

WOMAN and HER WORK.

I do wish that women would try to show a little more originality, not only in their dress but in their thoughts and their manner of life generally! I don't mean to hint at anything like eccentricity because the girl who adopts the eccentric role is rarely a success, unless she is fortunate enough to be both clever and wealthy; it requires both of these attributes to carry off eccentricity successfully, and without them a woman is very apt to make herself merely a laughing stock for the rest of humanity. Neither would I advise the seeker after originality to adopt the masculine, and horsey role, which to some misguided young women seems to represent the very acme of emancipation, and general attractiveness. I know one such damsel though only by sight, and reputation—thank goodness—and I never pass her on the street without imagining that I get a whiff of the stable, she is so very horsey, and her manners have so much of the unconventional freedom and careless abandon of the harness room that one cannot help thinking her proper avocation would be that of a groom, or a veterinary surgeon, though there is doubt if she possesses sufficient gentleness to succeed in the latter sphere of usefulness.

So don't try to be masculine girls, but do try to have more ideas of your own. Don't depend on others and copy them until you lose every bit of individuality with which nature endowed you. If your dearest friend whom you admire above everyone else in the world is tall, stately and exceedingly stylish, don't please fall into the error of imagining that you have only to copy her style of dress and imitate every trick of manner which is part of her charm, in order to be just as attractive. In nine cases out of ten the intimate friend of such a girl is pretty sure to be short, plump and vivacious is that by moulding herself upon the model of her stately friend she only succeeds in making a ludicrous caricature of herself, instead of fulfilling the destiny nature intended her for, and being charming in her own way. Imitation may be the sincerest form of flattery, but like some other kinds of flattery it often has a servile look and it is not always a source of unmixed gratification to the imitated. No one likes to have even her dearest friend copying her most carefully planned costumes, and showing confidence in her good taste by ordering a hat which shall be an exact copy of the one recently designed for herself. And besides that, neither the gown nor the hat are likely to be much of success on the understudy; they will probably be just as much of a misfit as were the peacock's plumes upon the fabled jackdaw.

We have all known misguided girls who wasted time that might have been profitably spent, in laborious acquiring every trick of manner and speech which formed part of the individuality of some woman whom they admired; and then when they had drilled themselves into a sort of electroplated imitation of the genuine article, they imagined that they had fully mastered the secret of her charm, little dreaming that the only mystery about their model's success was her little spark of originality, and that it never could be borrowed.

How much better to spend a little time in studying one's own good points—for we are none of us without them—and then cultivate our own modest gifts to the best of our ability, and strive with all our might to cherish any tiny little sprout of individuality which we may find, and do our best to prove the injustice of the judgement lordly man has been pleased to pass upon us; that "Women, like monkeys, are born imitators, but utterly incapable of originating anything for themselves."

Dear, dear! It is no sinecure to be a contributor of the Woman's page in a popular paper like *PROGRESS* which is always expected to be up to date in everything. The mental strain of trying to keep track of the different fads which seem to assail the minds of womankind at regularly recurring intervals is alone sufficient to undermine the nervous system of a much more robust person than I am, not to mention the narrowing contradictions of the highest fashion authorities, and the effort to glean fresh effects in culinary matters from the none too fruitful fields of modern cookery. I feel myself gradually sinking under the combined burdens laid upon my graceful shoulders, and I see nothing before me but a course of Dr. Williams' Pink Pills, or a prolonged rest from my work in some nice secluded lunatic asylum.

And what do you think is the latest fad "in society circles" the writers in the society columns say? Why simply going barefoot! Someone, who does not seem to have attached her card to the discovery, has found out that in order to make our cheeks blossom like the rose, and our complexions of dazzling purity, we have only to take off our shoes and stockings, and wear our feet perfectly bare for a certain number of hours each day; we are not even to be allowed the flimsy comfort of the pink and white woollen booties that infants wear, or the untrammelled delights of bedroom slippers. Absolute nudity is the only thing for our feet, is the only

thing which will make us permanently beautiful. I believe the proper attitude for the votary of this new cult to assume, is to recline in a low chair with her dainty pink and white feet crossed before her on a silken cushion, so that everyone who calls may admire them at leisure, and the feet themselves may enjoy perfect freedom. I was so fascinated with the pretty picture this description called up, that I had some thought of trying the effect myself, but I had to give it up, on further consideration. In the first place we don't have silken cushions in our office, the only cushion I know of, is in my chair, and it is covered with black cloth through which the excelsior stuffing bulges picturesquely in several places. It would be very chilly to the touch, I am sure, and besides that I could not spare it from the chair. And in the second place, I am sure that I could never paddle about our office, and run up and down our stairs in my bare feet without getting them so full of splinters that I should have to waste hours of precious time in picking them out. Besides that, my feet are not pretty anyway, when I haven't got my stockings on, so I am not going to sacrifice them for the sake of my complexion.

