

# WOMAN and HER WORK.

It is a self-evident fact that we cannot all be slender and graceful, and even those amongst us who are, cannot manage to remain so, indefinitely. Flesh is a thing which has a most inconvenient way of distributing itself and it is almost certain to settle just where it is least desired, and where it will look the very worst. No woman however sylphlike her form, ever objects to growing a little stouter when that means a lovely neck and arms, and a perfect bust; but unfortunately these advantages are sure to be counterbalanced by a deposit of fat about the waist and hips, which go far towards marring her figure, and further still towards ruining her temper. Perhaps it may sound like exaggeration to say so, but I do not know of anything more calculated to sour a woman who has always taken an innocent pride in her trim figure, than the sudden discovery that she is growing stout, and who soon expect to develop into her especial horror, a fat woman.

It is not so bad at first, because her friends congratulate her on the improvement, and envy the soft curves which have replaced her two meager out lines, and she is naturally pleased. But by and by, when her husband or her brothers begin to tease her about her weight in the specially aggravating manner that only "our own" can use; and old friends who have not seen her for two or three years remark—"How fleshy you have grown! Why I scarcely knew you!" the aspect of affairs begins to change wonderfully, and the victim of too much flesh is apt to take a gloomy view of life, and make herself and her relatives very miserable.

Sometimes the sufferers from too much flesh seek relief in the various "Anti-Fat" preparations so liberally advertised; and then her troubles have indeed begun, and she is liable to end perhaps with her former slender figure, a ruined digestive apparatus and broken health, as well.

The fact that so many different medicines for reducing flesh, are made and sold, shows that excess of flesh is a common ailment, far more common than it used to be, and statistics carry out this inference, as I believe corpulency, especially amongst women, is very largely on the increase in America, and also in Canada. It is impossible to go anywhere without noticing that the fat woman seems to be everywhere, and as she takes up twice the amount of room that her more slender sisters, the public should be quite as much interested in the best method of reducing this too large majority, as the stout woman herself.

There are remedies which are not only efficacious but perfectly harmless. But these methods all require time, persistence and a greater amount of patience than most women possess, together with a knowledge of the cause of obesity, in order to apply the remedies intelligently.

One of the commonest causes of a too great accumulation of fat, is lack of exercise of the proper kind, combined with too much of what is called "fuel food" that is to say of heavy and heating food. Unfortunately there is no royal road to slenderness, we grow stout almost imperceptibly, and we must get rid of our extra flesh in the same manner. Some women seem to think that all they need in order to regain their girlish proportions, is violent exercise, such as walking or cycling; but this is a great mistake, as the exercise required to reduce flesh is the kind which brings into play a certain set of muscles which are the least used, and where, in consequence the adipose tissue has collected. These almost invariably consist of the abdominal muscles which are scarcely used at all in walking; and consequently it is towards these muscles that special attention must be directed.

It is scarcely necessary to say that exercises of these muscles should begin with the simplest, and most gentle motions, otherwise the results will be most disastrous to the health of the subject.

Exercises should not be taken within an hour after light meals, or two hours after heavy ones, and the best time is just before going to bed, as there is then nothing to interrupt the circulation; but just before the midday meal, is also an excellent time for practice. The clothing worn during the exercises should be of the lightest, and looser.

The flesh-reducing movements should be begun at the extremities, and the overburdened trunk muscles be approached in a very guarded manner.

The following is a safe, and simple formula of exercises for any stout woman to pursue.

First, is simple respiration exercise consisting of standing with chest well raised; raise the arms slowly during inhalation until they are shoulder high and in plane with the shoulder blades; lower during exhalation, and repeat ten times.

The second movement is shoulder blade and arm exercise. Raise the arms shoulder high still in plane with the shoulder blades, and from this position rotate the arms by turning palms upward. Make this movement resistive by using the shoulder muscles with vigor but not too rapidly. Repeat this also ten times.

The third is a foot movement, and consists of walking slowly forward on the toes, with the chest well raised; pause between steps until a good balance is attained.

