

## WOMAN and HER WORK.

I wonder if it is actually true, girls, that in spite of ourselves we are all bound to come to bicycles sooner or later? I am really beginning to wonder if there isn't a sort of fate about it which overtakes one unawares, or whether there could possibly be such a thing as a bicycle microbe which fastens upon its prey and holds it fast until he has worked his own sweet will upon the helpless wretch, until such time as his lust of slaughter is satisfied, and he rests from his warfare in the languor of satiety.

There is undoubtedly something very strange about bicycle fever and the mysterious manner in which it attacks those whom we should imagine would be least susceptible to its influence; no one appears to be safe from the woman who weighs three hundred pounds, to the slender fairy who only tips the scale at six stone, six when she has her winter clothes on.

I don't mind telling you in confidence that I was getting just a bit nervous about the new disease, and beginning to take precautions against infection, lest it should be of an infectious nature. I keep aloof, as much as possible from all well-developed cases, and pass over all the alluring advertisements of wheels which have been especially designed for the use of our sex. But at the same time I never see a bicycle novice wobbling and staggering uncertainly along on her wheel, without wondering curiously how I would look perched up on such an eminence and scudding before the wind under close reefed sails, after the manner of the genuine bicycle enthusiast.

Surely the danger which pursues us is no imaginary one since it is impossible to take up a fashion journal of any prominence without being struck by the number and variety of bicycle costumes illustrated. There is sure to be at least one example each, of "A bicycle skirt" "Bicycle costume" Bloomer costume with short skirt for bicycling, etc. So it is very evident the bicycle has come to stay, and those of us who wish to be in the front rank and have a hundred dollars or so to spare, had better invest at once, and prepare to spin around, the country on a pair of tandem wheels, like the rest of the "upper circles."

But apart from the cycle costume, there are endless delightful creations called outing dresses, to make the summer girl charming in no matter what position she is found, whether climbing a mountain, playing her beloved, and fashionable golf, or tennis, or disporting herself amid the briny waves. Here is a charming tennis suit, which is just as graceful as it can be, from its very simplicity the object of which is of course to give perfect freedom of motion to the wearer.

The material is striped blue and white, in a soft material scarcely so thick as tennis flannel, but of pure wool. The skirt is quite plain and full, clearing the ground by three or four inches. The blouse is all white with a double collar, the under one of the white wool, and the upper, of silk in a shade matching the stripe in the skirt. The sleeves are large puffs of the white cloth reaching just below the elbow, and finished with a scant ruffle of the silk like the upper collar. The blouse is fastened at the throat with a cord and buttons of blue, and a soft belt of the silk is tied in a knot at the back.

An outing costume which could be used by the bicycle maiden also, if she was so minded, and which is a very stylish and jaunty little suit indeed is of checked tweed in hatters green and trimmed with leather. The skirt reaches nearly to the boot tops and is edged with leather. Suspended from the belt are shaped straps of leather by which the length of the skirt can be regulated. The bodice is a blouse, caught in at the waist with a broad leather belt, and opening over a white linen shirt; on each side of the opened front of the blouse is a finish of leather with six buttons. The bloomers which go with the costume are of the same tweed, and leggings and boots match the leather trimmings. Nothing could be more sensible, or more suitable for mountain climbing, or any vigorous out-of-door exercise than such a costume and it is very becoming also.

The girl's skirts are shorter than those intended for cycling, the golf skirt reaching only a little below the knee, and being quite scant in width. The most popular bodice for such costumes is the Norfolk jacket made with either loose, or closed fronts, as the wearer prefers, the jacket reaches below the waist and except for the big mutton-leg sleeves, is very much like the same garment worn by men. The material used is generally blue cloth, and it is usually trimmed with tan collar and cuffs, and worn over a shirt of ecru linen. Full silk bloomers matching the skirt in color with bicycle tan leather leggings and shoes, belt of tan leather and a blue Tam o'Shanter complete the costume. I scarcely like to say so, but in Paris, the ladies who play golf, dispense with the skirt altogether, and content themselves with the bloomers, and a Figaro jacket. When worn alone the bloomers are of camel's hair but with a skirt over them they are always

made of silk, so that the skirt may slip 'by them easily, with every movement, instead of catching as wool will do.

