

# WOMAN and HER WORK.

A few years ago the woman—who was advanced—she was called the Woman's Rights Woman, then, was supposed to be a creature who was above all feminine weaknesses, especially vanity? She was always depicted in comic papers as wearing a limp untrimmed skirt, no matter what the fashion might be, closely cropped uncured hair, and spectacles. Her mind was supposed to be so much the most important part of her make-up that she had little time to waste on the adornment of anything so insignificant as her body.

She was not expected to be a prey to the whims and fancies which have constituted part of woman's charm since she was first created, and as to indulging in a fact, or "hobby," as she would have called it—why that would have been absurd? The advancement of the rights of woman was about the only hobby that would have been tolerated on her part, and it took all her time to regulate its paces, and keep it from running away with her.

But now since woman has advanced with such rapid strides that the world is practically at her feet, she seems to feel that she can afford to loosen the tight reins she had to put on most of her natural impulses when she was struggling for what she called emancipation, and take a breathing spell. The consequence is a perfectly natural swinging of the pendulum in the opposite direction, and today, the more advanced the woman the more she seems given up to fads and fancies. Of course she does not call her ideas by any such names, she describes them as the advance of science, rational ideas, and intelligent modes of living. But all the same they are fads, and often very ridiculous ones indeed.

Perhaps the commonest and most deeply rooted of these fads at the present time is the "rational dieting" or hygienic mania which seems to have taken possession of our sex, like some general epidemic and made the dieting woman the commonest product of the end of the century. I suppose it is the reaction from ages of utter carelessness about food, which is making itself felt and women have at last learned the lesson that there is a much closer connection between a good digestion and a beautiful face, than they ever suspected. Generations of cake, pastry, and hot bread have been making women old before their time, and now that they have found out this terrible fact they are trying to remedy past errors with such frantic haste that there seems a good deal of danger of overdoing the matter and making the last state of woman worse than the first, and a great many writers seem to be helping them on in their mad career. For instance I saw it gravely stated not long ago, in a leading American paper that if women would confine themselves to an exclusive diet of fruit, and nuts, they would be not only youthful, but absolutely beautiful at 70, or 80 years of age; it was certainly a gilded bait to hold out to poor weak human nature, and female human nature at that, and I suppose there were many who swallowed it eagerly but just think of the combination calmly and coolly for a moment! Imagine a fairly healthy woman sitting down at the dinner hour, and partaking of a meal in which apples, oranges, bananas, and perhaps grapes succeeded each other, pleasingly varied by Brazil nuts, walnuts almonds and pecan nuts; suppose the day to be very cold one in January, and the woman a busy housewife who works with hands and brain, and who has a good sized family to look after; and then imagine her keeping up the fruit and nut diet indefinitely, in the hope that she would be beautiful at 60; I think very few weeks would satisfy her with the experiment, and convince her that present comfort was much more to be desired than possible beauty in the future.

I think of all things in the world for any crank to suggest as a regular diet, nuts are the very most absurd. We know that the numbers of people cannot touch them, and the most robust are more than half afraid to indulge very freely in a luxury known to be the most indigestible of food products. And yet this writer was permitted to make his, or her, wild idea on the subject public, and they even carried a certain weight on account of the standing of the paper which published them, and no doubt many innocent people suffered indigestion in consequence.

Now I am not by any means a gourmand myself though I have a decided preference for everything that is good, and I am obliged to give some thought to what I eat and drink, because my head seems to be always on the look out for a reasonable excuse to ache, and if I indulged in pastry or fruit cake very often or partook freely of nuts, my columns in PROGRESS would not be filled with their accustomed regularity. But I do think that one could make a god of the stomach just as well by giving too much thought to what we shall not, as to what we shall eat, and the dieting fad is becoming a regular monomania amongst the women of the present day.

"Do you diet, and if so what is your specialty?" seems to be the question of the

hour among t woman, and if one woman in a group has the courage of her convictions, and boldly announces that she eats just what she likes, and keeps on eating it until her healthy appetite is satisfied, she calls forth a perfect storm of protest from the dieting sisterhood, who are all eager to explain to her the advantages of their own special regimen, and the only point on which they are agreed is the one that in order to be happy, healthy, and beautiful it is absolutely necessary to put oneself upon some special diet, and adhere rigidly to it.

I am informed that there are positively 365 different courses of diet prepared by as many different authorities, each one warranted to cure some especial ailment. There seem to be preventives, and cures for every known and unknown ill that flesh is heir to, and if we don't all live to a green and beautiful old age, it must be because we decline to diet ourselves properly. There are diets for corpulence, diets for scragginess, diets for wrinkles, diets for grey hairs, and I daresay diets for warts, corns, and bunions if we only knew just what they were.

