

Woman and Her Work

"Lips of a clear deep red, satin-soft, and with handsome curves are desired by all women, both young and old. The time was when this feature of beauty was considered to be only within nature's power to bestow." Thus saith the optimistic writer who holds forth on the subject of woman's charms and cheerfully assures the trusting ones of her sex that there is nothing easier than for all or any of us to be beautiful at will if we only observe a few simple rules. I should think lips of a clear deep red, satin-soft etc., would be desired by all women! so would lovely eyes, rose leaf complexions and beautiful figures, but it takes something more than a few cleverly written sentences of general advice on the subject of massage, hygienic breathing and dieting, to convince us that all these good things lie within our reach, and we need only spend a little time and trouble and just a little money, in order to attain them.

"Perfect lips are within the reach of all," says the oracle whose saying I have under consideration just now, but all the same I should dearly love to introduce her to a few lips I know of and then sit quietly by and watch the process of making them perfect. I really think this over confident lady would find she had undertaken rather more than she could carry out and be compelled to confess herself beaten long before the promised perfection was attained. All the same I will give my readers the benefit of her methods, and let them work their own sweet will in striving to improve upon nature.

"The first thing to be considered is the laxity or rigidity of the lips, and if they tend to stiffness or sternness of expression one should begin to cultivate suppleness by gentle but constant massage treatment, and the cultivation of an intelligent smile, not by any means a perpetual grin which deepens the lines about the mouth and gives a haggard expression to the face which is far from becoming but a peculiar brand of smile made to order, and consisting of a gentle brightening of the whole face accompanied by a sensitive parting and curving of the lips, without stretching them. Such a smile, I should imagine would require to be carefully practised before the glass, and fixed in some manner, lest the lips and facial muscles should become disarranged in a moment of forgetfulness and a complete break up of the smile ensue, but I suppose that would be one of the risks attendant on all important enterprises.

"Then instead of firmly closing the lips, as so many of us have a habit of doing and thereby giving a look of heaviness to the jaw and hardness to the mouth, we must learn to bring our lips together very lightly always remembering to allow the soft dimpled effect at the corners which is so agreeable. It is this position which makes the mouth of a healthy child so kissable, and gives him such an eager interested expression."

I confess with humility that so far I have failed to observe that peculiar dimpled appearance at the corners of my own mouth but that may be because I have never been able to spare the time to practice arranging my lips in becoming curves before the glass, or even to cultivate an intelligent smile, but the oracle assures us both these attractions are within our reach, so if I don't have dimpled corners to the most prominent feature in my face before another month has passed, the fault will be entirely my own.

"Where the mouth is inclined to stand open with loose undefined lines, the massage should be especially vigorous in order to tone up the flaccid nerves and muscles, and enable the patient to learn to hold the lips with firmness tempered by grace. The facial gymnastics necessary to attain the desired result should be practised for stated periods until the training becomes a natural habit, and we scarcely need to think about it at all.

"Closely compressed lips, according to this authority are more common amongst our sex than with men, and the habit of closing the lips so tightly is largely caused by nervousness, so that the treatment of the peculiarity should be supplemented by some good tonic which will not only improve the general health but help to bring life and color to the pale and rigid lips.

In addition to the thorough massage once a day which is absolutely necessary for the success of the treatment, ten minutes should be devoted morning and evening to standing before a mirror and pinching the curves of the mouth with the thumb and forefinger in order to accentuate their delicacy and clearness.

In order to attain the satin softness so much to be desired, and without which no mouth can be called perfect, it is necessary to

hot as can be borne; the last bathing should be just at bed time, and after thoroughly drying the lips they should be gently rubbed with white perfumed vaseline, or cold cream, which should also be applied before the massage is begun.

The lips should rarely be moistened with the tongue and never bitten or drawn between the teeth as such treatment tends not only to chap them, but also to thicken them and coarsen their texture. If they are inclined to be dry they should be frequently moistened with some good colorless perfumed cream which will soon overcome the dryness, and greatly improve the texture. The rich carnation color so beautiful and so unusual comes only from a perfect circulation and should never be imparted by paints, or any artificial means; it is here the massage proves of such benefit stimulating circulation and sending the blood to the surface as nothing else will do. The massage movements for the lips are always upward, and circular, and they are so simple that after a few treatments by a professional any woman of ordinary intelligence can do the work herself. The oracle adds that of course health, exercise and amiability are, after all the most potent factors in rounding, tining and shaping a sweet mouth. Crooked mouths, we are assured may be much improved by the treatment above advised, if it is persistently carried out; they are usually caused by an unnatural facidity of the muscles, and require vigorous, and persistent massage; in some cases a muscle may need to be cut, but as a general rule the massage will answer if persevered in.

