"ASTRA'S" TALKS WITH GIRLS.

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

I have received one letter this week, which is completely out of the ordinary run of my weekly correspondence, and it seems to me worth publishing, as many of the questions contained therein will be of general interest. I fancy the writer is a man, and he is evidently very much in earnest from the simple directness of his

DEAR ASTRA: Will you please answer a few questions for me?
(1) Do you believe in capital punishment under

(1) Do you believe in capital punishment under any circumstances?

(2) Do you think the time generally allowed between the day sentence is passed, and the day fixed for the execution, long enough to give the unfortunate person a chance to reform?

(3) Do you think it possible or not for a man so punished to gain heaven?

(4) What religious body do you think would have most effect on a deprayed man—by body, I mean clergymen, elders, women, etc?

(5) What is the reason that suicides and executed men are not allowed by the rules of the church of England to be buried from the church?

(6) Are there any allowoble exceptions to this

Are there any allowoble exceptions to this Is the church of England the only one which

I hope I have not troubled you too much, or asked too many questions, but by answering the above you will greatly oblige A DOUBTFUL ONE. St. John, Oct. 1, '92. I must admit my friend that your queries are many and varied, likewise, that some of them are rather difficult to answer, but I shall have great pleasure in doing the best I can towards enlightening you. I am on general principles very strongly opposed to capital punishment which I regard as a relic of barbarism, and as nothing short of legalized murder. The old law of "an eye for an eye, and a tooth for a tooth" should long ago have passed away, for does not St. Paul himself tell us in that most exquisite epistle to the Corinthians in which he took charity for his theme "when that which is perfect is come, then that which is in part shall be done away?" Surely our civilization should be progressing towards perfection day by day, but we show little sign of progression when we inflict upon our criminals a death so barbarous that we shudder when we hear of some human brute inflicting that same death upon an animal; we shoot or poison a dog, we drown a cat, or if we belong to the more humane and intellectual class, we chloroform the animals we wish to be rid of, and if we hear of a man who has hung a dog or cat we cry, "How horrible," and long for power to punish the brute as he deserves. But when we wish to take the life of a fellow creature we take a rope and strangle him to death, sometimes quickly, sometimes with every lingering agony that can be imagined—it all depends upon the mechanical skill of the executioner, and if he does not chance to be very expert at his ghastly profession, why, none but the criminal suffers, and he is scarcely in a position to enter any protest; even it he were, I do not imagine it would have much effect. As I said before I am speaking on general principles, because I think there are exceptional cases, such as that of the murderer Deeming where the death penalty is the only adequate punishment, such a fiend being much better out of the world than in it. Most judges give the criminal ample time to prepare for death and repent of his sins, we scarcely ever hear of a hurried execution now, indeed I often think the poor wretch is given almost too long to meditate over his approaching fate. Most certainly I think it possible for any repentant sinner to gain heaven. Surely our Saviour made that clear for us when he pardoned the penitent thief, who repented at the very last moment, and gave us an example for all time by so doing. I believe that the religious body best calculated to reach the hearts of the more depraved amongst the human race, those whom all other forms of worship would fail to touch is the salvation army, and while I cannot approve of all the methods they employ I respect them for the good they have done among the fallen and the hopeless. Where their own people are concerned, of course I should place the priests of the church of Rome before all others. I do not think you are correct in supposing that the rubric of the church of England to which you refer extends to those who die by the hand of the law; I may be wrong, but if such a rule exists the prayer book says nothing about it-the rubric reads-"Here is to be noted that the office ensuing is not to be used for any that die unbaptized or excommunicated, or have laid violent hands upon themselves." I can searcely give you the reason except that the presence of a suicide's body in the church is supposed to desecrate it, and it I remember aright an old ecclesiastical law still exists which requires that a church which has been polluted by the body of a suicide must be reconsecrated before being used again for the sacred offices of the church. If I am wrong in this I hope some one better versed in church history than myself will set me right. I do not think the law ecclesiastic would admit of any exception to a law so plainly laid down in Prayer Book, nor do I see how any clergyman could possibly justity himself in evading it, I should think

any correspondent can enlighten A Doubtful One, on this point, I too shall be grate-Will "Kitty" please read not heathens, for "and heathens" in her answer of last ASTRA.

