

# WOMAN and HER WORK.

One of the latest fads amongst the fashionable and strange to say the athletic, society woman is the rest cure, which seems to consist of working just as hard as you can at your chosen hobby, whether it be skating, golfing, riding or only walking, working till you are "ready to drop" and then changing your dress for a becoming tea gown, or anything else which looking interesting and invalidish, and receiving your friends for an hour or two reclining on a prettily draped couch, or an invalid's chair amid piles of cushions.

It seems odd that when perfect health and generous muscular development have become so fashionable a sort of invalidism should be mixed up with it. Of course the woman who can afford to rest, and does it, shows her sense, there is no such potent preserver of youth and freshness as proper rest, but it seems to me any woman who can walk several miles to the golfing links, and then play golf for six hours at a stretch, as many society girls do, should scarcely pose as an interesting invalid. If she shortened her golfing hours and played for half the time she would be able to rest after she came home, and feel able to stand up and receive her visitors by the time they arrived. It may be fashionable and graceful, and I admit that it affords endless opportunities for assuming effective poses, but it always seems to me that unless one is really ill there is always an appearance of rudeness in receiving a guest in a recumbent posture.

I really think this fashion originated amongst the workers, not the butterflies of society; the women who have made their mark in the world, and who use their brains so constantly that they require physical rest in order to keep their mental powers up to the requisite pitch. When a woman is writing a novel about which the world will talk, and spends the greater part of the day in her study engaged in closely concentrated work, she is apt to feel thoroughly exhausted in mind and body, and there is every excuse for her if she enjoys the relaxation of her friends society and takes much needed rest at the same time. The probability is that it she was obliged to move about amongst her guests and exert herself to entertain them she would be compelled to give up receiving them altogether, as the exertion would be beyond her strength; while by combining bodily repose with mental refreshment she effects the greatest saving of time and energy, and enjoys the society of her friends without either sacrificing either her health or her work.

I believe both Mrs. Frances Hodgson Burnett, and the brilliant Amelie Rives are noted for the charm of their resting receptions—they do not call them "invalid afternoons" as the athletic belles do—and Madame Felix Faure one of the most fashionable dames in Paris, whose social duties are multitudinous and fatiguing, frequently receives visitors while ensconced on a couch and surrounded by a bewildering array of downy cushions, and soft coverings of snowy wool.

By the way, lest some of my readers should be unexpectedly called upon to either give or attend one of these invalid afternoons I may as well say that the etiquette of leaving taking is simple in the extreme, the departing visitor advances to the couch, takes the hand which the hostess extends, presses it, and retires; a servant who is in waiting in the hall, opens the door, and the ceremony is over.

If any woman who is burdened with a double chin and wishes to get rid of it will take a little trouble she can easily induce the two solid flesh beneath her original chin to melt. In order to banish it, the short necked woman must hold her head very high even stretching her neck until the tension of the sinews is unpleasantly felt. She must also practice dropping her head and rolling it about as if it were loose, and she was trying to shake it off. This will give her a graceful poise of the head, and at the same time the exercise of the muscles will help to consume the extra amount of fat. One of the best known cures for excessive stoutness consists of lung exercises in breathing. Of course the body must be absolutely free from all constriction during these exercises, and for that reason the best time for them is after undressing at night, and before dressing in the morning. Five or ten minutes exercise taken night and morning will effect a wonderful reduction of flesh in a very short time. The proper way to begin is to stand erect with the head and chin well up, and rise upon the toes at each inspiration, holding the breath a moment and then expelling it forcibly and completely coming down upon the heels at the same time. Another capital breathing exercise is to draw in a full deep breath, retain the breath while counting fifteen and then slowly expel it. It may not be generally known, but it is a woman draws her breath fully and freely from the bottom of her lungs, she greatly diminishes the effect of her size, by doing away with that choking, ready-to-burst look that so many stout women have. In fact that appearance is the great thing to be avoided even at the expense of a larger

waist and bust measurement. Who has not observed that terrible apoplectic look that most stout women have, and which is largely the result of an effort to look smaller by lacing in the waist? The breath comes in short gasps, and the lungs seem to be laboring beyond their strength, to perform their natural functions. This is what gives the "puffy" look to most stout women and makes them seem so uncomfortable.