According to the authority I have quoted, the prescribed methods must be persevered in for at least a month, before it can be said to have received a fair trial; but at end of that time the votary of the new method will be so pleased with the result that she will look upon it as a necessary part of her toilet just like brushing her hair or teeth.

It sounds very well, and very plausible when put that way, but at the same time I would like to see the masseuse who could change a wide thick lipped mouth extending half way across the countenance into a dainty rosy cupid's bow; or the long thin lipped mouth with scarcely a trace of lips showing at all, into a pouting rosebud "with handsome curves." I think it was Lord Macaulay who said that nothing was impossible in this world except a physical impossibility, and the changing of a large and ugly mouth into a beautiful one, is just that physical impossibility over which none can triumph. Nevertheless you can try the experiment girls, and if it proves successful I suppose there will be a perfect epidemic of such lovely clear deep red satin-soft, and kissable mouths, before long, that the other sex will think the millennium has arrived.

The white duck suit is still in evidence though September is here, and the wise woman has already begun to send to her favorite dry goods establishment for samples of autumn goods, and to plan her autumn suit. Light as it looks the duck dress is really quite substantial, and not at all too cool for these hot autumnal days. It one can afford such a luxury these gowns really require a tailor's handling nearly as much as the heaviest woolen goods for the tailor thoroughly shrinks the material before making it up and therefore the duck suit that he turns out never shrinks utterly out of shape and becomes useless after the first washing. The red Russia leather belts are very much worn with white duck or linen suits, and though they have grown undeniably common, they are equally undeniably pretty, and to be quite in correct style a shirt waist of the same shade of red silk, should be worn with them.

Speaking of belts, the belt for next season's wear shows a decided increase in width. The narrowest shown are fully two inches wide, while the widest are deep girdles reaching half way between the arms and the waist line. The materials of which the belt is composed are more varied than ever, all sorts and colors of leather being used, in addition to the fabric belts such as silk webbing and the wide woven braids. The velvet belt is an innovation scarcely to

HALL'S Vegetable Sicilian HAIR RENEWER

Beautifies and restores Gray Hair to its original color and vitality; prevents baldness; cures itching and dandruff. A fine hair dressing.

R. P. Hall & Co., Props., Nashua, N. H. Sold by all Druggists.

If the SIZES of any of these ... **SLIPPERS** suit, you can have them for

Just Half Price

LADIES' FINE KID SLIPPERS, Common Sense Sizes, 2 1/2, 3 and 3 1/2. Regular Price \$2.50, now \$1.25.

LADIES' FINE KID (GORE FRONT HOUSE) SLIPPERS; Sizes 2 1/2, 3 and 3 1/2. Regular Price \$1.75, now 88c.

LADIES' FINE KID OPERA SLIPPERS; Sizes 2 1-2, 3, 3 1-2, 6 1-2, and 7. Regular Price \$1.35, now 68c.

WATERBURY & RISING.

be desired as it has a common look, and certainly adds to the apparent size of the waist. It is usually at least three inches wide and fastened by leather straps and leather covered buckles; it is decidedly the very latest thing in belts, but the dealers do not anticipate a wide popularity for it. In leather belts quiet colors predominate, black and many shades of fawn having succeeded the bright reds, blues, and greens so popular during the past two seasons. The buckles of the new belts are likewise much less conspicuous, the harness buckle in glaring silver, or gilt will not be seen at all and when not leather-covered to match the material of the belt, the buckle will be of the metal, and almost as inconspicuous. Jewelled buckles in silver, polished or rough finished in silver gilt, or with gold will only be used with silk or satin belt-ings and these new buckles will call for belts two or three inches wide. They are made in many new designs and cater to the taste of every human variety of girl. There are buckles for the military girl, the golf girl, the bicycle girl, the yachting girl, the athletic girl, the horse girl, the dancing girl, the skating girl and even, strange to say for the old fashioned girl who is supposed to have a taste for plain, but elegant things.

