

WOMAN and HER WORK.

I think there are still a few points upon which the old man has a decided advantage over the new woman, and upon which she would do well to imitate him as closely as she has already imitated his shirts, ties, spatter dashers and—other garments. One of them, and perhaps the most important, is the tender care the average man takes of his health. Of course I do not mean the valetudinarian who spends his life in feeling his own pulse, taking his temperature, and reading up his symptoms; but the everyday sensible fellow who knows that he cannot afford to be ill, and therefore guards his health as his most valuable possession. Who takes his hot or cold bath every morning; is never too hurried to change all his clothes after working himself into a perspiration playing tennis or cricket; who is careful to put on dry boots and socks whenever he gets his feet wet, and who wears his fur cap pulled well down over his ears, and the collar of his overcoat turned well up to meet it when the mercury is below zero and the wind blowing a hurricane, thereby protecting two of the most vulnerable parts of his body—the base of his brain, and the forehead, from cold.

If lovely woman would but follow his good example I will venture to say that she would have less neuralgia, and fewer colds in her. I know she wears a storm collar when it is fashionable, and that if she has a pretty fur ruff for her neck she will wear it in any weather except midsummer, but she is only anxious that it should look nice, and is not at all particular whether it protects the delicate drums of her ears, and the back of her neck, or not. She also wears a fur cap if it is in fashion and has one of the latest style, but it never gets near enough to her ears to scrape acquaintance with them, and so far from protecting her forehead, it has never even touched it but sits perched jauntily on a cloud of curls very ornamental and pretty to look at, but of just about as much practical use, as far as warmth goes, as a theatre bonnet. And then there seems to be a deeply rooted idea amongst our sex, that it doesn't matter how long you sit with your skirts wet half way up to the knee, so long as you change them some time, and that the best possible way to dry wet boots, is to keep them on your feet during the process, and avoid spoiling their shape. "I don't know where in the world I could have caught such a cold," gasps young Mrs. Upper Ten between coughs. "I am sure I am most careful never to sit in a draft." "Did you change your shoes and stockings, as I told you to, as soon as we came in last Saturday afternoon, you know your feet were wet through?" says her husband. "Of course I did Jack, I changed them soon after tea and they were perfectly dry by that time; it was late, I believe," says the dutiful wife, measuring out a teaspoonful of cough mixture with the air of a martyr going to the stake.

Another valuable lesson we might learn from our former lords, is a praiseworthy regularity about taking nourishment! It takes a great deal of emotion, or an enormous amount of worry to seriously interfere with a man's appetite, because he fully appreciates the necessity of keeping up the fuel supply in order to keep the machinery in good running order. So he sits calmly down and eats a substantial meal, even though he is going to be married in an hour's time and start on his wedding journey immediately afterwards, while his prospective bride either forgets all about her breakfast until forced to swallow a cup of scalding tea at the last moment; or else finds herself utterly unable to swallow a mouthful between excitement, and agitation. Consequently the bridegroom is as fresh as a daisy, and as hungry as a hunter when they reach the end of the first stage of their journey and sit down to dinner, while the bride has a raging headache from long fasting, and cannot even make a pretense of eating. It is about the same if the man is going to be hung, instead of married, he objects from long habit to interfering with the regular order of events, and prefers to leave the world with a full, rather than an empty stomach, so he generally eats a hearty breakfast on the morning of the execution.

Still another point on which we might imitate men with good results would be in their manner of setting to work. Just watch a man preparing for some piece of work even if it is only pasting photographs into a scrap book, or blacking his boots! He first collects everything he can possibly need and places them within reach, then he sits down with paste pot, scissors, brush, rag for smoothing, towel for wiping his hands, and saucer of water neatly ranged on one side, and the scraps or photos on the other, and there he remains, working rapidly away until his task is finished, when he stretches himself, yawns and gets up feeling rather rested than fatigued.

Then watch the woman who has lamps, or silver to clean. Does she sit down? Oh no, she would not think that at all business like, she stands, and after she has removed

all the chimnies she goes out into the back kitchen and hunts up the oil can which perhaps is not half full. She does not stop to fill it, however, but brings it in, uses all the oil it contains and then goes out again and fills it. When the lamps are all filled she takes it out again, puts it carefully away and proceeds to trim the lamps. That finished she, cleans the chimnies, carefully carrying each lamp away to its proper place as she finishes it. It is little wonder that she feels tired when the work is done having stood for at least half an hour, and walked at least a quarter of a mile in addition, and all perfectly unnecessarily.

