

## WOMAN and HER WORK.

As I gave the stouter ones of our sex a few hints last week about reducing her flesh, I have a word or two of advice for her today as to the manner of dressing which will best disguise her superabundant flesh, and make her look as much like other people as possible. In the first place there is no earthly reason why the stout woman should not be just as charming as her thinner and more graceful rival! Fat, unless it is excessive, is no more of a disadvantage than extreme thinness, and I think the majority of people would prefer to look at a moderately stout woman properly dressed than a very thin one. But there is so much in the flowing straight lined draperies which suit her best the stout woman is simply a large beautiful object instead of a small one, just as the Milo-Venus, is as lovely in her own way as the smaller Venus di Medicis.

In the first place though, she must give up the idea that she can follow the fashions as strictly as if she were tall and slender, there are certain styles which are becoming to her, and others again which would make her look utterly ridiculous. She must leave all the bouffant effects so fashionable now, to the woman who needs them and can wear them with the best results. She must not accentuate her stoutness, and draw attention to it by wearing broad belts and girdles; only the very flat and narrowest belt is permissible for her when she wears a round-waisted dress, and she must avoid all blouse effects as she would a pestilence. It is all very well to be dressed in the height of the fashion with everything "blouse" until the waist line is permanently lost to sight—provided you are slight enough to stand that style of dress; but when you are not it will simply give you the appearance of a feather bed tied in the middle, and bulging a good deal both above, and below the string.

All tight, strained effects should be avoided also, and long straight drapery with a soft, but not full effect, be chosen; the skirt of the day is a boon to the stout woman as well as the thin one because it seems to conceal the defects of each, it is so plain that it suits the large woman, and so full that it disguises the meagre lines of the thin one.

When I say that the stout woman should not wear bloused waists, I do not mean the trim skirt waists, or the round ones which leave the waist exposed, I refer to the loose, baggy garments so much worn now. The shirt waist, and blazer suit, is really a blessing to the large woman, and admirably disguises her size.

For dressy wear, elaborate yokes, crush collars with large bows, which make the wearer look as if she were choking, and all folds about the waist must be avoided. A plain bodice either made with a plain vest, or trimmed in vest fashion with jet or passementerie, cut slightly pointed at the back and front, coming well below the waist line, though shorter on the hips, and finished with the slightest piping or milliner's fold on the edge.

Slender women, who are blessed with well formed hips in spite of their slenderness, are wearing an innovation in skirts, consisting of a full ungored skirt sewed full on the belt, and then smocked into the requisite closeness from the belt, to well over the hips, and from there falling free. Other varieties of the same old fashion are the setting of rows of braid round and round from the belt to below the hips, and the arrangement of spoke-like rows of braid spreading, or rather radiating from the belt, and each row ending in a loop just below the hips. The bodice is always finished in a manner to correspond either with smocking or braid, arranged as nearly as possible like the skirt decoration. I cannot say that I particularly like the style when developed in any material that is at all heavy or solid, but in all delicate, transparent fabrics it is very pretty and chic.

One very dainty model was of white gauze, the skirt sewed very full on the band, and then drawn close by rows of insertion laid over colored ribbon. Below these circles the skirt fell like a single flounce to the foot.

Cream color over pink is by far the most popular of this summer's combinations, the cream is in all shades from corn yellow to buff, to dull linen or oyster grey, but the pink usually inclines to bright rose.

Princess, and Louis Sixteenth styles are confidently predicted for the coming winter, but the best fashion authorities insist that the skirt and bancy bodice will be worn for a good year to come, and not only that, but that there will not be a time in the next two years when one of the present full skirts cannot be used as part of the gown. This is decidedly comforting for those women who buy good material employ a first-class dressmaker, and take good care of their clothes, as with most people a handsome skirt lasts a long time, and there is a satisfaction in getting good wear out of an expensive garment.

Double skirts are still seen occasionally but they are frequently so ungraceful, not to say dowdy in appearance, that they meet with little favor. But one which especially lends itself to the difficult task of remodelling a gown whose front breath

has met with some accident such as the spilling of a cup of coffee, or a plate of ice cream over it—may be worth describing. Only the front is double, an apron piece a little shorter than the skirt being set on over the front breast. Its joining with the skirt is as nearly invisible as possible to swell over the hips; then the apron piece is allowed to swing free of the skirt. Its edges are bound with a bright braid from the place where the attachment to the skirt ceases, a line of the same braid is carried down the side seam of the skirt, and the edge of the apron part is attached to this side seam by three or four drooping straps of braid. The apron piece may be of material contrasting with the rest of the skirt, and the injured part of the original skirt is thus concealed.

