

WOMAN and HER WORK.

That well-known writer who treats of all subjects "calculated to interest feminine readers," Diane de Morney, has lately announced that grinding poverty is the only excuse a woman has for being ugly in these days. Of course the fair Diane is an authority whose ultimatum is not to be disputed; but then one's ideas of grinding poverty may be relative, and that Diane's ideas of penury are rather magnificent, will readily appear after reading the following instance, which she brings forward in support of her theory: "I will guarantee," she naively says, "that there are not twenty women in a thousand, who do not annually spend more on cosmetics and various acids for the preservation of beauty, than in charity." "I know one woman," she adds, "fashionable to be sure, and moving in the best set, by no means rich, as riches are accounted in these days, who gives me the following items of toilet outlay, which she calls her regular expenses, adding that there are incidentals of course, as she is constantly trying new things."

Here are the little trifles on which that woman who is "by no means rich" manages to spend a sum which in Canada would be considered quite an ample income for a man to marry and bring up a family upon.

Bath and massage, daily, at three dollars a day
Manicure \$50 per month
Pedicure \$10 per month
Hairdresser \$10 per month
Perfumes, toilet creams, lotions, powders, etc. 25 per month

This lady in moderate circumstances is inclined to be stouter than she considers graceful, so she takes equestrian exercise daily, not because she likes it at all, but to keep her flesh in a proper state of subjection to the spirit, or rather to the vanity. And she also attends one of the fashionable gymnasia in the city, and these two forms of healthful exercise cost her just \$100 a month. So that allowing the very modest sum of ten dollars a month for those "incidentals" mentioned before, we shall be quite within the mark if we place the sum she spends wholly on the preservation of her good looks at \$275 a month. Considering that this does not include any part of her raiment which would probably cost fully as much more it will be seen that the cost of what is termed "a perfectly well groomed woman of the distinctly fashionable world in New York city" is something to make the Canadian matron in moderate circumstances, open her eyes very wide indeed.

Now I am willing to admit that every rightly constituted woman thinks a good deal about her personal appearance, and does not mind sacrificing a reasonable amount of time, or spending a reasonable portion of her income for the purpose of looking as well as she can, but when it comes to dividing one's day into certain portions each set apart for the masseur, the hairdresser, the manicure and the pedicure, the gymnasium, and the riding master; one cannot help wondering whether the game is worth the powder, and whether it would not be as well after all to let nature have her way, and look one's full age, instead of spending all one's days in a frantic effort to clutch and hold fast the waning charms which must leave us some day, however we try to postpone the time.

It must be such a wearisome task this constant struggle with circumstances, and I cannot imagine a woman who has once entered into it having time for anything else, but yet Madame de Morney assures us that the woman she has used as an illustration attends to all the duties of a society woman besides. She pays visits, entertains and is entertained, goes everywhere sees everything worth seeing, and considers that she has served her highest purpose and done her duty to herself and society in maintaining her beauty; and also considers thirty two hundred dollars a year wisely expended, when it is applied to that purpose.

But Madame de Morney assures us that a woman can manage to keep her good looks and defeat Father Time for a sum quite within the reach of those whose incomes are moderate, not according to the New York standard, but to one which is much more rational. To quote her own words:—"Any woman, I do not care who she is, how modest her circumstances, nor, to put it broadly, what her age, today can, by a little care and the practice of necessary rules which are the price of perfect physical beauty, practically defy the years to come, and moreover she can collect the interest due her on the years that have been defrauding her up to date; she can get back the youth she has lost."

Now this is indeed good news for us all and as Canadian women are but human in their desire to defy the years to come and collect the interest due from the past, it may be as well for us to take some of Madame de Morney's advice on the subject into serious consideration.

The very first requisite, in her estimation is absolute cleanliness, and she insists not only on the daily bath which to so many means simply a plunge into water once a day followed by a brisk rub with a rough towel, but a regular uncompromising scrub, and she promises that the worst

complexioned woman who will follow her advice implicitly will be transformed within the period of six months into a whole-some rosy, bright complexion, the daughter of the gods.

The scrubbing must include the face and Madame de Morney—like myself is a firm advocate of soap on the face, provided it is pure and harmless, white castile, or best of all "Pears unscented," which is about the purest article in soap which is manufactured. The brush with which the face scrubbing is accomplished is one specially manufactured for the purpose, it is made of camel's hair bristles measures six inches in length, and five across, and costs at retail \$1.25.

