

WOMAN and HER WORK.

Dear me, girls, what a terrible thought it is, that if we want to be really fashionable and up to date, we must actually measure 36 inches from one shoulder to the other! It does not matter whether the original structure, the woman herself, measures eighteen inches, or only twelve, because she does not count to any large extent, according to the latest rules of modern dress-making; being only a sort of foundation provided by nature for art to work her own sweet will upon. Of course it is understood that in measuring, the foundation has "nothing to do with the case tra-la." You must measure as the sportsman measures the wings of the eagle he has just shot, before sending an account of the exploit to the local papers: he gets some friend to hold one wing, while he holds the other, and they both pull. The eagle having recently expired is flaccid and elastic, so he stretches easily, and the result of this treatment fully justifies his slayer in announcing that this monarch of the air "measured seven feet from tip to tip."

Well, that is the way to measure angels, now-a-days, from tip to tip: flatten out your huge sleeve puffs girls, pull them away from your shoulders like wings, then measure them and if they are a full yard apart you may rest satisfied that you are *de rigueur* and you will pass muster even on Fifth Avenue itself.

What would our mothers have said could they in their girlhood have looked into futurity and contemplated the extraordinary breadth of shoulders their daughters would consider desirable, when they themselves spent hours each day, cultivating the sloping shoulders which were prized in their day, almost above all other beauty of form. I have heard ladies of the last generation say that they used to spend half an hour each day walking slowly up and down carrying a heavy pail of water in each hand, as that was supposed to give the requisite drop to the shoulders better than any other exercise. Verily times have changed since then! I am afraid we all shall be looking like animated hour glasses soon if we pretend to follow the fashions with anything like fidelity because I really heard the other day of a dress which measured twelve yards around the hem, and when the waste of raw material reaches that extent, I think it is really time some one called a halt for it is too ridiculous to be tolerated. When any fashion reaches such an extreme as that, it generally goes back to the starting point rather suddenly; so I should advise all those who have limited purses, to choose whatever style of garment is most becoming to them, and not follow the fashion plates with blind faith, or go to any extreme, because in spite of all that has been said or written on the subject the fashions for the coming season are not settled, the matter of the prevailing mode is still very much under discussion in high quarters and it is better not to make any very decided departure from the prevailing style just yet. Remember the fate of the empire style which set in with such apparent force last autumn that the fashion books literally teemed with empire gowns, cloaks, belts, and even corsets. Think of these my dear girls, and then ask yourself plainly "Where are these garments now?" Why, do you know that it is a positive fact, I have seen but two genuine empire dresses worn and as they were both on rather stout ladies the impression they made upon me was far from favorable, and I felt inclined to rejoice that the fashion was too short lived to become at all general.

The empire styles are rarely seen now except in tea gowns and in this style of garment where flowing draperies and a negligee appearance is desirable the empire modes show to great advantage, but as a street dress the real empire was out of the question, from the first—it was too conspicuous to be lady-like.

In spite of the enormous breadth of shoulder which the wide sleeve puffs give just now, I really believe there is a steadily growing tendency towards longer shoulder seams, which must mean in time, a return to sloping shoulders, as the long seams add to the apparent length of the shoulder, and give it a fictitious droop, so we may come to carrying the pails of water ourselves soon, though I believe it would take a goodly share of the Atlantic ocean served out in pailfuls to bring down the dear, healthy square shoulders of the average summer girl, who has played tennis, rowed, and swung dumb bells, and Indian clubs, ever since she left school. She is too robust, and vigorous, bless her, and she wears her shoulders thrown too well back, ever to get them into the proper position for drooping.

I think everyone will be glad to hear that the tailor made skirt of blue, or black serge trimmed with serviceable braid, and worn with either a blouse, or shirt waist and blazer, will be as popular as ever this summer. Indeed the blouse will be more than ever in the ascendant, and worn even on dressy occasions. Silk, of course, is the first choice, cream colored China, or ponce silk, and a lovely way to make them is to shirr the fullness around the neck and shoulders into the shape of a round yoke, instead of leaving it loose, as the fashion was last year. A folded sash belt crosses in front, and meets beneath a

rosette in the back. The belt has quite a deep point in front which gives a basque effect to the blouse; the sleeves are plain and tight up to mid-way between the elbow and shoulder, where they are finished off with large puffs.