Few people seem to regard the crisp and seductive, but treacherous cucumber as a cookable vegetable! Slice him in thin, cool slices, salt and pepper him daintily, and just before he is to be eaten give him a bath of vinegar, and you have done your duty by him. But the fact is that the cucumber is equally luscious either boiled, or fried, or baked, and I think anyone who will try either of the three following recipes will fully agree with me.

### Boiled Cucumbers.

Pare them and boil them slowly in salted water until tender. Serve on toast, with drawn butter poured over them.

### Fried Cucumbers.

Pare and cut into lengthwise slices half an inch thick and lay in ice water an hour; wipe each piece dry with a soft cloth, sprinkle with pepper and salt, and dredge with flour. Fry a light brown in lard or butter.

### Baked Cucumbers.

Wash good-sized cucumbers and cut them lengthwise down the centre. Remove the seeds and soft part. For three cucumbers use a half cup of bread crumbs, butter the size of an egg, salt, and a little cayenne pepper. Mix well and refill each half of cucumber; place in a dripping pan with a little water and bake three-quarters of an hour, or until tender and a light brown. Serve with parsley around them.

Another article of diet which is very much misunderstood is the daily "product of the industrious hen."—"Do I know how to cook eggs?" exclaims the veteran housewife. "Well I should hope so, could anything in the whole system of housekeeping be simpler. You, boil an egg, poach it, fry it, make it into an omelette, or scramble it, and then you have about exhausted all the variations the egg theme is capable of!" But I think the cooking of eggs is one of those things in which the advanced modern housewife has a distinct advantage over the more conservative one, because the cook of today—I mean the chef, who designs new dishes, and improves upon old ones until they are scarcely recognized has discovered an almost endless variety of ways in which eggs may be cooked so as to render them valuable additions to the bill of fare, especially in this hot weather when the very soul sickens of meat, and any change is welcome which will take its place at breakfast, luncheon or tea. I think the following list of "true and tried" methods of cooking eggs will prove satisfactory that there are hidden possibilities connected with the process which are only just being discovered.

Some of these recipes call for the individual dishes which are especially for cooking eggs, but usually any large dish about as deep as a soup plate will answer equally well.

### Shirred Eggs.

Heat and butter the dish, drop the eggs carefully in so as not to break the yolks; sprinkle salt and pepper and small bits of butter on each egg; place in a very moderate oven until the white is just set and serve immediately in the same dish in which they were cooked. By way of variety chopped ham, tongue, grated cheese or parsley can be sprinkled over them.

### Another Way.

Another way is to take one large tablespoonful of butter and put it into a saucepan. When it is melted add a generous teaspoonful of flour, stir until smooth place at one side of the stove and gradually add one cup of cold milk, half a teaspoonful of salt, and a little pepper. Let this boil up once and then pour into the egg bakers. Take six or eight eggs, and, being careful not to break the yolks, drop them on top of the sauce. Sprinkle chopped parsley over the whole and bake until the white is just set. Serve at once.

### Cradled Eggs.

Mince very fine some cold chicken, turkey, or duck, and add some melted butter, pepper, salt, chopped parsley, and two beaten eggs; moisten with some stock, put in a saucepan, and place over a fire and cook about eight minutes; turn on a hot platter and make it smooth across the top, form a ridge all around, and build a fence of triangular pieces of toast on the outside; have ready and place in this meat bed as many poached or dropped eggs as it will hold; garnish with parsley at each end of the platter.

### Curried Eggs.

Curried eggs afford a change. Have one teaspoonful of chopped onion and three tablespoonfuls of butter, and place in a pan over the fire; when the butter is hot add one tablespoonful of flour and a generous teaspoonful of curry powder; stir until smooth and add one cupful of stock, one half cupful of milk, some salt and a little pepper, and cook ten minutes. Have half

a dozen eggs boiled twenty minutes, shell them, cut them into quarters, and place them on a hot dish; strain the sauce over them and serve immediately.

