

# WOMAN and HER WORK.

A number of leading actresses having been interviewed lately on the subject of the remarkable freshness and youthfulness which seems a sort of trade secret with the woman of the stage, in spite of conditions which would seem decidedly unfavorable to the preservation of youth, it is interesting to note the reasons they give for the many advantages they possess over their more domestic sisters.

I am afraid the weight of testimony is very much against the life of unselfish activity which the wife and house mother leads. It seems to be the opinion of all the actresses who were consulted, that it is the absorption in congenial work, the excellent care every actress is obliged to take of her health, and the freedom from care and worry which a professional woman enjoys, that is the real secret of her youth and freshness.

The housewife catches a cold and goes calmly and stolidly around the house doing the work which she fancies cannot be left undone, and coughs and sneezes meanwhile, without making the slightest effort to get well beyond taking a drink of hot black currant jelly and water, before going to bed. She gets worn out and run down but has no time to take any notice of her symptoms, and if she stays up late at night to get through her sewing or mending she balances matters by getting up a little earlier in the morning. In short she spends her life in making demands upon her constitution which far exceed the supply of vitality she has at her disposal, and by constantly burning the candle at both ends, she soon succeeds in exhausting the little store she has, and is old and faded before her time.

The society woman is very little better off? Her life is one of perpetual torment and whirl; she never has a free moment, and she is living at high pressure, at fever heat as it were, from one year's end to another; her pleasure wears her out in just the same fashion that the other woman's work wears her; and in a few years she has exhausted her vital forces, become a bundle of suffering nerves and bidden good bye to her youth forever.

On the other hand the actress who would rise to a good position in her profession must make everything else subservient to her art! She knows very well that she cannot afford to be ill, financial and professional, therefore she takes the best kind of care of her health. The actress who catches a cold that an ordinary woman would think nothing of knows that a very slight cold means hoarseness in the present and possible complications of laryngitis or bronchitis in the future; therefore she employs the best of medical skill at once, and simply devotes herself to getting well in the shortest time possible, because her voice is a most valuable part of her stock in trade and she cannot afford to lose it.

Come woe, come woe her engagements must be kept, and it is her place to keep herself in a condition to fulfill them satisfactorily. Then an actress, in spite of all ideas to the contrary is careful in her diet, if she is a singer there are a hundred and one little luxuries which she must deny herself because they are bad for her voice, or would affect her general health. She has to sacrifice her inclinations in a score of ways, and she must lead a regular life; she could no more dare to insult her digestive organs by missing one meal and snatching another in the pantry just when she has a free moment, than she could be guilty of the madness of sleeping out of doors in a hammock on a damp night in summer. If her duties keep her up late she must make up the proper amount of sleep in the morning, and she must keep her body well supplied with nourishment in order to contract the hearty drain on her constitution caused by constant brain work, and the exhaustion caused by a constant play of the emotions. Above all the actress, or singer must avoid worry as she would the danger of catching smallpox! I believe that the great singer Patti has long made it a rule never to allow anything of a disagreeable nature to be told in her presence, and has educated her mind only to dwell upon agreeable subjects. The unceasing cares, and small annoyances, the friction of trying to make both ends meet and the endless though trifling trials which are the daily portion of nine out of ten domestic women, would end the usefulness of a professional woman in one month.

In short, I think we may accept it as final that the actresses' secret of youth and beauty consists in the infinite variety of her work, and of her life in general, in the excitement which keeps her invigorated, and in the fact that though she is obliged to take excellent care of herself, and in the characters she represents, to forget herself and her own troubles and live above, and beyond all small worries. It is monotony and lack of vital interest in life which ages women more than anything else and then comes worry, which is death to good looks.

Therefore, if you would keep young and beautiful don't worry about trifles! Don't fret and complain, and try to live as much outside of yourselves as possible. You can't all be actresses I know,

neither can you all have absorbing and congenial occupations, but I really think you had better not marry if you can possibly help it!