As for the double chin I have some advice to offer on that subject myself! It is not by any means a disfigurement unless in extreme cases, and its removal is attended by a very unpleasant penalty; the fat may be absorbed, but the skin which has once been stretched will not contract, and the result is, that in place of the comfortable double chin an unsightly pouch of skin is very likely to remain as a permanent disfigurement, and one which gives a look of age to even the youngest face. Therefore girls, if you take my advice you will keep your pretty second chin, and be satisfied with yourselves as you are, knowing that every thin girl of your acquaintance envies you your lovely curves, and even your double chin.

We have been adopting a great many masculine garments of late, and the path of the married man has been thorny inasmuch as there were few garments in his wardrobe which were perfectly safe from the encroachments of his better half. True she could not wear his collars very well because they were usually too large for her, and if he was disposed to keep up with the fashions at all, she could not see over them, so she had to depend on her own. The bulkiness of his shirts around the waist was a safeguard for them, and his gloves were too large for her, but his ties were just the very thing, his long shooting stockings answered quite well for her to draw on over two pairs of her own when she went out for a snow shoe tramp, his trousers did very well as a substitute for riding trousers when she was going out for a ride in a hurry, and if she was an adherent of bloomers, his knickerbockers and sweater were just the very thing for a long bicycle ride, and I have even heard of her appropriating his underclothes on occasion. All this the married man knew, and accepted without complaint as part of his destiny in marrying a new woman; but I thought—and I am sure he did too—that there was one of his own garments at least which would remain his own, and which the newest of women would not try to wrest from him, and that garment was his night attire, the pajama! I must have miscalculated the New Woman's power of acquisitiveness, for now it is stated on undoubted authority that the dainty and attractive night dress with all its tucks and frills, is like the heathen Chinese because it must go and that very shortly; to be replaced by the masculine pajama, made of exactly the same material, and cut by the same pattern that man was been wont, in his short sightedness to consider his exclusive property.

Society women by the score have already adopted them, and they say that once one wears pajamas the nightdress will be cast aside forever. They are made of fine madras in pale blue or pink, or else of Japanese silk either in white, or colored designs. Imagine a husband and wife or a brother and sister getting their pajamas mixed up when they come back from the wash, and the scene of confusion which would ensue! What next I wonder.

It is said that the heavy fabrics in silk satin and brocade which have so long held sway in the ball-room, have had their day and are to be superseded by the dainty but fragile tulle and net gowns which were considered the thing a dozen years ago. Certainly nothing makes a ball-room so pretty as these flower-like dresses of colored tulle and gauze, but I fancy we shall see plenty of the heavier costumes all the same if for no other reason than their lasting qualities. A tulle gown is lovely and in spite of its apparent simplicity it is also very expensive, and it can only be worn a very few times.

The dresses that little girls are wearing while not exactly copies of the styles worn by their elders, yet follow the fashions in their own way, and a very pretty and picturesque way it often is! Very full skirts, basques, and puffed sleeves belong to the wardrobe of the small girl, just as they do to that of her mother, or grown up sister. The skirts are gored, and hang in full folds at the foot except for girls under ten years of age, when they are made of plain straight breadths hemmed round the bottom, and reaching just below the knee. The waist of such a gown is either cut out square in the neck to wear over a white guimpe, made with a yoke, belt and collar of plain cloth, silk or velvet, according to the quality of the dress itself, or with a plain waist simply gathered around the neck and into the belt blouse fashion.

French plaids, serges and homespun women with an irregular dress are greatly in favor for school dresses, while all the fashion able rough goods as well as plain clothes, are

made up into the "best gowns", which are then trimmed with velvet of a contrasting color and edged with fur, very much as our own dresses are made. Rows and rows of narrow velvet ribbon make a pretty trimming, and the new ribbed velvet ribbon is much used for bows on gowns of crepon and all soft wool materials.

Plaid silks make pretty vests and yokes for serge gowns, and plaid velvet is used as a contrast to the bright plaided French serges which are worn by girls in their teens, as well as by small children. Charming little gowns for dancing school parties are made of striped and flowered taffeta, with plain straight skirts and guimpe waists finished at the neck with a wide velvet collar. A school dress of plaid has two inch tucks in the skirt and a full waist, with a gathered collar of shot silk which also ornaments a plait down the front. Rather dressy for school one would think, but children dress more than they used to do. Another gown of brown and red mixed wool is trimmed across the waist with bands of brown velvet which trim the epaulettes. A more elaborate dress of cordflower blue fancy wool, has bretelles of lawn colored cloth over the shoulders, and carried down the skirt in front. Over this, little pointed tabs of cornflower blue velvet are strapped across at intervals and the collar and belt are also of velvet.

