

"ASTRA'S" TALKS WITH GIRLS.

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

VERE, Nova Scotia.—The paper was all right. When you write too often I will tell you so. No, I was not away, it just happened so, next time let me know. I believe you were a little blue when you wrote, but what you say is true enough, but don't you know "it takes all sorts of people to make the world?" and I suppose there is some use for even the cranky ones, it may be their mission to teach us patience, but I know they never have that effect on me, just the contrary. We will certainly have to send extradition papers after that chum of yours, for we can never permit him to stay. I do hope you will succeed in "raising the funds," if not, count on me for a quarter. I will be most happy to contribute that sum, and will begin saving up at once in anticipation of the drain on my resources.

Will some correspondent kindly give Vere a really reliable receipt for taking ink stains out of light colored woolen cloth? I could give him several, but I have not much faith in any of mine, as they are apt to take the color out of the cloth. Perhaps it would be better to ask a chemist, he would surely know.

THE COMMITTEE, St. John.—I am always glad to give the boys a hearing, but how can you ask me to give a description of my own charms in cold blood? I am just like scores of women you meet every day, with blue eyes and dark hair, and rather above the medium height. Married? Who is Geoffrey, I should like to know if I am not married? I really am surprised at you, boys! (1) No, it is very rude indeed, and if a girl does not want to dance with a certain "boy" she has only to tell him she is engaged, and he is bound to accept that answer; but I think it much better to avoid hurting anyone's feelings, and dance with a man you don't like rather than slight him. (2) Well, no, I don't think I should blame you very much, but it is rather a risky thing to do, and places a girl in an awkward position, so I should not do it if I were you. I know so little about the St. John girls, except through this column, that I really cannot venture on an opinion. I do hope the Victoria rink will be open this winter I am sure. Suppose we send a petition to the managers promoting liberal patronage and requesting them to change their minds? Perhaps it does not pay. (3) No, I cannot agree with you there, I think that the church is the proper place for everyone to be married, and I don't think girls have any idea of "showing off" in choosing a church wedding. Write again some time and I will be glad to hear from you.

BERNICE.—St. John.—Thank you for leaving out the stereotyped beginning, I am always glad to answer any questions that are asked in this column, to the best of my ability, and I will be very happy to do what I can for you.

NELLIE, St. John.—I scarcely know what to say to you, except that I regret to hear of your decision, and think you are making a great mistake. Judging your character and disposition from your letters such a life would be utterly unsuited to you, and if I mistake not you will live to bitterly regret the step you are taking. Are you taking it of your own free will, or has anyone brought such pressure to bear upon you, that you have been forced into it? Your fifth question looks very much as if the latter might be the case; if so, think well before it is too late to draw back, the world is too full of light and brightness and love for any of us to turn our backs upon it without long and careful consideration. I may be wrong in thinking that you are very young and easily influenced, but that is the impression your letters have given me, and if I am right I believe I shall only be acting the part of a friend in advising you to take time before you decide irrevocably. (2) Yes, I like to see a girl "full of mischief," as the saying is, provided she has sufficient sense not to make a nuisance of herself by teasing everyone she comes in contact with. I am fond of people with high spirits because I always imagine that they are happy. (3) I should think a girl who made a practice of smoking most unladylike, even if she confined her operations to cigarettes. Fancy a girl always smelling of "hot smoke." It would be simply disgusting, and all respectable men would shun her, because men detest a fast girl. (4) I should think her very foolish. (5) I cannot understand your question in the least, because if I were to believe the first part of your letter you refer to that denomination yourself, but I can answer you very decidedly that I do not consider any religious sect wicked. Remember what I said, the world may hold a rich store of love for you yet, and you may be very wrong in cutting yourself off from it. I hope you will be able to write to me again and explain matters a little more clearly; if not I can only say that you will take with you my most sincere wishes for your happiness in the new life you have chosen.