Speaking of puffs, reminds me of a very pretty variety of puff, called the Vandyke, which is set on in a point, the puff sloping up sharper towards the shoulder as if it had been caught up and fastened, like a baby's sleeve, before being sewed on.

Charming little bodices, and blouses are made of white lawn, cambric and old fashioned white dotted muslin; they can be worn with any skirt. Their distinguishing features consist of the puffed sleeves which sometimes show as many as five close puffs set close together, and reaching almost to the wrist where they are finished with little cuffs or embroidery; and the old cape like collars of deep embroidery which are set on just below the high standing collars which finish all the most fashionable dresses this season. Here are two especially pretty ones. The first was of white nainsook and was composed entirely of puffs of nainsook separated by bands of insertion running around the figure like the hoops of a barrel. The last row of embroidery formed the belt, below which was a frill about five inches deep and edged with embroidery. The sleeves were wide and full from the shoulder to below the elbow where they were finished with puffed cuffs to match the bodice itself, a band of the insertion formed the standing collar, below which hung a double frill of the nainsook hemstitched around the edge and reaching well down over the shoulders. It does not sound pretty I know, but it really looked charming.

Another lovely little blouse was of sheer white, dotted muslin, made in the simplest possible style, very slightly full about the neck, and with the fullness at the waist gathered into a band, below which is a frill, trimmed with either embroidery or lace, and five inches deep when finished; the sleeves are in three puffs, separated by bands of insertion, and the standing collar is also of insertion. The principle feature of the garment is its deep cape-collars, of embroidered muslin, or rather muslin Hamburg, which begins at the base of the standing collar and falls well over the shoulders; it does not meet in front by about three inches, and is gathered very full indeed, making a new and very pretty finish for the blouse. The vest may be either of embroidery or silk. None of the muslin blouses are lined.

A curious proof of the correctness of my assertion, that fashions go from one extreme to the other may be found in the almost universal high collars which are worn this spring. Last year it was considered the correct thing to show our collar bones even in walking costume, and a dress with a collar was looked upon as a sort of back number, and entirely out of style: now if we want to be fashionable we must be able to touch our ears with the edges of our collars without bending our heads. Fashion is indeed a sort of wheel, and those who would keep up with her revolutions, must be agile beyond the ordinary run of mortals. A very pretty heading for a flounce either of muslin, silk, or challie is the new double frill which is less bulky than a ruche and quite as pretty. It is made by hemming on both sides a straight strip of the material, in the required width; run two shirrs half an inch apart through the centre and draw them up very full, and stitch in by machine. This ruffle requires to be cut twice the length of the space to be covered as it must be very full. It may be made of bias material if preferred, and instead of being hemmed, folded so that the edges will lap in the centre of the under side, and be held in place by the shirrs. This makes a pretty heading for the flounce of a challie or china silk dress, made of the silk with which the dress is trimmed; and it is also suitable for outlining a yoke, placing at the top of a cuff just where the puff begins, or decorating a plain high collar.

Through the kindness of a correspondent signing the initials C. C. B., I am enabled to give "Chatham" the names of several teachers' bureaus "of high repute" in New York. The first is that of Mrs. M. J. Young-Fulton, 23 Union square. The next "Mrs. Miriam Coyne, Fifth avenue, No. 150 Methodist Book Building." This is especially an episcopal agency. The "Teachers' Schermerhorn's Agency" completes the list. I am sorry to say that I failed to make out the word which came after "book" and before "building" in the second address; it looked like either caucus or cancer, but as I was sure it could not be either, I gave up puzzling my brains over it, and leave it to the imagination of my correspondent, to whom I hope the addresses will be of some use, if they are not too late.

