

WOMAN and HER WORK.

It is hard to write about fashions, in that crisp and breezy manner which is the ambition of all conscientious writers, during the deadly dullness of late summer. And one of the worst difficulties the fashion writer has to contend with this year is the extraordinary contradiction, to coin a word, which the fashions display this summer. If one were simply to write down the fact that everything is worn, it would cover the entire ground; but then it would cover very little space, and carry the cardinal newspaper virtue of condensation, just a trifle too far.

To go back to the subject of contradiction, it is decidedly embarrassing to make a careful study of all the best available fashions authorities, and then announce that this will absolutely be worn, only to be forced next week to contradict all that you said, without even being able to give a plausible reason for the change.

The chief difficulty of this kind relates to sleeves, skirts, and that material about which there has been so much diversity of opinion ever since its first introduction the much abused, and extravagantly praised crepon.

"Sleeves are now worn almost skin tight," writes one Paris correspondent. "Sleeves are more distended than ever," writes another who is equally reliable, and so the battle goes on and one hears so much about sleeves, that it almost seems as if there was nothing else about the costume of any importance except the sleeves.

Their less uncertainty about the skirts, they may truthfully be said to be wider than ever, and at the same time to cling closer because being unstiffened they must have more material than ever in them, in order to preserve anything like the voluminous appearance which has become indispensable to the fashioned costume of the day.

Crepon is as popular as ever with some people while with others who have worn it and grown tired of its crinkles, it is as much out as the seersucker, of which it sometimes seems a revival. Therefore the wearing of it is entirely a matter of choice and everyone is free to indulge her fancy in the direction which seems most desirable to her.

But for the cool and pretty summer gown which is dainty and stylish, and at the same time inexpensive the sheer all-wool delaine takes first place. Trimmed with ribbon in any of the hundred and one ways approved by fashion, or more elaborate with both lace and ribbon, no more attractive gown can well be imagined. The material possesses the advantage of suitability for both elderly and young women, as it comes in dark as well as light colors, but the latter are of course, by far the most dressy.

The surplus front, which is so becoming to slender as well as stout figures, is seen on many of the newest bodices. The fullness is gathered on the shoulders instead of below the throat, and is lapped across the bust to be fastened on the left side under the belt. Some of the prettiest surplus waists are made in black net, or mousseline de soie, ornamented with bands of yellow valenciennes lace and bows of ribbon. Black and white is more fashionable than it has ever been before. Light-weight silks in black and white, very narrowly striped, are amongst the most popular of this season's fabrics. Their trimming is as varied as it is striking, frequently consisting of either white or bright colored chiffon or mousseline de soie. Thus a fine light-weight surah silk of the variety known as black and silver, will be lavishly trimmed about the bodice with chiffon in a delicate shade of green, full collar, rosettes, ruffles and bertha, while another will show an elaborate decoration of maize or butterfly yellow chiffon, and a third will be daintily, if not perisphably ornamented with pure white mousseline de soie. These costumes are extremely dainty and dressy looking, and it is really surprising how long the chiffon will keep fresh, if ordinary care is taken of the dress. Strange to say, black velvet ribbon and black lace, are as popular for trimming white, and all light colored gowns, as the light colors for black materials.

Amongst the favorite trimmings for handsome collars, yokes and berths, are all sorts of coru laces, which are combined in charming effect with nets and insertions.

Mohair seems to grow in popularity as a summer material, and the skirt of these gowns are made up entirely without lining. A bias facing half a yard deep, and an interlining of grass cloth of the same width finishes the bottom, and a trick of the French dressmaker is to stretch both dress and facing, in putting them together. This makes the flare at the foot even more marked than it would otherwise, and gives the skirt a very easy set. At the top of the facing there are three rows of close stitching.

Something so old that it is virtually new, is the princess cut, in gowns, and one is actually described amongst the latest fashions. The material employed was striped glaze silk patterned with pink rosebuds, and the large sleeves were set on be-

low the shoulders giving the long effect seen on many French dresses. The back is finished with a-trill of black lace which forms a basque, and a wide cape-like flounce of the same lace starts on each side of the front, and hangs full across the shoulders. Taken altogether, the fashion is neither graceful nor stylish, and it is difficult to imagine a reason for its revival.