he would be called to account by his bishop

being done. I admit that the rule seems a

cruel and hard one, but still, as long as it

stands, I suppose it should be enforced,

though it seems a dreadful thing to me. to

refuse any poor human body christian

burial. I do not know whether this rule is

observed in other churches or not, but I

rather fancy not, unless it might be the

Church of Rome, and I contess I would

like to know, for my own satisfation; so if

if he did so, but yet I have known of its

#### Women in National Affairs.

In the course of his sermon at the Church of St. John the Evangelist, New York, last Sunday, Rev. B. F. De Costa said: "In connection with Columbus' voyage a woman was of great importance. It is with the character of Isabella, and her connection with the movement, that we have to deal. In Queen Esther we have a luminous example of the influence of women in national affairs; but we need not go back 80 far in search of illustration of her power nor even away from the British Islands. Boadicea, among the ancient British wo-men, made herself a lasting place in history. In Scotland the saying is that the kingdom Elizabeth of England avoided the calami- Chouillou, Montreal. -

ties of the Queen of Scots and made the nation feared and respected all over the world. Victoria, for more than half a century, has illustrated the beneficent power of woman in presiding over the af-tairs of a great empire. So Isabella, at the crucial point, came to the rescue of Columbus. The negotiations had failed completely when Isabella wisely concluded to hear the whole case over again, and as a result Columbus understood the voyage."

MASSAGE FOR THE COMPLEXION Some Plain Directions which Anybody Can Easily Follow.

In the last number of The Housekeeper,

Helena Karte writes as follows: The objects of face massage, in detail, are to fill and round out the face by inducing a flow of blood to the parts, thus strengthening and enlarging the muscles, toning the nerves, and developing adipose wrinkles. Lines already in the face, if not too deep, will be smoothed out by the daily rubbing. Black-heads, pimples, blotches "good plain roast and boiled." This gradually disappear. Pallor gives way to a soft, rosy flush. In time the whole face with the effects of a disordered stomach or

If more convenient, the work can be done first before retiring for the night. First examine the face carefully in a mir-Note all defects, even though the sum total may seem somewhat discouraging. Observe how certain habits of expression draw the skin into wrinkles, and re- but they won't cook themselves, or permit solve to do your best to avoid these habits of being put down to the fire and then left minutes, and can readily be prepared in

The first step in the process is to carefully wash the face. The finest skin is full ot grease and impurity, and hot water will remove it better than cold. So take steaming hot water, if you can get it. If it is at all "hard," put into it a pinch of powdered borax, enough to soften it thoroughly. Then with a soft, linen cloth, or fine sponge, and the purest soap you can buy, wash the face. Do not rub it hard. Trust the hot water and soap to cleanse it. Rinse the face with clear, tepid water, and dry it gently with a soft towel.

Now moisten the fingers with some sort of fine, pure oil. Sweet almond oil, scented with a drop or two of attar of roses, is good and pleasant to use. Some recommend vaseline, and it answers the purpose very well in many cases. But if there is any tendency to an undue growth of hair on the face, it should be avoided, as vaseline promotes this growth. Women whose skins are naturally oily should be sparing in the use of the oil, perhaps may do without it altogether.