Costs for girls under twelve are long enough to cover the dress entirely, and are made of rough, and plain cloths which are very thick, glossy and soft, and sometimes show a finish like canton flannel. Velvets are also used for little coats, and brown, and ruby green and blue are, all popular colors, while fur is the trimming for both cloth and velvet. Ermine is very pretty on coats of dark blue velvet, while brown fur looks best on brown and green. These little garments are made quite full, with two wide box plaits in the back, fitted into a yoke or short waist, and have either a short cape, or a cape-like hood. Thibet fur is always lovely for trimming children's garments, and a trimming of mink tails is a very stylish finish for a coat of green cloth. There are also pretty reater jackets of navy blue cloth for the warmer days, and jackets of cloth in different colors, for the older girls. A pretty little cloak of dark red cloth is belted in at the waist and has two capes cut out in points on the trimmed with Persian lamb. So on the whole the children have nothing to complain of this season, as far as their clothes go.

A. B. C.—No young girl ever gives a dance in her mother's house on her own invitation, such a thing is unheard of. Send out the invitations in your mother's name of course.

ASTRA

## Pies and Pastry.

The season is here when the busy housewife is more concerned about pies, cakes, mince meat and plum pudding, than she is about much more weighty matters. Even religion sinks into comparative insignificance beside the more pressing claims of temporal affairs. And considering that Canadians as well as Americans are a pie eating nation though in much greater moderation than their American cousins, it is very important that the pies shall be well made, and of the best quality.

It is a mistake to consider pastry to be more healthful when made with less shortening, for crust which is tough is far more hurtful than that which is light, tender, and flaky.

Making pastry requires practice and dexterity. Pastry should be touched as lightly as possible and made with cool hands in a cool place. A marble slab is better than a board to knead or roll upon, and a well-floured rolling pin of hard wood should be used. It is of great importance that the oven should be kept at a steady heat. The oven is at the right heat for baking when the hand can be held there while twenty is counted. Puff paste requires a strong and even heat. Granite ware or porcelain-lined plates are the best for baking. They should be buttered lightly before using.

## Pastry Cook's Puff Paste.

Many rules may be found for making puff paste. The following will give good results: Wash one pound of butter in cold water, working it to make it light and pliable. Extract all the water, divide it into six parts, and place it in the ice box. Weigh out one pound of flour, and sift it into a large bowl with a scant teaspoonful of salt. Make a hollow in the centre, and put in it one of the pieces of butter and the white of an egg. Work both into the flour, handling as lightly as possible. Add a small cup of iced water, knead into a soft paste, and put on the moulding board and roll out. Break one of the pieces of butter into tiny bits and spread on the paste; dust slightly with flour and roll it from the sides to the centre and double it over. Again roll out thin and break another piece of the chilled butter into bits and repeat the former process. Then place the paste in the ice box for half an hour. In a similar manner use the remaining parts of the butter, and after the final rolling and folding set the paste in the ice box for several hours before using.

## Hasty Puff Paste.

A quick puff paste that is very satisfactory is made thus: Put one quart of sifted flour into a large bowl with half a teaspoonful of salt and one cup of butter and

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flour together until the butter is very fine and blended with the flour. Beat an egg light and add it to the flour mixture with ice water enough to make it into a soft paste. Sprinkle the moulding board with flour, turn the paste on to it, and roll and fold the same as for puff paste. Do this several times and chill. Then it is ready for use.

## Plain Paste.

A good plain paste may be made as follows: To one quart of sifted flour add one tablespoonful of sugar and a half a teaspoonful of salt. Place the mixture in a large dish and rub lightly into the flour half a cup of firm sweet lard. Mix into this a small cup of ice water and place the dough on a floured moulding board and roll out into a thin sheet. Spread on this half a cup of butter, sprinkle it with flour and fold over twice, and then roll. Set on the ice and chill before using.

## Paste for Meat Pies.

The following pastes are for meat and vegetable pies: To make potato paste mix two tablespoonfuls of butter and half a teaspoonful of salt with one pint of flour: rub one cupful of mashed potato through a sieve and add to the other ingredients; gradually add enough cold milk or ice water to make a stiff paste; roll out thin, and with it cover a meat pie.

## Suet Paste.

For suet paste: Place in a large bowl two and one-half cups of sifted flour, half a teaspoonful of salt, one of baking powder, and one cup of suet from which every bit of fibre has been removed and which has been chopped fine; rub all together with the hands, and add sufficient cold water to make a firm, soft dough; roll out to the required thickness.

