

"ASTRA" TALKS WITH GIRLS.

[Correspondents seeking information in this department should address their queries to "Astra," Progress, St. John.] I see that the typo has been getting in some of his deadly work, girls, and last week he made me thank an apocryphal Miss Ellen McInerney for the poem, "My Dear and Only Love," instead of Miss Ellen McSweeney, and I beg Miss McSweeney to accept my thanks, and apologize at the same time. By the way, girls, I listened with a smile of gratified vanity the other day to a dear and partial friend who told me she had discovered that my handwriting was a fac simile of Robert Browning's, but at the same time I acknowledged in my own mind that I no longer wondered why his poems were considered so obscure; of course the compositors could make nothing of his writing, and perhaps the poet was like the celebrated Judge Jeffries, I think it was, who said he must absolutely decline to read his own handwriting 24 hours after it was written. I really think that in the interests of posterity I shall have to get my friends to subscribe towards the purchase of a typewriter for me.

HAYSEED—Rothesay.—As you placed your signature both at the top, as well as at the bottom of your letter, and as the former occupied the place where a more polite person would have written the usual beginning to a letter—namely "Dear Astra," I am forced to one of two conclusions—either you are very much in love with your rather unlovely *nom de guerre*, or else you do not know that it is customary to address literary people in a courteous manner, especially when you are asking favors, in the shape of information, from them. If you really do not know how to begin a letter, buy a *Complete Letter Writer* and study it carefully. It is a good book, I know, but still you will find it useful. (1) If your own common sense does not tell you that it is not "proper" when a young gentleman is seeing a lady home to kiss her at the gate, I don't think any advice of mine would have the least effect. (2) It is not only good form but customary, that is, it is understood you ought. Of course if the trains did not suit, it might be a little awkward for them to get home again. (3) When a young "lady" has to be "held in the carriage so she won't tumble out" by her escort she must, I think, be in a very alarmingly weak state of health. The inclination to "tumble out" would indicate either spinal trouble or St. Vitus dance, I should imagine, and until the damsel in question feels sufficiently strong to sit up unassisted she had better abstain from driving with young men. You know it is not "proper" as well as I do and that no girl with robust health and morals requires to be held in the carriage by the man she is driving with. What an opinion men must have of some girls! (4) Lemon juice, saltpetre, moistened with cold water and dabbed on the face with a sponge, or soft rag, and horseradish, scraped into milk and allowed to stand for twelve hours, then use the milk, moistening the face with a soft rag dipped in it, allowing the lotion to dry on. (5) I have never heard either of the expressions you quote, but should think them very "slangy." (6) Your writing and spelling are both good, the former remarkably so. What I think of your composition you know by this time.

NELLIE.—I am sorry I cannot offer you any suggestions for that "cure" you speak of. She certainly deserves to be punished, but I could not give you any advice in this column on such a subject, unless it were that all the other girls resolutely decline to speak to, or take any notice of her until she changes her disagreeable ways. Do you ever read this column? If so, surely you must know by this time that it is utterly useless to expect an answer to any communication the same week in which it is written. Unless a letter is in the office by Friday night, there is no chance of its being answered in time for the next week's paper. I am often very sorry that I cannot comply with the requests of correspondents in this respect, but it is impossible. (2) I should think her very malicious and very rude. Your writing is untormed as yet, but it will improve.

MISS GRUNDY, Halifax.—It really does require patience; more at some times than at others, but a letter like yours is a real pleasure and makes up for a number of trying ones. Thank you so much for your corroboration of my story about Sir Walter Raleigh and Queen Elizabeth; after I had written it a horrible fear crept into my mind that my memory might have played me false, and it was really the Earl of Leicester; one does get these historical incidents confused sometimes, you know, but it turned out to be something else my correspondent asked for, as you saw by last week's PROGRESS. (2) You are not stupid at all, there is great difference of opinion on the subject. I always pronounce it Prog, myself. I believe the Americans usually pronounce it Pro-gress but it is largely a matter of taste. I prefer to have correspondents write their letters "straight ahead" as it is so much easier to read them quickly when they get right on than when I have to travel all over the paper to find the connecting link. To tell you the truth the "canine quadruped"—by the way did you mean to be a little satirical at the expense of biped pups?—is not attached to my person, he is not mine at all, though he lives with me. I never need a dog of any kind but once, and that was when I was fourteen. I will give your message to him all the same. Thank you for the love and write again some time.