No wonder so many women fade before their time and fall in the sere and yellow leaf while they are comparatively young; while their husbands, who perhaps work quite as hard in their own way, remain fresh, and youthful looking, until they are past middle age. So taken altogether I am afraid we have something to learn from the other sex still.

This is the most trying time of year for the fashion writer because, although the modistes will not admit the soft impeachment, really new models are very rare just now, and those who are thinking of new clothes are obliged to content themselves with choosing the lighter and most flimsy of their garments first, securing the material and awaiting further developments in the world of fashion, before having them made up. It seems odd that the last should be first, in this respect, but it is a fact that the woman who puts off choosing her summer gowns and blouses until she needs them, will find her choice very limited indeed. Every week the importers seem to have some charming novelty arriving though their stock may have seemed quite complete before, and the variety of lovely summer goods, is really bewildering. The new eoru batistes, with stripes, dots, and checks in color, are prettier than ever before, and in addition to these are plain glossy linens in all shades of gray, linens with chine, or brocaded flowers, and others with puffings woven in like crepon, or the older seersucker. Linen duck is shown in all colors, and will be used for the coat and skirt models which seem to have established themselves too firmly in public favor to be discarded for some time to come.

Pattern dresses of grass linen trimmed with applique lace have the skirts made up all ready to put on the belt, and though they are very expensive they are also very stylish. A novelty in gingham has a sort of fringe finish of tiny white loops all over the surface which gives a curious misty, blurred effect to the plaid of which the background is composed. The newest dainties are in dainty dresden and persian designs in the most delicate colorings. Grenadines will be very much worn during the coming season, and black, or dark grounds, covered with rich flowered designs in dull purple, red, or green, will be popular. Other and richer patterns will have wide stripes of velvet, moire, or satin alternate with a flowered vine in some bright color. In spite of repeated attempts to revive the soft light China silks, the crisp rustling taffata is still in favor, and bids fair to hold its place for at least another season. Large plaids are shown in great variety in taffata also flowered stripes, and plain colors. Chameleon silks are going out, and the newest shot silks have only two colors, one of which is nearly always white. The fashionable change for delit china seems to have communicated itself to the dress goods, and white taffatas with delit blue flowers, are among the very latest novelties.

Ribbons are a great feature of dress decorations this season, and besides the plain satin ribbons so pretty for flowered materials, there are all sorts of fancy patterns, either striped in two or three different colors or patterned all over in flowered or Persian designs in the loveliest soft shades, which makes a charming contrast for plain goods. Another pretty and inexpensive trimming, which is very fashionable is soutache braid which is used in rows of different widths on the skirt of wool gowns, and all across the front of the bodice.

Some of the most stylish wool gowns have an odd cape effect at the back of the bodice, made by draping on a piece of the material which covers the shoulders to the sleeve, and points down to the belt. This drapery is edged around with a narrow band of fur, or some such trimming, and turns back in revers in the front. The basque frill is a necessary adjunct of this style of bodice. One of the most useful additions to the wardrobe of any woman who cannot afford many dresses, is a bodice of black satin, made quite plain on the shoulders and plaited in at the waist. This can be worn equally well with any dark skirt, and may be made as dressy as possible by a large collar of lace or chiffon, which entirely covers the shoulders.

I suppose the fashion writers must get up some little excitement by threatening a revolution in fashions, as the spring approaches and they have done their duty so far, by announcing that the spring novelty for this season is to be the bustle, whether it will take the form of the "skirt improver",

of five or six years ago, or confine itself to the modest proportions of the small flat pad sewed into the plaits at the back of the skirt, which proved to be the bustle's last expiring effort for recognition, I do not know, but certainly a ripple skirt measuring six yards around the foot and held out at the back by a long bustle would be a spectacle for gods and men.

Another spring prediction is that the skirt will have lost many of their ripples and be a good two yards narrower. Perhaps they will, and I know that I really saw a pair of sleeves in a very stylish costume intended for early spring wear, which were quite perceptibly smaller than any I had seen yet, but all the same there does not seem to be any style of dress one can choose which calls for less material than seven yards of double width goods no matter how fashions may fluctuate.