Will C. C. B., of St. John, accept my thanks for his or her kindness in supplying the information I asked for? ASTRA.

Recipes in Autographs.

The autograph craze has revived, but with a practical rather than a poetical motive. Instead of rhymes on the beauty and truth of friendship, one is requested now to write on the blank pages of the collector's album his or her favorite recipe, with date and signature. It would seem at first thought to be a more wholesome fancy than the gathering together of rhymes, but considering the wear and tear of the digestive apparatus upon which these numerous recipes may be tried by an ambitious housewife, swapping sentiments may be less destructive and undesirable.

DIET REFORM'S LATEST PHASE.

Bread, Meat, and Vegetables Discarded in Favor of Nuts and Sweet Fruits.

Modern science yields an iconoclastic club against all our pet theories and traditions. Bread that has been from time immemorial regarded as the staff of life is, according to the new gospel of beauty expounded by Dr. Helen Dinsmore, responsible for much of the nervous irritation and prostration of the age, and leads to intemperance. The little child cries for a banana and is persuaded to eat large quantities of bread under promise of the fruit as a reward. According to Dr. Helen and her theory the child's desire for the fruit is a natural and reasonable one, which should be indulged to the fullest extent. Bread and all cereals, according to the new philosophy of dietetics, are not digested by the stomach but rather in the intestines, where the digestive power is less vigorous and is overtaken in assimilating them. The strain upon the nervous system involved calls for a pick-me-up first in the form of tea and coffee or tobacco, and finally wine or alcohol. Vegetable foods, from their excessive potash, demand large quantities of salt, which in turn paves the way by depressing the nervous system for the use of narcotics and stimulants.

Fruit and nuts, on the contrary, are adapted to the tastes and appetites of man without the addition of salt or irritating spices, are more easily digested and assimilated than cereals and vegetables, and furnish the same supply to the waste of the body that bread laboriously digested less naturally furnishes. The system is too intricate for presentation in full, but the diet recommended by both Dr. Helen and her husband, Dr. Dinsmore, consists primarily of fruit and nuts, but sweet fruits supplemented by milk and eggs or mild cheese are recommended during the transition of diets, especially for vegetarians.

One invalid was brought out of a dangerous illness by eating two figs with a teaspoon of milk three times a day, increasing the amount gradually until now she eats four ounces of Tunis dates, half a pint of milk three times a day, two eggs, a little fresh butter, and a few ground pine kernels every day. Another woman is thriving and working on eight ounces of Hallon dates, one-half pint of milk, and one ounce of pine kernels for breakfast, and figs, dates, milk, and nuts for the other meals, which are taken at intervals of six hours three times a day.

An elderly woman who is taking the diet has corrected the tendency to obesity from which she suffered, her hair has not lost its color, her eyes require no spectacles, and everywhere she is taken for her own son's wife or sister. According to Dr. Dinsmore, when this diet becomes universal beauty will come to be recognized as no more the property of youth than of age. The athletic form of age, with its open and unwrinkled brow, will have no gray deformity, no deadly germs of languor and diseases, no wrinkles, but perfect hearing, clear eyesight, sound teeth, elastic step, physical vigor, and spiritual contentment. —[N. Y. Sun.]

To Wash Flannels.

In washing the clothing of a family, there is nothing which requires so much care and never-failing particularity as the flannels. No inexperienced person should attempt the task, for it lies in the power of the laundress to keep them dainty and soft, or to utterly destroy them and make them unfit for further use. There are many conflicting theories in regard to the proper way to wash flannels, but the best and safest rule to follow, says Eva Marie Kennedy in the Ladies' World, is to wash them in soft water just hot enough to be borne comfortably by the hands. The suds should be made before the flannels are put in, and should never, on any account, be rubbed into them. Neither should the flannels themselves be rubbed, as in washing linen articles, for the fibres of the wool contain numberless little hooks which the rubbing knots together, and consequent shrinking of the fabric.

