

"ASTRA'S" TALKS WITH GIRLS.

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

This is dreadful weather for sunburn, girls, and though outdoor exercise and a life in the open air generally is said to be the best thing in the world for the complexion, there is no denying that a too free indulgence in boating, tennis, bathing, and all such amusements where an umbrella is lawful, but not expedient, will result in freckles and tan, and I must confess that it has to be a very pleasant picnic indeed which will repay one for that horrid crimson stripe across the bridge of the nose which is so apt to be the penalty paid for a delightful day in the country, and the souvenir of the sun's too ardent kisses. If you are suffering from any of these ills, my dear girls, let me recommend the old-fashioned but thoroughly reliable remedy of buttermilk; I do not believe any modern cosmetic can ever take its place for cooling and softening an irritated skin, or irradiating sunburn. Bathe your face freely in it on going to bed, and two or three times during the day if necessary; let it dry on, and then wash off with warm water.

DORIS and DOROTHY, Fredericton.—(1) Yes, I agree with you thoroughly, they were all very far beyond the average of the companies usually seen in the lower provinces. Between 45 and 50 I think, and married I know, his wife was travelling with him. (2) I am afraid I should think him rather mean, or at the very least more forgetful than is considered good form in society. (3) I have never heard the song. (4) Rather unladylike, than "wrong;" it is far better never to glance at young men with whom you are not acquainted than to run the risk of being considered forward. After all why should you care to meet the eyes of a man you do not know, or exchange glances with him? As long as he is unknown he is as far removed from you as if he inhabited another planet, so the less you trouble your head about him the better, and the more he will respect you if he ever makes your acquaintance. Your letter was not long at all just a dear little note, and I will give Geoffrey and the dog your love with pleasure.

ROLLING STONE, King's Co.—I was glad to hear from you again, and I have much pleasure in telling you that I think your enclosure a very pithy and sensible little epistle. I must also tell you that it will be quite useless to think of remuneration if you continue to write your articles in that form. You see they are not articles, but communications, letters, and as such are never paid for. It is considered, on the other hand, rather a favor to publish them. Write more in the style you adopted in the last article you sent me, and send it as a contribution. You must not be offended if I tell you that I think you have improved very much, both in style and composition. You know many people object to being told they have improved, on the ground that the remark implies room for improvement. For myself, I am always glad to know that I have been making some little headway, as I think one must either go backward or forward, there is no standing still in this world. You are indeed a lonely bird, but you must have a delightful time in summer, if you are fond of camping out. I have a horror of it myself, but then I have never tried it, and so cannot speak from personal experience. I should like to have the address you mention, and will, of course, keep it in confidence. Yes, I enjoyed my visit very much. Write again, and I will be glad to do anything I can for you.

A YELLOW BIRD.—I published two excellent recipes for *pot pourri* last summer, in this column, but I cannot find either of them now, I have mislaid them in some way, and I will have to look over my files of PROGRESS before I can find them. If you have any friend who possesses a file of this paper you might look them up for yourself, as I cannot promise them to you till next week. Meanwhile, collect the rose leaves, dry them carefully in the sun, or the mouth of a very cool oven, sprinkle them well with salt and leave spread on newspapers in a dry place, and they will keep for two or three weeks. Many thanks for your kind effort to find the quotation for me, but the one you mention is different from the one I asked about. I think this is what you refer to: Queen Elizabeth's lover, and I am almost certain it was Sir Walter Raleigh—she was only Princess Elizabeth then, you know—fearing to tell her of his love. Though he had received a good deal of encouragement from the highborn damsel she was very much above him in rank, that he scarcely dared to hope for a favorable answer to his suit. So he wrote with a diamond ring on the window of her favorite room:

"Fain would I climb, but that I fear to fall." And his royal lady love, who was a very clever dame, seeing the line and fully understanding his motive in writing it, finished the couplet for him in this wise:

"If thy mind fail thee, do not climb at all." I regret to say that the love story thus begun was never satisfactorily finished, as we all remember. And now you see my answer was almost as vague as yours, but I will be more definite next week.