The originator of this wonderful beautifier has discovered that the famous Madame Recamier who was beautiful at 80, owed her marvellous complexion entirely to her habit of going about in her bare feet with sandals attached to them by ribbons which passed between her rosy toes, and crossed on her blue veined instep. Now the fact is that we have been given to understand for years past, that Madame Recamier owed her wonderful good looks to the use of a certain cold cream which is now the exclusive property of Mrs. Harriet Hubbard Ayer, and which is sold by her in small quantities, and at very large prices, under the name of "Recamier Cream" so there must be a mistake somewhere. If Madame Recamier owed her beauty to her bare feet, then the bottom falls completely out of the pleasant little story about the cold cream recipe coming into the possession of Mrs. Ayer's ancestors, and being jealously guarded by them for years, and that lady's flourishing business will suffer in consequence. On the other hand, if the cold cream can be proved to be responsible for her perpetual youth one of the chief supports of the barefooted party is swept away and we may all of us keep on our shoes and stockings with a quiet mind.

In any case, what a harvest the new fad will make for the pedicures and chiropodists, since so few of us are blessed with feet which "are quite so beautiful as the hands, and should not be concealed any more than they are" as the bare footed faction assert. Somehow I don't believe the new fashion will win many followers, at least in Canada. It is too cold, for one thing and for another, there are too many of us doing our own work, either all the time, or during those periods when Mary Jane has left us unexpectedly, to make the bare-footed fad very popular. No one wants to freeze her toes by opening the door for a visitor when the mercury is standing below zero, and it would require a goodly amount of courage to pour out boiling water with one's bare toes beneath her skirt, like little mice peeping in and out, not to speak of the risk of dropping a lump of coal, or a good-sized stick of wood on the little mice aforementioned. On the whole I think it will be safe to predict that only the leisure classes will indulge in the new remedy for the complexion, to any great extent!

The revival of the black dress is a boon to the woman of limited means, especially if she happens to be fond of society, and has a certain position to keep up, with very little to do it on. She is lucky indeed if she happens to have good taste and some skill with her needle, because then she can do wonders aided by inspiration and a few other unimportant accessories. Of course she must make up her mind to wear a good deal of black as a foundation for all her costumes, but that is scarcely a hardship when black is fashionable, and it is obviously impossible to wear the same dress very often when it is of any conspicuous color, without getting very tired of it, and running the risk of being known amongst one's dearest enemies as "The woman in red, or the woman with the blue dress." A black dress might be open to the same objection, but then black is not conspicuous, and there is always room for the supposition that "Mrs. Blank knows how to dress, and having found out that nothing suits her so well as black, she seldom wears anything else."

Here are a few hints which may be of use to the woman who has some little skill in dressmaking, and does not mind taking a reasonable amount of trouble, in order to be well dressed at little expense. The groundwork of one dress which is capable of being divided into several costumes, is black satin, and the skirt is made with removable side panels. The bodice is round, perfectly fitting and has sleeves which may be taken out, or put in at will, as they buton in under ruffle-shaped epaulets which

conceal the joining. The bodice is cut with a low corsage and there are double shoulder straps, or bands on each side. When madame wishes to be very smart indeed she removes her sleeves, puts on a guimpe shaped blouse of chiffon with very full elbow sleeves, settles the shoulder straps, neatly over the transparent fabric laces in panels of puffed chiffon, and encircling her waist with a handsome belt of any chosen color, finished with sash ends, and is ready for almost any occasion, no matter how ceremonious.