If they are very much soiled they should be washed in two suds of the same degree of temperature, and then rinsed in lukewarm water, into which a little bluing has been thoroughly stirred. Shake the articles up and down in the water, and pull through the hands, and after each water squeeze as dry as possible with the hands, as the wringer might have the tendency of making them harsh and unpleasant to the touch.

The flannels should then be well shaken and pulled into the original shape, and put out into the sun to dry as quickly as possible. Before they are quite dry they should be brought in, pulled and folded as evenly as possible, then rolled up tightly in a clean cloth or towel for a short time—if left too long they will shrink—and then they should be pressed till they are quite dry.

White flannels and blankets washed in this way, will remain soft and white till they are worn out.

When at all possible, flannels should be well shrunk before being made up, and care should be taken to avoid a gloomy day for washing them. It is cloudy or stormy weather, and the sun does not shine, it would be much better to dry them indoors.

Situation Wanted by an Angel.

A Southern paper publishes the following: "Wanted—By a young lady aged nineteen, of pleasing countenance, good figure, agreeable manners, general information and varied accomplishments, who has studied everything from the creation to crotchet, a situation in the family of a gentleman. She will take the head of his table, manage his household, scold his servants, nurse his babies, check his tradesmen's bills, accompany him to the theatre, cut the leaves of his new book, sew on his buttons, warm his slippers and generally make his life happy. Apply, in the first place, to Miss —, Hickory Grove, Ga., and afterward to papa on the premises." Any young man looking for an angel for a wife will get as near his ideal as anything short of heaven can furnish in this Hickory Grove, or else the girl that inspired that ad. is the most mistaken young woman south of Mason and Dixon's line.

A Woman Lawyer in California.

Mrs. Laura de Force Gordon, a leading lawyer on the Pacific coast, has filed papers endorsed by prominent men of her State for the consulship to Honolulu. Mrs. Gordon is a prominent advocate of woman suffrage and has frequently taken part in democratic campaigns. Testimonials from the chair-

WHEN YOU ARE BUYING

DON'T OVERLOOK

Our Ladies' fine Buttoned Boots with the new Pointed Toes and Patent Lea Tips. Also Plain Toes. Prices \$1.50, \$1.75, \$2.00, \$2.50, \$3.00, \$3.50, \$4.00, \$5.00, \$5.50, \$6.00, and our Blucher Bal Piccadilly Toes at \$5.00.

WATERBURY & RISING, - - - 34 KING AND 212 UNION STREETS.

men of the democratic committee for Utah, Wyoming, and Nebraska certify to her value in the last campaign, and on account of this, claim that her application should have careful consideration. As a bride Mrs. Gordon accompanied her husband to the front, and as a volunteer nurse earned official mention in the war records for bravery and skill. After her husband's death she engaged in journalism, which she resigned for the study and practice of law. She was the second woman to be admitted to the Supreme Court of the United States, and was instrumental in changing the law of California to admit women to the bar.

One Thing a Woman Will Fib About.

No matter how honest a woman may be she will fib about her age.

There are exceptions to this all exclaim in wrath, but these same G. Washington exceptions will smile and purr like contented pussy cats when some understanding of the feminine nature says: "What! You 35? You don't look a day over 20!"

You see the principle is there just the same, and the universal horror of growing old. There is that which is unspeakably terrible to a woman in having old age relentlessly stalking toward her and no power on earth able to prevent it.

Men laugh at the idea, but they do not understand—they cannot. To a man increasing years usually bring success, happiness, attainment of the aims and desires of his youth, while the passing years take from a woman youth and beauty, her greatest powers, make her more dependent on the man she marries—obliterates her. A wise woman does well to fasten the heart-strings of those she loves to her by cultivating in the day of her freshness and beauty the fascinating little manners and ways that can laugh at time—a thing complexion cannot do. But when we get too blue over this subject it is comforting to remember women who mysteriously never grew old. If only they had told us how! —[Chicago News.]

An Apotheosis of Amiability.