BLUNDER, Yarmouth.—Why should you call yourself by such a name, I am quite sure it does not apply to you at all? You are most kind and considerate in writing me such an appreciative little note, but I should not have minded if you had asked me a few questions, I am so accustomed to answering them that I do not mind it at all, though of course some of them are tiresome. Thank you for the clipping, it was really of great interest and will no doubt be useful to me some day. Write and ask questions whenever you like, I shall be glad to answer to the best of my ability.

ELLEN.—Not in the least unusual, in fact such questions are the most frequent I try to devote special attention to them. I confess that I do sometimes wonder why girls don't cut out the advice I give them on such matters, or preserve the remedies I suggest in some way, but I suppose they put it off until it is too late, and the papers are mislaid, just as I do myself with the recipes for cooking. You have my deepest sympathy if your hair is falling out, because my hair has been doing the same to a most alarming extent lately, and it was not for the oxide of mercury andaseline I believe I should be bald in a short time, but I have used it faithfully and noticed great improvements in the last day or two. This is the remedy that I recommend the most frequently because I have tried myself, but many persons dislike to

use it on account of its oiliness, especially those who have oily hair. Get your druggist to make up one grain of red oxide of mercury in an ounce of vaseline, and apply it every night, rubbing it well into the scalp with the finger tips, and not using too much of the mixture. I know you will find this beneficial, and it will not darken your hair. Sage tea is excellent, but I know it has that effect. If the oxide of mercury is not satisfactory, write and let me know and I will try and suggest something else.

A LOVER OF BEAUTY, St. John.—I agree with you perfectly, that it is every woman's duty to look as well as she can, and be as charming an object of possible. Some women seem to think it praiseworthy to rise above such trifles, and be indifferent to their personal appearance but the result is usually lamentable, and I really believe that the woman who is careless of her appearance seriously narrows her sphere of influence and fails to command the same respect which is easily won by her more trim and attractive sister. I scarcely know why this should be so, but it is a fact, nevertheless; so the best thing we can do both for ourselves and others, is to make the best of such charms as nature has seen fit to bestow upon us. I cannot agree with you about the use of soap on the face, as I think it is impossible to have a good complexion without it, simply because it is impossible to be clean with the pores of the skin clogged by dust and perspiration which nothing but soap can remove, and all the people I have known who had the most beautiful complexions used soap at least once a day on their faces. Pears' unscented soap is not only harmless but absolutely beneficial to the skin, almost a cosmetic. The massage is excellent. I cannot tell you much about the metallic brushes as I never used one, but I think they are harmless. As you do not care for the vaseline I suppose I must suggest something else, and here is a remedy which I know to be used with the very best results by a lady who had lost her hair after fever, and who now has a most abundant head of hair, just as light in color as it was before her illness. Get any druggist to put two grains of quinine in a pint of alcohol for you, shake it well before using and apply carefully to the scalp, not letting it touch the hair more than you can help it, as it has a tendency to burn it. An excellent way to apply the lotion is to get one of the little cans used for oiling sewing machines—a new one of course—fill with the mixture, and run it through your hair in every direction pressing it as you do so, to insure the fluid to pass out properly. I do not know of anything so good for the eyelashes as the oxide of mercury and vaseline which should be applied very carefully to the roots of the lashes with a camel's hair brush. Be sure and let me know the result of the lotion, and do try the soap, you will be surprised to see how it will freshen your complexion. I prefer hot water for a bath, but many people like cold.

Will "We Two," of Halifax, read sagely, for "pages" and honor for "horror" in their answer of Oct. 29. ASTRA.

A Woman for Tennyson's Place.

Why not a woman laureate to a woman sovereign? asks the N. Y. Sun. There is a world of fitness in the combination of ideas. Still, it is not probable that the laureate's crown will ever grace the brow of a woman. When Wordsworth died a suggestion arose that the supreme honor conferred by the state upon its sweetest singer should be bestowed on Mrs. Browning, then in the meridian of her powers. The innovation was then not deemed admissible, though Mrs. Browning's genius was appreciated and honored, and among her successors none have received the gift of song with the sweetness and breadth that characterized her power. Francis Willard suggests Jean Ingelow as worthy the honor, and adds, with the crisp terseness characteristic of her remarks: "Before anybody lifts the chin in ridicule let the eyes be lowered over an edition of Jean Ingelow's poetical works for half a day."