Fourth—stand with the feet far apart; place the hands upon the hips with the thumbs turned backward. Bent slowly forward from the hips keeping the face raised in the usual position. make the hands as far as possible, while keeping the spinal muscles tense. Hold this posture for four or five heart beats. Repeat five times, and increase at discretion to twelve.

This concludes the exercises for the extrenities, after which the movements may be localized to the abdominal muscles.

The fifth exercise is a repetition of the first respiratory one. For the sixth, assume a recumbent posture; place the hands behind the neck with the finger tips touching, and the elbows resting on the floor. Extend the foot, and raise slowly until nearly three feet from the floor; hold in this position for four or five heart beats and slowly sink to its former position, taking care that the motion is really slow, and the foot not allowed to drop suddenly. Repeat eight times. When this has been persistently practised for weeks, it may be made more vigorous by increasing the number of times the motions are repeated, or a slightly different motion may be substituted. For this, raise the same distance and carry it slowly outward, and downward, after doing this twice rest a few minutes and repeat. It is not safe to raise both legs at the same time, until the muscles have been prepared by simple exercises, and it should never be attempted by a beginner even one in the most perfect health while it would be likely to prove disastrous to anyone with light, or abnormal heart action.

The seventh position for exercise is far from being an elegant one, but I am afraid it is necessary all the same. Assume a sitting position astride a chair the face to the back of the chair, and the toes looked around the chair legs to keep firmly braced; the hands on the hips, thumbs to the back. From this position twist the body from side to side slowly but vigorously, breathing freely meanwhile. Repeat this also eight times.

For the eighth exercise, the same recumbent position as in the sixth, is required; bend, or extend the ankles ten times holding each position for three or four heart beats.

The ninth exercise merely consists of retaining the same recumbent posture and breathing deeply to give the chest and abdominal muscles full play. These exercises may seem almost too trivial to be of any benefit, but, as I said before, the greatest care is necessary at first and when once the muscles become hardened to the work more violent motion can be safely undertaken. But the above are safe for all women and sufficient also.

I really believe the day has come at last when women can literally follow that excellent piece of advice—"Put your money in your pocket." For a long time she has been contented to put it anywhere else, mislay it frequently, and when out of doors carry it held at arm's length in her purse as an invitation to anything that comes along. But this is changed now, and it is stated with authority that the real tailor-made suit—the one made by a tailor—contains no less than seven fully developed pockets.

Naturally everyone will be anxious to know just where these convenient receptacles are placed, so as to be within reach, without interfering with the fit or hang of the gown. Well, they are distributed after this manner; two for the skirt four for the outer coat, and one for the bodice of the suit. All these pockets but one, are made of solid twilled silesia with double seams, the exception being a small V shaped pocket let into the right hand back seam of the skirt just within convenient reach of the right hand. This is meant to hold a handkerchief only, since it is the one place where the square of cambric can be deposited in safety, and so that it will not throw the lines of a well made and perfectly fitting gown out of shape. It is usually made of the same material as the skirt, to be as inconspicuous as possible.

The second important pocket is in the front of the skirt, and placed just at the angle and depth of the right hand pocket of a man's trousers. The top buttons over, or not, just as the customer prefers. Its special mission is to hold a lizard skin pocket book, or a little purse for car-fare, bunch of keys, or the new pocket rings women are using now, on which are hung a knife, glove buttoner, pencil, bachelor pin-cushion, and memorandum book.

