

WOMAN and HER WORK.

The dresses for little folks are, if possible, prettier than ever this season, rivaling the garments of their elders in style, and daintiness; indeed some of the little cunning sur's for small girls, are merely miniature copies of the smart gowns their mothers and elder

vers are slashed in front of the shoulders to form broad epaulettes and the wrists of the leg-of-mutton sleeves are finished with narrow bands of embroidery, which also trim the standing collar. The skirt is straight and full, and finished with a deep



THE NEW "SCARE" BONNETS.

The upper bonnet is made of black feathers in form of a bird and has but a gilt buckle besides. The lower one at the right is a coronet of jet with a raven, and two side bows of black satin. The center one is of purple velvet, two enormous pom-poms and two fringed quills. That on the left is of quilted straw with yellow chrysanthemums and a prehistoric black bird. These come under the name of "scare hats."

sisters are taking away with them to the country, and the seashore. The prettiest little outing suits of pique blue or brown linen, and serge, have hats to match either in wide sailor shape, or wide shape hats of pique shirred on cord, the latter presenting the advantage of coming out fresh from the laundry each week. With such dresses the prettiest little shirt waists imaginable are worn, either of madras linen or ham-burg, and leather or silk belts, with pretty silver buckles. These suits are intended for girls of ten to thirteen.

For smaller children there are jaunty reefers of navy blue, tan or red cloth trimmed with gold braid and gilt buttons. Newer and even prettier coats are of tan colored pique with box plaited skirts, and wide sailor collars of butter colored lace or open work embroidery.

Fine white dimity with hairline stripes of pink, pale blue, yellow or green, is a favorite material for children's dresses, it washes so well and has so much body that it makes a very durable dress. It is trimmed with white embroidery, combined with sheer batiste or edged with yellow or white Valenciennes lace. Sometimes the trimming consists of knots or butterfly bows of velvet, satin ribbon, or the lovely new Dresden ribbons. But pique, in all the light shades seems to be the most popular of all materials for children's frocks, it is almost as durable as serge, and much cooler, besides that, when made up with any of the various lace and embroidery insertions which are sold so reasonably now, they make a much more dressy frock, and one that is new every time it is washed. Pale blue, mauve, pink and corn colored pique dresses are trimmed with borders of the insertion around the little skirts, and broad collars of lace to match. Gretchen's, and little bonnets of cream, or white pique, are now very much worn by little girls of three or four years old.

A pretty spring cloak for one of these little maids, is of pale blue bengaline with full puffed sleeves of dark blue velvet, a deep collar and cuffs of cream colored lace, with bows and shoulder streamers of dark blue velvet ribbon. A bonnet of the bengaline trimmed with the same lace completes a most charming and dainty little costume.

A pretty frock, for another small girl, is of white lawn, with tiny pink rosebuds scattered all over it, and trimmed with rose colored ribbon in knots at the waist shoulders and cuffs. A wide sailor collar of the material itself, trimmed with a ruffle of valenciennes lace finished the blouse, and the skirt was made very full, with a deep hem, and attached to the blouse beneath a rolled belt of the ribbon.

A pretty dress for an older girl is of fine plaid, French gingham in blue and white, with a small red dot. A deep V of all-over embroidery extends from the collar to the waist; the edges of the V are concealed under the revers of the ging-ham, edged with embroidery. These re-

hem, above which is a row of narrow insertion. The dress buttons down the back with small pearl buttons.

Quite well made, and stylish outing suits in sets of frock, reeler and hat, for ordinary seaside and country wear, are sold at many of the city shops, and they are really much cheaper than they can be made at home, only needing a shirt waist to make a complete costume.

Children's hats, low wide sailor shapes and trimmed with clusters of flowers and foliage, the latter placed in aigrette shape, and wide picture hats of the fashionable lace straw are garlanded with flowers, and trimmed with immense bows of Dresden ribbon, are shown, to be worn best, with pretty lawns, and pique dresses. Another style of hat for girls of ten and twelve, has a brim of ecru milan straw; and a "jam pot" with loops of red satin; baby ribbon and poppy buds.

Pretty little black, or tan Oxford shoes tie are worn with these dresses, and russet, or black stockings to match.

There are even parasols of mull and silk sold in the children's departments, to match all the little costumes. So the wants of the younger generation are well looked after by those who are in authority where fashions are made.

There is nothing more delicious than a salad, but unfortunately it is not the easiest dish in the world to prepare, requiring not only great care, but some skill and practice as well. I have chanced to receive some excellent recipes for the toothsome dainty this week, and as they are accompanied by the fullest instructions I am giving them a place of honor today, and I hope my girls, if I have any of them left by this time, will find them useful.