Madame de Morney insists that the skin of the face possesses a peculiar attraction for dust, which settles in the pores, and finally forms the disagreeable secretion in them, called blackheads for which the only remedy is soap and water. Therefore the scrubbing brush which cleanses the skin as no sponge or wash rag of soft Turkish towelling can ever do. It requires brisk scrubbing to rid the pores of the dead skin, and the dust which clog them, and it used conscientiously it will banish the pernicious blackhead forever. After the scrubbing the face must be rinsed carefully first in warm water, then in gradually decreasing temperature until the whole face has a dash of cold water. For the rest of bath use the ordinary flash brush scrubbing quickly and thoroughly, and decreasing the temperature of the water by letting the cold tap run until it is quite cold. Then sponge off with cold water, and you will have taken a long step each day towards the bright eye, and clear skin you are striving for.

When the bath is taken at night and it is much the best time—some good cream should be applied to the face before going to bed, as the scrubbing may irritate the skin at first, and it should be used quite freely, and rubbed in gently, but firmly. Here follow some recipes which Madame de Morney guarantees, and with which I would conclude the first chapter of How to be beautiful.

I believe I am correct in saying that the most marked feature of the present fashions is their simplicity. Plain skirts are the rule, and they depend more than ever upon the perfection of cut for their style. People who complain of the extravagance of the present modes, and point to the five and six yard wide godet skirts, and the immense sleeves, in support of their assertion would do well to pause for a moment and carry their vision back a few years to the time of kilt platings and overskirts, and then make a mental calculation as the difference in the cost of the two. I should be greatly surprised if the result was not in favor of the godet skirt and large sleeve; and I am sure the latter fashion has the advantage again, so far as gracefulness of outline and correctness of taste is concerned over the bunched and martistic overskirt, and the stiff, set lines of the kilted or gathered flounce.

Now the decoration is confined almost entirely to the bodice, and even when the dress is made with the simple full bodice, its simplicity is almost hidden by the immense collar of lace, batiste, or even satin or chiffon which constitute a feature of the summer costume this season, and which seem to absorb nearly all the ornamentation required on one dress. Round waists are very much worn, especially for all thin materials, and all sorts of plain and fancy ribbons are used for belts and collar bands. Elbow sleeves are so fashionable now, not only for house, but street wear that those whose arms are not pretty enough to bear that most trying style take refuge in a sleeve which has a puff coming just to the elbow, the tight lower part covering the forearm as closely almost as a long glove, and having nearly the same effect.

For the pretty, plump arm however, the elbow sleeve is just the thing, and a white is a favorite color for the gloves, long evening gloves which have reached the stage when they must visit the cleaner before they can be worn again, will come in admirably, as they are usually made of very good kid and will clean over and over again. If the seams of cream and white gloves are stitched with the black, on the back of the hand they will begin just the requisite touch of the style, and it is a very easy matter to do the stitching.

Very large bows without ends are worn at the back of the neck, and belt, and they are made of two or three outstanding loops on each side, or where ribbon is used it is tied in a double bow with a knot in the middle, the loops rather drooping down upon the dress than across the collar.

The new alpacas are very dressy and coarse in texture, and the white ones make lovely dresses. A white alpaca with the coat faced with white silk, and worn over a yellow satin vest trimmed with "string" colored applique arranged to form a point at the belt is a most effective and pretty gown for garden parties, or dressy occasions in summer. Alpaca has the advantage of shedding the dust, and

coming out of the laundry as fresh as ever after it has been washed.

A very elegant waist for a black crepon gown has a collar of cream white satin covered with heavy lace, and a vest of striped black and white silk made with plaited yoke, the same silk forming the collar, while the belt is of black satin. Very striking collars of pale yellow or cream white satin, are especial features of the black gowns this season. Another notable feature of the swell black dress is the lining of bright colored silk.

The most stylish black gowns for everyday wear are of alpaca, with round waist made plain in the back, and with blouse effect in front, opening over a loose vest of ecru batiste trimmed with lace; a wide collar of batiste square across the back, and glaring out in the sleeves extends down the front to a point at the belt. Dark blue alpaca made and trimmed in the same way, is almost equally effective.

I think I spoke before of the Marie Antoinette fishu, which seems to be growing in favor; they are pretty and becoming to young fresh faces, but trying to those who are no longer so young as they once were. When made of silk, these fichus are crossed in front and the ends carried around to the back, passed under the belt, and fall half way down the skirt. If of chiffon, mull, or any light material they are round in the back and fall with long ends to the knees in front.