I think I have mentioned mohair already as being one of the most fashionable of summer materials. It seems to be growing in favor all the time, and has almost taken the place of the ever popular serge, probably on account of its lighter weight. One of the prettiest and oldest shades in which mohair comes is the new "huckleberry blue" which is as its name implied, a variation of the blue so much worn last winter, only in a darker, and grayer shade. Light blue seems to be coming in again after its long retirement, and it will be a boon to many a blue-eyed fair-haired girl, who knows well that pretty as she may be she never looks quite so utterly sweet as she should, in any color but light blue.

Of course there are special costumes for many other occasions besides "outing" and some of the gowns worn at the coaching parties so fashionable at the American watering places during the season: are well worth describing, only it would almost seem as if they were too elaborate to be crushed to death on the box seat of a crowded coach. One very lovely coaching dress was of buttercup yellow silk made in the fashion I described last week, shirred at the waist, and flaring down to the foot. The front seems to be piped with black, and the bloused bodice had great puffed spangled with sequins and a sequin belt encircled the waist; large black bows decorated the collar and belt. A large picture hat of buttercup yellow straw, trimmed with black bows and butters, and long suede gloves finished the costume.

Another dress worn at a coaching party was much more simple in appearance, though almost as elaborate in reality. It was of the finest and sheerest buff linen made over a lining of yellow silk. The loose bodice opened over a vest of mull gathered very full at the neck and waist and edged on the centre fold with valenciennes lace. The collar and cuffs were of mull edged with the same lace and the broad white belt was fastened with a silver buckle. The skirt was quite plain as usual and hanging in full godet folds over the silk slip.

Another gown worn at the same party, was of sheer white grass linen mounted on an entire lining of lemon colored silk; almost the only trimming consisted of shoulder ornaments of white lace butterflies. It was a veritable triumph of expensive simplicity.

Here is another New York dress, a perfect poem in white, which was worn. I believe at an afternoon fete given by one of Gotham's four hundred.

It was of alpaca, and all in snowy white the dress itself unrelieved by an atom of color. The alpaca was of so fine and silky a quality that the dress had an effect of great richness in spite of its simplicity. The skirt was perfectly plain, but had an immense amount of fluff to make up for its plainness, and the bodice was one fluffy puff of white mousseline de soie, with tiny frills edging each. The sleeves were very long, and composed entirely of frills which grew narrower towards the hand, which was almost concealed by the last frill. The shoes were of white undressed kid, and the hat which showed the only bit of color in the costume, was a large picture shape of white mousseline de soie shirred on a frame of gilt-wire and piled with glowing scarlet and pink roses. The parasol worn with this toilette amply made up for any lack of color in the dress, as it was composed of scarlet tulle in the most brilliant shade imaginable.

Another dress worn at the same fete, was in direct contrast to the one I have described. It was all in black, not even the bonnet or the sunshade showing a gleam of color. The wearer was a perfect blonde, or she would never have dared to weigh herself down with so much unrelieved black.

The dress was of black muslin made up over black pongee silk. The skirt was all in broad tucks from the foot to the waist, and stood out very wide indeed. The blouse had a tucked yoke, round in shape, the lower part falling in a loose puff to the waist, and the belt was simply a twist of black velvet ribbon finished with a long bow in the back. The sleeves were immense triple puffs, made in the fashionable effect of slipping down on the long cut shoulders, and finished at the wrist with a twist of velvet and a small bow. Two loops of jetted black gauze completed the costume. No gloves were worn. Indeed the custom of gloveless hands seems to be rapidly gaining ground in New York society.

A lovely dress worn lately in New York, was of black gauze draped over black silk. The gauze was all spangled over with enameled beads, and the effect was charming. The bodice was in blouse shape in front, but close and plain at back and sides, and the skirt plain and very full.

Another pretty gown cut in the new

princess shape, was of white taffeta silk draped with white chiffon, and trimmed elaborately with pearl embroidery about the throat and waist. And odd feature of this dress was the Marie Antoinette sleeve, made tight from shoulder to elbow and finished with a very full ruffle of chiffon.

The stock collar so long, and so deservedly popular with all sorts and conditions of women are more raised than ever, there are styles to suit everyone. Those who are tired of the rosettes at each side of the neck may replace them by knots of ribbon or chiffon, ends of ribbon sometimes falling almost to the waist. One very new collar is shirred, not around, but up and down, and finished with rosettes on each side. In front of each rosette a fan shaped piece of chiffon or silk muslin is placed. Lawn, ribbon, swiss, or mull muslin are all equally fashionable, and equally pretty, when developed into crush collars.