Proper Dress for the Street.

Mrs. Jenness Miller has this to say on the subject of a suitable dress for the street. "My idea of a thoroughly practical street dress for busy women is one that shall conform to the demand for freedom of movement and yet preserve artistic harmony in proportion. The reason why a dress coming to the boot tops or a little below is rejected by the eye is because this length does not show enough of the leg to suggest proportion, and the foot shows over large in consequence. Grace demands that all gowns shall be one of three lengths. First, where the skirt falls just below the knee, and is met by a perfect fitting gaiter of the same material; next, that which merely clears the ground, and last, the well hung train, which is suitable for house, carriage and evening dress only. Each of these three lengths is adapted for certain occasions, and neither should be worn out of place or season."

She Knew Her Business.

A young woman answered an advertisement for a servant, and a lady of the house seemed pleased with her. But before engaging her there were some questions to ask.

"Suppose," said the lady—"now only suppose, understand—that you were carrying a piece of steak from the kitchen, and by accident should let it slip from the plate to the floor, what should you do in such a case?"

The girl looked the lady square in the eye for a moment before asking:

"Is it a private family, or are the boarders?"

"Boarders," answered the lady.

"Pick it up and put it back on the plate," firmly replied the girl.

She was engaged.

For Morning Wear.

For morning wear there is nothing neater than a little cloak made to match the gown, and finished off with a neat turned down collar, lined always bien entendu with silk. Indeed, these cloaks are greatly indebted to their linings always for their appearance of chic. In themselves they are very plain.—Ex.

His Idea of Them.

A small boy in a Brooklyn grammar school has furnished the latest information about girls in a recent composition: "Girls is pretty and afraid of guns. They wear toe rubbers and look at the clouds and say, 'Oh, how perfectly lovely.'"

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.]

Pork is now one of the most seasonable articles of meat in the market. Like veal it requires to be chosen with the greatest care, and like veal, also, it is subject to an unreasonable prepossessed idea amongst many people (not Jews) that it is an article of food to be avoided as unwholesome.

These people, most of them will not touch it in the shape of a roast joint, but if the same joint be made into cutlets, breaded, and served with a Robert Sounce as an entree, there would likely be none left at the end of the meal. These same people will eat ham, bacon, and even pork sausages without a murmur or even a thought that they are eating pork in a form that is much more likely to disagree with them than a good plain roast. When those who do order the joint almost invariably add "well done," as it all cooks do not always make it a point to have it well done, knowing that nobody eats pork that is not well cooked.

In the thousands of people I have served from the carving stand, I have only met with one man who is an exception to this rule, and he deserves honorable mention, for just to be contrary and want something that nobody else had, ordered his pork underdone. I was sorry I could not oblige him.

The pig, from its gluttonous habits, is particularly liable to disease, and it is killed and its flesh eaten when in an unhealthy condition, those who partake of it will probably have to pay dearly for their indulgence.

Dairy-fed pork is the best and between it, and the swill-fed pork, there is no comparison. The difference can be told by the appearance of the meat. The former is whiter than the latter. Those who are not good judges of meat should buy pork only from thoroughly respectable and reliable dealers. It is in season from November to March. It is well to avoid it during the summer months.

How to Choose Pork.

