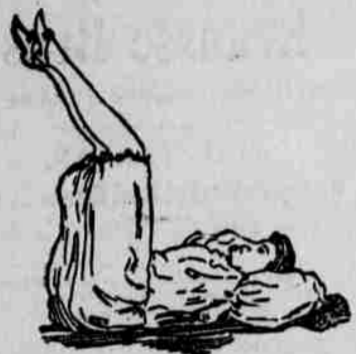




GYMNASTICS IN THE HOME.

Women of fashion in New York are in a position to derive a great deal of valuable information from a series of lectures given there, says the Chicago Chronicle. Miss Kathryn Staley is the lecturer, and her subject is physical culture. Attendance on the lectures



TO REDUCE CORPULENCY.

has been gratifyingly large, showing clearly that the woman who desires to go in for athletics is no longer a novelty. Every woman, whether she will admit it or not, longs to be beautiful, and since she has learned that physical culture is akin to beauty she is devoted to the cause. Miss Staley says that to learn to stand properly is the prelude to all the exercises. To stand correctly women need equilibrium not



EXERCISES FOR LEGS AND BACK.

like men, military precision. She must be careful not to throw her chest out abnormally and must learn to have her arms hang normally from the shoulders and to see that her spine is held in an erect and easy position.

Here is a useful exercise for women with weak backs. It also strengthens the muscles of the hips and inner legs. It consists of a circular movement of the leg with the toe strongly pointed. Swing each leg alternately with a circular movement. For strengthening the abdominal organs and to reduce corpulence try the following exercise: Lie prone upon the floor without any support under the head and clasp the hands above the head. This position will produce a strong tension upon every muscle of the torso. Now, with the toes strongly pointed, lift the legs gradually until they are at right angles with



TO ROUND THE ARMS.

the torso, using no muscular exertion except that required of the legs. To complete this exercise lie prone again, with the arms folded upon the chest and breath until you move the torso to an upright position. This exercise makes muscle and displaces fat cells. None of these exercises should be attempted until the corset is removed. They may be practiced in any loose flowing robe as well as a gymnasium suit. In the beginning fifteen minutes should be given to the exercises in the morning.



STRENGTHENING ABDOMINAL MUSCLES.

and fifteen at night. To produce the desired effect they must be practiced systematically.

Washington's Most Beautiful Woman. In the opinion of a distinguished member of the diplomatic corps Miss Rachel Cameron, the daughter of Pennsylvania's Senator, is the most beautiful young woman in Washington society to-day. Miss Cameron's beauty is not of face and figure alone, but her whole personality is imbued with an intangible grace and charm, that render her irresistibly beautiful and charming.

A Fair Cattle Shipper. Miss Fluker's face is a new one at Kansas City. Cattle were consigned lately to a commission company to sell, and Miss Fluker went to the yards, gave instructions as to the manner of disposition, and personally supervised

the feeding and yarding. The young woman is not yet 25 years of age, but is well posted in cattle values. When asked how much her cattle would sell for she replied that they ought to bring \$31 a head. When sold they netted her \$30.77 a head. This shows that she had a good estimate of the market.

Miss Fluker lost her father some time ago by drowning. As she was the only member of the family conversant with his affairs, and especially the live stock, sufficiently to place it to an advantage, she was put in full charge of that branch of the estate.

Woman to Woman.

The belief that women cannot be fair to women is rapidly becoming no more than a moribund superstition. So far as women's meetings and societies are concerned, they appear to be just sufficiently imperfect at present to make them excellent schools, in which women can study the art of handling their fellows. In such schools as these each woman comes tolerably by her deserts. The sensible woman, perhaps, receives rather more than her fair share of admiration as compared with the irresponsible charmer, and the superior woman, who thinks most other women either silly or shrieking, is apt to be voted a prig. But good will, a little tact and some natural generosity of temper, will make a woman popular in almost any women's society.

Faces of Women.

There is character, but not a great deal of warmth in this face. The broad brow belongs to a woman of intellect, the somewhat narrow, widely separated eyes are those of a student, but not of a dreamer. The nose is rather nondescript. It does not give to the face an appearance of great power of strength. The mouth is not beautiful according to the classical standards of beauty. It denotes an evenly balanced disposition, for it lacks the downward droop of the pessimist as well as the upward curve of joyous natures. The face is not that of a woman who has suffered intensely or who has rejoiced intensely. One would say, looking at her, that her interest in life was of the quiet, unexcited sort which is generally termed normal.