Rub the surface of the face and neck, chest also, it desired, with the inside of the fingers held straight. Use both hands, and pull and stretch the skin in every direction. Rub the forehead from the center out toward the temples eight or ten times, with firm, slow strokes. Rub up and down from hair to nose; then from the root of the nose up and outward over the eyes. Stroke gently but firmly under the eyes, where the "crow's feet" are wont to gather, passing the fingers close under the eyes and up toward the outer points of the eyebrows. Then stroke a little lower down, from the bridge of the nose out over the cheek bones. Most people sooner or later contract an ugly wrinkle running from the side of the nose down and out to the corner of the mouth. Attention should now be directed to this point, none the less if the line has not yet made his appearance. The old saying that "an ounce of prevention is worth a pound of cure" is especially applicable to wrinkles. Put the fingers close to the nose on each side, and rub outward into the cheek. It is better not to rub back and forth across the cheeks. Instead, rub around the cheeks from the point of the chin outward and then in before the ear, with the inside of fingers or hand. This helps to round the cheek. Pressure and rubbing outward

would flatten it. The second "movement" consists in pinching up bunches of skin and muscle between the thumb and fingers. The fingers should go deep as possible, pressing firmly, but not so hard as to cause pain. The whole surface of the face and neck should be thoroughly manipulated in this way, then, if desired, a few moments rest may be taken.

The next movement is similar to this, but lighter, smaller pinches of flesh are taken up; little more than the skin receiving treatment this time. After this, another rest will not be out of order.

Next, with the ends of the fingers lightly stroke every part of the face. This is supposed to be a gentle tonic for the skin, and also to give firmness to the muscles. Care should be used not to strike too hard.

Next, straighten the hands and press with the inside of the fingers on every part of the face in turn. The pressure should be firm and hard, but should not be continued too long. These may be considered the finishing touches. It much oil has been used, and the face still seems greasy, it may be bathed again in tepid water in which a little borax has been dissolved.

fifteen or twenty minutes, and should be practiced daily for a week or ten days, when a vacation of a day or two may be taken. Then the work should begin anew. After a tew weeks the benefit of this treatment will be plainly seen, and then a thorough rubbing two or three times a week will be sufficient to keep all in good con-

Death of the Dressing Case. Have you noticed the decline of the dressing case as an all-important item in breeding to the owner. It was a lady-like given up, a tork being used in its place. appurtenance, and was generally tollowed The use of many small dishes for vegetables by a ponderous workbox with mother-ofpearl fittings and a pair of watch pockets tables should not be served at one time.destined to adorn the bed curtains. The two latter wares have long been deposed, and now the dressing case is going after them to oblivion. It was cumbersome to travel with, not secure enough for trinkets, and too grand for toilet accessories .- The

Gentleman.

came with a lass and went with a lass. Samples and directions to C Alfred sugar to each quart of juice. Boil down

SEASONABLE RECEIPTS.

the Lady Readers of "Progress." [Correspondents seeking information in this department should address their queries to "Editor Seasonable Receipts, Progress, St. John.]

Specially Prepared from Practical Tests for

An appetizing repast does not necessarily depend upon expensive viands; but it does depend upon thought and care and skill in tho preparation of the cheapest dishes. I can imagine a young couple with a very limited income entertaining two or three friends most pleasantly, if only the host and her cook-perhaps her maid-of-all-workwould take counsel together and market wisely, and then to devise and carry out a dainty menu consisting of soup, fish, meat, and pastry. Excellent soup can be made from ox cheek, and the tender meat eaten afterwards with haricot beans and gravy-a toothsome dish. I think one reason of the coarse. unsatisfactory dinners we often see in middle-class houses is the tissue. This is an effective preventive of false notion that "made dishes," as is quite a mistake, and either arises from, or leads to, an amount of careless laziness seems transformed. If bad complexion in our kitchens that is unknown in the arises from any derangement of the health, humblest French establishment, where the this will be looked to first. No treatment first business of the day is to go to market of the face alone can wholly do away to choose suitable materials for the days consumption, and not to shrink all responsibility by ordering a leg of mutton or a sirloin of beef, weighing about ten or twelve pounds, which of course is expensive. A clever housekeeper soon finds out that the cheaper cuts of good meat make dishes as dainty and nice, when properly treated, as the most expensive; should not be pared, and no sugar is retill they are roasted. They must be delicately and carefully prepared, and cooking must be accepted as an art not unworthy the attention of every or any woman, whatever her position, if economy, and at the same time refinement, be regarded in her

