

"ASTRA'S" TALKS WITH GIRLS.

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

My dear girls I have a grievance this week, and it is such a serious one that I am going to air it for your benefit. I dare say you have all heard of Progress picnic, and that all its "subscribers, contributors and newboys" were invited, also, I suppose, its advertisers, and though you are doubtless all included, being either subscribers or contributors, yet I expected to have special invitations issued for "Astra's girls," so I felt deeply incensed when I saw there had been no separate mention made of them.

SUNFLOWER, Fredericton.—How many sunflowers are there? and are they all on the one stem, as you write in the plural number, but sign your name in the singular? I hope you will always continue to be interested in our **W**am, I am sure. (1) "Wrong" is rather a strong word my dear girl, but it would undoubtedly be very wrong indeed as far as etiquette is concerned and a decided breach of good form. The young man would know that it was too, and think the less of you for being forward, and seeming anxious to "scrape an acquaintance." You know men prefer that girls should be a little reserved and let themselves be sought rather than do the seeking. (2) Yes, unless they are very intimate friends, and even then it would be much better manners to ask. The lady should take the gentleman's arm though. (3) It all depends on the length and the degree of intimacy of the friendship; very old friends of opposite sexes may write to each other with perfect propriety, while it would be very foolish as well as improper to correspond with a mere acquaintance. (4) It would be extremely unkindly not to say "fast" and the young man would think very little of you, I should imagine. (5) Of course I think it right, no profession could be more honorable, although I consider it very hard work and an arduous career for any girl to choose. The questions were not too many, and all easy to answer. Thank you for the love.

PICCOLO, St. John.—Friday is quite soon enough, so you might have written last week. (1) It is certainly rude to stare a person out of countenance or to level your glasses in one direction so frequently as to attract attention, but there is nothing at all out of the way in taking a general survey of the house through them if you wish. I never do wish myself, because I can always see so much better without them; but I am sorry to say that it has become a habit with people who consider themselves ladies, to direct their glasses towards some given point, usually the face of a rival and stare the victim out of countenance if possible. Such conduct is most ill-bred and I regret to say that it is usually practiced by our sex. If you want to recognize some friend in the house, and are not certain glance through your glass as unobtrusively as possible and do not level it in the one direction for too long a time. (2) Yes, I read the letter you refer to, and I am afraid there was a good deal of truth in it; I hope it may do some good as it was not undeserved. (3) I think you spelled the word just a little wrong. Is it not Camanah that you meant? If it is merely one way in which the French spell came, another is camee but both have the same meaning. I do not know of any other word that would answer the description. (4) What would you think of Imp, Brownie, or Sprite? Scrap would be a lovely name, only people would be sure to think it was Snap. If you do not care for any of these, we can try again. You did not tire me at all and I shall be very glad to hear from you again. The pup is a big dog now, and getting quite sedate and old fashioned.

MIGNON, Yarmouth.—You must never hesitate about trespassing upon my time again, because it everyone did that, my column would soon fade away and die of inanition; remember it is like an old fashioned omnibus, and always has room for one more, and that I am always glad to answer any questions the girls may ask within the bounds of reason. (1) No, it is not correct for young girls to receive presents from any but their oldest male friends, and even then a girl should not accept a present of any value unless she is engaged to the man who offers it. A book, a new piece of music, a box of candy, or a bouquet of flowers, she may always accept from an old friend, but nothing more valuable, and from slight acquaintances nothing at all. (2) Four dances of an evening with the same gentleman is considered the outside limit in good society, unless under exceptional circumstances, such as very few gentlemen being present, or in the case of an old friend whose step especially suits yours. (3) Certainly not, and I cannot imagine any girl being so silly as to think of such a thing; the man would utterly despise her. (4) No, it is not right unless you mean very general attentions, which are understood to mean nothing. (5) It is both unkindly and foolish to converse with a man to whom you have never been introduced, unless you meet at the house of a mutual friend and courtesy demands your entering into conversation with each other, but in that case the acquaintance is never supposed to continue unless you are properly introduced, and a man in good society would chat pleasantly to a lady for half an hour at a reception or card party, but be very much surprised if she should bow to him on the street the next day, without an introduction. (6) It is utterly impossible to generalize in such matters, I don't imagine complexion has anything to do with it; a dark man might make a jewel of a husband, and a fair one the very reverse, and *vice versa*. Select the best man, quite regardless of his hair and eyes, for I think you will find disposition counts more than complexion. In short, my dear girl, you must exercise your own common sense a great deal in this world. I shall be very glad to help you at any time, as far as it is in my power.