A few years ago some artistic woman would occasionally appear at a social function in a dress which had been decorated by her own skillful fingers, and her friends would flock round her in admiration, and loudly express their regret that they too could not indulge in hand-painted dresses. But it did not seem as if the fashion would ever become at all general, in fact it was never really a fashion, but merely an original idea which clever women took advantage of. But this winter gowns of hand-painted muslin, silk, and satin are to be "the rage" amongst people who can either afford to buy them, or are clever enough to do them at home.

The painted muslins, though perishable, are exquisitely dainty, and the flowers and hues with which they are decorated, stand out plainly against the underdress of silk, over which they are made. A lovely dress of pink taffeta is veiled with muslin decorated with trailing bunches of flowers down each side. The large puffed sleeves have a double frill of plain muslin running down from shoulder to elbow; bands painted to match the skirt trim the throat, and the front of the blouse; the latter is confined at the waist with a sash of pink ribbon. This is not an evening dress, but rather an especially smart gown to be worn at weddings, receptions etc. as it is accompanied by a hat of trimmed with white ribbon, white ostrich tips and a large buckle. Another lovely dress is an evening gown of cream white satin with a design of tulips scattered all over it painted in their natural colors. Strange to say the painting is not done until the dress is entirely made. The gown is then veiled with silver dotted tulle; and the bodice is formed of folded bands of green velvet in three shades. The tulle is carried across the bust in full puffs, and forms the drooping puff of the sleeves. The straps which cross the shoulders are of tulips, and a bunch of the same flowers is placed at the left side of the belt.

A plain but handsome walking dress is of gendarme blue cloth braided in black, with the conventional honeysuckle design both on the front of the skirt and at each side of the bodice. The skirt is very plain and full, and the bodice depends entirely on the perfection of cut and fit for its style, being absolutely plain except for the braiding. It is slightly pointed both at back and front, buttoned up to the throat, and finished with a small close collar. The small flaring cuff of the large sleeves are finished with a narrow braided pattern, and a similar design edges the collar.

A very smart bodice suitable for any skirt whether it is silk or wool, is of smooth cloth, tailor made and finished with stitching. It resembles the zouave in style and must fit perfectly, as its only adornment consists of two large enamelled buttons placed just where the revers end, and the fronts are rounded off. The little jacket is next described as a closely fitting e-ton jacket with square fronts, the rounding of which begins just as the revers end. The pleated blouse which is worn under it, is of turquoise blue silk crepon, and the sash with ends tied in front as well as the necktie, is of blue satin ribbon.

It will be seen by this description that there is a decided inclination towards a revival of the e-ton jacket, or something so closely resembling it that the distinction is hardly noticeable. Of course there are numerous coat effects showing skirts and short basques, the coat effects being one of the most distinct features of the newest bodices, but there are plenty of short jackets reaching only to the waist line, made to open over fancy vests of satin or silk covered with frills or chiffon. A neat example of this kind, is of black cloth, fitting in the back like a bodice but without seams, and finished at the bottom with a narrow twist of black satin ribbon. The front has all the effect of an e-ton jacket, with wide pointed revers which are covered with cream embroidery, and a collar of black satin ribbon finished with a bow in the back. The vest front may be of any transparent material over white, or colored satin, and the full leg of mutton sleeves are of the same material as the jacket. This little coat may be worn either in the house or street, and with any dark skirt it is very effective.

Round waists are also seen frequently on the new gowns for the coming winter, and they are finished at the bottom either with a narrow belt scarcely an inch wide, of velvet or the same material as the dress itself, or a wide directorie belt, which is fitted perfectly plain to the figure if it is of velvet, or slightly draped if it is of satin, and fastened in front with fancy buttons or a made bow. One wide double or triple box plait in front is seen on many of the round waists of simple material and make, and this plait is often trimmed with very small buttons and narrow braid, or perhaps an edge of persian lamb. The collar as I said once before, is a very special feature at all the newest dresses; it is very much trimmed, and the once popular Medici is again seen on many coat basques.