PEGGY—Rothesay.—(1) Well, Peggy, I scarcely know how to answer you; it is not at all wrong, but still I think it much better for young girls not to write to their gentlemen friends, unless they are very old and intimate ones. Men think so much more of girls who are chary of their favors, than of those who are too free with them, and it is better in the end, if you are able to tell the man you marry that you never corresponded with anyone but himself, any young man, I mean. It would sound very badly indeed! (2) It is an extraordinary request for a man to make, and most un-

usual, but it should be complied with at once; otherwise he would be justified in thinking you were in love with him. (3) Whichever began the quarrel, I think, or, if it was very mutual indeed, and one as much in the wrong as the other, the gentleman, but the lady would have to show some sign of relenting, or he might never have courage to approach her. The one who possesses the most generous nature usually makes the first advance. There was nothing wrong with your paper, it was very nice indeed, and you wrote only on one side, which alone would be sufficient to cover a multitude of sins.

K., St. John.—If I mistake not I have heard from you before, my friend, though under another name. Your style is very distinctive and it betrays you. You are more than "a perspiring farm hand in literature's broad acres." I think you have cut many succulent swaths, and harvested some golden grain too, so you must not be too modest. You are right, the sentiment of the verse enclosed is exquisite, and you need not have qualified your expressions of admiration with the remark that you were "too utterly devoid of any kind of sentiment to be affected by such an emotion as love." I am sorry for you if you told the truth, because in the first place you will never amount to what is vulgarly termed "a row of pins" from a literary standpoint, if you are devoid of sentiment, because you surely know that in order to write well, one must have felt. No one can portray an emotion he has never experienced, and poetry without feeling is the husk without the grain. He who dips his pen in his own heart's blood writes best, and is the most certain of fame. I am sorry for you in the second place, because if you never experience love, you have missed the best of life, and in the third and last place, because, when the rosy little blind god does get hold of you, he will make you suffer tenfold for having scooped at him before! Wont he trample you under foot and stick poisoned darts all over you till you cry for mercy? And wont you deserve it, too? But never mind, the pleasure will make up for the pain, and all roses have thorns, you know. Thank you for your kind remarks about my department. I had almost forgotten your question; I will hunt up the poem with pleasure, but I have very little hope that I shall be able to find it if you cannot, though I think I have seen it somewhere.

Does Jealousy Make Women Happy? A woman writer has come to the conclusion that feminine nature is happiest and best when one woman is making another jealous, says the *Commercial Advertiser*.

Watch the girl with two young men, says she, while another mopes alone without sight of the triumph of No. 1. Notice her perceptible gayer manner when she catches her rival's eye. She bristles, she beams, she is positively radiant, and not all because she is in company with two men, as the poor, deluded youths fondly think, but on account of that other one who is not receiving any attention.

A woman enjoys her new gowns ten times more when the one who has heretofore had a corner in stylish frocks is present. In fact, it is just as we said at the beginning, a part of a woman's nature to enjoy making another jealous, yet these two may be the very best and dearest of friends, yet the spirit will crop out, the cloven hoof will show itself, and the spirit of Tantalus takes possession of the soul of a sweet, gentle little creature who would not inflict a moment's pain on a bird, beast, fish or insect, yet without any qualms of conscience sets to work to deliberately torture a human being and make her wish she had never been born. The worst part of it all, the tormentor not only torments, but actually revels in and is happier for this sort of amusement, a fact which makes her to men absolutely incomprehensible.

Cod Liver Oil as a Beautifier. A young woman who has a beautifully rounded throat, with lovely neck and arms to match, attributes her beauty to that direction to the following simple course of treatment:

"To begin with, you must be prepared for a somewhat disagreeable odor and the ruination of your nightgown; therefore, put aside your oldest gowns and go to work by yourself and you will work wonders in three weeks. The process is merely anointing with cod liver oil every night. Pour a little in the palm of your hand, and commence at the bend of the elbow, rubbing it well in with an upward and circular movement from the elbow to the shoulder. Do not pour out much at a time, as it must be thoroughly rubbed in. Next treat the arms the same way, then the bust, the abdomen, the groin and the legs down to the knees. It will take you a good half-hour, but you will be repaid by a beautiful complexion which will have in a remarkably short time. Perseverance must be your watchword, however, until the form commences to round out, then the treatment need not be so frequent in hot weather and not more than three times a week in cold. It is simple and harmless, and no physician will discourage what he knows to be so genuinely beneficial."

