### "ASTRA'S" TALKS WITH GIRLS.

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

ECILA.—You have changed your name and taken such infinite pains to disguise your handwriting, that I cannot "place you," as the saying is. I am very glad you came back again, however, and I really wish you would tell me what I said to you, as you have quite excited my curiosity. (1) The editor, proprietor and publisher of that really remarkable *Journal* is a pedlar of the same name who is very well known in the country districts around and about Fredericton. I believe he prints it himself upon a small hand press, but of this I am not quite sure. He is certainly a most ardent lover of nature, and a very clever man in many respects. (2) I think them most exquisite, and although there may be harm in some of them, the one "sullied page" is surely counter-balanced by the beauty, the purity and the pathos of the great majority of them How anyone could call Lord Byron an infidel after reading his "Hebrew Melodies" is a puzzle to me. This is not the opinion of the world, I know, but it is mine, and I am not ashamed of it. And so you agreed with me the week before last? Well, I am glad to hear it, and also that it increased your liking for me; I am inclined, quite naturally I think to consider you a very sensible girl. Yes, I think platonic affection a great mistake, not to say a gigantic fraud. Write again, as I shall be glad to hear from you.

SIR FOLKO, Newcastle.—(1) Yes, I am glad to say I can, I have just received a prescription which an eminent physician assures me will agree with any skin, and I daresay it will be beneficial to many of my other correspondents, as it is simple and easily prepared. One ounce of glycerine, three ounces of bay rum, 20 drops of oil of cajuput, two drops of oil of roses. Mix well and apply at bed time, and before going out into the cold. This is also excellent for the hands and face. (2) The best and most simple remedy for weak eyes is to bathe them three or four times a day with salt and water, you may put nearly a teaspoonful of salt to a pint of cold water without making it too strong, unless the eyes are very weak, when of course you must put less salt. For the lids get a little rose water, an ounce will last a long time, and paint the edges night and morning, using a camels hair brush dipped in the rose water. (3) You do not say what your occupation is, but I should think four hundred dollars a fair salary for one of your age. (4) Certainly not, it is perfectly right and natural; every young man falls in love sooner or later, and it does him good, and keeps him out of a great deal of mischief A fondness for ladies society is the best thing in the world for a young man.

AUTUMN—St. John.—If you wrote to me last week you must have used a different signature, as I did not get any letter from "Autumn" in my mail, but I fancy I recognized your writing on comparing it with that of one of my correspondents last week. I wish very much that you would not change your names, unless you have some especially good reason, as it is rather perplexing not to know whether I am answering two different people, or the same person under a different signature. (1) No politics in this column please, but for once I don't mind telling you that I was like the celebrated Irishman—"Agin the Government." The Irish always are, you know, and I am half Irish. I thought the election delightful while it was in progress, because I do love anything like a fight. (2) Thank you very much for your kind inquiries, all my correspondents have been most kind in expressing sympathy for me since I have been ill. I have almost forgotten about it now, as I am quite well again. No, it was not grippe, I am glad to say. I should be sorry to introduce that wretched disease again, now that it seems to have taken a holiday. (3) The idea of asking me if I was ever in love! Why it is an absolute insult to Geoffrey, and he would be most indignant if he knew anyone asked me such a question: of course I have been in love, time and again, and it feels very nice indeed when you are sure it is reciprocated and that the other party is as deeply involved in the silken meshes of Cupid's net as you are yourself. You feel delirious and foolishly happy about nothing and one very marked feature of the disease, that is if it "comes out" well, is the certainty you feel that nobody was ever really in love before, and that you love him as never man was loved since the world began. If there was any uncertainty about the feelings of the beloved object I should think it would be a most unpleasant state of affairs, and that you would wish yourself well out of it (4) How under the sun do you expect me to know whether we are going to have much snow this winter or not? Do you imagine I add the profession of a weather profit to my other accomplishments? (5) No, I cannot bear the winter, and I wish it could be summer all the time.

HILDA.—Of course I would be willing, that is what I am here for, and it is an especial pleasure to answer anyone who asks so politely. I am glad you made up your mind to write at last, and also that you like our talks so much, and find them interesting. (1) It would be rather early unless you had some especial engagement such as choir practice, practice for a concert or an equally good excuse, which of course you would explain to your hostess; otherwise it has an unpleasant look of having come for your tea, and retiring as soon as you are fed. If you had any really pressing engagement even at your own home it would be quite correct to tell your hostess as soon as you arrived, and ask if she would excuse you for leaving early. (2) You are not supposed to stop a gentleman on the street to speak to him, but there are many instances in which this rule is more honored in the breach than in the observance, and I think your friend would have good reason to feel hurt if you had passed him with a formal bow, it was much more friendly to stop and shake hands, welcome him back, and then pass on at once, as he had a companion with him. (3) I have great faith in red oxide of mercury and vaseline, and I think it would almost make hair grow on a door knob. One grain of red oxide of mercury to an ounce of vaseline well rubbed in at night. (4) No, not if they are good novels, and she does not grow so fond of reading them that she nelects something else. (5) Yes, I do certainly, one should never try to force another to do anything against their will. (6) If they were not especially invited, but merely dropped in, they had no right to be offended, as the hostess could not very well do otherwise, having made an engagement she was bound to keep it, but she should have said to her visitors as soon as they arrived, "Do you know I am sorry to say I shall not be able to spend the evening with you, as I have made an engagement for 8 o'clock which I must keep, but cann't you come again on Thursday if you are free, I shall be so glad to have you?" Then everyone would have felt perfectly at ease. As it was, they were quite right in taking their leave, there was no other course open to them under the circumstances. You did not ask too many questions at all.