The belt buckle is a feature of all stylish costumes with which a belt can possibly be worn. It comes in all manner of designs, but a filigree of sterling silver in a graceful design, is perhaps the favorite, and then comes enamel. The latest design amongst the pretty, but not too expensive buckles, is of filigree silver set with imitation turquoise. The real stone is much more expensive than it used to be, hence the imitation. Such a buckle fastening a belt of white silk is very fetching indeed. Filigree silver is also much used in combination with enamel. One new buckle displays a deep blue enamel heart framed in filigree silver, and of course when one comes to those triumphs of art in which the jeweller has allowed his fancy full sway without regard to expense, the designs are dreams of beauty and luxury. Many of them consist of enamelled flowers studded with gems. One, which was considered handsome enough for an engagement present to a New York belle, represented a wild rose in pink enamel, with natural looking curled petals glistening with diamond dew drops. This exquisite flower was attached to a belt of pale pink silk. Belt buckles of yellow gold twisted into the form of a coiled snake, with eyes of precious stones, are also amongst the choicest examples of the goldsmith's art.

Of course there must be something novel in the shape of belts to go with these smart buckles, and one very novel one is of tan suede, with a clasp composed of a large initial letter in silver, gold, or oxidized metal. Another new, though attractive design is an exact imitation of a green lizard the head of which forms the clasp.

Some very odd combinations of color are seen this season. Few people would think of venturing to dye all chromatic laws by attempting to extract harmony from such a combination as dark blue, and pale violet, but this was one of the combinations in a New York dress recently. The skirt was of blue silk the front gores flowing open at the foot, forming inserted box plaits, and closed on the hips with jet passamentarie. The bodice was also of blue silk covered with black net striped with fine jet gimp. The waistband was also formed of silk covered in the same way. Enormous puffs reaching to the elbow composed the sleeves, over which flared deep fan-like pieces of violet velvet. The violet velvet also appeared in the collar, and in a sash which held the fullness of the bodice in place just below the bust.

Amongst the useful and durable dresses for mountain wear, yachting, and outing generally, navy blue serge is as usual well to the front? Somehow it never seems to go out of fashion, and now there are some very pretty combinations of color used, to brighten these costumes.

A pale chamois color and white, are contrasts frequently employed in trimming them. Perhaps the largest number are made up with the short, jaunty coat so popular this season, but there are plenty of exceptions showing both close fitting bodices, and blouse waists, the former made with a box plait down the back, and a full, soft vest of white lawn trimmed with lace.

The butter colored lace, and the yellow it is the better, forms an odd and pretty contrast with the sheer white dotted or plain muslin it is used to trim.

Gray linen is a very favorite material for summer wear, partly because it is serviceable, but more I fancy because it is fashionable. A pretty gray linen gown worn by a blonde recently had a plain, but very full skirt, the bodice was plain and tight fitting in the back, and a belt of white moire fastened it closely at the waist. A collar and cuffs of thin white lawn, a white sailor hat, and a white parasol finished a cool, and dainty looking costume. Another striking linen gown was black, with a white muslin collar dotted and edged with black embroidery. Of course it looked very much like half mourning and I am doubtful about its washing capacity, but then it was distinguished looking and stylish, and that is everything in these days.

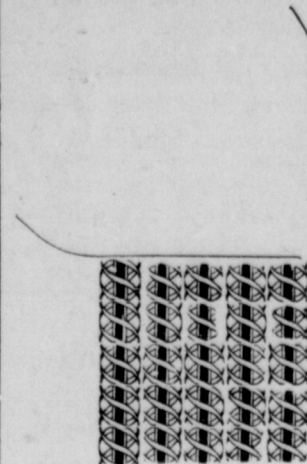
## Household Hints.

There are two things which the mistress of a house should never be without; these are cement for glass or china, and strong paste, which can be made at home as follows: Make a pint of flour paste in the ordinary way, and while hot stir in thirty grains of corrosive sublimate which has been rolled to a fine powder. This will keep any length of time if well covered; it is poisonous, and must be kept away from children. This answers well for mending wall-paper, while for broken china the following is an easily-made cement: Dissolve an ounce of gum-acacia in as much boiling water as it will absorb, then beat it up with plaster of Paris to form a thick cream. Applied with a brush it is most effectual in cementing broken pieces of china or glass.