FARO.—St. John.—(1) I am sure you are a river boy, but when you tell me of a girl like that one you really make me ashamed of my sex. I did not think there was a girl in the whole world so utterly without brains; your suggestion is most charitable, and we will hope that she was not endowed with proper sense. Believe me, there are very few girls so silly, though it is the folly of a few which often causes men to generalize, and think all girls will make fools of themselves if they have a chance. (2) No, it is not right, and no lady would be guilty of such a thing, neither would any girl with a good heart, or right feeling, she is vain, foolish, and unrefined, so any man, even if he fancied he loved her, would be better without her, she never could make a man happy. (3) I think I should take the hint at once, laugh as if I thought it a good joke, and jump up with some such remark as—"After that I had better beat a retreat." It will make less awkwardness than to sit still in an

agony of anxiety to get away even for a few minutes. (4) Not absolutely, but it is not usual for young girls to do so, until they have come out into society. (5) The girls don't wear their brother's shirts, or their ties either, and you ought to know better Faro. Just imagine any girl arranging herself in the sack-like garment men wear! And how its huge proportions would ruin the fit of her trim jacket! Even the ties are quite different. I prefer the soft, full blouses. I confess, but still I have rather a fancy for those saucy little shirt fronts, with their standing collars and smart ties. (6) A rolling collar, very loose and low, and only the nearest suspicion of a sleeve; my own is rather pretty, and it has a wide, square sailor collar, quite open and pointed at the throat; you want to get as much of the water about you as possible, and don't wear stockings, if you do, you will never learn to swim. I don't believe you are a boy at all. Faro, you are a girl I am certain, only you thought you would "take me in."

BOBBY, St. John.—Much as I would like to justify your action, my dear boy, and deeply as I sympathize with you, I am afraid I must say that you rather overstepped the line. The girls' conduct was inexcusable, but still yours was not by any means modest. I think it was pardonable under the circumstances, as you had great provocation and are possessed of an impulsive nature. I excuse you this time, but really you must not do it again. The bathing houses are a boon, and we should all pray that they may increase and multiply.

ASTRA.
MADAME ROMERO.
A Popular Woman at Washington and in Mexican Society Circles.

Among the brightest women at Washington is Madame Romero, the wife of the Mexican minister to the United States. She is a Philadelphia girl who married Senor Romero, the Mexican diplomat and statesman, some years ago, and who has since



that time been noted as one of the most accomplished ladies of the court circles of Washington and Mexico City. She is one of the most generous entertainers at Washington and no foreigner of prominence comes to the United States who does not meet her.

Madame Romero has travelled extensively and is a keen observer. Speaking of a visit to Egypt she had this to say of Egyptian women: "Egypt is a land of sadness. My impressions there were of a melancholy type during my entire sojourn in that land of sandy deserts and lonely pyramids. The heavily veiled women seemed to be wrapped around in an atmosphere of sadness and the brightest of skies and the most beautiful aspects of nature surrounded what seemed to be one of the darkest countries of the world. The darkness of the Egyptian condition today fell upon my soul like the darkness of the times of Pharaoh. It was so heavy that it could be felt. To appreciate this you must realize the slavish condition of our sex there, and their complete subjection of mind and body. Nature intended the Egyptian woman to be one of the noblest of their sex and she is said to be beautiful. Beauty, however, does no good in Egypt for the veil covers the face and you see nothing but the eyes peeping out between two veils fastened together by little round gilt tubes which rest just over the bridge of the nose. The veils used are of a long heavy crepe and the drapery of the head is a flowing one of black. The women so dressed as they move through the streets of Cairo make one think of a procession of mules at a funeral."

Curious Marriage Statistics.
A German statistician has recently published the results of his investigation of the relative ages of husbands and wives in the various capitals of Europe.

He ascertained that marriages are most frequent where the husband is two or three years older than the wife. Women under twenty years of age, however, usually take unto themselves husbands six or seven years older than themselves. The cases in which the man was a year younger than the woman were almost as numerous as those in which he was six or seven years older. The first condition was true of 6.7 per cent of all married couples, and the latter condition of 6.4 per cent. The cases where the husband was six or seven years younger than the wife were also just as numerous as those where he was thirteen or fourteen years older. Only two cases were discovered where the husband was thirty-five years the senior; one case where he was forty-seven years older, and one case where he was older by forty-six years. One case was discovered where the wife was thirty-four years older than the husband. Twelve and three-tenths per cent. of all men who marry women under twenty years of age, according to the statistician, are between twenty-six and twenty-seven years old.

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."]

Changes in the daily bill of fare are always welcome. Perhaps the readers of this column will welcome the change of another pen here this week, while I am enjoying a few days needed rest in the country. The source from which the following comes is sufficient guarantee that the receipts are worth trying although I have not tried them myself.—E.D.

Sweet Summer Dishes.

That few of the minor food materials will furnish under proper manipulation more pleasing and palatable dishes than gelatine, has been taught me by experience.

A fierce war has been waged among dietetic authorities regarding the nutritive qualities of gelatine. However, even if not nutritious in itself, it gives desirable and attractive form and substance to fruit juices and broths.