K., St. John.—I am afraid the poem I was thinking of is not the right one; it is from Tupper's Proverbial Philosophy, one

of the most attractive of that rather tiresome collection of platitudes, and is called "Of Beauty." The verse I meant runs thus:

There is beauty in the rolling clouds, and placid shingle beach;
In feathery mows, and whistling winds, and dune electric skies.
There is beauty in the rounded woods, dank with heavy foliage;
In laughing fields, and dented hills, the valley and its lake.
There is beauty in the gullies, beauty on the cliffs beauty in sun and shade,
In rocks and rivers, seas and plains—the earth is drowned in beauty.

You see the idea seems the same at first, but it is in reality very different, and not nearly so well expressed. I will look again, and give you the result of my searches.

MODES IN CHILDREN'S HAIR.

Rounded Bangs and Loose Curly Eights—Braid and Ribbon Styles.

Little girls are prettier than ever this summer. The prevailing style of arranging her hair will permit it to curl and wave unconfined about the face and neck, and is most becoming, often giving just the touch of color and softness needed to complete a very picturesque effect. Especially is this noticeable under the large hats in vogue, and the silk bonnets with their deep trills. Children under eight do not wear braids, ribbon bows or loops to hold their hair in place. It is cut in a rounded bang, not a point as heretofore, over the brow, and from the crown of the head the long strands are brushed forward toward the face, where they lie in curls about the neck.

Where it is necessary to curl the ends artificially, or where mothers prefer to see them waved heavily, hairdressers claim that nothing insures so good a result with so little injury as the kid rolls, which any one can make without difficulty from odds and ends of gloves. Cut a piece of kid in the form of an ellipse, rather pointed at both ends. Stitch a piece of white tape through the centre, roll the kid over any soft wadding and stitch the edges together over and over. Over these the hair is rolled at night after being dampened slightly, the pointed ends are bent toward each other to secure it in place, and the kinks and waddling being soft, less discomfort is felt than by other methods.

For girls of 9, 10 and 11 years old the following styles are simple and becoming: Part the hair across the back from ear to ear; below the part make two smooth, loose braids; carry the hair from the brow and temples to the crown just easily; braid it and tie all three braids together, hiding the ends under a soft ribbon bow; fasten with two small shell pins at the base of the head. The lower braids will form two pretty loops. The upper braid serving somewhat as a support, the three ends are more easily kept in place.

Another way is to tie the upper strands almost at the crown of the head with ribbon from five to six inches wide, in a short, full bow; then the ends are brushed straight down to meet the rest of the hair, and tied again with another wide bow, the hair below the lower bow curling down the back.

A third popular style is to begin braiding several inches below the nape of the neck, the upper part being very much waved or crimped. After braiding for an inch or two add a bright velvet ribbon, curl the ends about the bow, and allow the upper part of the hair to appear unconfined and fluffily about the neck.

Misses of 12 wear oblong braids and loops pinned flatly to the back of the head in the centre, the bangs loosely curled and wavy.

Queen Victoria's Favorite Soup.

One cup of chopped chicken meat, one pint of strong chicken broth, one cup of sweet cream, one-half cup of cracker or bread crumbs, three yolks of eggs, one teaspoon of salt, one-half saltspoon of pepper. The chickens may be obtained from what remains of a roast, in which case the bones, skin, tendons and all the scraps should be boiled for the broth. It is better, however, to use a fowl cooked purposely, as the broth is of finer flavor. Put the cracker crumbs to soak in a little of the cream; break the eggs, separate the yolks from the whites and carefully drop the yolks into hot water; boil them until they are hard. Chop the chicken in chopping tray until it is as fine as meal, previously having removed everything except the clear meat; then add the soaked cracker, the yolks of the eggs, which should be pressed through a coarse wire strainer, the salt, pepper, cream and broth; strain through a colander, pressed through all of the meat; pour into a double boiler and cook for ten minutes. This is a delicious soup.