Sometimes it is lined with chinchilla fur which makes a most effective finish. Where the collar is straight it is merely a plain band. A plaited ruff of mirror velvet standing up around the neck. This is cut bias folded double, and varies in width from one to four inches. It is also seen in satin ribbon and lace; if it is narrow it extends quite around the neck, but it wide a space is left just in front for the chin. Satin ribbon an inch wide and box plaited makes a pretty ruff and may either be exactly like the collar in color, or form a contrast.

Silks are still advancing in price, and if they should go up any higher silk gowns and blouses will be an unattainable luxury to people of moderate means. Fortunately someone has invented a new sort of flowered alpaca which is said to be almost equal to silk; it comes in pretty dresden china designs of sprays of flowers, and in wonderfully delicate tints. In the real silks the designs are exquisite, not only in plain black which is very rich and solid, but in the silks which show a black background with floral patterns scattered over the surface. Some have narrow strips with climbroses in the natural colors twining about them; and in the lighter colored silks for evening wear all kinds of lovely pompadour flowers are seen in pale blue, pale green pink and cream colored grounds.

Most of the newest silk blouses show sleeves of one material and bodies of another. For instance, a blouse with a body made of silk in a cashmere pattern in which the prevailing color was dark green had sleeves of dark green silk and was trimmed with black satin ribbon. Other blouses the bodies of which are silk, have sleeves of a black gauze material made to simulate tucks; while others again are trimmed with yellow lace just like those we wore last summer. Some are tucked lengthwise with narrow yellow lace between the tucks, and have the leg of mutton sleeves put together in gores with the same lace frilled into the seams. Black satin ribbon is a favorite trimming for all such bodies.

I am afraid there is not much doubt that the dress of the near future will have the skirt and bodice of the same material, because the tendency in that direction is already very decided, as if it were to break the change very gradually to those who are wedded to the separate waist and skirt, the stiffness of the newer fashion is relieved by the great amount of color used in the decoration, which is principally lavished on the bodice. Bright colors are in special favor for trimmings, and orange, bright green, and magenta velvet besides every shade of red from brightest scarlet to terracotta, are seen in combination with cloth and cheviot in the most subdued tints. Cloth in these bright colors is sometimes substituted for velvet, and is partly covered with heavy lace, passamenterie or embroidery.

Whatever may happen in the spring, the fancy waist has not yet taken its departure by any means, else I should not have had an opportunity of describing those new silk blouses with different bodies and sleeves—which by the way, I forgot to mention were amongst the newest importations from Paris—but it has changed its character somewhat, and is often to be found in the guise of a very smart basque or coat made of velvet either plain or figured, instead of silk. One very pretty example for winter wear, was of brown velvet with a short basque edged all around with cream guipure lace which also formed braces over the shoulders and trimmed the cuffs and turned over collar. Such basques are made without seams in the back, and the basque extends either all around or just across the back as the fancy of the wearer may dictate. Plain dark skirts of cloth are transformed into smart toilettes by a coat basque of faille silk in some light tint flowered in the new blurred indistinct fashion which makes the flowers appear one moment quite distinctly and the next disappear like a shadow [chasing a sunbeam. These silks often show stripes of black satin, and are made up with either black velvet revers and vest of cream satin and fine lace, or else with a vest of black velvet crossed with black satin ribbon.

A new skirt just introduced has a very large box-plait down the middle of the front breadth, and three smaller ones in the back. The front one is nearly half a yard wide at the foot and narrows slightly towards the top. silk or rustle percale is used for lining, and a strip of hair cloth about ten inches wide around the foot gives sufficient stiffness to the skirt.

I heard a man say, not long ago, that he was very fond of rice, and the remark made me think what an unusual article of diet rice was now-a-days and yet how many delicious dishes could be made almost entirely of rice, though it is the fashion, of late years to despise that wholesome grain and consider it only fit for invalids and young children.

Curiously enough I chanced only yesterday to come across a number of recipes for cooking rice, in a very up-to-date journal, so I fancy it must be coming into fashion again, and as our page is nothing, if not thoroughly up to date, I am publishing some of them today.