Meat Cooked by Cold. The generally accepted theory of the cooking of meat relates to the application of heat; but Dr. Sawiczewsky has called attention to the fact that almost precisely the same chemical and physical changes can be accomplished by the exposure of animal flesh to extreme cold. Indeed, the sensation experienced by touching freezing mercury is very much that of a severe burn. The experimenter referred to applied his method to the preservation of meats, first by subjecting them to a temperature of 33° below zero, Fahrenheit, and then sealing them up hermetically in tin vessels. Animals and substances which had been so treated and for some time kept in these boxes, on examination proved to be extremely palatable, and, being partially cooked, required very little heat to prepare them for the table. An establishment in Hungary is now engaged in the preparation of meats by this method on an extensive scale.

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."] Apricot. Not a young, but a very inexperienced housekeeper would like directions for preserving apricots, also for making jelly cake which will roll without cracking or breaking at the edges. Some call it "jelly roll cake" and some "railroad cake." One friend told her to roll it "piping hot." She did and it cracked as badly as when rolled in a cooler state. Are apricots out of season?

(1) Peel and stone some moderately ripe apricots; put them at night in a deep jar between layers of crushed lump sugar. Next morning pour over them some white currant juice, and place the jar in a large saucepan of water, which must be kept boiling until the sugar is completely dissolved; then take the saucepan off the fire and let it get cold. Place the fruit and syrup in a preserving pan, and boil very gently until the fruit is tender; allow half pint of currant juice and a pound and a half of sugar to every pound of fruit. Time to simmer, 40 minutes.

Apricots are in season in June and July. It is difficult to get them fresh and in good condition in this part of the country. The fruit should not be kept long after gathering as it soon becomes insipid. (2) The following receipt will make a cheap, but excellent sponge cake for "jelly roll" that will not crack. Roll it hot, and use fine granulated sugar, because coarse sugar does not melt readily and makes the cake heavy. On the other hand, powdered sugar makes the cake dry and apt to crack when rolled:

1/2 cupful of fine granulated sugar—4 ounces. 2 eggs. 6 tablespoonfuls of water. 1 cupful of flour—4 ounces. 1 tablespoonful of baking powder.

Separate the eggs—the whites in a bowl or dish, the yolks in a mixing-pan. Put the sugar and the water in with the yolks, and beat them till they are a thick yellow froth. Mix the powder in with the flour, add that and stir up well. Whip the whites firm and add them last. Spread this mixture thinly on a sheet of manilla paper and bake it light colored on a baking pan. Lay the sheet when done, cake downwards, on a cloth on the table, brush the paper over with water and pull it off the cake. Spread the cake with jelly and roll up. It makes a nice finish to roll the cake after this, in syrup, and then in grated cocoanut.

"W. T."—No, you cannot make the lime water too strong, for the water will only take up a certain amount. If you use much of it, it will pay you to buy about two feet of rubber tubing, such as is used for the nursing bottles, to syphon it off. In this way you can get every drop off perfectly clear.

J. M.—Try "Rose Vanilline" for flavoring your cake and ice cream.

What to Take to Picnics. At this season of the year a few suggestions on this subject may be acceptable. Of course, half the fun, for the children at least, is in making a fire to heat the water for tea, coffee or chocolate, but a small spirit lamp is a very handy thing to take along. Here is a short list of suitable things from which to make selections for a luncheon in the woods or at the seaside. Good bread and good butter and cold meats are staple articles of which there should always be an ample supply. Cut thin bread and butter, buttered rolls, cold chicken pressed, broiled chicken, devilled chicken and ham, camp pie, tongue, ham, pressed corn beef, sardines, stuffed eggs, hard-boiled eggs, pickles, olives, crackers and cheese, orange marmalade, ginger bread, cake, cold coffee, cold tea, lemonade, salads, bananas, cold meat pies, sandwiches, chip potatoes.

Ice cream can be made at home and packed in ice and salt, and clear ice for cooling lemonade, &c., can easily be carried without wasting in the hottest weather, if it be carefully wrapped in paper so as to exclude the air and the heat. Then there are the various fruit syrups for mixing with plain water or soda water in bottles to make palatable drinks. Lemon juice for lemonade can be extracted at home and carried to the picnic grounds in bottles; the sugar also can be put in with it—thus making one parcel less to carry. Do not forget salt and other condiments that may be needed.

Lemonade. Although this is a favorite drink in summer, we do not always find it well made. The following method makes a delicious drink: Take four lemons to every quart of water, and eight tablespoonfuls of sugar; rub or squeeze the lemons soft, and slice them upon the sugar; pour over them a little boiling water and let them stand fifteen minutes; then add the necessary amount of water, well iced, stir well and serve. Orangeade is made in the same way, substituting oranges for lemons, but much less sugar is needed.