Corsets Affect the Eyes.

The true oculist does not always prescribe glasses. For example, a young woman whose eyesight had become very much impaired was ordered, first of all, to have ten or a dozen amalgam fillings drilled out of her teeth. She was told that she might take her choice between having the holes stopped up with gold and having all the teeth drawn. She was next ordered to stop wearing a corset, and next she was subjected to a course of treatment to allay a stomach trouble, a sort of mild dyspepsia. The doctor told her that, though glasses might give her temporary help, pathological treatment must be resorted to to produce a permanent improvement in her eyesight.

Making Bread by Machinery.

There has been organized in a Western city a company of women, with seven women directors, for the purpose of controlling in all parts of the United States a bread-making machine which can be operated almost entirely by women. Loaves of bread perfectly kneaded and shaped can be turned out by this machine, into which the ingredients for the bread are placed, almost as rapidly as newspapers from one of the improved presses, and with less complication of mechanism. Automatic opening and closing slides lift the loaves into the oven, and revolving brushes clean the moulds and pans when not in use.

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."]

One of the most seasonable occupations of the average housekeeper at this time of the year is preserving. This branch of the culinary art is so generally well known that little need be said here beyond a few general remarks and directions for the inexperienced.

The season for one fruit succeeds that for another so rapidly during the summer that unless a housekeeper be watchful, the particular fruits which she may have thought of preserving will go by before she is aware of it. As to the best time for certain fruits, it would be hard to say, for they ripen in various places according to the climate—at one place early and at another late in the season. The time to preserve is when the fruit is ripe and firm. Many fall into a common error of supposing that over-ripe fruit is economical because it is offered cheap. There is no economy, either, in using cheap common sugar. Use only the best white sugar or the preserves cannot be perfect. Watch the market and use the various fruits when they can be had in perfection. Fruit is generally cheapest when in its prime.

Utensils Needed When Preserving.

An oil or gas stove overcomes the objection to heat. There should be plenty of large mixing bowls, a grocer's tunnel (one with a mouth much broader than ordinary tunnels have), two or three long-handled wooden spoons, a long-handled skimmer, two preserving kettles, either granite-ware or porcelain-lined (they are safer and easier kept clean than brass or copper pans), two large milk-pans, scales, a quart measure, two squares of cheese-cloth, a calander, a puree-sieve, and a pointed flannel bag.

What Kind of Jars to Use.

In small families it is more economical to use pint jars than those of larger size, for small fruits. If the fruits always be put up in the self-sealing jars, the amount of sugar can be varied to suit individual tastes, as sugar is not essential to the preservation of the fruit when such jars are used.

General Directions.

Peaches, pears, crab-apples, damsons and other plums are preserved whole, a syrup being prepared for them.

Having the fruit ready, put in only such quantity as will float freely in the syrup, and cook slowly until tender. Pears should be cooked for about fifteen minutes; plums three to five minutes. Pears and peaches should be dropped into cold water as they are pared, so that they may not become discolored. In order to pare peaches, put them into a wire basket and plunge into boiling water for about two minutes; then the skin will come off readily. White plums are skinned in the same way, and damsons should not be skinned at all.

The jars in which fruit is to be put should be heated gradually in a pan of water. After they have been nearly filled with hot fruit, boiling syrup should be poured over them. The covers, if glass, should also be heated, and should be fastened upon the jars while hot. Under these conditions—provided, of course, that the covers be fastened securely—the fruit may be kept an indefinite time; indeed, any fruit that is made boiling hot, and is at once put into jars in the way just described, may be kept as long as one pleases, even if no sugar has been used in the course of cooking, though the flavor will not be so fine as when some sugar is used, much or little, as one's taste dictates.