Metal belts will be as much used as ever only the newest designs are all made wider though not sufficiently so to look clumsy, or be uncomfortable. Many of these have a profusion of jewels, and the most stylish ones are very ornate indeed. One especially pretty design in silver, is a succession of shells enamelled in natural colors and connected by tiny silver links made to resemble bits of sea-weed. Another was a string of English daisies with jewelled centres and petals of polished silver; the connecting links of silver enamelled in green, giving just a suggestion of foliage. These pretty vanities are of course a perfect boon to the lover or friend in search of a dainty gift for some fair maiden, and they will be greatly in demand as Christmas and birthday presents.

For the fancy girdles so much worn with dressy costumes, satin, and taffata silk are the favorite materials. They are made with points either in the back, or front, and sometimes both, while some are quite plain and fasten in front just a little to the left, and under a large upstanding bow. Other girdles are so deep as to only require shoulder straps to transform them into bodices, and are made of bias silk or satin fitting snugly to the waist as possible, and closed at the seam under the arm. They are only becoming to very slender women, and would be a perfect disfigurement to the stouter ones, who will adhere to the girdle which is narrow under the arms, and widens to a point in back and front.

We have all heard of Dick's hat band, but that is not the sort peculiar to the new summer headgear of Newport swells. The hat bands they sport are revelations of intricate colorings, and, moreover, are said to have some special significance to their wearers, a language of their own; perhaps a Martin telegraphy, which groundlings may never read. As though to rival this hat band interest, the women have taken on another, in the fashion of fastening their veils. The floating ends are as much an index as an up-to-date young woman's up-to-dateness as the observer of femininity requires. Instead of confining the veil under the brim of the hat, she now wishes it to resume the negligence of the early Victorian veil, and it bobs and floats in the breeze according to the step or motion of the wearer. This, like many other "touches" marks the style of the moment.

Unanimous.

The Fond Mother—Everybody says he is such a pretty baby! I'm sure the poet was right when he said that "heaven lies about us in our infancy."

The Uncle (unfeeling)—But he should have added, "So does everybody else!"

Wonders in us and Around us.

Take snow in your naked hands: make balls of it; play at the merry game of snowballing. At first the snow will numb your hands with cold; then it will warm them till they glow and burn.

In the Arctic regions a touch of iron to the skin produces the effect of a burn. What is heat? What is cold? Can they not be analysed until they really have no antithetic meaning?

"In November of 1893," says Mrs. Penn, "I took a severe cold and had an attack of shivering bouts. I trembled from head to foot. After that I felt low, weak and feverish."

"One moment, now. What do we mean by 'taking cold'? Is it the same thing as being cold? Not at all. A healthy person can be half frozen through exposure in severe winter weather and yet not 'catch cold.' A healthy person never catches cold. Keep a grip on this fact while we read the rest of the lady's letter." "I had a bad taste in the mouth," she says, "and no proper relish for food of any kind. After each meal, no matter how light and simple it was, I had a good deal of pain at my chest and a sense of fullness and tightness around my waist. My food turned sour on my stomach, and I was continually belching up wind."

[Exactly so, and we all know the principle. Under the influence of heat and moisture all dead animal or vegetable matter ferments, decomposes, turns sour—it is all the same—and gives off noxious and poisonous gases. In the open air these gases escape and may do no harm on a small scale; but in the human stomach they can only escape in part by belching, &c. In the main they abide in the body, affecting the action of the heart, lungs, kidneys, and nerves; and causing pain and distress in every locality which is open to their attack. For this reason—too little understood—the real disease indigestion and dyspepsia, is often mistaken for asthma, rheumatism, neuralgia, heart disease (organic) and even for consumption itself. Graveyards are filled with the victims of this fatal error. In nine cases out of ten you may take it for granted that the above-named ailments are the direct results and symptoms of indigestion and dyspepsia. Cure that and you cure them.]

"I got so low and weak," continues the lady, "that I was confined to my bed for five weeks, and none of the medicines that I took gave me any strength. Finally the thought occurred to my father that perhaps the remedy which benefited him when he suffered from dyspepsia might help me. In this hope I got a bottle of Mother Siegel's Syrup from the Crosby Branch of the Co-operative Stores and began taking it. In a few days I obtained relief; my food agreed with me and I ate with an appetite; not under a sense that I must eat in order to live. Thus encouraged and cheered up I continued taking the Syrup and gained strength every day. Gradually as the medicine did its work all the pain and distress left me until I was again in the best of health. Since that happy day I have had no need of any medicine whatever. For the sake of other sufferers I give you free permission to publish this statement. (Signed) (Mrs.) Elizabeth Ann Penn, High Garbors' Crosby, near Maryport, Oct. 11th, 1894."