"Live exclusively on meat and green vegetables" says one enthusiast, "and you will never have a double chin, or too thick a waist."

"The greatest mistake in the world!" cries another "you should just try my regimen, prescribed by my own doctor! The liver is the thing to be considered in matters of diet, it is the root of all evil, and milk, milk and fruit, is the remedy. Why I never taste anything else before seven o'clock in the evening, and I drink nearly three quarts a day with apples, oranges and grapes, and at dinner time I am allowed to eat anything I like. Why I tell you my digestive organs are like clock works, and this diet will put flesh on the barest bones."

"All very well, no doubt" says another, "but if a woman wants to have color, and to sleep well there is nothing like a well-broiled steak, meat is the only thing for fragile woman who suffer from anemia, and insomnia!"

"Well you may eat meat if you like" chimes in another, but you must take the consequences and if they are not bald before you are 40, and a martyr to rheumatism, corns and gout, I shall be surprised! Green food is the only thing to live upon if you wish to live long and be healthy." No meats, no cereals, not even bread, which we were taught at school was the staff of life—no potatoes even, no cream, no butter, say these heroic dames, nothing much but regimen and plenty of that. So they talk and plan out special courses of diet, and are doubtless happy in their own way; but at the same time one cannot help wondering what is to become of the men. Are they drifting through life dietless and rudderless, an unresisting prey to warts, corns, baldness, gout and rheumatism? If so it is really remarkable what a number of healthy happy and above all, youthful looking men one meets every day, who have never been known to diet in their lives unless they were ill! Surely this fact is not without significance, and should seem as a warning against a too free indulgence in the dieting habit?

Some idea of the extreme popularity of green as a color, may be gathered from the advice given by one authority in the fashion world, who says "When in doubt choose green." Don't fear that it will be unbecoming or hesitate to combine it with any color you desire, and it is for evening wear it may be covered with almost any shade of chiffon.

The most fashionable walking skirts are now cut so as to clear the ground by a good two-inches, and great is the comfort of the wearer thereof. Except for this there is so little change in the cut of tailor made gowns, that a last year's dress which had not been much worn might easily pass for the very latest creation of the dressmaker's art, if an inch or two were cut off the skirt. Of course the coat saques are the newest things in the bodice line, but then only a certain percentage of waists are cut in coat shape this year. Straight, plain outlines characterize all these cloth costumes, and there is not much latitude for innovations in style or finish, but still a clever dressmaker can introduce some variety. A gown which illustrates some of the possibilities that are within reach, is made of dark purple cloth, and the seams of the coat, and half way down the skirt are strapped with bands of black satin.

The collar of white cloth is edged with black, and smoked pearl buttons set with steel, adorn the front. Black cloth gowns are very fashionable, and a vest of violet velvet, showing a band of white satin covered with lace down the centre, adds greatly to the effect.

Something new in the shape of those made up accessories which always seem to be more stylish when one buys them ready made, than the same articles would be if manufactured at home, is a muff toque, cuffs and wide box plait of velvet in any dark color, edged around with fur, and cut jet, which will transform a plain cloth

gown into a dressy costume, at very short notice.

One of the most marked features of this season's fashions is the abundance of trimming worn about the neck: ruffles, ruffs, and ruffles of chiffon, immense bows, and high rolling collars are worn with all costumes, even furs are cunningly manipulated into fanciful godet collars and revers, in a manner that gives them the pliability and grace of softest textured cloth. Fichus, collarettes, and Vandyke collars of every description made of beautiful laces are worn on all dressy occasions and they make a shabby dress look like new, and a new dress look twice as handsome as it really is. They are made large enough to almost cover the bodice, and thus serve the double purpose of beautifying a new dress, and freshening up an old one. One very new and pretty fichu is made of Breton net, and has long scarf ends which reach almost to the foot of the dress and are finished with deep full frills of lace. A bow of ribbon, or a rosette fastens it down at the waist. A shorter one is of ecru lace finished with bows of white satin ribbon. A square collarette is made of white accordion plaited silk with silk guipure lace over the shoulders and little bows of ribbon fastening it in front.

Artificials are having quite a vogue again as a trimming for evening dresses! violets, lilacs, lilies of the valley and chrysanthemums are the favorites. A charming way to trim a white dress is with shoulder and breast knots of shaded lilacs and pink roses, and a clateline of the same flowers arranged on the left side of the skirt.