Delicious Salads.

The Detroit Free Press says: Anyone may combine cooked vegetables or cold meats, and serve them with a dressing; but to make a truly excellent salad is an art, and like all arts, requires a native gift developed by practice and close attention to detail. There are, however, a number of sign posts to point the way. The inscription on the first of these reads thus: "All materials used must be of the best."

A salad served at dinner as a separate course, or with the game, should be of the crispest, tenderest lettuce (the Romaine variety being the most palatable), celery bleached until its native green is turned to snow, chicory, tomatoes, ripe and juicy as the growing pomegranates, cucumbers sliced so thin that they seem mere silken filaments, corn salad, escarole and water-cress; these must be as cold as the breath of "freedom's northern wind," and dressed with oil and vinegar.

These salads are generally improved by the addition of a few fine herbs, fresh and green, and should never be garnished. Salads of cooked vegetables are not, perhaps, so delicate and alluring as those composed of the fresh and succulent treasures of the kitchen garden, which are gathered, "innocent and green;" but they are, nevertheless, piquant and delightful, and make a very decorative addition to a luncheon or a supper. These may be

served either with a French dressing or mayonnaise.

All the recipe books give directions for French dressing, and he who runs may read; but the epicures insist that you mix the salt and pepper with vinegar and not with oil, pouring the oil on afterwards in generous spoonfuls.

In making the French dressing one may allow one's native preference, to come into play. Do you prefer the smooth, bland taste of oil? Pour two or three spoonfuls over the leaves. If the piquant sharpness of vinegar appeal to your uncultivated palate dress the leaves first in that, for wherever one holds first vantage ground the other can not remain.

To make a perfect mayonnaise the sign-post assures us that even the dishes and utensils should be thoroughly chilled; it is safer for an amateur to use the yolks of two eggs than one; these should be rapidly whisked with a wire spoon for a moment or two, and then the oil should be poured in steadily, drop by drop. When the sauce thickens add a little vinegar or lemon juice and then more oil, until the desired quantity is secured.

The query is often heard, "Of what shall I make a salad?" A French cook can combine some bits of cold meat, a vegetable or two, a chopped chevril, one or two chives, dress it with mayonnaise, and, lo! the "dying anchorite" would, indeed be tempted. Mayonnaise is, by the way, the basis for a number of sauces.

The juice of boiled parsley colors it green and pounded lobster shell renders it coral.

Tartare sauce is mayonnaise made with tarragon vinegar, and with the addition of capers, a little chopped pickle, and a slight flavor of chives.

Another excellent sauce is mayonnaise mixed with chopped cucumber, or a grated horseradish.

When cold fowl or meat is used in a salad, it should always be dressed with oil and vinegar before the mayonnaise is added. These salads may be garnished beautifully with hard-boiled eggs, crimson radishes, curled parsley, nasturtium leaves and flowers.

There is a certain charming description of a blue violet salad, where the stemmed violets gleamed like sapphires on the bosom of the snowy endive; it was, cool, fragrant, delicious.

This is the poetry of salad making; only those who have mastered the prose dare attempt such Pegasus-light flights.

Breakfast Cakes.

One and one-half pints Indian meal scalded; four eggs, one quart milk warmed with one-fourth pound butter; one-half teaspoonful sugar; one teaspoonful salt. This cake should not be over an inch thick when baked. Cut in squares and serve hot in napkins.

Hints About Some Confections.

In making jellies, sherbets and various sorts of confections with whipped cream and gelatine, a few hints may be of value. Remember that the more gelatine, or the beaten white of an egg may be added to a sherbet. The sherbet is started by dissolving a quarter of a box of gelatine in a quarter of a cup of cold water, afterward setting it over hot water, as in a farina boiler. Half a box of gelatine will solidify one pint of cream. After the gelatine is dissolved it should stand till it is rather cool before it is added to the cream. To one pint of cream, whipped, add two-thirds of a cup of sugar and one-half a box of gelatine with the flavoring. Remember that a pint of cream, whipped, and a pint of whipped cream are two very different quantities. Always boil the sugar and water to a syrup for all sherbets. For a mousse use a smaller amount of gelatine than you do for Bavarian cream; put it into a greased mould and freeze. ASTRA.

GARDEN OF EDEN DIET.

Composed Chiefly of Fruit and Recommended for Summer.