One word, and so an end. Please bear in mind that diseases are not like wild beasts that go about "attacking" people. They arise from within. "Nearly all so-called diseases," says a famous physician, "are but variations of a single bodily condition—torpor and inflammation of the digestive organs. They are like many sad melodies played upon a single instrument."

Profound and instructive words. Nail them fast in your memory. The name of the remedy, Mother Siegel's Curative Syrup, is known to all who have eyes and ears.

DISINFECTING SLEEPING ROOMS.

How the Efficiency of Corrosive Sublimate Was Discoversing.

Professor Konig, of Göttingen, in a recent article on this subject, says that at one time, while he was practicing medicine in Hanau, he suddenly discovered that his bed-room was thickly inhabited by obnoxious insects. A friend assured him that he could easily get rid of the pests, and proceeded to fumigate the apartment with corrosive sublimate. The success of this measure was most gratifying, and when the room was opened the dead bodies of various kinds of insects were seen strewn about the floor. This incident led the professor to hope that the same means would be effectual in destroying the infectious elements of contagious diseases, and

a trial in private houses after scarlet fever or measles, and in hospitals after erysipelas or pyæmia, gave most satisfactory results. Since adopting this method he has never seen a second case of a contagious disease which could be attributed to infection remaining in the room in which the patient had been confined. The mode of procedure is very simple. From 1½ to 2 ounces of corrosive sublimate are put on a plate over a chafing dish, and then the windows and doors of the room are closed. At the expiration of three or four hours the windows are opened, and the apartment is thoroughly aired. The person entering the room should take the precaution to hold a sponge or cloth over the mouth and nose in order not to inhale the vapor. The following day the windows are again closed, and some sulphur is burned in order to neutralize any of the mercurial fumes which may linger about the furniture and other articles. The room should then be again aired and cleaned, when it will be ready for occupancy.

TO PREVENT TYPHUS FEVER.

Way in Which the Country Doctor may do to Stop It.

In the Maryland Medical Journal Dr. August Stabler says that in his field the country practitioner is the recognized guardian of the public health, and he must take the responsibility and feel it. If extra precautions are taken to disinfect the excreta and linen, and in addition the source of water supply is disinfected by lime or potassium permanganate and surface water not allowed to flow in, the bacilli will not be liable to multiply. Enough permanganate should be used to render the water pink for twelve hours, the quantity varying from one and a half to eight ounces to each well. This practice can be more efficiently carried out under the eye of the doctor than boiling the water, which ignorant people will seldom continue for any length of time. Shallow wells are not to be disparaged, if storm water and surface filth are excluded by a good curbing, as the nitrifying bacteria in the upper layers of the soil will mineralize other sources of infection before they reach the ground water. Cesspools are an abomination, as they discharge putrid material below the bacterial zone, and by leakage or otherwise infect water sources.

A CLEAR COMPLEXION

The Outward Sign of Inward Health. Lovely Faces, Beautiful Necks, White Arms and Hands

DR. CAMPBELL'S Safe Arsenic Complexion Wafers

FOULD'S MEDICATED ARSENIC COMPLEXION SOAP Will give You All These.

If you are annoyed with Pimples, Blackheads, Freckles, Blisters, Moth, Fleas, Worms, Eczema, or any blemish on the skin, get a box of DR. CAMPBELL'S WAFERS and a cake of FOULD'S MEDICATED ARSENIC SOAP, the only genuine beautifiers in the world.

Wafers by mail 50c, and \$1 per box. Six large boxes \$5. Fould's Arsenic Soap, 50c. Address all mail orders to

H. B. FOULD, Sole Proprietor, 144 Yonge Street, Toronto, Ont. Sold by all druggists in St. John. The Canadian Drug Co., Wholesale Agents, Mechanical Hammer.

Miss Jessie Campbell Whitlock, TEACHER OF PIANOFORTE.

ST. STEPHEN, N. B. The "Lachetinsky" Method; also "Synthetic System," for beginners. Apply at the residence of Mr. J. T. WHITLOCK