Do you know that a handful of screw-eyes, assorted sizes, are worth their weight in silver for kitchen use? Try screwing one into the end of your bread board and your ironing board, your brushes, brooms and clothes stick. Put one at each end of your kitchen wall on ironing day stretch a stout cord between and see what a convenient place you have to air your clothes. When the wooden handle comes out of your favorite saucepan lid, do you know that a screw-eye screwed into a cork on the inside makes an admirable substitute?—Women's Era.

## Gown for a Fete.

A pretty gown for a fete is of dotted Swiss in a pale soft blue shade. A huge collar is edged with butter colored valenciennes and the sleeves are draped and very large. Yellow satin ribbon, a creamy butter color to match the lace, forms bretelles and is around the waist; there is a broad belt of the ribbon with fluttering loops at the back finish the gown. White



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gloves to the elbow, a white chiffon parasol, and a chiffon hat trimmed with pale satin buttercups add the finishing touches.

## For Women to Know.

That cran cheese, home-made currant jelly and fresh unsweetened water crackers are fashionably a most acceptably served with crisp lettuce leaves with a French dressing. The combination of flavors is to many tastes a very pleasant one.

That new gloves should never be put on hastily, nor while the hands are very warm and moist.

That the custom of writing "present," "addressed," "kindness of" and "favored by" on letters sent by private messengers is said to be going out of fashion. The name of the person, the street and number are now all that is usually written.

That the best kind of laundry aprons is made of rubber cloth, or of blue or brown denim. The former is to be preferred because it best protects the dress against wetting.

That mildew may be removed in the following manner: First by brushing off any loose mildew, then rubbing in common salt, afterwards sprinkling liberally with powdered chalk and moistening with clean, cold water. After this dry slowly in the open air, rinse, and if the marks are still there repeat the process. It may be necessary to do this several times, but in the end the spots will be removed.

That when anything has been spilled on the stove or milk has boiled over and a sullying smoke arises it may be dispelled by sprinkling the spot with salt.

That little bags of orris powder are considered among the daintiest devices for perfuming bed linen and underclothing, and are more popular just now than lavender in the most luxurious houses.

That if one wears old, loose kid gloves while ironing they will save many callous spots on the hands.

That tincture of myrrh dropped into the water is an excellent wash for the mouth and throat; the proper proportions are ten drops of myrrh to a glass of water.—Chicago Inter-Ocean.

## Some Hints of Experience.

I have found these things to be facts: To wash one's hair with common laundry soap will bring out the prettiest tints and do no injury to the hair.

To raise the crown of the head as high as possible and then try to make the chest meet the chin, will make a graceful carriage, smaller stomach, a fuller chest and more lung power.

To reach either above the head as far as possible or to the floor without bending the knees will decrease the size of the waist and round it, also fill in the hollows in front of the arms.

To devote less time to fancy work and more to a few simple exercises will make the body a better dwelling place for a pure soul.—Home Queen.



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## Intercolonial Railway.

On and after MONDAY, the 24th June, 1894, the trains of this Railway will run daily (Sunday excepted) as follows:

### TRAINS WILL LEAVE ST. JOHN:

Express for Campbellton, Pugwash, Pictou and Halifax..... 7.0  
Accommodation for P. du Chene..... 10.1  
Express for Halifax and Montreal..... 10.1  
Express for Quebec and Montreal..... 11.1  
Express for Sussex..... 11.1  
Express for Quebec and Montreal..... 12.2

A Built Parlor Car runs each way on Express trains leaving St. John at 7.00 o'clock and Halifax at 7.30 o'clock.  
Built Sleeping Cars for Montreal, Lewis, St. John and Halifax will be attached to trains leaving St. John at 12.00 and Halifax at 12.40 o'clock.

### TRAINS WILL ARRIVE AT ST. JOHN

Accommodation from Sydney, Halifax and Moncton (Monday excepted)..... 6.00  
Through express from Montreal and Quebec (Monday excepted)..... 8.00  
Express from Sussex..... 8.30  
Accommodation from P. du Chene..... 12.35  
Express from Halifax..... 12.50  
Express from Halifax, Pictou and Campbellton..... 12.50  
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.

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

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