## Mince Pies.

Mince pies are made in an endless variety of ways. The following is considered one of the best formulas for general use: In preparing the meat many use the beef from the tenderest part of the round, while others prefer the neck piece, as it is not so dry, and many use a tongue. Let the meat cook very slowly, with a little water as will cover it, until it is tender.

When the meat is perfectly cold, free it from all the skin and fat and chop it very fine. For every quart of meat have three quarts of tart chopped apples and one and one-half pints of chopped suet, one quart of seeded and chopped raisins, one pound of Sultan raisins, one quart each of brown sugar and Porto Rico molasses, one quart of currants, one pound of citron chopped fine, on tablespoonful each of salt and ground cinnamon, one teaspoonful each of cloves, mace, and allspice, two grated nutmegs, the grated rind and juice of two lemons, and a half pound each of candied orange and lemon peel shredded very fine; mix these thoroughly together.

Boil six quarts of sweet cider down to one-half the original quantity. Put the meat mixture into the boiled cider, and let it cook slowly one hour; then remove from the fire and add one pint of sherry wine and a half pint of brandy. Put into a stone jar, cover closely, and keep in a cold place. More fruit and seasoning may be added at the time of baking, if required, and the juice of preserved fruit or jelly

may be added to the mince meat, to which the saying "the more good things the better" is particularly applicable.

## Pumpkin Pie.

To make one pie rub through a sieve, cooked pumpkin enough to make two cupsful. To this add a small cup of sugar, a saltspoon of salt, one teaspoonful of cinnamon and one of ginger and a pint of hot milk and mix thoroughly. When cold stir in two well-beaten eggs and fill a pie plate that has been lined with good rich paste. It will require three quarters of an hour to bake.

## Mock Mince meat.

Mock mince meat is really a surprise and makes a delicious filling for pies. To prepare it roll fine three soda crackers and mix with them a half cup of brown sugar and the same quantity of melted butter, molasses, and sour cider. Add to them one egg well beaten, one cup of raisins, seeded and chopped, one half cup of currants, and one cup of water. Season with one teaspoonful each of ground cinnamon and allspice, one-half teaspoonful of cloves, salt, black pepper and nutmeg, and a generous tablespoonful of brandy. Bake with two crusts.

## Apple Meringue Pie.

Pare and slice tart apples, stew and sweeten them, mash them smooth, and flavor with lemon juice and a little nutmeg. Line a pie plate with rich pie crust, and fill it with the cooked apples. Bake until the paste is done. Spread over the top of the apples a thick meringue made of the whites of three eggs beaten to a stiff froth; add to them three tablespoonfuls of powdered sugar and flavor with lemon; return the pie to the oven and brown lightly. The pie is to be eaten cold.

## Cream Pie.

A cream pie without cream makes a dainty and toothsome dessert. Line a deep plate with good paste, pricking it in several places with a fork to let the air out and prevent blisters, and bake a delicate brown. To make the filling, put over the fire in a double boiler one large cup of milk. Stir together half a cup of sugar, a piece of butter the size of a walnut, a small half cup of flour, one tablespoonful of cold milk, and the yolks of two well-beaten eggs. Mix until they are thoroughly blended, and add them to the milk when it boils. Stir until it thickens, and when the flour is cooked take from the fire and flavor with vanilla. Fill the crust that has been baked with the custard, and beat the whites of the eggs to a froth and add to them two tablespoonfuls of powdered sugar, cover the top of the pie with them, and brown lightly in the oven. The custard may be flavored with chocolate to make a change.

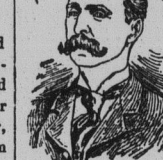
Banbury turnovers are delicious. To one cup of granulated sugar put one cup of seeded and chopped raisins, the juice and grated rind of one large lemon or two small ones, one teaspoonful of flour and a tablespoonful of wine. Put over the fire and heat until the sugar is dissolved. Roll puff paste out quite thin and cut into pieces three inches square. Place a spoonful of the mixture on one corner, moisten the edge of the paste with water and turn the

paste over and press the edges together. Place them on a floured pan. Do not let them touch and bake in a brisk oven.

To prevent the juice from soaking into under crust of a pie, beat the white of an egg, and before filling the pie brush over the crust with it. Brush over the top crust also, and it will make it a beautiful yellow when baked.

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