PROGRESS, SATURDAY, FEBRUARY 21, 1891.

"ASTRA'S" TALKS WITH GIRLS.

[Correspondents seeking information in this de-partment should address their queries to "Astra," PROGRESS, St. John.]

When I opened my batch of letters this morning the first one I lighted upon was an exceedingly disagreeable epistle indeedbut then it was not from a girl-bless you, no ! the dear little souls nearly always write me snch pleasant appreciative letters that to read them is a refreshment of spirit. But

I believe I have indigestion or something, and I know I am not feeling at all good-natured, so I read that letter wrathfully, and then-as it did not contain a single question, or anything else but cheek, I put it in the waste basket, and went on with my work. The next two letters completely restored my good temper; they were so bright, so witty, and so amusing. Here is the first one, which I think the writer meant me to insert, as she modestly requests me to correct all errors. That will be easy, for I have not found any errors yet, and I only wish I could insert the other, too, but as some of the questions are of a private nature, I must refrain. Susan, of Wood stock, says:

"In looking over PROGRESS as usual 1, and after enjoying John's description of Mrs. Smith's party, the thought came to me, what a sad fact it was that out of every brilliant and beautiful assembly a few will always make others blush for them. I have not travelled much, and have only just begun to go to parties, because I am young, but O, Astra! Astra! Tell me O, Astra! where did the fashion of "cut low" dresses come from? I have seen the picture of "Good Queen Bess" as she was called, in a high dress, but, then perhaps, she was a skinny Queen! If so let us pray :

God give us a skinny queen! God give all the women in authority scrawny necks. Let the W. C. T. U and the S. P. C. A make it a subject of prayer. Poor girls! Their dear, dear mamma -not my mamma-likes them to freeze and be fashionable. The poet Pope says:

I receive the queries.

my sincere sympathy, and the one piece of enough to enable a really shy man to overadvice I can give you is the same that I come his timidity; it sometimes lasts all his should apply to myself. Never, under any "life, and probably he endures agonies of circumstances, marry a man unless you shyness in your presence, and is furious this letter was from a man, and he jumped love him with your whole heart, and love with himself for lacking courage to speak on me with both feet, as the boys say. I only him. Otherwise I see no prospect of to you. Can't you give him a little quiet don't feel very well this morning, anyway. happiness before you, and worse than that encouragement.

one month. Of course wash the oil off in A bashful man is nearly always a true good the morning, with warm water. You need | fellow, though his shyness places him at a never be afraid of my "giving the girls disadvantage. Note carefully whether your away by publishing awkward questions. It friend is affected in the same manner in the is impossible to answer the same week that society of other girls, and it not, I think you may fairly conclude that he is in love PERPLEXED, Charlottetown.-You have with you. No, six months is not long ASTRA.

An Imperial Romance. The Countess Thun-Koller, whose death at an advanced age took place at Venice a | arch penned .- Philadetphia Record. few days ago. was perhaps the most beauti-ful woman of her time. But in addition to every charm of face and figure, nature had gifted her with vivacity, wit. and conversational powers of a very rare order. Many of the most noted men of her day, princes and monarchs, sought her hand, and there was at one time every probability that the Emperor William would be the favored suitor. State considerations, however, interfered; but to his dying day the aged Kaiser was advised periodically of the Countess' welfare, and among the

desire, was interred with her, is one of the last epistles which the nonogenarian mon-

The Kind he Meant.

Dearest-"How do you like my cake, John ?'

John-"Excellent, dearest. It reminds me of a cake I had at the best hotel in Bristol."

"O, John! you flatter me. Hotels have such good food, you know."

"Yes, dearest. The particular cake I speak of was a cake of soap, and of the packet of letters which, by her express consistency of a piece of brick."-Ex.



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Flour is the only impoverished food used by man kind—impoverished by the withdrawal of the tegu-mentary portion of the wheat, leaving the internal or starchy portion. See the facts. In chemistry we find that in 100 parts of substance (see Analysis) :--

Wheat has an ash of 17.7 parts. Flour has an ash of 4.1 parts,—an impoverishment of over three-quarters. Wheat has 8.2 parts of Phosphoric Acid. Flour, 2.1 parts of Phosphoric Acid,—an im-poverishment of about three-quarters. Wheat has 0.6 Line and 0.8 Sode Wheat has 0.6 Lime and 0.6 Soda.