It is the face of a woman who has won renown as an educator—Mrs. Alice Freeman Palmer, formerly President



MRS. ALICE FREEMAN PALMER.

of Wellesley College, and Dean of the Woman's Department at the Chicago University.—New York World.

Dangers of Piercing the Ears.

Thurner, in the Journal of the American Medical Association, calls attention to pathological conditions that may follow piercing the lobules of the ears, a custom he considers barbaric. Death has resulted from trismus, erysipelas and gangrene, while many observers have reported fibroid growths at the seat of injury, which are apt to recur and may become malignant. He in his own experience has seen erysipelas, eczema and tumors, including fibroma and keloid, follow, and this leads him to believe that such consequences are more frequent than is usually surmised. He hopes it will speedily be considered an evidence of brutality to subject a child to such an unnecessary and mutilating procedure.

New Device to Remove Wrinkles.

The long-sought-for device to remove wrinkles has at last been invented by a Philadelphia woman who has secured a patent upon her clever invention. The arrangement consists of two bowed arms of watch-spring steel, ending in chamois pads. The arms fit around the back of the head, drawing the flesh back until it is smooth. When worn during the night it is claimed that the device is very effectual.

Trilby to Be Married.

Miss Dorothy Baird, the young woman who has made such a success as the London portrayal of Trilby, is said to be engaged to Sir Henry Irving's eldest son.

Hints for the '96 Diary.

Let us resolve, if we are married, to try to be as polite to our husbands as we are to other people.

If we are housekeepers, to spend our money on good food instead of embroidered centers for the table.

If we are engaged, for we won't tell Jack how much finer Ethel de Styles' diamond ring is than his.

If a man takes us to the theater, that we won't look in the restaurant windows as we go home.

If we are shopgirls, that we will pay a little attention to the woman who doesn't buy high-priced goods.

Let us also resolve to make the new year an improvement on the old, and if from the old we have brought forward an unsettled account of anger or hatred or malice, let us wipe off the score and take a fresh start.

PALMER COX NO PLAGIARIST.

The Browne Man Chats About the Charge Against Him.

A certain wiseacre, Henry G. Shaw, who lives at Stockton, Cal., has discovered that Palmer Cox did not invent the brownies, and attacked him as a literary impostor and plagiarist.

When seen in regard to the charge recently in Louisville, Mr. Cox said: "This is simply absurd, because it is based on the false premise that I am the pseudo inventor of the brownies. I have never made such a claim. I might as well have asserted that I had created the gnomes, the elves, the goblins or the fairies."

"Invent them? A man would write himself down an ass to make such a claim about the little people whom



PALMER COX.

King James made a special tour to meet. Trup he found only a man whose grandfather had seen the household familiar, but this serves to show their antiquity.

"My only claim to originality lies in the idea of making up a brownie hand representing all modern nations. From the artist's standpoint all I did was to make a change from the old draftsman's conception of the elf or gnome or goblin. They were always shown as old men with beards. I held to their paunches and their pointed shoes, but I gave them baby faces, with broad jaws and big, wondering eyes. Just why this pleased the children you must ask the children. All I know is that they call me 'the brownie man,' and I am very proud of the title."

STRANGE NOISE.

Many Persons Terrified in a Little Kentucky Village.

The little village of Stark, Ky., and all the people for miles around are discussing one of the strangest occurrences that ever agitated that community.

On Tuesday last, a horrible noise, indescribably fierce, assaulted the air. It was between a scream and a howl and had in it such a terror that people were almost paralyzed with fear. Horses and cattle shrank to the earth and uttered the most pitiful cries. Pigs and sheep were frantic to hide, and fowls acted as if crazy.

The sound lasted fully a minute, and many women fainted. No one is sure whether it came from the air or earth, or what caused it, but The Carter County Bugle says nothing like it was ever heard of.

It was confined to a space five miles square. Beyond that no one heard it. Scores of people yet feel the effects.—New York Recorder.

HOW TO SECURE PEACE.

An Unflinching Readiness for War Offers Certain Guarantee of Peace.

No politician or no financier should imagine that he can hoodwink any one as to the character of the motives that may impel him to try to trammel or thwart the president when he gives utterance to the noblest traditions and the highest obligations of a mighty commonwealth.