Young pork is the most tender and toothsome. The fat should be very white and firm, the lean finely grained, and the skin thin and cool to the touch. If the skin is thick, the pork is old. When fresh the flesh is smooth and cool, it taints it will be clammy. If any kernels are to be seen in the fat, the pig was diseased at the time it was killed. This is known as mealy pork and is very unwholesome. The meat needs to be kept for a few days in order to be tender, for even the sweetest of young pork will be hard if cooked quite fresh, but the head, heart, kidneys etc., should be cooked as soon as possible. I want to say a

Good Word

for good pork, because it is one of the most savory foods we have and it is uncommonly nourishing, as for the interior article, I would, if I could, have a law passed and enforced that would prohibit its sale. Meanwhile in these days of cook books and House-wife columns in the newspapers and periodicals there is no excuse for ignorance in matters of this kind, and he who says "I do not eat pork" or "I do not eat veal" will be looked upon as one who has not been accustomed to good living, because these very articles do now hold an important place in the menus of the best dinners, and are eaten.

Roast Pork.

The leg and the loin are the prime roasting joints. A leg weighing eight pounds will require about three hours roasting, and a loin weighing four pounds, an hour and a half.

Score the skin neatly in lines or diamonds a quarter of an inch apart, rub over with a little sweet oil or melted butter, with a paste brush or goose feather. This makes the crackling crisp and browner than basting it with dripping, and it will be a better colour than all the art of cooking can make it in any other way. And this is the best way to prevent it from blistering. Sometimes the leg is stuffed at the knuckle end, with sage and onion minced fine, and a little grated bread, seasoned with pepper and salt, and the yolk of an egg to bind it together. Apple sauce should always be served separately with roast pork, also, brown gravy.

Joint of Pork a la Francaise.

The French look upon a plain roasted joint of meat as something fit only for cannibals to eat; they never cook that way. The joint must be disguised more or less with sauce or combination of sauces and vegetables before they will think of eating it, but this French method of cooking a joint of pork is "not too bad," as we say in St. John, and having tried it I can recommend it to a change.

Take a piece of the loin, neck or spare-rib of pork; score the skin neatly in lines about a quarter of an inch apart, and rub it over with salad oil, or failing that butter will do. Put it into a deep baking dish with fifteen to twenty apples, pared, cored and quartered, as many potatoes peeled and divided, and nine or ten moderate-sized onions, put the whole into a well heated oven, and when the meat and vegetables are done enough serve them on a hot dish, the meat being placed in the centre, and the apples, potatoes and onions arranged round it. Time to bake a joint weighing about four pounds, an hour and a half, sufficient for from 6 to 8 persons. This dish reminds me of one that I have often seen prepared by a French cook. He called it "Beef a la Flamand" presumably the Flemish method of cooking beef. It was after the same style as the above only the beef was braised, and when dished up, had hillocks of various kinds of vegetables neatly around it. The appearance was good and I remember that the joint was in great demand whenever it was on the bill of fare. Some day I will try and explain how it is done, but today we are talking about pork.

Apple Sauce for Roast Beef.

Peel some apples, cut them into quarters, and put them into a stew-pan with a little brown sugar and water, stir well with a wooden spoon, add a little butter, and when done enough, send the sauce to table in a sauce-boat. The apples must not be too much stewed, or they will lose their acidity and become too brown.

Pork Cutlets, Breeds I.

Pork cutlets are best taken from the fore-loin of small dairy-fed pork, not very fat. In this case they should be neatly

You Should See Them!

Our Ladies' Blucher Balmorals.

The latest and most Fashionable Walking Boot. Made on the new Piccadilly Lasts, and of the finest Dongola Kid with Patent Leather Tips and Facings. It is the best fitting and most stylish boot that has been seen in St. John for some years.

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Trimmed the chine bone removed, and the end of the rib-bone bared about an inch—not that they may be more readily taken by the fingers and eaten, as suggested by a London butcher—Vide, a recent number of Punch, but because it is the correct form of a cutlet. This little bare end of the bone used to be decorated with a tiny white paper foil, made with a strip of white paper, two inches wide doubled along the centre, and the double edge nicked with a pair of scissors all along, and a little more than half way through the slip. This was then rolled around the bone and fastened with a pin. In some cities these frills can be bought ready made, but we seldom see them used now. However, the trained cook will always trim his cutlets so, frill or no frill. There are other forms of cutlets. They can be taken from the neck, or the leg can be cut into neat slices, egg and bread-crumbed, and they are cutlets also. In whatever form they may be, they should, after being trimmed, be dipped in beaten egg, and then in browned bread crumbs. To fry, melt a little dripping in a frying pan, and fry the cutlets in it. Time to fry fifteen to eighteen minutes, taking care not to burn the outside while they are cooking for they must be well done.