It is said that the convenient and pretty fashion of wearing waists that differ from the skirt, is on the wane. I hope this may prove a false alarm, I am sure, as it would be a great pity to let so economical and popular a fashion go out. Of course the leaders of fashion now grow tired of a mode, once it becomes so popular as to be common, and I believe this is the trouble with the separate bodice; it has been so universally adopted that those who first introduced it are now seeking something newer, and which will distinguish them for their common mass of womankind. Nevertheless the waist, which differs from the skirt, will continue to be worn at least until the autumn, and amongst the many dainty models in lawn, batiste, and mull, there are to be seen a fair proportion of lovely silk blouses. They are in every variety of fancy silks, shot glaze in all colors, the dainty Dresden with its delicate colors, and tiny flower designs, pompadour patterns, and plaids and checks in every size from large squares nearly a quarter of a yard square, to the tiny pin-head checks which look like shot silk at a distance. These waists are worn with black satin skirts, and if the colors are properly chosen, the plaids may be effectively worn with skirts of tan, and brown cloth. The usual style for making these silk waists, is the wide double box plait which almost covers the whole front, and which may begin either at the neck, or the yoke. The yoke itself is either of open-work embroidery or tucked lawn and insertion, and narrow edging.

A very simple but stylish gown, and one that would be easily made at home, is of ecru batiste, trimmed around the skirt with two ruffles of inch wide yellow valenciennes lace, and the full waist and elbow sleeves are striped across with tiny frills of the same, only narrower. The under skirt is of yellow batiste, and the collar and belt of yellow satin ribbon. Pink blue, or lavender would be equally pretty, and effective.

The very newest thing in muslin is the lovely Dresden muslin, which makes the most charming gowns for young girls. They show dainty patterns of rosebuds, violets, forget-me-nots, in fact every imaginable small flower, with green foliage. The skirts of such dresses are generally made quite plain, with a wide hem at the foot. The full waists have deep bertha of the material edged with lace, and are sometimes cut just low enough, in the neck to render a collar unnecessary. Fichus of either chiffon, or soft mull muslin edged with lace often finish such gowns, and wide sashes, and big picture hats trimmed with lace, and a profusion of flowers, complete the costume.

The voluminous neck-trimmings which are so fashionable now, look odd in summer weather, an immense ruche of doubled black tulle is very suggestive of a fur boa, and looks warm, to say the least.

ASTRA.

A Famous Freckle Lotion.
Here also is a famous freckle lotion, for which I am not indebted to Diane de Morney, but which is not copy-righted, although it is endorsed by such an unimpeachable authority as the Medical Record.

There are all sorts of remedies for freckles, and it is generally conceded that when the outer skin is permanently stained by them, that is to say when they never disappear entirely, but are visible in winter as well as summer, there is but one way of removing them, and that is by using a lotion which will painlessly and not too hurriedly take off the outer skin, and with it the freckles. Face bleaches said to remove freckles are very dangerous compounds to have any dealings with. They are made almost without exception of a solution of corrosive sublimate and water, and are extremely painful as well as dangerous. The Medical Record, which is the acknowledged highest authority in its line in this country, gave a formula some

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ONE GIVES RELIEF.

years ago for the removal of freckles which has been tried with surprising success, and which has the advantage of being harmless. It is as follows (slightly reduced in strength):

Four ounces lactic acid, two ounces glycerine, one ounce of rose water. Apply with a small velvet sponge two or three times daily. This lotion will cause a slight burning of the skin, which is a part of the process of the extinction of freckles. The use of a little white hazel cream to the irritated surface will allay the burning.

For Elderly Women.

For an elderly lady a black moire gown, recently seen, was quite suitable and elegant. The skirt was the regulation ripple affair—the waist fitted tightly and with soft accordion pleated chiffon vest. There were big sleeves and a large square collar, edged with chiffon revers over the sleeves, was square in the back and about eight inches deep.

When a woman's face begins to show signs of age she should wear dully neck-pieces, ruffles, laces, etc., of grey and other neutral tints.—Mercury.

An Excellent Cold Cream.

Melt three ounces of spermaceti, two ounces white wax and twelve ounces sweet oil of almonds in a water bath; pour it into a marble mortar and stir briskly to prevent granulation; when of the consistency of butter triturate until the mixture has a white, creamy appearance; then during continued trituration add by degrees a mixture of one ounce odorless glycerine; incorporate for twelve minutes add ten drops essence of roses; beat for about half an hour; put into pots or jars and close air tight.

Bran and Almond Meal Bags.

To three pounds of clean bran add one of Florentine orris pulverized, one and a half pounds of almond meal and eight ounces white castile soap grated. Mix thoroughly. Make twenty-four bags of cheesecloth about eight inches in length and five across; put about five ounces in each bag and use one bag for a bath just as you would use a sponge. Be careful to sew the bags firmly.

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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..... 7.00
Accommodation for Pictou, Chene..... 10.10
Express for Halifax..... 1.10
Express for Quebec and Montreal..... 16.40
Express for Sussex..... 19.30
Express for Quebec and Montreal..... 22.10

A Buffet Parlor Car runs each way on Express train 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 2.30 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 Pictou, Chene..... 12.55
Express from Halifax, Pictou and Campbellton..... 18.30
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.

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., 20th June, 1895

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