The advocates of peace at any price might as well butt their heads against a rock as seek to divorce the nation from a programme which vindicates its majesty and honor and proclaims its duty and its destiny. He who would have us halt or swerve in the upward path on which we have now entered is guilty of egregious folly as well as of a mean disloyalty.

In the world's history there was never a conjuncture at which an unflinching readiness for war offered a more certain guarantee of peace.—New York Sun.

In Place of Water.

The South African newspapers are full of amusing incidents in connection with the Rand water famine. Soda water at 5 shillings a bottle is in general use for culinary and washing purposes. The demand for Florida water, huy rum, eau de cologne and other liquids of like character is unprecedentedly great, and anything that can be pressed into the service of the toilet commands a fancy price. A mixture of ammonia and lavender water is said to yield satisfactory results, and even vaseline and benzene are by no means despised.—London Globe.

Drop a Nickel and Then Talk.

H. N. Gifford of the Bell Telephone company at Louisville has submitted to Manager George N. Stone of the Cincinnati company a project similar to the slot machine scheme for use in connection with the telephone. Superintendent Gifford has already established the system in his city.

The scheme is to make a nickel dropped in the slot the agency by which connection is established for conversation. Manager Stone is quoted as favoring the project.

They Had to Laugh.

Mr. Depew's latest little joke seems to be at his own expense. He has been telling how he dropped \$42,000 in Wall street, and his hearers laughed from force of habit.—Boston Herald.

THE NUPTIAL KNOT.

STRANGE REASONS COUPLES HAVE HAD FOR MARRYING.

Pecuniary Considerations, in Some Forms, Are the Most Prominent—The Percentage of Such Marriages That Were Failures Is Not Reported.

In romance and tales of love the hero and heroine marry for pure heart affection. Stern papas and scheming mammas plan otherwise for their beloved daughter, but she is invariably obstinate, and true love always comes in by a head. In real life, however, many and various are the reasons for tying the nuptial knot. An ardent philatelist inserted an advertisement in a matrimonial column, and the wife he wanted, in addition to being able to boast of the usual good qualities of womanhood, was to be in possession of a certain stamp—a description for the guidance of the matrimonially inclined lady collectors following—the rarity of which rendered it almost priceless. We do not think this man would meet his ideal in a hurry.

A gentleman whose hobby was the collecting of rare specimens of pottery made violent love to a lady—a matter of surprise to his friends and the lady's own people, he being always deemed a cynical bachelor, holding strict views, concerning the marriage question—who was the fortunate owner of a lovely Sevres vase. Apparently she was nothing loath and responded to his wooing fervently, finally giving him her hand, fortune and—the vase. This person reverted to his cynical views afterward and often told his wife it was the vase he had been in love with and not herself.

Cases where money has been left on condition of the heir or heiress marrying a chosen person are sufficiently common, but surely few are so hedged in with restrictions as the youth who was to wed his cousin because she was "cross eyed, redhaired, and had no chin," as the will read, by which we may understand that she of the diminutive chin was "heavily moneyed."

The following is told of two costers who brought about a marriage between a son and a daughter of the respective families for a unique purpose. They had but one donkey between them, and though the two costers were quite willing to change about, using the animal in turns, the wives of the hawkers were not at all agreeable, and many and furious were the quarrels between them. To mitigate this nuisance and to bring the two families together the marriage was effected of the two olive branches, quite unknown to the mothers—an arrangement fraught with satisfactory results, for the good ladies were on better terms ever after.

Rather than lose a valuable appointment a young man went in search of a wife—the situation he had secured being only for married men, as one of which class he had posed. Therefore it was essential that he should take unto himself a partner at a moment's notice, figuratively speaking. He had hitherto experienced no affair of the heart, and the finding of a life's partner was not, under such circumstances, a very simple task. However, he secured the one thing needful to insure the retaining of the position and commenced married life and new business duties at one and the same time.

A situation agent declares that he has reasons to believe this procurement of spouses is very often effected at the last moment, purposely to secure coveted posts whose requirements are for man and wife. He further avers that he is acquainted with one young fellow who got married purposely to apply for such a situation, leaving his bride immediately on coming out of church to make application for the place.

Few persons would express themselves in so matter of fact a fashion as the farmer who, wooing a widow, the owner of an adjacent farm, told his son that the lady's niece was just the sort for him, the girl being possessed of property in her own right; a double marriage therefore would enrich the lot. Like an obedient son, he had complied with this request, and as the farmer rented his own land through the niece it was a most accommodating arrangement. We wonder if these marriages were failures. For an amalgamation of property and land they were infinitely successful.