Pickle for Pork.

Every part of the pig which is thin and streaky may be converted into pickled pork, and this is a simple way to make a good pickle which may be used again and again if it is boiled up occasionally. Boil six pounds of common salt, a quarter a pound of salt petre, and one and a half pounds of moist sugar, in two gallons of water. When the meat is put in, put a weight upon it to keep it covered with the brine. Pickle should be thrown away after a pig's head has been laid in it. Judging from the odor of some of the pickle barrels in the city market not long ago, this precaution would seem to have been unheeded, or the trouble may have been from some other cause, any way, some of the butchers do not pay as much attention to their pickle barrels as they ought. My advice to the consumer is, make your own pickle.

Who Edna Lyall Is.

Of the personality of Edna Lyall, whose "Donovan" achieved so much marked success, but little is known outside her family, for her life is spent far from the busy streets of London in the quiet of Eastbourne, or in travelling about in search of health and rest. Besides the authoress is a home-loving woman, with a horror of publicity, and little care for society, literary or otherwise. The nom de plume Edna Lyall is only a transposition of the letters of the real name, Ada Ellen Bayly, and not until an impostor claiming to be the true Edna Lyall annoyed her exceedingly did any but her most intimate acquaintances know that writer and the daughter of the London barrister, Mr. Bayly, were the same. Miss Lyall's first story was finished before she was 18, but although favorably received did not produce the marked impression of "Donovan," which followed. Miss Bayly is a delicate girl, frequently obliged to give up her work entirely, and never able to devote a definite portion of one time to writing. Her works are all written with a purpose, frequently thought out on her travels, and written out with a typewriter, on which she has learned to compose as readily as with a pen. The profits of "Donovan" have been devoted to a peal of bells christened with the names of the characters and hung in an Eastbourne church.—N. Y. Sun.

An Army of Them.

There are to-day more than 200,000 women in the United States earning a living by professional and personal service outside that of mechanical labor or work in the shops, in the practice of law and medicine, the teaching of music and art, literature and science, and in clerical work of different kinds in Government and other official places.

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Wholesale Representative for Canada—CHARLES GYDE, 33, St. Nicholas St. Montreal.

A Trick That Never Fails.

"Do you see that gentleman sitting opposite?" said one man in a cable car to his next neighbor.

"Yes."

"I can make him pull his watch out of his pocket and consult the time without saying a word to him."

"You know him, perhaps, and have it arranged that he shall do so on a certain signal from you."

"No, I never saw him before in my life."

"Well, then, I don't believe you can do it."

"I have \$5 to say I can."

"I have a five to say you can't."

"It's a bet, is it?"

"It is."

The other man waited a few moments, until the glance of the man referred to fell on him, and then, with much deliberation, drew forth his watch and looked at it.

The man across the aisle saw the movement, and instantly lifted his own watch from his vest pocket.

The man who had bet he wouldn't hand his five-dollar bill over without a word, and as the other took it he remarked:

"It never fails. Look at your own watch, and it's as catching as yawning. Try it yourself on somebody."

Come in out of the Wet.

As the Shark said to the sailor, or if you must be out when it is raining get a Rigby waterproof coat. Porous, comfortable, healthy.

Ask for Islay Blend.
TAKE NO OTHER.

Pronounced by the Government Chief Analyst superior to all other Whiskies imported into Canada. See page 21 of the Official Report of the Inland Revenue Department issued Dec. 31st, 1891.



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And its effect on a Burn or Scald is really astonishing; it removes the anguish in a very short time without leaving a blister.

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