Flour 0.1 Lime and 0.1 Soda,—an impoverishment of about five-sixths Lime and Soda each. Wheat has Sulphur 1.5; Flour has no Sulphur.

Wheat has Sulphuric Acid 0.5; Flour has no Sulphuric Acid.

Phuric Acid. Wheat has Silica 0.3; Flour no Silica. THE ARLINGTON WHEAT MEAL is a perfect food for Infants and Children, containing all the material for a strong and vigorous constitution.

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It is a PERFECT FOOD for the DYSPEPTIC, as it is in the best condition for the gastric juice to act upon, furnishing the power to digest, feeding the nerve centres, etc. For the BRAIN WORKER it is unsurpassed, containing all the phosphatic pro-perties which the active brain demands, and without which it is incapable of endurance. "Dogs fed by Magendie, (vide Kirk and Paget's Physiology) on flour died in forty days; other dogs fed on wheat meal bread flourished and throve."

Ied on wheat meal bread flourished and throve," The three-fourth impoverishment of the mineral in-gredients proved fatal to the first. Where Phos-phorous, the physical element of all vitality, is wanting in food, the same will be wanting in the system, and the body will come short in vital energy, or the power of endurance. Thus the wasteful ex-pense of living on the basis of superfine flour is enormous and foolish enormous and foolish

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BEWARE OF IMITATIONS.

SAMUEL A. FOWLE, Proprietor. ARLINGTON, MASS.

DEARBORN & CO., Agents, ST. JOHN, N. B.

Send for Circular.



Want of decency is want of sense.

Now, girls, let us be reformers! Let us have some backbone, and let us keep it covered, Astra! I hope I have not been too severe, but really I am afraid some will catch their death, instead of a husband this winter. Married ladies I notice, look better, or as well with their high dresses. I wonder if their husbands tell them how to dress? I would like to hear some man's opinion on the subject-some man-not a silly dude. SUSAN.

Really Susan, you have not left me anything to say! your lever letter clever the whole ground, only this-I know for a positive fact, that most men object strenuously to their wives exposing even a little, of their necks and arms, they like to see others in decollette dresses apparently, but not their own, and this, I think, is an excellent test of their real opinion of the fashion. Let fashion be tempered with modesty, say I. Suppose we ask some men to give us their ideas on the subject? It ought to be a very interesting one to us all.

L'ANE DE BURIDAN, St. John. -English next time, please, because I know the printers will murder your nom de guerre and small blame to them ! I enjoyed your bright letter very much.

(1) It would not be necessary for the lady to send her card, in the case you mention, though of course, she could do so if

she chose; but it would be proper for the love must come to us all, some day, and daughter to make her excuses to the unable to come.

mean cad. He throws the entire responsibility upon you, so that whatever may happen he shall be blameless, and perfectly free to choose another-should he please to do so. Then the cool indifference with which he makes his request is unpardonable, and the injunction to absolute secrecy insulting. It looks as if he were ashamed of you. Have nothing to do with him.

if he lets it stand out at right angles from EVERY MOTHER ANODYNE LINIMENT in the house for Croup, Colds, Sore please anyone else. Do be firm. Say you not adulterated with Corn Syrup. be, I am sure, and it is certainly very unthe hand, and employs it neither in salumust think first of your own happiness, Throat, Tonsilitis, Colic, Cuts, Bruises, Cramps and Pains liable to occur in any family without notice. Delays may cost a life. Relieves all Summer Complaints like magic. Price, 35 cents postpaid; six bottles, \$2.00, Express paid. I, S. JOHNSON & CO., BOSTON, MASS. in 2 lb. cans with moveable top. tation, writing, nor any other manual exkind of Dame Nature to be so unfair with For Sale by all Croccrs, and do not trust to the love that comes ercise, you may set it down as a fact that her favors, but still there are remedies. samples and price. that person's mental ballance is gone. after marriage, for it does not always come, You need not be afraid of my recommend-"He or she may converse intelligently, S. R. FOSTER & SON. by any means. ing "chemicals or such like cure." Rubbmay in every respect be guarding the secret of a mind diseased with the utmost care PERPLEXED BETTY, St. John.-If that MANUFACTURERS OF SAINT JOHN DYE WORKS. ing, or rather massage, is the thing for young man likes you, lose no time in securand cunning, but the tell-tale thumb will you, and the "how of it" is this. Rub with WIRE, STEEL 84 PRINCESS STREET. ing him if you can, for, let me tell you a truly infallibly betray the lurking madness bashful man is a rara avis in these days concealed behind a plausible demeanor." vaseline, or better still, sweet oil, for ten and IRON-CUT bashful man is a rara avis in these days or fifteen minutes, every night before going Ladies' and Gents' Ware Cleansed or Dyed at when so many of the sterner sex are fairly And SPIKES, TACKS, BRADS, A Compliment. to bed. Rub in a circular direction, and short notice. Feather Dyeing a Specialty. devoured with conceit, and self sufficiency. SHOE NAILS, HUNGARIAN NAILS, Etc. Old Bachelor-"Now, Arthur, suppose stroke upward. Do not be rough, work I should give you this nice red book, what "I have used Ayer's Pills for the past 30 years, ST. JOH , N. B. very gently. Such treatment has been C. E. BRACKETT, Prop. would you say ?" and I am satisfied I should not be alive today if it known to make a difference of two inches Arthur-"I should say you weren't half had not been for them. They cured me of dyspep-ADVERTISE IN PROGRESS ADVERTISE IN PROGRESS in chest measurement, in the short space of | sia when all other remedies failed."-Advt. so stingy as sister said you were."