One wise woman in Chicago pins her faith both for herself and her daughter to a "Garden of Eden" breakfast every morning from now until June. The original idea was to eat nothing but fruit, but she found this diet insufficient; so she added a cereal and perhaps a graham cracker or two to the breakfast menu. This fare, together with lemonade, orangeade, fruit juices, or root beer to drink, rendered that family the envy of all their acquaintances. Figs, dates, prunes, stewed currants, and even dried apples can be made to do duty for this purpose, and it is surprising what an amount of nourishment and working strength can be extracted from a fruit diet. Apples, oranges, shad-docks, bananas, and canned fruit, of course, are excellent fare for spring, but the cheaper dried fruits are by no means to be despised. In England this regimen, with the addition of brown bread and butter or cream, is followed all the year round with the children of upper-class families, and the Scotch choose oatmeal for a similar use. In many places on the Continent black bread and a piece of water-melon, cucumber, or onion is the standard breakfast—often times the dinner and supper, too—of the average workman. Our Western children are proof of what good flesh and bone can be built on a steady diet of cornmeal. Oatmeal is a little to heavy, and rice, cracked or whole, hominy, or yellow cornmeal should be substituted for breakfast. The more of these dishes, served with fruit and cream, you can eat throughout the day, the sooner you will have forgotten that you have ever been ill.

In addition to the beverages already mentioned, all the phosphates are good. Wheat or rye coffee is the reverse of harmful, and nothing can be better than a glass of water flavored with unfermented grape juice. This may be taken clear if you are very weak and can afford it, and if you feel that you must have something hot to drink take hot milk, well salted, and drink it, whether you like it or not. At one of the famous sanitariums in America hot milk several times a day, sipped slowly and taken as near boiling as possible, is insisted upon with all the weak and nervous patients. It is famous for producing healthy flesh, and is an innocent and never-failing stimulant when one is exhausted at any time of

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Purchasers should ask specially for Fry's Pure Concentrated Cocoa, to distinguish it from other varieties manufactured by the Firm.

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On and after MONDAY, the 1st October 1894, the trains of this Railway will run daily. (Sunday excepted) as follows:

TRAINS WILL LEAVE ST. JOHN:
Express for Campbellton, Pictou, Pictou and Halifax..... 7.00
Express for Halifax..... 13.50
Express for Quebec and Montreal..... 16.50
Express for Sussex..... 16.40
A Parlor Car runs each way via Express trains leaving St. John at 7.00 o'clock and Halifax at 7.50 o'clock.
Passengers from St. John for Quebec and Montreal take through Sleeping Cars at Montreal, at 19.30 o'clock.

TRAINS WILL ARRIVE AT ST. JOHN:
Express from Sussex..... 8.30
Express from Montreal and Quebec (Monday excepted)..... 10.30
Express from Moncton (daily)..... 10.30
Express from Halifax..... 10.30
Express from Halifax, Pictou and Campbellton..... 18.20
Accommodation from Moncton..... 24.00

The trains of the Intercolonial Railway are heated by steam from the locomotive, and those between Halifax and Montreal, via Lewis, are lighted by electricity.
All trains are run by Eastern Standard Time.
D. POTTINGER,
General Manager.
Railway Office,
Moncton, N.B., 27th Sept., 1894.

Dominion Atlantic R'y

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THE POPULAR AND SHORT LINE BETWEEN ST. JOHN AND HALIFAX.
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On and after WEDNESDAY, 1st May, 1894, trains will run (Sunday excepted) as follows:
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Leave Yarmouth, Monday, Wednesday and Friday, 12.45 p.m. Arrive Annapolis, 6.30 p.m.
Leave Annapolis Tuesday, Thursday and Saturday, 5.50 a.m. Arrive Yarmouth, 11.10 a.m.
Connections made at Digby with the Bay of Fundy Steamship Company; at Yarmouth, where close connection is made with the Yarmouth Steamship Company for Boston; at Middleton with the trains of the Nova Scotia Central Railway for the South Coast; at Kentville with trains of the C. & P. Valley Branch for Canim and Kingsport, for all points in P. E. Island and Cape Breton, at W. Junction and Halifax with Intercolonial and Canadian Pacific trains for points West.
For Tickets, Time Tables, &c., apply to Station Agents, to 125 Hollis Street, Halifax, or to the City Office, 114 Prince William Street, St. John, N.B.
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COMMENCING April 29th the steamers of this company will leave St. John for Eastport, Lubec, Portland and Boston every Monday, Wednesday and Friday mornings at 7 a.m. (stand ar'd). Returning will leave Boston same days at 8 a.m.
On Wednesday trip steamers will not touch at Portland.
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