BERNICE.—The Cooper Institute, New York, has a school in which free instruction in art is given, and so far as I know, is the only free art academy in that city. If you would address the secretary of the Free Act school, Cooper Institute, New York city, your letter would be likely to reach the right person. The Cooper Union is one of the landmarks of New York and is at the junction of Third and Fourth avenues. I always try to be "kind" and answer the question of enquirers as well as I am able.

PATSY.—I should think 20 at the very least, and it would be better to be 25. I have known girls to be engaged at 20, and devotedly in love with the man to whom they were engaged; but afterwards when something had happened to break it off, they have married men utterly different from the hero of their first dream, and expressed themselves as devoutly thankful that they had not married the first love. So it is best to be very sure of yourself before you give your word. (2) If it is for a distant relative and as you say "slight" I do not think there would be any impropriety, provided it was not a large ball. (3) Not "very bad" but still not right. Do you know that if you follow this one rule, not to do anything you would rather your mother did not know, you will have very little to reproach yourself with when you stand beside "mother's" coffin some day and look down upon her dead face? If you think she would not approve of it, don't do it. (4) I believe horse radish scraped into milk and left to stand all night is the best remedy for freckles. Put about a tablespoonful of grated horse radish into a cup of milk, strain off the milk and dab it on your face, thoroughly wetting it, before going to bed. I have not much faith in any remedy for freckles myself, as they lie beneath the outer skin and therefore are very difficult to reach with any application. There was nothing to apologize for about your writing; it was very good, and you letter delightfully simple and direct. Write again some time, I shall be glad to hear from you. ASTRA.

#### Women as Prevaricators.

Dr. Lombroso, an Italian savant and psychologist, discusses in a foreign review the question: "Is Woman by Nature and Instinct Untruthful?" He quotes the pessimist Schopenhauer at the outset: "Nature gave to woman no weapon but dissimulation with which to defend and protect herself. Dissimulation is innate in woman—in the stupidest as well as in the wittiest. It is as natural for her to use it on every occasion as it is for an animal, when attacked, to defend itself with its own proper weapons. In so doing woman is, up to a certain point, but exercising a conscious right, and for that reason it is almost impossible to find a perfectly sincere woman."

Emile Zola says: "Women can never tell things exactly as they are. They tell lies to everybody, to judges, to each other." Stendhal says: "To be frank would be to a woman like going out of doors unclothed." Dr. Lombroso suggests many excuses for women's untruthfulness. All oppressed and enslaved people, being without force, have need to employ instead of it craft and falsehoods. Again, what we call womanly shame, modesty, habituates women to lie. Nearly everything in the old view of life and men's and women's proper relations tends to train woman up to the belief that her highest duty and noblest function is in some way to make a fool of a man (!) The social conditions that justify these views, the Boston *Transcript* properly remarks, are becoming obsolete in America, where, indeed, they have never prevailed as they have in Italy and Germany, for example. As the opportunities, privileges and rights of the two sexes become assimilated the truthful woman will appear no more eccentric than the truthful man.

#### What They Call the Shades.

The names of the various shades, tints and hues that are so much in vogue this fall will hardly be mastered by the average woman before the season is over and new variations of the old themes supersede them. "Roi," "Provine" and "Francois I" are three popular reds; "Floxina" is a lilac with a dash of scarlet; "Trainon" is a soft, washed out old rose, and "Salambo" a rich, bright red. "Eminence" is the name of an exquisite purple, and "Diavolo" is a variation of cinnamon. A bright, soft red of the poppy shade has the somewhat fantastic nomenclature of "Coquelicot." A new golden brown is designated "Pygmalion," and "Paradis" refers to a brilliant, intense yellow. A new shade of blue said to be generally becoming is known as "Iolande," and three new greens are "Varech," "Aloes," which is suggestive of chartreuse, and "Angelique," a pale, silvery shade The whole list of hues and tints which seem capable of variation beyond any known limit have names equally fanciful and about as remotely suitable.—N. Y. Paper.