God help us if it comes after we are marhostess, and express her regret at being ried to the wrong man. Esteem is very well, if love is there too, but it is not (2) If you want my candid opinion of enough to marry upon. One wants a lot that young man, here it is. I think him a of love to keep the marriage bond from seeming like a fetter, and love of a very high order too.

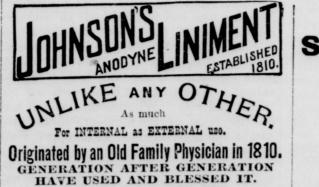
"Unless you can muse in a crowd all day On the absent face that fixed you, Unless you can love as the angels may, With the breadth of heaven betwixt you; Unless you can dream that his faith is fast, Through believing and unbelieving, Unless you can die when the dream is past, Oh, fear to call it loving."

That is the kind of love, I think. I do a girl will gather wild flowers for a similar Send him about his business at once. At not believe that our parents have any right purpose. ARDEN WITHOUT REAL MERIT least that is what I should do. GOLDEN to direct our choice in so important a step, Mad People's Thumbs. (3) The lady should precede the gentleunless it may be to protect us from marry-SYRUP man of course, unless he is old, and the A physician in charge of a well-known ing a bad or unsuitable man; and marrying asylum for the care of the insane recently Have Survived for Eighty Years? she should show him the respect of standto please one's parents I distinctly believe Dropped on Sugar, Children Love It. Every Traveler should have a bottle of it in his satchel. ing back, though it is not at all likely he said to the writer : BS NE to be wrong, not only for ourselves, but Every Traveler should have a bottle of it in its satcher EVERY SUFFERER From Rheumatism, Sci-atica, Neuralgia, Ner-vous Headache, Diphtheria, Coughs, Catarrh, Bronchitis, Influenza, Asthma, Cholera Morbus, Diarrhœa, Lameness, Soreness in Body or Limbs, Lame Back, Stiff Joints or strains, will find in this old Anodyne relief and speedy cure. Should have JOHNSON'S will permit her to follow him, even in that "There is one infallible test either for 1 CARLOAD ABOVE unjust to the man we marry. Follow the the approach or the presence of lunacy. We are now putting up, expressly case, for you know a man very rarely cares HIGH-CLASS dictates of your own heart, and do not be "If the person whose case is to be exfor family use, the finest quality of to be considered old before he is 90. amined is seen to make no use of his thumb, persuaded to wreck your life's happiness to PURE SUCAR SYRUP (4) Well, I don't know why it should

STUDY.

The ladies of Chihuahua and Zacetas have a habit of wearing fireflies for jewelry. The legs of the flies are shaped like hooks, and they appear to have been formed expressly in the interest of the ladies. These living diamonds sparkle and shine more than any of the diamonds of Africa or South America, for the fireflies in that part of the world have a rare brilliancy never witnessed in the North. They will almost do for a lantern on a dark night so beautiful and strong is the light they give to the world. The habit of wearing fireflies is indulged in by the ladies of the poorer classes to a large extent, and even the society ladies often pick up the shining brownies and fasten them in the hair just as

Firefly Jewels.



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