only half covered, and it is no wonder that neuralgia abounds. But I am happy to see that children—that is little girls—have warm closely fitting bonnets, or rather hoods, in which they look like little Dutchwomen.

HOUSEWORK AS AN EXERCISE.—To keep the complexion and spirits good, to preserve grace, strength, and agility of motion, there is no gymnasium so valuable, no exercise more beneficial in result, than sweeping, dusting, making beds, washing dishes, and the polishing of brass and silver. One year of such muscular efforts within doors, together with regular exercise in the open air, will do more for a woman's complexion than all the lotions and pomades that were ever invented. Perhaps the reason why housework does so much more for women than games, is the fact that exercise which is immediately productive, cheers the spirit. It gives women the courage to go on living, and makes things seem really worth while. *Medical Record.*

LADY VIOLET GREVILLE assures us that the English girls of to-day are taller and more finely developed than years ago, that even in France tall women with fine figures may now be found, who can compare favourably with their English sisters. She thinks the answer to this "apparent anomaly," may be found "in the modern love of gymnastics and the development of physical activity in the girls of the present day. Lawn tennis, hunting, boating, golf, are all modern amusements, introduced within the last score of years, and they are building up for us a new race of strong, handsome young women glowing with the roses of health, and graceful from the ease and freedom of their movements. No wonder the Greeks studied the hygiene of the body with a view to perfect beauty—for perfect beauty is nothing but perfect health—air and exercise, not a mere potter round the garden, or a dawdle in the park, but *real* exercise, which braces the muscles, brings each one into play, and makes the

blood course quickly through the veins, will make all women beautiful with the glory of bright eyes and the glow of a clear complexion. This it is which keeps women young and fresh even beyond their years. "Blessed be poverty, for, at least, it preserves a woman's figure!"

"The highest grace is the outcome of consummate strength."—*Goethe.*

"Diet cures mair than doctors."—*Scotch Proverb.*

It is said Mrs. Blouet, wife of the noted wit and lecturer, Max O'Rell, is a typical English lady who has been a great help to her talented husband in his career as writer and speaker. Before her marriage she was a teacher in an English academy, where M. Blouet was also employed as a professor of French. They were often thrown together in their school work and the young French professor presently found himself in love with a woman to whom he could not converse save in soul's language, which is not taught in books. Blouet was an apt pupil, and the English schoolmistress soon taught him to speak and write the English language. After their marriage the Frenchman gave up the academy and turned his attention earnestly to literature, with what success the whole world knows. His wife has been an invaluable helper ever since, and is to-day exceedingly proud of her pupil, as she has a right to be. Mrs. Blouet has dark hair and eyes, and despite her rather austere and dignified manner is extremely affable, and when interested in a topic is a fine talker. She dresses very plainly and is thoroughly domestic in her tastes.

"THE Gentlewoman" says, it is strange that that useful little invention of our American cousins—the afternoon combination tea-plate—has met with so little success.

"If some one would introduce them into England, I, for one, would rejoice exceedingly, for in these days of diminutive teacups and saucers, there is really no room for even a piece of rolled bread and butter, or a thin finger of cake, and to manage a plate as well is a real feat of dexterity.

"The little invention to which I allude is a little plate of an oblong shape. There is a groove for the cup, and a place for the bread and butter or biscuit alongside, so that all is comfortable to hold, and handy.

"And yet, I hear that they are so little in demand that they can be picked up quite cheaply.

"If the Americans were wise, they would ship them over here, and perhaps they would become popular."

We also read in the same paper:

All our pretty preconceived ideas about the violet will disperse into thin air if the electricians are going to give us artificially blown ones.

There has always been so much romance about the finding of the first violet, the modest little flower which is held in such high esteem here as well as in Germany, where in some places the blossom which is first discovered in the springtime is elevated

on a pole and the children all dance round it, with a pretty, quaint ceremony.

Now a Paris electrician has succeeded, by means of his battery, in forcing violets, and he sent a bunch of his first successes, four hours old, to the ex-Empress Eugenie.

I hope he won't think it nasty of me, but I should have been so glad if he had failed!

IN these days when draperics of various fabrics are so much in vogue for interior decoration, let us not overlook nature's beautiful draping material for outdoor use in magnificent climbing vines.

THERE is no better cleansing agent in use, for colored goods, than soap bark. Five cent's worth will clean an ordinary garment. Pour over it a quart of boiling water, and let it simmer gently on the stove for an hour or two, then strain and it is ready for use. Sponge the goods carefully with this solution, throwing them at once into cold water, and rinsing thoroughly. Garments ripped to pieces and cleansed in this way, carefully dried and pressed, will make over almost like new.

IN Turkey, where the women are represented to be the most beautiful on earth, they have a proverb that "Beauty is first born of the bath."

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