#### Women of Sense.

This age has probably produced more vigorous minded and what is known as thinking women, than any other age in the world's history. This will in a measure account for the unprecedently large sales of the Rigby porous waterproof cloth and wraps.

To a thinking woman the predominant properties of this cloth are sufficient to effect a sale, viz., its porous and waterproof properties, while to the female mind irrespective of its vigor and beautiful designs which are being shown will produce the same effect.

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### SEASONABLE RECEIPTS.

**Specially Prepared from Practical Tests for the Lady Readers of "Progress."**

[Correspondents seeking information in this department should address their queries to "Editor Seasonable Receipts, PROGRESS, St. John.]

"A young cook" wants to know why it is that sausages so often burst without cooking She says, "I prick them with a fork and still they burst sometimes."

I would not be afraid to wager that my young correspondent will make a good cook, because she wants to know "why."

To prevent sausages bursting whilst being fried they should be cooked very slowly at first. It is the excessive heat that causes them to burst. They need to be well cooked, especially pork sausages, and should never look red in the middle when cut.

#### Moose.

Moose meat has been rather plentiful here this fall. In my dictionary of dishes and culinary terms I find monkey and even horse, but no mention of moose. I suppose the compilers, if they thought of it at all (it must have been known to them) supposed it would come under the head of venison; but it is not the same, although the difference in taste is not great. It is rather strange that there is not a greater demand for it, for it kept until tender it is far nicer eating than beef, and it is cheaper too. It can be cooked in all the various ways given for beef. The meat is darker in color than beef, but not so fat.

#### Kale.

This is a kind of cabbage greens, and is cooked like spinach and other greens. It is one of the fall vegetables. There were some in the market last week, but it was scarcely fit to eat, being all green, tough and hard. It should be partially blanched by the gardeners by being grown under cover, as the whitest is the best and tenderest. When it is thus grown it is delicious.

#### Parsnip Fritters.

1 cupful of mashed parsnip.
1 ounce of butter size of an egg.
1 ounce of flour—large tablespoonful.
1 egg
1 teaspoonful of mixed salt and pepper.

Stir all together. Drop spoonfuls in a frying-pan of hot lard or drippings and fry brown.

#### Boston Cream Puffs.

½ pint of water—coffee cupful.
4 ounces scant of lard or butter.
4 ounces of flour—good weight.
5 eggs.
Pinch of salt.

Boil the water with the lard and salt in it. Put in the flour all at once, and stir the mixture over the fire for about five minutes, or until it becomes a smooth cooked paste. Then take it off and beat in the eggs, one at a time. Drop small spoonfuls of the paste on baking pans very slightly greased, allowing an inch or more of space between them, and bake in a moderate oven about twenty minutes. Cut a slit in the side and fill the puffs, not too full, with pastry cream (see following receipt). This makes about twenty puffs. The pastry cream of the receipt will fill them, and enough will be left over to spread between two layers of cake or bake in a pie.

The difficult part in making cream puffs is the baking in the uneven heat of a stove or range. They are nothing if they do not rise round and hollow, and the stove must be slacked down to suit.

The more the paste is beaten against the sides of the pan, as the eggs are added and after, the more the puffs will expand in the baking.

The puffs will not rise at all if the paste be allowed to get cold before the eggs are beaten into it.

The handsomest puffs are those baked done without the oven door ever being opened in the meantime.

#### Pastry Cream.

1 quart milk.
8 ounces sugar.
4 ounces flour.
1 ounce butter.
5 eggs.
Lemon extract to flavor.

Boil the milk with a little of the sugar in it to prevent burning. Mix the rest of the sugar and the flour together dry, dredge them into the boiling milk, beating all the while, and let cook five minutes. Put the lid on and let cook at the back of the range for about ten minutes longer. Flavor when nearly cold.

#### A Few Scotch Dishes.

"I may mention, too, that I am the happy possessor of a 'plain directions,' for for making 'hotch potch' and 'cock-a-leekie.' The first is made of a great variety of vegetables—grated carrot and chopped carrot as well, likewise a chopped turnip and a few small turnips, the heart of a small cabbage cut into shreds, plenty of green peas, also a few beans, (they must have been skinned), a tea cup of cauliflower-heads, and a little parsley may also be used. The best meat to place in the pot is four pounds of fresh lamb or mutton, cut into pieces or boiled whole, according to taste, but it is best cut into mouthfuls. All the green stuff required should be carefully cleaned. Let the soup be well boiled and the cook should remember the useful seasoning of pepper and salt. Make only enough for one meal, and remember that it must not be boiled long enough for the vegetables to lose their individuality. Beef may be used in the place of mutton."