I think I must describe just one bicycle costume before I stop this week. I don't know whether the microbe is beginning to get in his deadly work or not, but I read of such a pretty one the other day that I almost envied the woman who was to wear it. The material was Scotch tweed, in a pretty shade of tan, made with a jacket and a very scant skirt, cut close about the hips and finished with neat tailor stitching. The plain linen shirt may be of any becoming color, but in this case it was of pale blue, and a full necktie of soft silk was to be worn with it. The bloomers to be worn with it had the buttons on the knee sewn to an elastic, so as to give way to every motion. Leggings and shoes with plant soles completed the suit. The jaunty sweater which many cyclists prefer may take the place of the jacket if desired.

Once upon a time, when people mentioned an omelet everyone understood them to mean just the one thing, a dish composed of a certain number of eggs beaten well and then cooked in a frying pan. But now the meaning has extended to a great variety of appetizing dishes, and one needs to specify exactly the kind of omelet meant, in order to be understood. All the following recipes will be found good I think.

## Plain Omelet.

For a plain omelet beat the yolks of six eggs with half a teaspoonful of salt and two tablespoonsful of milk; add the well beaten whites and have your saucepan with a tablespoonful of butter in it, quite hot, and pour in the egg mixture. Keep shaking the pan, letting it rest on the hot stove only a moment at a time. When the omelet thickens, fold over with the help of a wide knife, let it stand a few seconds, and turn on a warm platter. Omelets may be baked if you prefer. Place the pan containing the mixture in a moderate oven and six minutes is about the time required.

A variety of omelet may be made starting in this way, and just before folding, spreading over the mixture, either minced ham, tongue, or chicken, oysters, tomatoes, green peas, a paragon tips of mushrooms. Serve with sauce or not. Any omelet must be sent to the table the moment it is done to be a success.

## Fruit Omelet.

Sweet omelets make a delicate and attractive dessert. A fruit omelet is made with the yolks of three eggs, two tablespoonsful of cream, and a pinch of salt, mix well, add the four whites beaten to a stiff froth; put into a hot buttered pan as for a plain omelet, and when it is about ready to fold sprinkle over it a few chopped almonds, bits of preserved ginger, and candied lemon peel; fold and let it remain a moment on the fire; turn on a warm dish; sift powdered sugar on the top, scatter candied cherries on it, and serve immediately.

## Orange Omelet.

Three oranges, grated rind of one, two tablespoons butter, six tablespoons sugar, half a saltspoon salt, four eggs. Pare and slice two oranges, and squeeze out the juice. Beat the yolks of the eggs until lemon-colored and thick; add the rest of the sugar, the rind, and the tablespoons of orange juice. Beat the whites of the eggs until very stiff, then cut and fold (do not stir) into the rest of the mixture. Have the butter very hot in the cutlet pan, and pour in the omelet. As it begins to thicken well, spread over the sliced oranges fold the omelet over them from the sides of the pan, cover and finish cooking over the hot water pan.

The oranges may be prepared, and the eggs beaten beforehand, spreading a damp cloth over the bowl containing the beaten eggs to keep them moist. It is a point to be emphasized in the graceful and expeditious use of the chaffin dish, that the materials be measured and prepared beforehand.

## Apple Omelet.

An excellent dish is called apple omelet. Pare and core six tart apples and soak until soft; while hot beat them fine and smooth, adding one tablespoonful of butter, five of sugar, and a dash of nutmeg; when perfectly cold stir in the well-beaten yolks of three eggs, and, lastly, the whites beaten to a froth; pour into a baking dish which has been warmed and buttered; bake in a moderate oven and eat while warm. This is a favorite dish for the teas down East, and is accompanied by fresh graham bread.

## Vanilla Omelet.

For vanilla omelet soufflé, mix two ounces of powdered sugar with the yolks of three eggs, and beat hard for five minutes; add vanilla flavoring; beat the whites of six eggs to a very stiff froth and mix a generous teaspoonful of sugar with them. Put the yellow and white mixtures together turn on a hot buttered platter, heaping the omelet up in the centre. Sprinkle powdered sugar over the top and bake in a moderate oven ten minutes.