### Eggs with Mushrooms.

Take one tablespoonful of butter, a saltspoonful of salt, and half one of pepper; three tablespoonfuls of Madeira wine and three gills of bechamel sauce; let all come to a boil and pour on a hot platter; have ready cooked a quarter of a pound of fresh mushrooms and pile in the centre of the sauce; poach as many eggs as required and place on the sauce around the mushrooms. Serve very hot.

The Madeira wine may of course be left out, and canned mushrooms form an excellent substitute when fresh ones are not in season.

### Spanish Eggs.

A good luncheon dish is Spanish eggs. Peel and cut two large tomatoes into pieces; place them on a spider with a large tablespoonful of butter and a teaspoonful of onion juice; cook about five minutes, stirring often; have beaten six eggs and add to the other mixture; season with salt and pepper; stir constantly until the eggs begin to thicken like scrambled eggs. Turn into a warm dish and serve at once.

### Ramekins.

The cheese Ramekin made at the World's Fair was delicious. Take half a pint of bread crumbs and put into a gill of milk and stir over the fire until smoking hot; add two tablespoonfuls of butter and four of dry English cheese; stir a moment and take from the fire, add salt and a dash of cayenne pepper and the yolks of three eggs; mix well and add the whites of the eggs well beaten; turn into a baking dish and bake in a quick oven about ten minutes.

### Eggs Farfles.

Boil the number of eggs required for twenty minutes; when cold remove the shells and cut a slice from each end so that they will stand; then cut the eggs in half, take out the yolks, and with salt, pepper, butter, and very little onion juice, mash them together, and add milk to make the mixture quiet moist; beat until light and smooth; fill the hollow whites with this mixture and heap up in mounds; place on a platter that will stand the heat, and put them into the oven for eight minutes; have tomato or bechamel sauce to pour around them when cooked, and send to the table garnished with cress or parsley.

Egg nests on toast are a very attractive dish to the eye as well as to the palate. Take as many eggs as you require and separate, keeping the yolks whole in one half shell; add to the whites a saltspoonful of salt and beat to a stiff froth. Cut out pieces of bread with a large biscuit cutter, toast, and spread with butter, and moisten the edges in hot water; place the toast on a platter that you can put into the oven and put the beaten whites on the toast in high mounds; make a hollow in the centre of each mound, and put in a piece of butter the size of a chestnut, and then the whole yolk; sprinkle seasoning on the yolk and place in a moderate oven. A few minutes should set them.

### Sauces to Serve with Eggs!

#### Bechamel Sauce.

Put three tablespoonfuls of butter into a saucepan; when melted add three tablespoonfuls of flour and beat together; add gradually one pint of stock; season with two sprigs of parsley, a piece of mace, one small onion, a bay leaf, a few pepper corns; simmer twenty minutes, then strain and put over the fire once more; add half a cup of cream or milk, and salt to the taste.

#### Cream Sauce.

Is made by putting three tablespoonfuls of butter into a spider and placing it over the fire. When hot, add two tablespoonfuls of flour and stir until smooth and frothy; add gradually one pint of cold milk and stir until it just boils; season with salt and pepper; onion juice if you like.

#### Tomato Sauce.

Cook three tablespoonfuls of butter and one slice of onion for five minutes; and add two generous tablespoonfuls of flour and stir until smooth; add a scant cup of stock; stir constantly a few moments and add one pint of stewed tomatoes; simmer ten minutes; strain through a sieve and the sauce is ready to serve.

I am afraid my list is already too long, so I will stop, but next week I hope to give some good recipes for omelettes, both plain and sweet.

ASTRA.

### Household Hints.

It is well to remember that vaseline makes the best dressing for russet shoes. That spirits of turpentine is the best thing with which to cleanse and brighten patent leather.

That moderately strong salt and water taken by the teaspoonful at intervals is a cure for catarrhal cold.

That a level teaspoon of boracic acid dissolved in a pint of freshly boiled water and applied cold is the best wash for inflamed sore eyes or granulated lids.

That the same is an excellent gargle for inflamed sore throat.

That soft newspaper is excellent to cleanse windows or any glassware.

That cold tea cleanses paint better than soap and water, unless it is white, when milk is better.

