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Shoulder Braces,
IN ALL THE MOST IMPROVED
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4th.—Saunders' Pain Reliever as a Liniment, is un-
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They are Beautiful.
They are Brilliant.

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"ASTRA'S" TALKS WITH GIRLS.

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

Anyone who reads the following thought-
ful and carefully written letter from the
pen of S. F. R., cannot fail to be im-
pressed by her earnestness, and to feel a
deep respect for the opinions which she so
fearlessly advocates, even though he or she
may differ essentially with the sentiments
expressed, since honesty of purpose, com-
bined with a sincere wish to do right, must
always command our respect; but still I
cannot quite agree with her, and I
must adhere to my original plat-
form. Be careful even to prudery girls
with mere acquaintances; never permit
the slightest familiarity, or allow your

have tried so hard to be sorry for you, but
somehow I did not succeed. I find it im-
possible to look upon a young lady who
weighs 140 pounds, as being in a state of
emaciation even though she is "very tall."
Why good gracious, Rail, what are you
thinking about? I am tall myself, and I
don't weigh 130 pounds, but I consider
myself quite a large person. If you are
really in earnest though, and want
to be stouter, a glass of good
milk just before going to bed, is the
best thing in the world for you.
Milk does not agree with everybody, but if
you will put two tablespoonfuls of lime
water in each glass, it cannot disagree
with you, and will be even better as a flesh
maker. Eat plenty of bread and butter,
fruit, and sugar, and I think you will soon

earning a living. You are mistaken.
Geoffrey Cuthbert had an article in only a
few weeks ago, signed with his name, but
he does not always put his full name, and
he often uses only a sign of his own.

TEMPER.—(1) My dear girl I am afraid
I don't quite understand you. If you had
some reason for wishing his visits to be less
frequent, apart from your own feelings
towards him, which you say are as cordial
as ever, and you think he understood. I
would certainly be as friendly as ever in
my manner to him, otherwise he may think
he has seriously offended you, and you
may rest assured that a man very seldom
declines a girl's overtures of friend-
ship after any misunderstanding. He
is generally willing to accept the



BIRTHDAY CONGRATULATIONS.

masculine friends to forget the respect due
to you as a lady, but if you treat your old
friends of the opposite sex with the frank
good fellowship, which is the outcome of a
pure heart, and a confidence in their truth
and manhood, you will never find that con-
fidence misplaced, for I have found during
my experience, that every man treats a girl
as a lady, until she gives him some reason
to suspect that she is not one, and I fancy
most girls in respectable society can say
the same. What do you think girls? Let
me know, if you care to take the trouble.

WOODSTOCK, N. B., April 22, 1891.
EDITOR OF PROGRESS: I fear that Astra's patience
will be taxed to excess. I am much pleased with
her willingness that we should be friends, although,
as she says, we do not agree. I am not sure that our
disagreement was not really a complexity. To ex-
plain: I imagine the event of Astra's poetic mind
as dealing with the ideal. I have endeavored
to deal with the utterances of those observers relative
to human nature, and the pernicious influences that
have unfortunately gained a place, not with society
as we would wish that it should or ought to be,
(it is unnecessary to say that I do not use sweeping
assertions and speak of all society.) Astra does
not wish her friends to be chilled by that cold cyni-
cism which seems to throw barriers against mutual
confidence. I hope no one who read my short let-
ter would imagine that I would deny that those at-
tributes, engulphed by Astra, were possessed by
many of our Canadian men—I would hope a great
majority of them. Who would not rejoice if all
mankind would but walk ever within the lines of
duty, and according to reason in the following of
truth in spiritual dictation; but just here I am ap-
palled at the quantity of space required to affirm the
necessity for compliance with certain principles and
precepts, so inexorable and yet so often disregarded
in social life.

Now permit me to address a few words to the
writer who is surprised and amused at what he
calls the "gratuitous effusion" of S. F. R. I fear that
"Anti-pride" is a little more faulty than I in the
matter of suggestion. I did not suggest scandal
and trifles, but I did not suggest that I used to be
correct. I do not want to quarrel with "Anti-
pride," nor am I offended with him. I wish to be
friendly, and am glad that he said he was a man,
and I venture to say he is a young man, too, who
values the value of a sterling character, and who loves
virtue.

The fact of our question in dispute being so often
asked by correspondents in different publications
is evidence that in the innate delicacy and
susceptibility of young and tender minds, pre-
suppose an infringement of the proprieties. I hold
no Puritanical views. I maintain, however,
that when a principle is unnecessarily established, men
of truth and honor are not exempt from its strict
observance, but on the contrary, we might expect
them to be in advance as adherents of its cause.
Within the "bivouac of life" our social system has
its turbulent spirits adverse to discipline. Wise and
skilled leaders, with their guards and sentinels,
knowing that there are adversaries visible and in-
visible, command the security of protecting armor
and watchfulness, and sound the notes of warning.
There are probably many unfortunate who could
tell "Anti-pride" that had they not been heedless
of such warning, they would have been spared a
burden of sorrow.