As to the origin of gelatine, it is enough to say that it is extracted from bones and connective tissues by the action of boiling water. It is gelatine which causes soup stock to solidify as it cools.

Gelatine desserts are frequently unpopular, because the cook is behind-hand and has depended upon a larger amount of gelatine, instead of plenty of time in cooling, to make the mixture firm.

There are certain cardinal points to remember; once familiar with those, the variety of dishes to be drawn from the package of gelatine is limited only by the ingenuity of the cook.

Always soak in cold water two hours, less or more according to the brand of gelatine.

Include the cold water in reckoning the quantity of liquid used. Dissolve with a small amount of boiling liquid, add the remainder cold and cook quickly.

Never use more gelatine than the printed directions on the package require.

Use a smaller proportion with custards, cream or fruit pulp than with coffee or fruit juice.

If to be served in large moulds use less liquid or more gelatine; but the result will be less delicate.

Flavor highly to disguise any gluey taste, and always add a little salt.

Notice whether the package is warranted to make three pints or three quarts before blindly following a cook book which says "take half a box."

Divide the contents of the package carefully and use the stated proportion of liquid.

Do not put acid jellies in tin moulds.

Allow six or eight hours or longer in a cold place to harden before serving. Do not jar after it begins to harden; this will make the jelly break when turned from the mould.

For variations on the foundation receipts accompanying the package, these are attractive:

Peach Jelly.

Use the juice of a can of peaches in place of other liquid. Cut the peaches and mix with the jelly as it begins to harden. Mould and serve with whipped cream.

Ribbon Jelly.

Flavor part of the jelly with lemon, the remainder with strawberry or raspberry juice; also make a milk jelly, flavoring part with vanilla and putting chocolate in the other part. Pour a layer of one in the mould and place that on ice, and when firm pour in a layer of another, and so on till all has been used.

Fruit Sponge.

Take a pint of lemon or orange jelly that has just begun to stiffen, beat the white of three eggs stiff and then beat it into the jelly. Serve with soft custard.

Macedoine of Fruit.

Pour a half-inch layer of jelly into a mould and place in a pan of broken ice; when firm arrange in fancy device a layer of fruit and cover with jelly. Proceed in this way until the dish is full. Use a mild lemon or orange jelly, and for fruit candied cherries, slices of banana, nuts, dates, etc., cut small.

Coffee Jelly.

Keep the proportions of gelatine and liquid right. Make strong coffee as if for breakfast, and use this to dissolve the gelatine and in sufficient quantity to make the required amount of jelly. Use for one quart one-half cupful of sugar. Served with whipped cream. If "left over" coffee is used it should be taken directly from the breakfast table instead of allowing it to cool, then reheating.

Gelatine may be used to give body and richness to fruit juices. For example, soak a tablespoonful of gelatine in cold water, enough to cover. Open a can of peaches, and heat it in an agate saucepan. Dissolve the gelatine in a little of the hot juice and strain it over the peaches. When cold the juice is a syrup, and has not the usual watery appearance.

ANNA BAIKOWS.
School of Cookery, Boston Y. W. C. A.

IN SUMMER

Nestle's Food is the safest and best Summer diet for infants, because it furnishes complete nourishment and prevents all forms of Summer Complaint. This statement is confirmed by a record covering a quarter of a century in every quarter of the globe. Write for free sample and our book, "The Baby," to THOS. LEECHING & CO., Montreal.

NESTLE'S FOOD

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.

WATERBURY & RISING, 34 King and 212 Union Sts.

AMERICAN DYE WORKS COMPANY.

Lace Curtains Cleaned and Dyed by a French Process

Office—South Side King Square, Works—Elm Street North End, St. John, New Brunswick.

Experience may have taught

U
that things are not what they seem.

But
experience will teach

U
that our Bargains are what they are claimed to be.

Try a Few.

\$10.00 Suits selling at \$5.00 to close out broken lots, at the
NEW ROYAL CLOTHING STORE,
R. W. LEETCH, Proprietor, 47 King Street, St. John, N. B.

A Small Timepiece.

M. Morquet, a friar of the Florentine order in Paris, has constructed a perfect watch only a quarter of an inch in diameter. Besides the two hands seen on all watches it has a third which marks the seconds, besides a microscopic dial which indicates the days, weeks, months and years. It also contains an alarm, and on its front lid is an ingeniously cut figure of St. Francis. On the back cover, by aid of a powerful glass, you can distinctly read two verses of the "Te Deum."