Rice in Various Ways.  
Rice by itself is decidedly a Southern dish. The Southern housewife has such a variety of delightful ways of using rice for

**A Curious Remark** By a customer in our store the other day this was: "When I want a pair of good shoes I always come here, but if I only want a cheap pair I am not particular where I go."

This was a compliment so far as it went, but it only took a few minutes to prove to this customer that we are giving, as well, the very best value in the cheaper grades.

By the way, our new lines of Misses' and Children's Laced and Button School Boots will prove this beyond the shadow of a doubt.

**Waterbury & Rising,**  
61 King, 212 Union.

"Strongest and Best."—Dr. Andrew Wilson, F.R.S.E., Editor of "Health."

**Fry's PURE CONCENTRATED COCOA**

100 PRIZE MEDALS AWARDED TO THE FIRM.

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

**R.I.P.A.N.S**

ONE GIVES RELIEF.

the table that only a few of the recipes may be given here.

**Rice Soup.**  
A rice soup that is valuable in these days of high-priced meat is made without stock. Boil for a hour two quarts of water, in which an onion has been sliced and to which some pieces of celery and a bay leaf have been added. Remove the onion and leaf and add a half cup of rice that has been carefully washed. Cook until the rice is tender. Just before serving beat the yolks of two eggs with half a pint of cream, pour into the boiling soup, and stir to mix all thoroughly. Take from the fire at once and serve with cubes of toast fired to a crisp brown.

**Rice With Lobster.**  
A delicious way to serve lobster is with rice. Boil one good sized or two small lobsters. When they are cooked break off the claws, crack them, and put them in a saucepan with a quart of the water in which the lobsters were boiled, and place again on the fire to simmer. Remove the meat from the lobster, put the coral one side, and cut the meat into good-sized pieces and put in a stew pan. Wash in two waters a half cup of rice, rubbing it well between the hands; rinse in clear water and sprinkle it over the lobster. Cut a tablespoonful of butter into bits and scatter over the rice together with a quarter of a salt spoon of cayenne pepper. Strain the water in which the claws were boiled over all this. Cover and place on the fire and let simmer thirty minutes. Then add a salt spoonful of salt, take from the fire, put on a warm platter and pour cream sauce over it. Mash the coral, press it through a sieve, and sprinkle over the cream sauce. To make the cream sauce warm a tablespoonful of butter and mix with the same quantity of flour. Have heating a generous cup of milk, turn the flour mixture into the hot milk, and stir until it boils. Season with salt and a dash of cayenne pepper, and it is ready for use.

**Rice Croquettes.**  
Rice croquettes are delicious accompaniments of meats. To make them, wash a cup of rice and put it in a double boiler with one quart of water and boil until the rice is tender. Before taking from the fire add to the rice a piece of butter the size of a walnut, salt to taste, the juice of a lemon, one tablespoonful of sugar, and two well-beaten eggs. Mix thoroughly and turn out on a shallow dish. When the mixture is cool enough to handle form it into balls or any shape you may fancy. Roll them in a beaten egg, then in crumbs, and fry in hot lard to a nice brown. A rice border makes an attractive looking dish of any warmed-over meat, fowl, or fish. Wash a cup of rice and put it in a double boiler with three cups of white stock; place over the fire and cook thirty minutes. Add half a teaspoonful of salt and two tablespoonfuls of butter, and let it simmer twenty minutes longer. Beat the yolks of two eggs with three tablespoonfuls of cream and one of chopped parsley, and add to the rice five minutes before it is ready to take from the fire.

Butter a border mould, and pack the rice into it. Let the mould stand in the heating oven ten minutes and then turn it out on a hot platter. Fill the centre with the prepared meat.