S. F. R.

CHIEF PHIL.—What a curious name!
Well, I am glad you finally summoned up
the requisite amount of courage—"at last"
as you say for I am always willing to "give
the boys a show." Oh yes! lots of things
"stick" me. You do for instance when
you ask me to quote that passage of Brown-
ing, the dear girl who asked me about it
wrote a pretty hand and a very fashionable
one, but the moment you tried to read it,
"The trouble began to brew." I had to
call in the services of a civil engineer to
assist me, and after he had surveyed, and
made a plan of the letter, we were three
hours making a free translation.

The passage is from the "Ring and the
Book" Book V, and runs thus—as well as
I can make it out.
"His grimace begins at the funny humors of the
christening feast
Of friend the money lender
Then he's touched
By the flame, and frizzles at the babe to kiss."
I am proud to say that I don't understand
it, for if I did I should think my reason was
tottering. (1) Yes, your supposition was
correct. The lines you quote are from a
very lovely song which I have heard, but of
which I do not know the author. There are
so many beautiful songs in the world that it
is hard to keep track of them all. (3) Your
question is really pathetic. I have lived in
that kind of a town
myself, and it is rather hard on the
boys, unless the girls are willing to dance
together. I am afraid I can't give you
much comfort, because you really should
dance at least once of an evening, with
each of your lady friends, otherwise they
will feel neglected. After that you are
free to please yourself. (4) Unless you are
very particular friends, once a week,
as a regular thing, is often enough, but
many things may turn up in the course of
the week to take you there accidentally.

(5) I don't think I should ask her to
dance again for a little while, because
it is a very rude thing to do, and the
girls are very quick to resent it bitterly,
if some poor youth really makes a mistake,
and forgets to dance with them. So they
should be equally particular in keeping
their own engagements. If your present
occupation is at all lucrative, don't give it
up. The other is a most uncertain way of

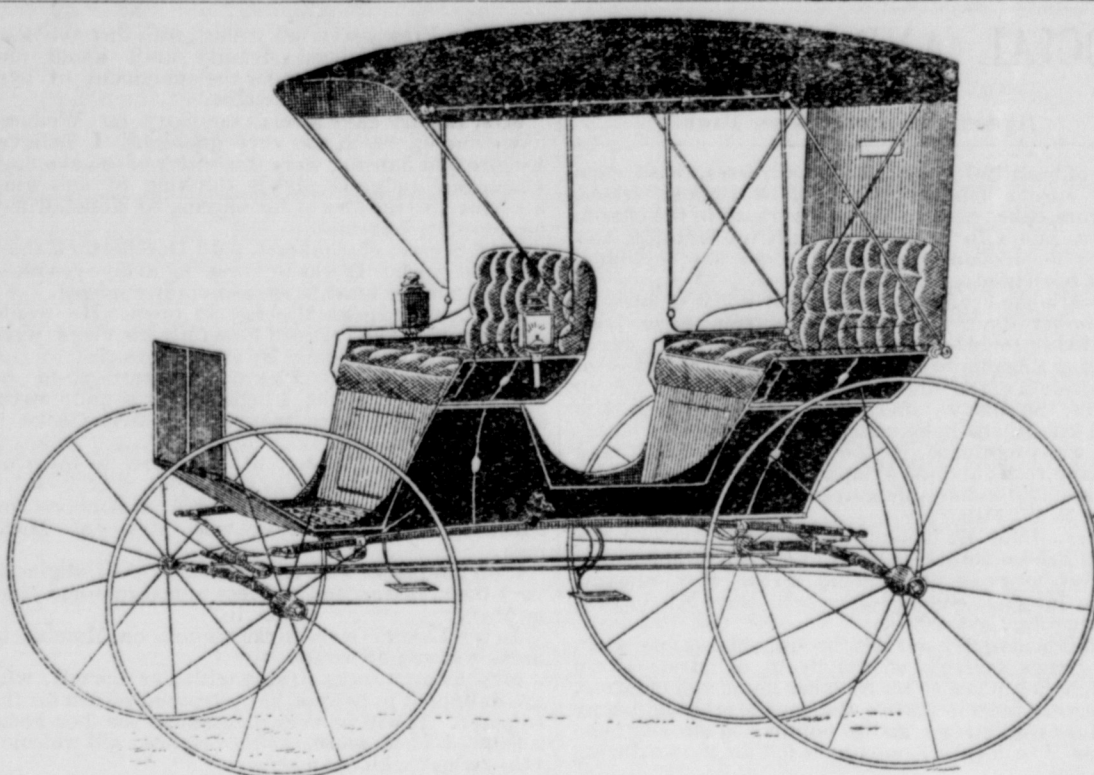
olive branch. If you meet him
in society, try to be just as cordial as ever.
Of course, I might tell you not to think of
yourself at all, but that, I know, is quite
impossible. Just make up your mind that
you will not be bashful, that it makes you
look both stupid and ridiculous, and people
shall not have a chance of being
amused at you. Don't rack your brains
for conversation. Say the first thing that
comes into your head, and rest assured
that the person you are talking to, is in all
probability thinking more about himself,
than he is about you, and once you are
convinced of this, you will soon feel quite
at ease. But remember the less you can
think about yourself the better. (3) We
have to learn to conceal our feelings to
a large extent, as we go through the
world my child, or else we should make
many enemies, but still I think you are
right about the young man in question; he
behaved very rudely, and although you
cannot very well break up an entire dance
by refusing to dance with him, you can give
him the tips of your fingers, in a manner he
will understand, when your turn comes.