Those housewives who have been thrifty and also possessed a reasonable amount of the ever necessary dollars, should have a store of frozen poultry packed away this winter, because the weather has been very favorable for keeping meat lately, and before Christmas it was very cheap. Those who are fortunate enough to have chickens to cook, will no doubt be glad of a few good if not exactly new recipes for making them especially attractive.

There is no meat that may be served in such variety as chicken. The recipes given here are specially designed for festive occasions or the ever present "Sunday night tea."

## Curried Chicken.

Cut a chicken in pieces, put the pieces in an agate stewpan with one onion, in which you put a clove; add some white broth, sufficient to cover the pieces; the chicken being cooked, make your sauce with the broth, beat two pinches of curry with two yolks of eggs and a tablespoonful of cream, and thicken your sauce. Arrange your chicken on a plate with a border of rice; you can, if you like, mix the rice with the stew; some people prefer it.

## Chicken Patties.

Boil the chicken until tender and pick the meat from the bones, removing skin and gristle. Cut it into small bits and spread it on strips of puff paste, after having seasoned it well with salt, pepper and butter. Wet the edges of the paste and press them firmly together, thus making the chicken into little old-fashioned "turnovers." Bake them a nice light brown, then serve them with a gravy made of the liquor in which the chicken was boiled.

## Cream Chicken.

After skinning your chickens cut them nicely, dip them in volk of egg and crack crumbs and fry them in butter. Boil one pint of cream or milk with a lump of butter blended with flour for thickening; then chop up a very little green parsley and pour it over the chicken and garnish the whole with parsley.

## Italian Chicken Salad.

Make a dressing in the proportion of the yolks of three hard boiled eggs, mashed or pounded fine; a tablespoonful of salt, and the same quantity of mustard and of cayenne, and a saltspoonful of white powdered sugar, four tablespoonfuls of salad oil and two tablespoonfuls of vinegar (tarragon vinegar is considered the best). Simmer the dressing over the fire, but do not let it come to a boil. Stir it all the time. Take a sufficiency of the white meat of cold fowls and pull or cut into flakes. Pile it in the middle of a dish, and pour the salad dressing over it. Have ready two fine lettuce that have been laid in cold water. Strip off the outside leaves, and cut up the best part of the lettuce and arrange it evenly in a ridge or circular heap all around the pile of chicken in the center. On the top of the ridge of lettuce, place the whites of the eggs, cut in rings, and laid around so as to form a chain. A portion of the lettuce is to be served with the chicken.

## Jellied Chicken.

One chicken poiled till very tender, "seasoned with salt and pepper a few minutes before removing from the fire. Let the liquor cool, skim off the oil, heat it again, and stir in one tablespoonful of gelatine, which has been soaked one hour in two tablespoonfuls of water; slice two hard boiled eggs very thin, placing around the sides and on the bottom of dish; cut the chicken quite fine with a knife, leaving out the skin; place it lightly in the dish with the eggs, pour the liquor over it, have only enough to cover; when hardened turn out,

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# February

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IS here; but we still have a few hundred pairs of Shoes odds and ends, yet perfect goods which must be sold at some price before February 10.

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# RIPANS

## ONE G RELIEF.

on a platter garnished with parsley and a few slices of lemon.

## Chicken Salad.

Take the breast of two chickens, two large bunches of celery and four hard boiled eggs; chop these separately and fine, put together and mix thoroughly. Then make a dressing of one tablespoonful of mustard, two tablespoonfuls of sugar, one cupful of vinegar, and one-half cup of butter; pour hot over the salad.

## Chicken Croquet.

Select one good hen. One-fourth pound of butter, one-half pint sweet milk, a very little mace, three tablespoonfuls flour, one-half pint chicken stock, salt and white pepper to taste, the juice of one-half lemon, one-quarter can mushrooms. Boil the chicken and let it cool, remove the meat from the bones, cut in small pieces, and chop the mushrooms. Then melt the butter in a saucepan, stir in flour, cream and stock, and continue stirring until it boils; then take off the fire, add the seasoning, chicken and mushrooms. Spread thin on a platter and let it cool. When quite cold make in oblong shape, dip into whipped egg, then into cracker crumbs, and fry in boiling hot lard, two or three at a time, with sufficient fat to let them swim. This quantity will serve eight persons.

## Chicken Pie.

Boil your chickens very tender, remove from the bones, season with salt and pepper, and a good sized piece of butter. For the crust take one quart of flour, stir in two tablespoonfuls of baking powder, one-third of a cupful of melted butter, mix with sweet milk stiff enough to roll out. Roll half an inch thick or more, place in a deep baking dish, put in the chicken meat with sufficient broth in which it was boiled to make it moist, but not run over. Then put on the top crust, wet the edges and press them together, and make a large hole in the centre of top crust to let out the steam. For a large pie use double the amount of crust.