It is reported that the price of silk is going up with such alarming rapidity, that a silk dress, or even a blouse will soon be out of reach of any but fortunes favorites. I don't know whether the silk worms have followed the example of other artisans and gone out on strike, or the crop of mulberry leaves failed, but certainly the silk market is on the rise, and some authorities attribute the fact to the enormous size of the fashionable sleeve. A more absurd reason could scarcely be given, since common sense tells us that a blouse, no matter how large the sleeves must take less material than an entire costume, and the silk blouse with skirt of some different material is far more popular, than the whole silk dress.

However that may be, the fact remains that raw silk has increased in price 50 cents a pound since June and it is likely to reach double that amount in a short time, so it behooves the thrifty woman to make her purchases in silk as soon as possible, if she does not want to pay high.

The old-fashioned barege is a material much used for summer gowns, in fact it almost divides popularity with delaine. One recently seen was in a pale, pretty shade of yellow, and showed a skirt edged with a band of cream white guipure lace, and a tiny frill of white satin. The blouse waist was of white satin striped across with guipure insertion, and confined at the waist with a belt of white and black satin ribbon, one band of each. The white ribbon collar is covered with guipure applique.

It is said that the extreme has been reached in razor pointed shoes, and that the footgear of the near future will be much more rounded; which is indeed good news for all lovers of the beautiful, since the razor toe shoe, comfortable as it undoubtedly is, has little in the shape of beauty, to recommend it.

One of the most difficult problems which the careful housewife is called upon to solve, is the satisfactory and palatable disposal of "left overs" in the shape of cold meat.

Few people care for cold meat pure and simple and still fewer can endure the hashes and rebases, under which the left over usually masquerades after it has been "heated up."

But only a little ingenuity and a good recipe or two are required to transform these despised fragments into the daintiest of side dishes which might well tempt the appetite of an epicure, and all at the expense of so little time, and trouble that few people would grudge it.

Say you have a piece of roast veal which has already appeared twice, cut some neat slices from it, carefully removing any skin, sinew, or overcooked part. Fry a sliced onion in butter, till it is a delicate brown then in the same pan fry a spoonful or two of curry powder, and dilute all this with enough veal stock to make a good gravy. Let it stew gently with a sliced tomato or two until the same is quite thick; then lay the slices of veal in, and let it stand for an hour at the side of the fire till thoroughly hot, without being allowed to cook. Now boil some rice as for curry, and when dry and separate, mix in it some warmed butter and enough coralline pepper to color it a delicate pink, make a wall of this, and pour the stew into the centre, and serve as Franches du veau a la Bombay, which sounds much better than "sliced veal stewed in curry sauce" though it tastes the same.

Veal a la Princesse.
Another way of using up the veal is a la Princesse. For this make a good white sauce, flavored with a little finely chopped green tarragon or a spoonful of tarragon vinegar and some chopped parsley, and beat the veal, sliced and prepared as before, in this, without allowing it to do more than heat (if it boils it is spoiled), and serve garnished with little bunches of Indian pickles and croutons of fried bread (spread with a mixture of chutney and minced ham, previously made quite hot), arranged alternately.

Souffle a la Bourgeoise.
It is really only another version of the familiar shepherd's pie, but it is a change, and as such is welcome. Prepare a nice, savory mince of any kind of meat, seasoned to taste, and mixed with any good sauce, white or brown, according to the meat you have at hand. Now beat the whites of two or three eggs to a very stiff froth with a little salt, a good seasoning of coralline pepper, and when liked, a spoonful or two of grated Parmesan cheese. Pipe this on the top of the mince, which should be put into a soufflé case, and put it in the oven till of a delicate brown. Sprinkle it with finely-chopped chives of parsley, and serve at once. Any sort of meat can be served in this way, but vary the seasoning accordingly. Another very pretty method of using up white meat is as a fricassee a la Villoroi. Slice the meat (if poultry is used add some thin slices of cooked tongue) and arrange it in a dish in layers with some extra thick

white sauce, strewing each layer with a little salt and white pepper, finely chopped parsley, freshly grated Parmesan cheese, and a few white breadcrumbs. This layer should be the last; put some morsels of butter on the top, and bake till it is nicely browned all over, and serve at once.