Two of the leading colors for the spring are to be parma violet, and narcissus green, and they will often be used in combination. There is no doubt that the fullness is steadily moving downward in the sleeves, and the puff comes nearer to the elbow all the time. In a few of the earliest spring importations the sleeve shows a mass of wrinkles from elbow to wrist, and the upper part falls in a drooping puff. The bishop sleeve will be much worn during the spring and summer and it appears on the newest, and most expensive shirt waists. In speaking of the most expensive shirt waists I am using quite a comprehensive term, since the highest priced shirt waist in years linen costs \$8.50, and the same in batiste linen is \$12.

One of the very oddest fancies that Dame Fashion has indulged in for a long time, is said to come from Germany, and consists of a tiny pocket cunningly contrived on the outside of the knee of the stocking. It will hold a watch, rings, money, or any valuable that the wearer wishes to carry about with her. In the black stocking for everyday wear the pockets are sometimes five or six inches deep and quite wide enough to hold a watch, or a good sized roll of notes. They come above, and on the outside of the knee so as to interfere as little as possible with the wearer's movements. For those who garter above the knee the garter holds the pocket in place and effectually closes it. Somehow the idea of a pocket in a stocking seems intensely ridiculous at first, but really, why not? The only disadvantage is the awkwardness and difficulty of approaching the pocket in a mixed assembly, as few of us would care to risk looking at our watches, or extracting a little change to pay our fares in a street car, from a pocket so placed. But then think of the comfort and security it would mean to those who are obliged to travel out West, where train robbers are "indigenous to the soil?"

French Rolls.
Take one-half cup of yeast; rub a small half-cup of butter in the flour, (you will have to guess at the quantity) than add the yeast, and water enough to wet; mix as for soda biscuits. Let it rise till morning. Roll in thin sheets, and cut into squares; spread a little butter on each; and sprinkle a little flour on to roll up. Put in the pan when light, and bake 20 minutes.

Corn Oysters.
Score down each row of grains of one dozen of corn. Then, with a blunt knife, press out the pulp; add one teaspoonful of salt; a quarter of pepper; two tablespoonfuls of flour; mix and stir in first the yolks of two eggs, then the well-beaten whites. Fry by tablespoonfuls in a small quantity of hot oil or fat.

A VICTIM OF NERVOUSNESS AND GENERAL DEBILITY.

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We all dread specific diseases like fevers, that are prone to turn disastrously before their length has been run. And yet, in their worst form, despite the immediate danger that at certain stages may show itself, they can not be compared to the distress that comes to the victim of nervousness and the sufferer from general debility. Let the system become run down, without one knowing just what may be the cause of it, and there is nothing surprising that those so afflicted lose heart, and suffer physically and mentally, as those laid on serious beds of sickness do not suffer. For one long year Mrs. James A. Publicover, of Lunenburg, N. S., ranked among this class. She dragged out a miserable existence, arising in the morning wishing it were night, and retiring at night wishing it were morning. Completely prostrated, she had not energy for any work. Her appetite had failed her, and strength was gone. Of course she tried doctors' medicines, and various other medicines, but over her own signature she tells those no relief until she had learned of South American Nervine, and taken it herself. Fully restored to vigorous health, it is not surprising that she should say that this is the very best medicine in the world, and this experience she backs up by recommending it to her friends, whom, she says, have also found it good.

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LITTLE EASTER GIFTS.
Pretty Trifles in Egg Shells That May Be Made Costly or Simple.

Quaint little egg coseys, one in egg shape with a hare painted on it, the other representing a chicken, would have a ready market at Easter sales, and may also be commended to those who find the special demand for fancy work at Christmas and Easter a welcome means of putting additional pennies into their purses.

Both are made of painted felt. The first consists of two pieces on each side, cut into egg shape and sewed together, with a finish in brist stitch along the edges. The lower part is yellow, pinked at the bottom, the upper, of white, is more irregularly cut to represent a broken egg shell. A chicken part way out of the shell, or any other appropriate device, may be substituted for the hare by way of variety, if a number are to be made. On the top is a bow of narrow ribbon, with oneloop left longer. If the maker has not time or skill to paint the cosey, it will be very pretty in yellow and white, the Easter colors, or a chicken or egg could be cut out of yellow felt and buttonholed on.

The second, in chicken shape, is a little more difficult. This is cut from two pieces of yellow or white felt 4 inches high and

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Means pretty much everything in footwear. That is just what we carry in our stock, and just now we are covering the shoe field more handsomely and completely than ever, for Men and Women, Boys and Girls. It takes a big stock to do this, but this Spring our stock seems larger than ever; particularly is this the case in the display of Ladies' Shoes and Slippers: We never had the variety in styles and values we are offering this week.

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