## To Solidify Lemon Jelly.

Sometimes lemon jelly, made with gelatin, will not solidify. In such a case, add two stiff whites of eggs and a little sugar to a quart of the jelly, and freeze it as lemon ice. It will be found to be delicious, and

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that the egg removes that coarse, snowy taste of the average water ice.

## Fruit Compotes.

Among the various ways of serving fruits in season, a compote is one of the most delicious, yet few cooks understand the art of making it properly, their attempts to do so resulting in a dish of stewed fruit. Firm, perfect fruit only should be selected when a compote is to be made. It should be peeled quickly, dropped in alum water or ice water and lemon juice; then into the boiling syrup and cooked slowly until clear.

## Save the Tender Fingers

Little holders for lifting the 5 o'clock tea kettle, the chaffin dish or the heated handle of a coffee pot at the table are of satin on one side, interlined with leather, and of colored satin or silk on the other side. They are made gay by crossing the silken side through the centre and diagonally with a metal ribbon of gold or silver. Sometimes the ribbon has a row of heavy white lace insertion on each side.

## Traveling Gowns of Mohair.

Traveling gowns of mohair are being made with the fullness of the skirt carried over the hip in a series of very fine plaits, stitched down flatly, and visibly. With many of these skirts is worn a short cape instead of a jacket or blazer.

ASTRA.

## HOUSE AND HOME HINTS.

How to Make Sailor the Hat a Joy Forever With Little Trouble.

To make the sailor hat of greater value to the summer wardrobe it is necessary to have several ribbon bands to match the various fashions. This is the clever idea of a young belle who is always well groomed, and who does this at a small expense. For instance, with a pure white toilet of duck a white sailor hat, with a white band is correct, and with a pale or dark blue it is the same rule of fashion which applies. This changing of the band makes it appear as though it were a new hat, whereas the cost of the band is a small expense. Make the band with a piece of elastic inside of it, so that it will slip over the crown of the hat easily. The narrow corded ribbon is now most in vogue.

## Is English You Know.

The London Times and other papers published a number of letters on the origin of the Yankee twang. One writer asserts that the same nasal inflection can be heard in Cornwall, whence proceeded many of the first settlers of New England.

The Globe holds that the twang is a mere exaggeration of the inflection used by the rural residents of Sussex.

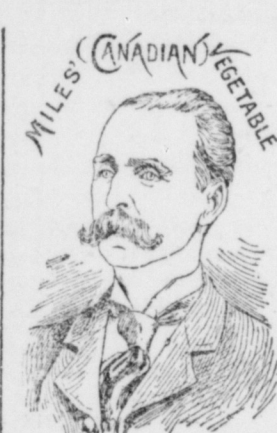
The Westminster Gazette traces its origin to East and English sailors from Wapping, who took their speech over to America with "guess" and other Elizabethan phrases.

## Ouida Is A Dowdy.

Ouida, although she depicts such ravishing beauties in toilettes to match, is herself both dowdy and untidy in appearance. Her hair is bleached and arranged in a trowsy mass, and although 60 years old she surmounts it with a girlish broad-brimmed hat of lace and tulle. She wears an orange colored gown over trimmed with lace, in her afternoon drives about Paris, which are taken in a brougham lined with bright blue satin.

## What Chewing Does.

Some writers find they can think better when chewing something—that is, figs, tobacco, etc. The reason of this is that mastication increases the flow of blood through the carotid artery.



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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, Pictou and Halifax..... 7.00  
Accommodation for P. du Chene..... 12.00  
Express for Halifax..... 12.00  
Express for Quebec and Montreal..... 12.00  
Express for Sussex..... 12.00  
Express for Quebec and Montreal..... 12.00

A Buffet Parlor Car runs each way on Express trains leaving St. John at 7.00 o'clock and Halifax at 7.20 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 15.40 o'clock.

## TRAINS WILL ARRIVE AT ST. JOHN

Accommodation from Sydney, Halifax and Montreal (Monday excepted)..... 5.00  
Through express from Montreal and Quebec (Monday excepted)..... 8.00  
Express from Sussex..... 8.30  
Accommodation from P. du Chene..... 12.50  
Express from Halifax..... 15.50  
Express from Pictou, Pictou and Campbellton..... 15.50  
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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