**Rice Croquettes With Tomatoes.**  
Croquettes of rice, seasoned with tomatoes and cheese, are excellent with roast meats. To prepare them use half a cup of washed rice and put it in a saucepan with three-quarters of a pint of stock. Put it over the fire and cook for ten minutes. Then add to the rice a cupful of stewed tomatoes rubbed through a sieve, one teaspoonful of onion juice, a salt spoonful of salt, and a pinch of cayenne pepper, and cook thirty minutes, or until the rice is tender. Then add two well-beaten eggs and four tablespoonfuls of grated cheese. Take from the fire at once, turn on a shallow dish, and set away to cool. When cold, shape it in the form of small pears, roll it in beaten egg and then in cracker dust, and fry in hot lard. Place a clove in the small end of the croquette for the stem, and garnish the dish with parsley.

**Rice Pancakes.**  
Rice pancakes are exceedingly nice and tender. Take half a pint of cold boiled rice and pour over it half a pint of milk, and let it remain several hours. When time to prepare the cakes add to the rice mixture a salt spoon of salt and three-quarters of a pint of flour, to which a teaspoonful of baking powder has been added; melt a piece of butter the size of a walnut, and add two eggs well beaten and a half pint of milk; fry on a hot griddle.

Prepared by all druggists.  
For sale by the  
A. M. C. MEDICINE CO.,  
136 St. Lawrence Main St.,  
Montreal.  
Price 75 cents.

**DOROMA**  
THE PERFECT TOOTH POWDER

Sweetens the breath.  
Strengthens the gums,  
Cleanses the Teeth and preserves them permanently.

A new thing in Canada though most popular abroad.  
None BETTER. None so GOOD.

Druggists, 25 cents.

**INTERNATIONAL**  
S. S. Co.  
Three Trips a Week

**BOSTON**

Commencing Sept 11th the steamers of this company will leave St. John for Eastport, Lubec, Portland and Boston, every MONDAY, WEDNESDAY and FRIDAY morning at 1 Standard. Returning will leave Boston same days at 8 a.m. and Portland at 5 p.m. for Eastport and St. John. On Wednesday trip steamers will not touch at Portland. Connections made at Eastport with steamers for Calais and St. Stephen. Freight received daily up to 5 p.m.

C. E. LACHLER, Agent.

**"HEALTH FOR THE Mother Sex."**

MILES' CANADIAN VEGETABLE COMPOUND



This caption, "Health for the Mother Sex," is of such immense and pressing importance that it has of necessity become the banner cry of the age.

Women who have been prostrated for long years with Pro-lapsus Uteri, and illnesses following in its train, need no longer stop in the ranks of the suffering. Miles' (Can.) Vegetable Compound does not perform a useless surgical operation, but it does a far more reasonable service.

It strengthens the muscles of the Uterus, and thus lifts that organ into its proper and original position, and by relieving the strain cures the pain. Women who live in constant dread of PAIN, recurring at REGULAR PERIODS, may be enabled to pass that stage without a single unpleasant sensation.

Four tablespoonfuls of Miles' (Can.) Vegetable Compound taken per day for (3) three days before the period will render the utmost ease and comfort.

Prepared by all druggists.  
For sale by the  
A. M. C. MEDICINE CO.,  
136 St. Lawrence Main St.,  
Montreal.  
Price 75 cents.

Letters from suffering women will be opened and answered by a confidential lady clerk if addressed as above and marked "Personal." Please mention this paper when writing. Sold by all druggists.

**I CURE FITS!**

Valuable treatment and bottle of medicine sent Free to any sufferer. Give Express and Post Office address. H. G. ROOT, 21 C. 106 West Adelaide Street, Toronto, Ont.

**Miss Jessie Campbell Whitlock,**  
TEACHER OF PIANOFORTE.  
ST. STEPHEN, N. B.

The "Leschetitzky Method"; also "Synthetic System," for beginners.  
Apply at the residence of  
Mr. J. T. WHITLOCK

**Copartnership Notice.**

The undersigned, constituting a limited partnership under the laws of New Brunswick, under the name Merritt Brothers and Company, which will expire on the first day of July, A. D. 1896, continue the said partnership until the first day of February, A. D. 1896, (one thousand eight hundred and ninety-six). Dated this twenty-seventh day of Jan A. D. 1895.

J. F. MERRITT,  
W. WESMOE MERRITT,  
A. W. TURNBULL.