Some years ago a Manchester gentleman married a young woman because she behaved so admirably when, at dinner one day, the waiter spoiled a beautiful silk dress by spilling soup over it. She smiled and joked about it in so good-natured and calm a mood that he fell in love with and married her. Some time after their marriage he referred to the incident. She said she would never forget it as long as she lived. Then he told her that that was when he made up his mind he would like to marry her. "Yes," she answered, "I remember behaving very well about it at the time; but, good gracious, you should have seen the marks of my teeth on the bedpost that night!"

PREPARE FOR THE WORST.

Dr. Janeway's Advice Respecting the Coming of Cholera.

In speaking of the likelihood of cholera gaining a foothold in America this year, Dr. Janeway of New York tersely advises everybody to be prepared for the worst. This may seem at the first glance the talk of an alarmist, but it is in reality sound advice. There is no cause for panic, but a systematic preparation in view of a possible epidemic of cholera is really essential. Quarantine regulations need to be observed. The work of the scavenger should extend to every hole and corner of cities and towns. An uncontaminated water supply is essential. The matter of sewerage is important. But there is yet another and also very important consideration. It is an undisputed fact that disease of any kind, and especially such a plague as cholera, will foster most quickly, and with the most deadly effect, upon an already diseased or debilitated system. It therefore becomes the duty of every person to as far as possible secure himself or herself from its ravages, by confronting the dreaded enemy with a strong and healthy physical system. Comparatively few persons find themselves in that condition at this season of the year. The vast majority, indeed it may be said that all persons, find it necessary to fortify themselves by the use of some remedial agency, to restore lost vigor and vitality and so be literally prepared for the worst. The grateful testimony of thousands has established beyond dispute that no more effective combination for this purpose is offered to the public than Hawker's nerve and stomach tonic and Hawker's liver pills. These are standard remedies, the formulas of which are endorsed by leading physicians on both sides of the border; and they present to everyone at moderate cost the most efficient means of regaining perfect health. They revitalize the blood, stimulate the digestive organs to regular and perfect action, restore to the nerves that force and strength which they have lost, and remove from the system all traces and effects of debility. No time should be lost in hesitation or to make a choice between remedies; for there is no other agency so sure and so effective as Hawker's nerve and stomach tonic and Hawker's liver pills. They are within the reach of all classes, and now is the time to secure the boon of restored health which they place within easy grasp.

OYSTERS! OYSTERS!

FOR THE WINTER SEASON.

Choice Prince Edward Island and North Shore OYSTERS.

For sale by PINT, QUART, or GALLON. Large orders for Parties or Church Fairs at a reduced rate. 19 to 23, N. S., King Square.

J. D. TURNER.

Featherbone vs. Whalebone.

Scientists tell us Featherbone is practically the same substance as whalebone. Therefore Featherbone Corsets are better than whalebone, being more elastic and fitting closer. Ask for and see that you get "Featherbone Corsets." Sold generally throughout Canada.

Charles Dickens' Complete Works—15 vols

Given for one new or renewal subscription and \$4.50 additional.



We have no premium that is so great a bargain as our Set of Dickens in 15 volumes; handsome cloth binding, plain large print with 257 illustrations. This set of books is listed at \$15, but usually sells for the bargain retail price \$7.50. Our price to old or new subscribers with a years subscription is \$6.50.

Thackeray's Complete Works—10 vols.

Given for one new or renewal subscription and \$2.90 additional.

Thackeray's works.

10 volumes, handsomely bound in cloth, library edition, with 177 illustrations for \$2.90 is an unequalled offer. We do not think it will last long because our supply is limited, and we may not be able to duplicate our orders at the same figure. The retail bargain price is usually \$6.00. The set is listed at \$10.00 (Given for one new or renewal subscription and \$2.90 additional).



DOMINION EXPRESS COMPANY,

(Via C. P. R. Short Line)

Forward Goods, Valuables and Money to all parts of Ontario, Quebec, Manitoba, Northwest Territories, British Columbia, China and Japan. Best connections with England, Ireland, Scotland and all parts of the world.