(4) Mine gets me into scrapes too, but
then don't you know it is the greatest pos-
sible sign of nobility to be willing to say
you are sorry? only generous natures can
do it.

POPPY HEAD, St. John.—I believe the
name was given to them as a sort of good
natured joke, to remind them that they had
little else to do but consume "the roast
beef of old England" at the expense of the
nation, as their duties are far from heavy.

EARWIG, Fredericton.—It is soon for
earwigs and insects to be out, but I suppose
you are a sort of harbinger of summer.
Read my answer to "Temper," for the
first part of your letter. Many girls ask
me the same question, and I am delighted
to think there are so many dear, shy little
maiden left in the world. I am rather
afraid of girls generally, they seem so ap-
pallingly self possessed that they freeze
my blood, so I am rejoiced to hear they
are not as cool as they look. Glycerine
and rose water, every night on going to
bed, and a lemon rubbed on the hands
each time they are washed, are excellent
remedies. Almond meal rubbed on after
washing is also very good. I never tried
reading character as you suggest; it is a
regular study, and would require more
time and patience than I have at my dis-
posal. You took up very little time in-
deed. Thank you for all the kind things
you say.

GOOSEBERRY, St. John.—Not at all! I
am glad to welcome you, only keep out of
earwig's way, or she may eat you up, ear-
wigs are fond of gooseberry bushes, and
"garden bass" generally, I believe. (1)



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It is quite proper; you know the position
of the hostess is always supposed to be a
guarantee of the desirability of all her
guests; therefore you are justified in speak-
ing to anyone you meet there without a
formal introduction. Indeed you are
expected to do so, and thus add your quota
to the general entertainment. But you
must not be surprised if the person you
exerted yourself so carefully to entertain
this evening, should pass you in the street
to-morrow with a cold unrecognizing stare.
It would be only in accordance with strict
etiquette, though scarcely, I think with
good manners—which—"are not idle, but
the fruit of noble nature, and loyal mind."
(2) I cannot tell you why the name is used,
any more than why a bear is called Bruin;
but the word is from the German *Reinhard*
and has been used in poetry and fable
from time immemorial. (3) Certainly
not, the place was very different from an
opera house, or concert room, where of
course it would have shown great ill breed-
ing, but you were scarcely expected to
keep silence at the rink where everybody
was moving around. I hope you will long
continue to be one of "my girls."

BOMB SHELL, St. John.—I hope you
are not a dynamiter, I am sure. You say
not to expect anything brilliant, but one
generally expects a bombshell to be at
least startling. (1) I should put the young
man out of my mind at once. (2) No! I
certainly do not believe in running after
any man, and no nice girl ever does such a
thing. You little know what men think of
girls who do. (3) Just as often as busi-
ness or inclination prompts her to do so,
(4) I think I liked the Italian peanut man
best. He gave me such a generous bag of
peanuts for five cents, that he won my
lasting esteem, and he was an old friend of
mine, too.

LOCHINVAR, St. John.—Welcome again,
my friend. I assure you I never poked any
fun at you, and least of all, about the
flower, I sincerely hope it may bring me
a blessing with it. And so you would like
to win my heart? How do you know that
I am not some grey haired matron with a
large family of small children? I am
afraid, Lochinvar, that you are a flirt like the
original Lochinvar who "came out of the
west" and stole a young lady. And you
don't like my name? Well, I chose it for
its meaning, not for its sound, and when I
tell you the meaning perhaps you will like
it better. Astra is a latin word, which
means "the stars," and don't you think we
should all look upward to the stars if
possible? I will ask the editor about that
picture. Thank you for all the good
wishes, and the love, too. You are quite
right; the so called small things of this
life are often the most precious. I am
always glad to hear from you, even though
you consider writing out of your line.

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peting for these Cash Prizes must send in their
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Write only on one side of the paper upon which
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nary will govern the contest. Address,
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