#### How to Tell When Fish Are Fresh,

All fish suffer by being long kept out of the water. The modern method of freezing fish preserves them to an extent, but they are never so good after having gone through this process. After having been frozen they decay almost the instant they are thawed. These should only be called fresh fish by courtesy. There is one criterion by which all fresh fish may be judged. That is the clearness of the eyes and the trimmings, shalots, and a bay leaf, which firmness of the flesh. When the eye is no reduce on the fire to about three-quarters longer fresh and clear, or when the flesh is the quantity. Squeeze through a cloth, soft, a purchaser may be confident that the add two tablespoonsful clear stock to it, fish has been too long out of water. When oysters are fresh the shells are tightly Mix it thoroughly and stir it till it boils. closed. When they are open the oyster is dead and no longer fit for tood.

Among novel ways of decorating hams may be specified the following:

No. 1.—Boil a good ham in the usual way; cool, pare it, giving it as regular a form as possible; festoon the rind with the point of a knife from 51/2 to 7 inches from the shank bone; remove the remainder of the rind, then make incisions in the fat as regularly as possible, so as to imitate a large shell. Decorate each side with aspic truffles or tongue, and then apply a thin coating of limpid jelly.

No. 2.—In the first place boil a ham, which must be cooled and well pared; now cut some design on thin card board, such as a bunch of flowers, crown, coat-of-arms, or the name of the purveyor. Press the cardboard against the ham, and then with a brush slightly wetted with carmine or meat glaze, paint the uncovered parts, and, withdrawing the stencil card, the design will be produced on the rind. Then with the point of a knife make an incision round the design, removing carefully all parts not belonging to the latter, and leav-ing it in relief. Glaze over with jelly. If the ham is to be cut up in slices the rind should be removed in one piece, then cut out to the required pattern, and replaced, a coating of limpid jelly being finally applied. Place upon an oval stand, surrounded with croutons of aspic jelly.

#### Fried Parsley.

For fish-cakes, rissoles, croquettes, and other snacks, fried parsley is an ornament; but it is often burnt, and therefore spoiled It should be very dry, then put into a wirebasket and plunged into smoking fat, when a second will crisp it, and the nice color will be retained.

#### The Etiquette of the Table.

As a people, we Americans have been laughed at for eating too fast, and we are credited as being a nation of dyspeptics. Now, of course, this is generalizing, but you, the eldest daughter, have it in your be mad." The lady told her husband, who power to make the hour at the dinner or tea-table one of real delight. It is an easy matter, you will find, to start some pleasant topic; to get your father and brother interested in the talk of the day, so that you all will eat your tood more slowly, and you will aceieve what the Frenchmen consider the great art—you will dine, not merely feed yourself. But there are a few little questions about the etiquette of the table that some girl wants to know, and these I am going to tell her. She must hold her The massage should occupy at least knife by its handle, and never let her fingers reach up to its blade. Whenever it is possible, a fork must be used in place of a spoon, and that same spoon, by the by, must never be left in a coffee or tea cup, but laid to rest politely and securely in the saucer. Glasses with handles are held by them. A goblet should be caught by the stem, the fingers not entwining the bowl part. Don't butter a large piece of bread and take bites from it; instead, break your bread in small pieces, one at a time, and butter it, that is, if you are eating butter, and convey it to your mouth the list of a woman's goods and chattels? by your fingers. Olives, celery, radishes, Not so very long ago the possession of a strawberries with stems, and asparagus are silver-mounted dressing case was consider- all eaten from the fingers. The old method ed to impart a certain cachet of good of eating cheese with a knife has been is not in good taste; indeed, many vege-Journal.