Casolotte meringues again are a pretty way of serving up any otherwise unpalatable scraps. Cut some bread 2½ inches thick, and with a plain cutter stamp these out in rounds, marking each with a smaller cutter to three-quarters of its depth. Fry these a golden brown, drain well, remove the centre entirely, brush the edges over with a little butter, and dip them in chopped up parsley, then fill them up with anything—fish, flesh, or fowl, you choose—cut up into dice, and heat in warm sauce of suitable kind; put a spoonful of stiffly whipped white of egg on each (being careful not to spill it over the garnished edges), and place it in the oven till browned. If preferred, the casolottes can be garnished with the whipped white of egg, seasoned rather highly with coralline pepper and minced parsley.

The remains of a saddle of mutton can be served in a variety of ways. For instance, cut the slices long and thin, and heat them in a buttered baking tin, with a little wine and seasoning, and serve arranged around a dish with tomato sauce, and garnished either with fried tomatoes or mushrooms; or they can be served with a good espagnole sauce and stewed olives; or, again with a very rich white sauce (supreme) and hot fried croutons, spread thickly with anchovy butter. Cold cutlets are also very nice if trimmed, spread thickly with a nice puree of onions, dipped in egg or warm butter and seasoned breadcrumbs, lightly broiled, and dished round a ragout of cucumber or any other vegetable at hand.

Fruit salads are so popular now that any new way of serving them is welcomed, and this dressing which is very new, will doubtless be useful to many housekeepers.

Mrs. Lincoln's Salad Dressing.

Mrs. Lincoln, of Boston cooking fame, is the authority for a new dressing for fruit salads. Its formula is as follows: Beat the yolks of four eggs until very thick and light colored, then beat into them gradually one cupful of sifted powdered sugar and half a level teaspoonful of salt, and beat until the sugar is dissolved. Add the juice of two lemons, and beat again. Peel and slice thin six bananas. Peel four oranges cutting close to the pulp, pick out the seeds and slice them across in thin slices. Put into a deep glass dish a layer of bananas, then of the dressing, then of the oranges, then again a layer of each, with the banana on the top, and pour the remainder of the dressing over it. Set on ice, and serve very cold. Pineapples, cut very fine, or large strawberries, may be used, with bananas, for the salad. If acid fruits are used, add a little more sugar; if sweet, tasteless fruits, more lemon juice.—New York Tribune.

A good housekeeper is a very busy woman, for she has to have a mind on many things. She may have servants, but they are yet another care for her. Each day now brings its extra work. The pineapples and strawberries she has "put up," but she still wants them on her table as long as she can get them good. Cherries now claim her attention. They are ready for canning for winter pies and puddings.

For priced cherries use one pint of vinegar to four pounds of fruit and two pounds of sugar, cloves and cinnamon to taste. Seal them three times and put in jars.

An excellent cherry pudding is made of two cups of milk, one egg, and a pinch of salt, six teaspoons of baking powder, and flour enough to make a thick batter. Put a little of the batter in a pudding dish and then a layer of pitted cherries, and repeat until all the batter is used. Steam three-quarters of an hour and serve with a liquid sauce. You can use canned cherries when you cannot get the fresh fruit.

Cherries preserved in the sun have a better flavor and color than those preserved in the old way. For every pound of fruit use a pound of granulated sugar. Place the sugar in the preserving kettle and moisten with a little water; set on the fire and bring to a scald; put in the fruit and boil five minutes; take from the stove, put in a large platter and place in the sun, covering with netting or glass. Put the platters out each day until the cherries are as thick as you want them; put in glasses and cover.