## Oyster Dressing for Roast Turkey.

One quart of bread crumbs, one cup of butter and water; add to this two dozen oysters and pepper and salt to taste. Mix all and stuff the turkey.

## Chestnut Dressing.

Put three dozen chestnuts in a pan and bake in the oven until the skins begin to crack; take them out, skin and chop fine. Put in a frying-pan with a piece of onion cut fine and fry to a nice brown; mix enough soaked bread with the chestnuts to make the amount of stiffening wanted, season with salt, add pepper, a little thyme mix in four eggs and stuff the turkey.

## Stuffed Ham.

Soak the ham over night; put in cold water and boil slowly and steadily until thoroughly done; when done remove the skin. Make a dressing as follows: 1 cup of bread crumbs moistened with milk; season with allspice and cloves, powdered, a teaspoonful of thyme, the same of marjoram and savory, a tablespoonful of butter, and a raw egg; mix well. Make incisions all over the ham, and fill them with the above mixture; rub the ham well with the yolk of an egg and cover with bread crumbs. Bake in a slow oven for an hour.

## Baked Ham.

Soak the ham in cold water over night; trim, wipe dry, cover it with a paste made of flour and water, and bake in a slow oven. When done, take off the crust and peel off the skin; allow to cool, glaze, and

garnish with carrots and beets cut into fancy shapes.

## York Ham.

Wash and scrape the ham; put in a saucepan with enough cold water to cover it, add 2 carrots, 2 onions, celery, cloves, a blade of mace, thyme, and bay leaves; simmer very slowly for 4 hours; allow to cool in the liquor. When cold remove the rind, cut into thin slices, and serve with any rich salad.

## Boiled Ham.—No. 1.

Place the ham in a pot with enough water to cover it, and add 2 heads of celery, 2 turnips, 3 onions, a bunch of sweet herbs, and 2 bay leaves, simmer 4 hours. Remove the skin, sprinkle with pepper and allspice. Brown in a quick oven.

## Boiled Ham.—No. 2.

Soak the ham over night; drain and set on the fire with enough water to cover it completely; add some rosemary. When done, skin, sprinkle with sugar, and burn with a salamander.

IGNORANCE.—St. John—I am sorry to say that I have not the slightest recollection of the recipe you mention, and I am quite sure you are to humane too wish me to turn up the files of "over two years ago." But let me tell you, quite between ourselves you know, since I have recommended so many different "lubricants" for the hand, that I have never found anything do mine so much good as either plain mutton tallow nicely melted into a cake, and perfumed, if one likes, with a few drops of tincture of benzoin, and simply rubbed over the hands, on going to bed; or else equal parts of rosewater and glycerine, applied in the same way. For whitening the hands there is nothing better than the juice of a lemon rubbed on after washing and a little oatmeal put into the water when you wash them.

ASTRA.

RECEIVED \$100 WORTH OF GOOD FROM EACH BOTTLE.

The Words of the Rev. James Murdoch, of St. John, N. B. Concerning South American Kidney Cure.

This clergyman never spoke truer words. He had suffered for a long time from kidney trouble, and commenced to think—as will certainly become the case if a remedy is not secured—that he was fated to die of kidney disease. He read the claims of the manufacturers of South American Kidney Cure, with scepticism, perhaps. But he tried the medicine, and felt much benefited within two days, and using his own language: "I have taken in all four bottles, and consider that I received \$100 worth of good from each bottle." The figure is not nearly high enough, for when kidney disease is not stayed, death quickly follows. Sold by H. Dick & S. McDiarmid.

## She Was a Philadelphia Girl.

Miss Passie—I understand you do handsome work and make very pretty pictures. Photographer—Yes, miss; but I could make a natural likeness of you, if you preferred it.

## Etiquette of the Theatre Box.

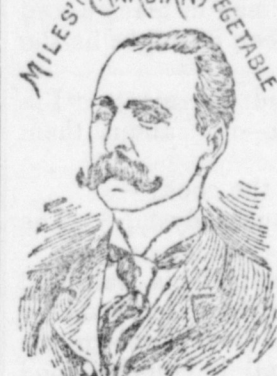
If you must wear a big hat to the theatre, please take it off and hold it in your lap or hang it up in the lobby until the play is over.

There are fourteen streets in New York spelled with three letters: Ann, Ash, Dey, Elm, Ely, Fir, Fox, Hoe, Jay, Kip, New, Oak, Poe and Rae.

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