WORTH A GUINEA A BOX.

Covered with a Tasteless and Soluble Coating.

BEECHAM'S PILLS

are a marvellous Antidote for Weak Stomach, Sick Head-ache, Impaired Digestion, Constipation, Disorder of Liver, etc., found also to be especially efficacious and remedial for FEMALE SUFFERERS.

Wholesale Agents, Evans & Sons, Ltd, Montreal.

For sale by all druggists.

You

WILL FIND THE NEW DRINKS OF THE

WILMOT SPA

delicious. They are called FRUIT SQUASH, (a very delicate drink for the ladies); LIME FRUIT CHAMPAGNE, (a delicious non-alcoholic beverage), and CINCHONA BITTERS, a delightful tonic. These are all made from the Wilmot Spa water, with pure extracts by our noted chemist. Call for them from your Grocer, Wine Merchant, Druggist or Hotel.

ST. JOHN DEPOT, No. 1 North Market Wharf, 596 Telephone.

HALIFAX DEPOT, Hue & Wiltshire, 38 Upper Water Street, 477 Telephone.

Pelee Island Wine and Vineyard Co.

(LIMITED.)

Having established our Maritime Agency in ST. JOHN, we now solicit your orders for our Special Brands of

Pure Canadian Wines.

Dry Catawba, case or dft.	St. Augustine, case or dft.
Sweet " " "	P. I. Port, " "
Isabella, " " "	P. I. Sherry, " "
P. I. Claret, " " "	P. I. Alicante, " "

Unfermented Grape Juice, case; also Concord, case or dft.

E. C. SCOVIL, Tea and Wine Merchant,
62 UNION STREET ST. JOHN. TELEPHONE 527.

INSTRUCTION.

Would you like to write shorthand in a week? Send 10 cents for a trial lesson in Simple Shorthand—wonder of the time.
SNELL'S BUSINESS COLLEGE, Windsor, N.S.

LONDON COLLEGE OF MUSIC.

MISS E. W. MORLEY, A. Mus. L. C. M. Representative of the London College of Music, will give lessons on the Pianoforte; also in Musica Theory, Harmony and History. Pupils thoroughly prepared for the College Examinations which are held three times each year, St. John being now a local centre. Terms on application at 106 King Street East.

MISS E. W. MORLEY, (Silver Medalist will shortly open classes for Painting, in either Oil or China. Also, having resided many years in France, she will open classes for French in May.

THE JOHN SNELL BUSINESS COLLEGE

The Best Penmanship Department, the Best Shorthand and Typewriting Department, —AND THE—
BEST BUSINESS COURSE IN CANADA.

OUR SUMMER FEATURE—The Teachers' and Students' Special Courses will be unusually instructive and interesting this Summer. Send for sample pages of Kerr's Book-keeping, specimens of Mr. Pringle's writing and College circulars. St. John, N. B. KERR & PRINGLE, Principals.

JAMES S. MAY & SON,
Merchant Tailors,
DOMVILLE BUILDING,
PRINCE WILLIAM STREET.
This Season's GOODS are all Personally Selected in the Foreign Markets.
First-Class Materials!
Equitable Prices!

CROCKET'S SPARKLING SODA WATER

For the Summer Season it has no equal. A good, cooling drink, any syrup you want. Buy a book and call often. The Scent for a cent machine is still going. It works easy and gives more than a cent's worth every time.

CROCKET'S DRUG STORE
Cor. Princess and Sydney Streets.

For Tourists.

SWEETSER'S GUIDE to the Maritime Provinces.
APPLETON'S TOURIST'S and SPORTSMAN'S GUIDE to Eastern Canada and Newfoundland, by C. G. D. Roberts.

RAND, McNALLY'S INDEX MAP of New Brunswick, Nova Scotia and P. E. I. Views of St. John, etc.

J. & A. McMILLAN,
BOOKSELLERS and STATIONERS,
Prince Wm. St., St. John, N. B.

THE St. John Globe published in its issue of July 9, '92:
"White Hellebore Powder is the best substance for killing currant worms. Apply with a dredging box."
We put up White Hellebore Powder in 10c., 25c. and 50c. packages, and will mail it to any address, postage paid on receipt of price.
MOORE'S DRUG STORE,
109 Brussels, cor. Richmond St., ST. JOHN, N. B.

The Rimisch Piano

PLAYED AND ENDORSED BY The World's Most Eminent Musicians; and Pronounced by Them "THE MOST PERFECT PIANO MADE."

C. WOOD & SONS, St. John, N. B.
Agents for the Maritime Provinces.