If she is invited to some less formal gathering such as a dinner, or a party, an entirely different costume is required, and this time sleeves of satin broadened in some bright color, are buttoned in, panels of the same are placed on the skirt, and a collarette with a thick lining, finished with a high crush collar, or chiffon ruche, is fastened over the shoulders. Should Madame wish to attend a ball in an entirely decolete costume she simply wears the bodice as it was made with the double straps across her bare shoulders and a narrow puffing of tulle around the neck to soften the contrast between the white skin, and the black dress. Satin panels matching the skirt, and finished with satin puffings fitted in, and the third costume is complete.

Another black satin costume is made in street dress style, and is suitable for church, visiting, afternoon reception, and all formal occasions when handsome street dress is required. Of course this simple gown may also be transformed into several different dresses by the mere addition of a different collar and belt, and bright colored adjustable yoke, and vest, or a silk blouse.

It is needless to say that there would be little economy in any of these costumes for the woman who had to buy all the little frills and furbelows described, but I am addressing the matron or maid who is capable of making these trifles herself at least with the assistance of a good pattern, and explicit directions.

An odd variety of the coat basque has no sleeves, but is finished where the sleeves should be, with a pair of wide spreading eaves which extend out over the sleeves of the under bodice. They will be very convenient and cool for summer I should think. Still another model which commends itself for the same reason, looks like a jacket, but is in reality nothing but a sort of picture, with a back, the "eaves" mentioned before, and a pair of fronts that are adjusted into a belt which buttons around the waist, and makes the garment a complete coat basque, especially if a high rolling collar be added.

ASTRA.

Obtaining Fresh Water At Sea.

Alexander Graham Bell's latest mechanical device is in the line of practical utility, like most of his inventions. It is intended for the fishermen who are frequently cut off from their vessels by fog, and lose their lives as frequently by lack of drinking water as by exposure. The invention consists of a glass cylinder or bottle, through the neck of which is a small rubber tube. The glass is submerged, and a brass cylinder, acting as a bellows through the rise and fall of the waves, pumps the atmosphere into the submerged bottle. There it becomes condensed, and a supply of fresh drinking water is always to be obtained.

Dishonest Dealers!

A Special Feature Adopted in Their Business.

YOU TRUSTINGLY ASK FOR PAINE'S CELERY COMPOUND.

The Dealer Often Gives You a Common Substitute.

As the sun rises in the east to brighten and enliven the day, so the mighty fame of Paine's Celery Compound spreads from day to day, giving comfort and gladness to all weary, sick and diseased people.

All popular and fast selling articles are imitated from time to time. Liquid preparations, using the name "Celery Compound," are on the market, and are often dishonestly foisted on the unsuspecting customer, who asks for nature's great healer, Paine's Celery Compound. There are, unfortunately, too many dealers who work this miserable deception, actuated by a greedy desire for large profits. The imitations and worthless medicines pay such immense profits, that Paine's Celery Compound is held in the background, simply because it pays a small profit.

It is positively cruel to thus deceive the trustful and confiding customer. The sick and suffering who ask for Paine's Celery Compound, knowing it to be the best, and their only hope of cure, should never be treated in such a heartless manner.

If every intending purchaser of Paine's Celery Compound would examine the bottle and outer Carton, he or she will certainly avoid deception. The genuine Paine's Celery Compound "the kind that cures," has the "stalk of celery," and the name "Paine's"; all others are frauds and deceptions.



WATERBURY & RISING,
61 King and 212 Union St.

RIPANS

ONE GIVES RELIEF.

THE LEADING

Canadian Bicycle.