To Make and Clarify Syrup.

When it is desired to have the fruit and syrup exceedingly clear, it is necessary to clarify the syrup with the white of an egg. Syrup for fruit which is very juicy should be rich, and that for fruits which are rather dry and require long cooking, should be rather thin. The proportions of a rich syrup are one pint of sugar to half a pint of water; the two ingredients to be boiled together for a quarter of an hour. A light syrup is made of equal quantities of sugar and water.

The general rule for making and clarifying syrup is, to put two quarts of sugar and one quart of water in the preserving-kettle. Beat the white of two eggs until they are light, but not until they are dry, and stir them into the sugar and water. Place the kettle on the fire and heat the contents slowly, stirring often, until they begin to boil; then draw the kettle back immediately, and after covering it, keep it on the back of the stove for half an hour. The liquid should not be allowed to boil rapidly. At the end of half an hour remove the cover, and lift the thick cake of white scum which will be found on the surface. The syrup will then be found as clear as crystal, and will be ready for use. This work should be done carefully or not at all, because, if the directions are not closely followed, failure will be the result; indeed, the whole work of preserving requires time and pains, and unless one be willing to meet both of these requirements with a determination not to feel burdened, it will be better to buy such supplies as may be needed from time to time.

All fruits are greatly improved if juice, instead of water, be used with sugar to make the syrup. It is a good plan to use the juice of acid fruit in preparing syrup for a sweet fruit. The juice of currants, barberries, green grapes or rhubarb, combined with sugar, makes an excellent syrup in which to preserve strawberries, raspberries, blackberries, pears, apricots, etc.

The difference between preserves and jam is that in the former the fruit is preserved whole with a clear syrup, and jam is not. The same difference lies between compotes of fruit and stewed fruit. The former in both cases is the article to be preferred.

Jellies.

In making jellies it is well always to remember a few facts in particular. The freer the fruit is of stems and imperfect fruit, the clearer and brighter will be the jelly.

When fruit juice is boiled without any sugar, and the hot syrup is simply added and the mixture is stirred only long enough

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.

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to dissolve the sugar, the jelly will be many shades brighter than when the juice and sugar are cooked together.

Heat Generated in the Human Body.

Dr. Milne Murray, in a lecture on "Animal Heat," showed how animal heat was produced in the human subject—how food acted as fuel; how its combustion, so to speak, was supported by the oxygen which was inhaled through the lungs; and how throughout the body heat was maintained by the process, in virtue of which the various tissues of the body made good the wear and tear of action by appropriating the nutrition which the blood conveyed to them. The muscles were the great-producing tissues in the body, just as they were the great work-producers. It has been estimated that about four fifths of the entire heat in the body was produced by a man of average weight during a day of average work would be sufficient to raise about 63lb. of water from the freezing to the boiling point.

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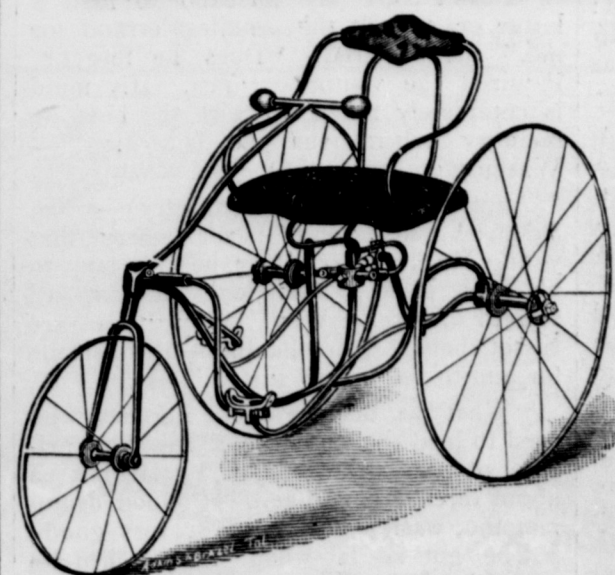
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