If I had no idea of how soup is made I am afraid the above 'plain directions' would not help me much. The ingredients are all there, but it doesn't say how to put them together. A beginner working on the above model would be likely to make a hotch-potch indeed, but it is a sample of many receipts that are published. To make it more clear commence like this:

Take two quarts of good mutton broth, made by boiling a neck of mutton until the goodness is all extracted. Put it into a deep stew pan, and let it boil; then put in the cut up lamb or mutton and let simmer until nearly done, about an hour and a half, then put in the vegetables and seasonings and cook for another half hour. Serve in a deep dish.

#### The Haggis

"Fair fa' your honest sonsie face;
Weel are ye worthy o' a grace as lang's my arm."

A real Scotch dinner cannot be said to be complete without the haggis, but much as I have had to do with cooks I have rarely found one who even pretended to understand the mysteries of this *piece de resistance* of the Scotch banquet. Perhaps this was because they were not Scottish cooks and did not want to know—the number of things about cooking that some cooks don't want to know is surprising—but these are generally of the class who imagine that they know it all, or at least that what they do not know is not worth knowing.

From the following copied from a reliable work, it would not appear that the haggis is such a thing of mystery after all. It says: Take the stomach of a sheep, wash it well, and let it soak for several hours in cold salt and water, then turn it inside out, put it into boiling water, scald, scrape it quickly with a knife, and let it remain in water until wanted. Clean a sheep's pluck thoroughly. Pierce the heart and the liver in several places to let the blood run out, and boil the liver and lights for an hour and a half When they have boiled a quarter of an hour, put them into fresh water, and, during the last half-hour, let the rest of the pluck be boiled with them. Trim away the skins, and any discolored parts there may be, grate half of the liver, and mince all the rest very finely; add a pound of finely shreded suet, two chopped onions, half a pint of oatmeal, two teaspoonfuls of salt and one of pepper, half a nutmeg, grated, and a little cayenne. Moisten with half a pint of good gravy and the juice of a small lemon, and put the mixture into the prepared bag. Be careful to leave enough room for swelling, sew it up securely, and plunge it into boiling water. It will require three hours' gentle boiling. Pierce with a needle every now and then, especially during the first half hour, to let the air out. Send to table as hot as possible, but neither sauce nor gravy should be served with it. A wee drop o' Talisker is sometimes taken after the haggis. The above would be sufficient for eight or ten persons. The shape of the haggis should be like an egg or something like an oval foot ball.

#### Cock-a-Leekie Soup.

Boil a young fowl in two quarts of white stock until it is tender. Take it up and put it aside. Wash two bunches of fine leeks. Trim away the roots and part of the heads and cut them into one inch lengths. Put them into the broth and add half a pound of boiled rice and a little pepper and salt. Boil half an hour. Cut the fowl into neat joints, put into the soup, boil up and serve very hot.

#### Scotch Short-bread.

Put two pounds of butter in some warm place where it will gradually become soft without at the same time melting. Take a half pound of flour, and mix with it half a pound of pounded sugar, and lemon peel (candied) and blanched almonds in quantities to taste, cut very fine; add all these to the butter, and kneed the whole until it appears like dough; then add a tablespoon or two of yeast; again kneed it, and roll it out into cakes as large as a tea plate, and about a ¼ of an inch in thickness. Ornament the edges with candied lemon peel and comfits, having previously pricked the cakes with a fork. Bake for from 30 to 45 minutes according to heat of oven which should not be too fierce.

#### Minced Scotch Callops.

Take fresh raw beef and mince it very fine, salt and pepper it. Put two ounces of butter into a stew pan, also half a pint of boiling stock or water, and a teaspoonful of minced onion. Then put in the minced beef and stir it about to prevent its getting into lumps. When it is quite hot, put the cover on and draw the pan back where it will gently simmer and cook thus for twenty minutes. Before serving add a tablespoonful of mushroom ketchup or other such sauce.

#### Scones, Soda.

Dissolve half a salt spoonful of carbonate of soda and five ounces of fresh butter or lard in a quarter of a pint of warm water or milk. Put ten ounces of flour into a bowl, add a pinch of salt, and stir in the liquor to make a stiff dough. Roll this out into a round cake a quarter of an inch thick, mark this into eight portions, and bake on a griddle fifteen to twenty minutes. Split the scones, butter them well and serve very hot. A thick frying-pan may be used to bake the scones.


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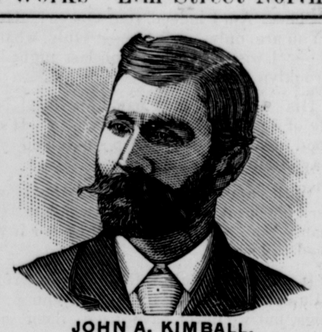

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Done and declared at the City of St. John, in the Province of New Brunswick, this 11th day of October, A. D. 1892.

JOHN A. KIMBALL.

Before me, J. E. BARNES,
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