Current Custard Tarts. One pound sugar, 1 pound butter, 8 ounces powdered ratalias, 8 ounces ground almonds, 8 ounces currants, 10 egg-whites, grated rind and juice of two lemons. Beat the sugar and butter to a glossy cream, adding the egg-whites gradually while beating. Work in the juice and rind (previously grated), then add the currants, almonds and ratalia powder. Line some tart pans with three-quarter paste, and three parts fill them with the above filling. Place the goods on baking tins and bake in a warm oven.

Eggs for Dysentery. The egg is considered one of the best remedies for dysentery; beaten up lightly, with or without sugar, and swallowed at a gulp, it tends, by its emollient qualities, to lessen the inflammation of the stomach and intestines, by forming a transient coating on these organs, enables nature to resume her healthful sway over a diseased body. Two or at most three eggs per day would be all that is required in ordinary cases;

A Thing Greatly Abused.

HARDLY anything receives less thanks and more abuse than a shoe. It is never thanked for the protection it renders against the cold of winter, the heat of summer, against thorns, tacks, glass, dust, sticks and stones. It is kicked about, scoffed at, trampled under foot, knocked around and thrown violently here, there or anywhere. Its eyes are blinded, its tongue torn out, and its very "sole" ground to powder in its constant, uncomplaining servitude.

The shoe, like sails to a ship, or wings to a bird, permits man always and with tireless motion, to push on towards the far objects of his measureless ambition. Let the ship thank its sails, the bird thank its wings, and man thank his shoes, and when they are worn out get them replaced at WATERBURY & RISING'S, where you can find an assortment of Russia Leather—Tan—Canvas and Kid Boots and Shoes suitable for this season.

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R. W. LEETCH, 47 King Street, St. John, N. B. New Royal Clothing Store.

and since eggs are not merely medicine but food as well, the lighter the diet otherwise, and the quieter the patient is kept, the more certain and rapid is the recovery.

The Russian Face Bath. It is a foolish idea to think that one can get rid of wrinkles by filling them with powder, or even by emulating the whole face, says the *New York Commercial Advertiser*. It is much better practice to give the face a Russian bath every night.

The principle of the Russian bath for the face is to bathe it in such hot water that it makes one jump every time it is applied, and then a minute later to soak it with cold water. The reaction which this causes in the blood will make it glow and tingle with warmth. Then it should be rubbed dry with a towel before retiring. Day by day the skin will grow firmer and the wrinkles will gradually disappear. The use of hot and cold water for the face is important in many ways. Hard, cold water will not remove the grease and dirt which settle in the pores of the skin, but if bathed in hot water first, and then cold, the dirt will be removed and the skin strengthened. Dirt, grit and grease will settle in the skin when the face is only washed in hard, cold water and soap, and this alone in time injures the color and softness of it.

One should never bathe the face in hard water anyway, it is a fair complexion is desired. The water should be softened with a little borax or a few drops of ammonia. When the face is very hot it should not be bathed; wait until it cools off a little.

In travelling where one knows nothing about the water, it is better not to use it for bathing the face. If necessary, add a little alcohol, and then rub with a little vaseline. In this way a fair complexion may be obtained and retained that will be a pride to any lovely woman.

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Office for Agriculture, Fredericton.

Harry Wilkes, 1896.

THE Standard Bred Hambletonian Stallion HARRY WILKES, the property of the Government of New Brunswick, will make the Season of 1892 at St. John. TERMS—\$35.00 for the season, to be paid at time of first service. Harry Wilkes, 1896, is by George Wilkes, 519, dam Belle Rice by Whitehall. He will stand at Ward's One Mile House on the Marsh Road. The intention is to send the stallion down about the first of May. Should he be required before that time, arrangements may be made to send him down earlier by applying at this office. JULIUS L. INCHES. March 30th, 1892.

A Sewing Machine Given Away.

WE want Agents to canvass for "CANADA," the only magazine published in the Maritime Provinces. The subscription price of "Canada" is \$1.00, and every new subscriber will receive FREE a beautiful oleograph picture, 17 by 24 in size. Agents will be allowed a cash-advance commission of 35 cents on every subscription obtained. Over and above the cash commission a NEW RAYMOND SINGER SEWING MACHINE, worth \$45, furnished by Messrs. Miller Bros., of Halifax, will be given to the agent sending the largest number of subscriptions before April 1st, 1893. A WEBSTER'S INTERNATIONAL DICTIONARY, worth \$10, will be given to the agent sending the second largest number of subscriptions. A prize worth \$1.50 will be given to the Agent sending the largest number of subscriptions each month. "Canada" will be sent FREE, during the competition, to all who signify their intention to compete, and who remit 25c. in stamps for outfit. No post cards. MATTHEW R. KNIGHT, Hampton, N. B.

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