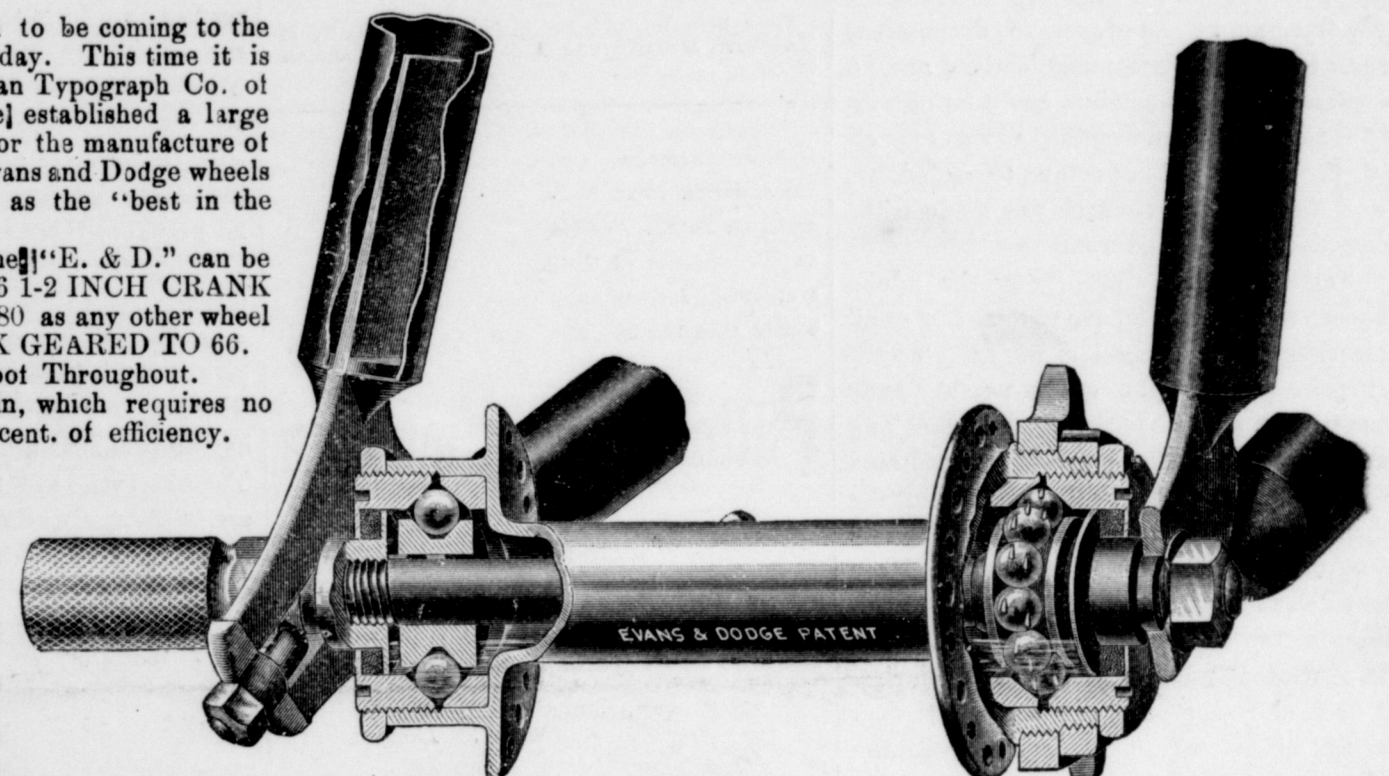
The Canadians seem to be coming to the front in new lines every day. This time it is Bicycles. The Canadian Typograph Co. of Windsor, Ontario have established a large factory at that town for the manufacture of what is known as the Evans and Dodge wheels which is truly claimed as the "best in the world."

This explains why the "E. & D." can be driven as easily with a 6 1/2 INCH CRANK AND GEARED TO 80 as any other wheel with a 7 INCH CRANK GEARED TO 66.

It is Dust and Oil Proof Throughout.

It has the Morse Chain, which requires no oil and develops 98 per cent. of efficiency.

If readers will examine the accompanying cut they will at once see a practical demonstration of the reason for this



The bearings are so constructed that the balls revolve in precisely the same direction as the hub, and for this reason all of the cutting and grinding is done away with as well as the friction of the ordinary bicycle bearing, and it will therefore be seen that this bicycle will wear ever so much longer than any other wheel produced. The weak point in bicycles has always been the bearings, which, after a year's riding, were completely worn to pieces and useless.

Of the great 80 gear roadster of this company it is the boast that it is a thorough Canadian, Invented in Canada, Patented in Canada, Introduced in Canada, Built by Canadians, with Canadian capital. First, we wish to impress clearly on the minds of the dealers that "E. & D." bicycle is not to any extent, or in any way, an un-

tested or untried wheel. The manufacturers have been working on the improvements of this bicycle for more than a year. Last May a wheel was fitted up with the bearings complete and has been running regularly throughout the season of 1895 as a test. It was fitted up with 80 gear, making 20 feet, 3 inches for every revolution of the pedal and has been put to the severe test of climbing hills alongside of other wheels with 63 and 66 gears and it is the universal opinion that our wheel with the 80 gear will climb a hill as easily as any other wheel with a 63 and 66. This is not idle talk. A wheel was taken to Toronto in the month of October and handed over

to the riders of the Toronto Athletic and Toronto Atheneum Clubs, who were asked to test it in this respect, and there is not a man of them who rode it who was not amazed at the ease with which he could climb the hills with a machine geared so high.