A man, recently united for better, for worse, to the portly dame who had hitherto ruled over his kitchen, was unmercifully chaffed by his associates, the lady of his choice being much his senior and in different ways most unsuitable to her spouse. His naive reply was to the effect that it would minimize expenses, because he would have no wages to pay for culinary labor, as his wife had agreed to continue her position of cook. Her refusal to comply, he declared, would have resulted in the attachment being "off."

Most unique was the reason for "committing matrimony" as given by a city gentleman. A widow lady had appealed at a court of justice, and the culprit, rather than pay the fine imposed upon him for certain slanderous statements he had made concerning the fair prosecutrix, settled affairs by marrying the lady. He certainly was possessed of a coolness below the zero of the proverbial cucumber to propose marriage when it must have been obvious to everybody, the woman in particular, what his reasons for so doing were. However, she like Barkis, was "willin," and wedding arrangements went on apace. So sensational was this marriage, following immediately on the lawsuit, that the couple found themselves the topic of conversation at every street corner and considered it essential to their comfort to leave the country.—London Tit-Bits.

Appropriate.

A Tioga wag in sending a handsome clock as a wedding gift tacked a card to it which read, "This is to assure you a good time."—Philadelphia Record.

AN INTERESTING CAVERN.

Immense Subterranean Cave Found Near San Diego.

A big cave has been discovered on the ocean side of Point Loma, near San Diego, Cal. So far as explored it does not seem quite as large as the Mammoth cave of Kentucky, but it is as interesting.

The discovery was made by Horace Metcalf and Vernon G. Matthews, who live on Point Loma. They started out on a sort of exploring expedition, and at a point about a mile and a half north of the lighthouse saw a big hole just above the surface of low tide which seemed to be the entrance to a cave. They tried to get down, but the cliffs at that point were too steep, and they gave it up.

Going farther north, they found an easier place of descent, where they let themselves down with a rope. Near the place of descent they ran across a smaller hole, which they entered, finding that it connected with the larger and led into the bowels of the earth.

Metcalf and Matthews made their way in with some fear, finally reaching a point 250 feet from the entrance, where the passageway widened out into an immense chamber big enough to hold the largest building in San Diego. They did not fully explore the cave, but thought it ended at the big chamber. They describe the interior as grand.

The entrance is only open at low tide, but it is probable that other passages will be found admitting explorers at any time. The tide fills part of the passageway to the grand chamber.

Richard Henry Dana, in "Two Years Before the Mast," mentions a cave under or near Point Loma, and it is believed that this is the one referred to.—San Francisco Examiner.

CIGARETTES AND INSANITY.

A Hospital Superintendent Says They Are Very Closely Related.

Dr. Benjamin Blackford, the able superintendent of the Western State hospital at Staunton, Va., in his annual report to the board of directors of that institution, says:

"To a great extent the increase of insanity may be attributed to the pernicious 'cigarette smoking habit,' now so long prevalent among and undermining the moral, physical and mental health of the youth of our country during their early years and development, when the brain is tender and plastic and easily affected by the noxious inhalations issuing through and around the nerve centers. Their nervous organization is apt to become more shattered by the 'cigarette habit' than if they were addicted to alcoholic stimulants during that period, and will surely be the first to give way, and, of course, the first to suffer, especially during the period of puberty, with its strain on the nervous system.

The youth at college who burns the midnight oil is to be commended for his industry, but too often he burns out his brain at the same time with the accompanying cigarette. The process of waste and injury to the nervous system may be greater than the repair, and mental bankruptcy is the result."—St. Louis Globe-Democrat.

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INCREDIBLE IGNORANCE.

A Grown Girl in New York Who Did Not Know the City's Name.

"Where do you live?" asked Coroner Hoeber in New York the other day of Bertha Koenig, the adult granddaughter of Abraham Koenig, who fell from the second story of 78 Chrystie street on Dec. 4, and died next day.

"I don't know," said the girl when the question was translated for her.

"Don't you know the name of this city?"

"No."

"What country is this?"

"I know that. The Staats."

"What book is this?" asked the coroner, holding out the Bible.

"I don't know."

"Ever hear of the Bible?"

"No."

"Ever hear of Jesus Christ?"