#### Apple Jelly.

Cut up enough apples to make a gallon into quarters, leaving on the skins and cores; put them in the preserving kettle, with a quart of cranberries and a little water, and let them cook gently until they A Fashionable Drink.

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Steamed Appies.

Steamed apples are recommended as a variation from roasted ones. Put a little water at the bottom of a small saucepan, quired with them. They cook in a few this way at times when the oven is not hot enough to roast them.

#### To Ensure Tenderness.

An apple grated, and stewed with meat of any sort, will insure its being tender, and vinegar has the same effect. Vinegar or lemon-juice is also useful in removing the strong flavor from beef kidney; if sliced, and soaked for a time in the acid, it becomes almost as mild as a sheep's kid-

#### Cold Fillets of Partridge.

Roast a orace of partridges, fillet them, pound the meat from the carcases in a mortar with truffles and mushrooms, simmer the bones in some vin de grave with truffle Mix it thoroughly and stir it till it boils. Pass through a tammy and leave to get cold. Arrange the fillets with a tomato cut the same shape between each one in a circle round an entree dish. Fill the centre with the puree, cover the whole with the remainder of the same, and garnish with croutons of aspic jelly.

Aspic jelly will be explained next week.

CURIOUS. IF TRUE.

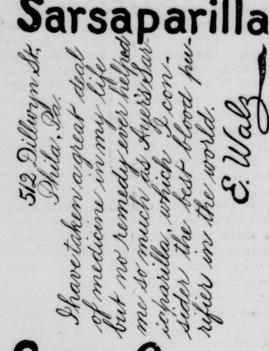
Some Strange Stories that are Told in

As I rode along in one of the suburban tram cars I passed a cottage wherein a strange thing happened awhile ago. Near by fived an old man who had received many kindnesses from the true hearted mistress of the cottage, who took compassion upon his necessity. Early one morning this lady awoke in great affright. She had dreamed that the old man was calling her in frantic haste to come and help him. She looked at the clock and noted the time. It was 4.30. Later on the lifeless body of the old man was found in a well. The medical opinion was that it must have got into the water at about 4.30 that morning. That was their indipendent testimony before they had been told of the curious experience of the woman. The distance of the well from the house made it impossible that she could have heard the old man cry, if he really did cry. How, then, can one explain the incident?

lady, wife of a gentleman in a influential position, chanced to meet at a party one night a person who had great reputation as an amateur soothsayer. "Oh, just tell me my fortune," she said, jocularly. "I'd rather not," replied the fortune teller after looking steadily at her for a little time; "I'd rather not. It would disconcert you terribly." The lady urged her request, nevertheless "Then," the soothsayer continued, "I am sorry to tell you that I am afraid that in three months you will be a widow, and that in six months you will soon fell ill and died, while the other part of the prophecy was to some extent verified. I have called this incident peculiar, but there is in it, at any rate, some direct connection between the cause and effect. The man during his illness would certainly be depressed by the thought of the prophecy that he would not recover, and the same tact would affect his wite. Imagination, which is more potent than medicine, was set to work against the couple. That not only explains the mystery in some degree, but it illustrates the need for imaginative people to be careful how they handle occult subjects .-- Kapuna Herald.

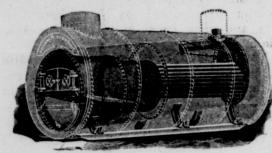
The introduction of bells into churches is usually ascribed to Saint Paulinus, bishop of Nola, in Campania (400 A. D.) Their uses in churches and monasteries soon spread through Christendom. They were introduced into France about 560, and Benedict, abbot of Wearmouth, brought one from Italy into England about 680

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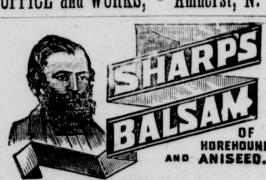


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