ASTRA.

MYSTERY OF A MAINE ISLAND.

A Herald Englishman Who Ended His Misery by Cutting His Throat.

"Some years ago, up at North Haven Island, on the Maine coast," said a New Yorker. "I came across a mystery that haunts me still. A bare rocky point juts out into the sea on one side of the island, and the first year that I visited the place there was a rude cabin on the rock. Having gone out there from curiosity one day, I found a man in shameful rags trying out the oil from the refuse from a fish-canning factory. When I came to examine the man his appearance astonished me. He was an extremely handsome, well-made Englishman of forty or thereabouts. His hands, soiled with the material he worked in, were small and well shaped. When I tried to draw him into conversation he at first answered in monosyllables, and was almost sullen in his reserve. He gradually thawed, however, and I found that he spoke rare and beautiful English that of a well-read and well-bred man. Glancing into the door of his cabin, I could see perhaps a score of well-thumbed volumes in library binding. His reserve was such that I could not ask him about himself, but I felt the island deeply interested in him.

"I turned up at North Haven, the next year, and one of the earliest things I did was to go out to the point in search of my acquaintance. The rock was bare again, and there was no trace of him and his cottage. I asked about him of some persons I met on the island, and here is what I learned. He had come to the place mysteriously some years before, having been dropped by a schooner. He found work at the fish cannery, but later quit the place, built his cabin on the rock supplied himself with food chiefly by fishing, and obtained from the

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ONE GIVES RELIEF

factory the privilege of trying oil from the refuse. From the product he obtained a little ready money for tobacco and other luxuries. At some time between my two visits his cabin was discovered to be on fire late one night, and, hurrying down, his neighbors saw him amid the flames dead, with his throat cut. The fire had so seized upon the hut that his body could not be removed until it was nearly consumed. He was buried, and no solution of the mystery was discovered. Life had evidently become insupportable to him, and he had taken the way of suicide as the easiest one out of misery."

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Care of the Body in Summer.

With the increased amount of dust in the atmosphere, and its natural propensity for adhering to the perspiring body, the daily bath becomes more of a necessity during the summer months than at any other time of the year. One should take great care, however, that the bodily temperature is reduced as nearly as possible to normal before the bath is taken. If the temperature is somewhat high, and the body perspiring freely, the danger of taking cold will be increased, by reason of the sudden congestion of the blood in the dilated vessels at the surface of the body. Much of the advantage to be derived from seablathing will be lost, unless the crust of salt which forms in the pores of the skin on the evaporation of the water are removed by subsequent brisk towelling or fresh water sponging. Not only is the perspiration an efficient means of removing superfluous heat, but by this same channel go out many of the waste products of the body. These waste products are always relatively increased in the summer months, and so it is doubly important that during this trying season we should keep the skin in a healthy and cleanly condition.

Herrnhuter Marriage.
In "Curious Church Ceremonies," William Andrews tells of the startling courtship of the Herrnhuters (Moravians). "The men and women of a marriageable age are collected in a house with a suite of three rooms, each opening into the other, the young men in one end room and the young women in the other; then the doors from these two rooms are thrown open into the middle room, which is perfectly darkened. After this follows a sort of general scramble, or 'catch who you can,' and whichever girl the man catches becomes his wife."

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Express for Quebec and Montreal.	10.15
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A Buffet Parlor Car runs each way on Express train leaving St. John at 7.00 o'clock and Halifax at 7.30 o'clock.

Buffet Sleeping Cars for Montreal, Lewis, St. John and Halifax will be attached to trains leaving St. John at 12.10 and Halifax at 12.40 o'clock.

TRAINS WILL ARRIVE AT ST. JOHN

Accommodation from Sydney, Halifax and Moncton (Monday excepted).	6.00
Through express from Montreal and Quebec (Monday excepted).	8.05
Express from Sussex.	8.30
Accommodation from Pt. du Chene.	12.45
Express from Halifax.	12.45
Express from Pictou and Campbellton.	12.50

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