We learn that contracts have been made for the whole output of the factory this year and only a limited number have been allotted to this district.

The Ira Cornwall Company (Limited) of this city have been appointed general agents for the Maritime Provinces and Newfoundland and are now opening agencies at all important points.

CAUGHT IN THE ACT.

Why Her Father Wanted an Interview With Young Mr. Dolley.

Just as young Mr. Dolley was about to bid good night to Miss Trivett, the gaslight in the hall burning low, he drew her to him and stole a kiss.

And at that moment Mr. Trivett emerged from the library door further along the hall and came forward.

"Oh, dear," said the maiden in a gasping whisper, "I am afraid papa saw you."

Her fear deepened into a certainty as her father approached and said to Mr. Dolley:

"Young man, I want to speak to you in the library for a minute or two."

Mr. Dolley followed Mr. Trivett sheepishly, and the door closed behind them. The girl, pale and breathless, anxiety pictured all over her countenance, hid behind the parlor portiere, that she might have a word with Mr. Dolley in case her father should allow the young man to go to the door unattended. Her eyes were fixed on the closed library door, visible to her from her retreat back of the curtain, and she tried to divine what was passing therein. Would Mr. Dolley be forbidden to come to the house again? She had heard of such orders issuing from parental authority and already she was debating how she and he could evade them. Whatever was transpiring, it took a long time. Surely it would not require four or five minutes to dismiss an objectionable lover. Perhaps Mr. Dolley was bravely defending himself. Nay, it might be that he had heeded her father in his den and boldly asked her hand in marriage.

The door opened. Mr. Dolley emerged alone. As he passed the parlor door Miss Trivett came from behind the portiere.

"Oh, Harry, what did papa say?"

"He asked me to lend him \$10."

THE FISH HAWK.

One that Was Drowned with the Fish It Was Trying to Catch.

"The fish hawk," said a fisherman, "almost always carries a fish with its head in the same direction as his own. An ordinary sized fish hawk will catch and carry off a four-pound shad without any great difficulty, and nothing less than a

charge of shot will make him let go. I've stood under a fish hawk flying not more than seventy-five or eighty yards high with a fish in his claws and shouted at him until the neighbors thought I was trying a new fog horn, and yet never disturbed him a bit.

"But the fish hawk doesn't always have it all his own way. Sometimes he gets caught. I once saw a big hawk, with a four-foot spread of wings, that was sailing along Monmouth Beach. Suddenly he made a dive and fixed his claws in a fish's back. The fish sounded. The fish hawk's claws are sharp and strong; they sink far and hold fast. The fish was a thirty-pound striped bass, a good deal bigger, in fact, than the hawk had calculated on and far more than he could carry away. He could not free his claws nor could the fish free itself. So they struggled there in the water until both were dead. They were cast up on the beach, the fish hawk's claws still fast in the fish's back.

Man's Sarcasm.

Newboy—So the new woman has taken to bowling as her latest fad?

Oldboy—Yes; she's got to try her hand at a knockdown game before she can be fully up to date.

Three women, next-door neighbors, in Orneville, Me., are the mothers of an aggregation of thirty-six children, all living at home. There are lively times for the other neighbors when school is out.

DIAMOND DYE DOLLS?

The Latest Novelty for the Home

We will send to any address by mail a set of Six Dolls with Six Extra Dresses on receipt of four cents in stamps.

These Dolls illustrate the use and value of Diamond Dyes in coloring anything from a cheese cloth to a heavy coat in any shade or color. The Diamond Dyes are the only absolutely fast dyes in the world, and the easiest to use. Forty-five Dyed Samples of Cloth and Book of Direction for home dyeing sent free. Address Wells & Richardson Co., 200 Mountain St., Montreal.

"HEALTH FOR THE Mother Sex."

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

For sale by all druggists. Prepared by the

A. M. C. MEDICINE CO.
136 St. Lawrence Main St.,
Price 75 cents. Montreal.

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.