That milk should be used to cleanse oil cloth.

That a bit of raw onion will remove fly specks from gliding without injury to the gliding.

That a rough flat-iron may be made smooth by rubbing it when warm over a teaspoonful of table salt.

That a pinch of salt put into starch will prevent its "sticking."

That the white spots on a varnished surface will disappear if a hot flat iron is held over them for a second.

That hard soap is better than grease to quiet creaking doors or to make unwilling bureau drawers submissive.—Womankind.

### Turpentine's Many Uses.

Turpentine is an article so widely used in the arts and so easily obtained that its virtues as a domestic remedy have, in a great measure, been overlooked, says the Boston Globe.

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specific. The writer has seen the most obstinate cough disappear after its use, as follows: Rub the chest and throat until the skin is red, then tie a piece of flannel or cotton-battling over the chest, moistened with a few drops of the oil, and inhale the vapor. By rubbing on sweet-oil, irritation of the skin may be avoided.

For burns it is invaluable, applied either with a rag or in a salve. The pain vanishes and healthy granulation soon begins. Its use is at first attended with considerable smarting, but the permanent good more than compensates for it.

### The Life of Man.

What a wonderful fact it is—this eager, restless, human life. Always unsatisfied, always reaching out for something just beyond its reach. Wearing itself out in the headlong rush for place or power, or the solution of some vexed problem. Wearing itself out. Why should this result be hastened by disregard of health? There is no reason save man's proverbial disregard of nature's laws. The individual whose health has been broken down by over-exertion in any line of human activity should seek at once the aid of Hawker's nerve and stomach tonic, the greatest health restorer of the age. It ensures healthy digestion, builds up the wasted tissues, and gives renewed energy to nerve and brain. A course of this great remedy restores a man to his full vigor of strength. It is sold by all druggists and dealers at 50 cts. per bottle or six bottles for \$2.50, and is manufactured only by the Hawker Medicine Co. (Ltd) St. John, N. B. and New York City.

### Odd Wedding Rings.

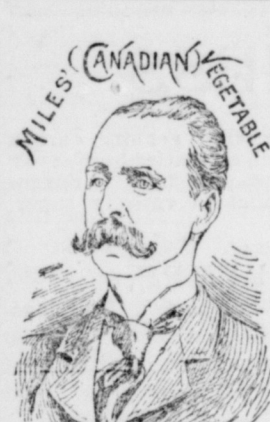
There is a popular idea that a ring made of gold is the only one that can be legally used in a wedding service. This is, however, a fallacy. Any and every kind of ring may be used, and though gold ones are customary, or any commoner metal should not be called into requisition. Numerous instances are on record of runaway marriages in which a brass ring has played the all-important part, and the legality of the ceremony has never been questioned. In some cases a piece of hurriedly-tied string has answered the same purpose, as have also circles cut out of card or paper.

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## Intercolonial Railway.

On and after MONDAY, the 24th June, 1895, the trains of this Railway will run daily (Sunday excepted) as follows:

### TRAINS WILL LEAVE ST. JOHN:

Express for Campbellton, Pictou and Halifax	7.0
Accommodation for Pt. du Chene	10.1
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Express for Quebec and Montreal	16
Express for Sussex	16
Express for Quebec and Montreal	22

A Buffet Parlor Car runs each way on Express trains leaving St. John at 7.00 o'clock and Halifax at 7.25 o'clock.  
Buffet Sleeping Cars for Montreal, Lewis, St. John and Halifax will be attached to trains leaving St. John at 22.10 and Halifax at 18.40 o'clock.

### TRAINS WILL ARRIVE AT ST. JOHN

Accommodation from Sydney, Halifax and Moncton (Monday excepted)	5.00
Through express from Montreal and Quebec (Monday excepted)	8.05
Express from Sussex	8.30
Accommodation from Pt. du Chene	12.55
Express from Halifax	16.50
Express from Halifax, Pictou and Campbellton	19.30

Sleeping car passengers from Sydney and Halifax by train arriving at St. John at 5.00 o'clock will be allowed to remain in the sleeping car until 7.00 o'clock the morning of arrival.

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D. POTTINGER,  
General Manager,  
Railway Office,  
Moncton, N. B., 20th June, 1895.

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