Offices in all the Principal towns in New Brunswick and Nova Scotia.

Operating Canadian Pacific R'y and branches, Intercolonial R'y to Halifax, Joggins R'y, New Brunswick and P. E. I. R'y, Digby and Annapolis, connecting with points on the Windsor and Annapolis Railway.

Handling of Perishable Goods a Specialty. Connect with all reliable Express Companies in the United States. Eight hours ahead of all competing Expresses from Montreal and points in Ontario and Quebec.

Lowest Rates, Quick Despatch and Civility. E. N. ABBOTT, Acting Agent, 96 Prince Wm. Street, St. John, N. B.

Canadian Express Co.

General Express Forwarders, Shipping Agents and Custom House Brokers.

Forward Merchandise, Money and Packages of every description; collect Notes, Drafts, Accounts and Bills, with goods (C. O. D.) throughout the Dominion of Canada, the United States and Europe. Special Messengers daily, Sunday excepted, over the Grand Trunk, Quebec and Lake St. John, Quebec Central, Canada Atlantic, Montreal and Sorel, Napanee, Timworth and Quebec, Central Ontario and Lake Huron, Midland Railway, Intercolonial Railway, Northern and Western Railway, Cumberland Railway, Chatham Branch Railway, Steamship Lines to Digby and Annapolis and Charlottetown and Summerside, P. E. I., with nearly 600 agencies. Connections made with responsible Express Companies covering the Eastern, Middle, Southern and Western States, Manitoba, the Northwest Territories and British Columbia.

Express weekly to and from Europe via Canadian Line of Mail Steamers. Agency in Liverpool in connection with the forwarding system of Great Britain and the continent. Shipping Agents in Liverpool, Montreal, Quebec and Portland, Maine.

Goods in bond promptly attended to and forwarded with despatch. Invoices required for goods from Canada, United States or Europe, and vice versa. H. C. CREIGHTON, Ass. Supt. J. R. STONE, Agent.

FRIENDS OF PROGRESS who know of bright and honest boys who would not object to making some money for themselves, or keeping their parents, by two or three hours work every Saturday, in such towns and villages in the Maritime provinces where Progress is not for sale at present, can learn of something to their advantage, by writing to Progress "Circulation Department," St. John, N. B.

HOTELS.

BELMONT HOUSE, ST. JOHN, N. B.

The most convenient Hotel in the city. Directly opposite N. B. & Intercolonial Railway station. Baggage taken to and from the depot free of charge. Terms—\$1 to \$2.50 per day. J. SIMS, Proprietor.

QUEEN HOTEL, FREDERICTON, N. B.

J. A. EDWARDS, Proprietor. Fine sample room in connection. Also, a first-class Livery Stable. Coaches at trains and boats.

HOTEL DUFFERIN, ST. JOHN, N. B.

FRED A. JONES, Proprietor.

BARKER HOUSE, FREDERICTON, N. B.

Most beautifully situated in the centre of the city, large, light, cheerful Sample Rooms, and a first-class Livery and Hack stable in connection with the house. Coaches are in attendance upon arrival of all trains. F. B. COLEMAN, Proprietor.

CONNORS HOTEL, CONNORS STATION, MADAWASKA, N. B.

JOHN H. MCINERNEY, Proprietor. Opened in January. Handsomest, most spacious and complete house in Northern New Brunswick.

QUEEN HOTEL, HALIFAX, N. S.

WE have much pleasure in calling the attention of Travellers and Tourist to the fact that the QUEEN has established a reputation for furnishing the best and cleanest bedrooms, and the best table and attention of any hotel in the maritime provinces, if not in all Canada. The QUEEN contains 130 rooms, and is fitted with all modern improvements, including bath-rooms and w. c.'s on every floor.

The parlors attract a great deal of attention, as nothing superior in that line is to be seen in Canada. The cuisine has been made a specialty from the first and amply justifies its reputation. One visit will satisfy any one as to the superiority of this Hotel. A. B. SHERATON, Manager.