"No."

"Step down. You are not wanted as a witness."

Where Letters Are a Luxury.

James Jackson, an educated Indian, who is to personally carry the mails from Juneau to Fort Cudahy, Alaska, on the Yukon river, has arrived at Port Townsend, Wash. He came down to see sleds or 30 strong dogs to pull the sleds across the mountains to the Canadian postoffice on Forty Mile creek.

This service is merely a private enterprise, being maintained by miners, who pay 50 cents for each letter. The Canadian government guarantees \$350 for each of two round trips. This is reckoned as being a most hazardous journey. Several miners in the past years have lost their lives in trying to make it.

As It Should Be.

The curtain will be rung down on the Atlanta exposition by the same bells that will ring out the old year and ring in the new. It is well that it should be so; that the south should close the year 1895 with an unparalleled record of progress and achievement, and open a new book of facts, clean cut and independent of the past.—Kansas City Times.

An Old Miracle Worker.

Barney Meibers, an old citizen of Decatur, Ind., has surprised his friends by performing miracles. The other day he publicly removed a cancer from the face of George Martin, an old soldier. The cancer was one that had bothered Martin for years and would soon have proved fatal.

This Shuts Out America.

The French chamber of deputies, after a discussion of the military budget, decided that except under unusual circumstances no more timed meals are to be supplied to the army after Jan. 1, 1897, except such as are manufactured in France or in the French colonies.

FOR LITTLE FOLKS.

The Magic Wineglass.

Pour water into a wineglass until it is nearly full and place the palm of your hand squarely over the mouth of



the glass, taking care to bend your fingers at a right angle, as shown in the lower illustration.

Still holding your hand firmly upon the glass, stretch out your fingers suddenly in a horizontal position, and this will produce a partial vacuum under the palm, which will permit you to lift the glass from the table.

Boy and Robin.

During the extremely severe weather of February, 1895, myriads of birds perished from cold and starvation both in Europe and the United States. In England this destruction was the more sorrowful perhaps, as the country where the birds winter is more thickly settled than with us, and there were more to see their sufferings. But occasionally the British birds found friendly shelter.

The London Times published during the cold weather this note from Rodolph Walther, a boy of 12 years, who lives at Tunbridge Wells:

"I thought perhaps you would allow a schoolboy to tell you how very tame and fearless the cold and hunger have made the wild birds around our house."

"Of course we feed them with bread and all sorts of odds and ends, and the ground is simply black with our hungry visitors. Even the suspicious rooks come quite close to the house for their share."

"A little blue tit passes its days in our basement, heedless of sleepy pussy baking herself before the stove."

"Most of all I wish to tell you about my strange bedroom companion, a little robin which has taken up its residence in my bedroom, and though I leave the window open he never goes out except to take a short fly. We pass the night together, and he makes his bed in one of my football boots."

"The other morning he woke me up by singing on a chair at the side of my bed. I suppose he thought I ought to be at my lessons."

What German Boys Celebrate.

In a military country like Germany what glorious times the youth must have! They not only celebrate the emperor's birthday, but many military victories besides. Apart from his imperial majesty's anniversary, when all Germany turns out in holiday attire, are the festivities in commemoration of the great battle of Sedan, called Sedans-feiertag. This battle, you know, is the last victory the Germans gained over the French. Sept. 2, 1895, will be the twenty-fifth anniversary, the preparations for which are already being made. In every city, village and hamlet military parades, fireworks, picnics and concerts will be the order of the day. Then will the little German children be sent with helmet, wooden sword and drum, and many a father will present his young son with a whole suit of regimentals.

It is very droll to see a hero of 6 march with conscious dignity or touch his cap with martial salute. In one of the heights, that surround a principal town in Germany stands a fort of rude construction that has been made by boys in remote years and has been used by generations of boys ever since upon national holidays. Here the flag is hoisted, the boys divide into two parties, one party mounts the fort and defends the flag, the other endeavors to cross the moat and storm the position. Of course there is plenty of noise and the blast of the never failing horn.—New York Mail and Express.

Quite Surprising.

Lulu looked bright and rosy when she came into the dining room, but she said as she poured the cream on her oatmeal:

"I guess mamma was right about two pieces of chocolate cake being too much for tea. Anyway I haven't slept very well. Why, I believe I turned over a thousand times."

"Is it possible?" exclaimed papa, looking very serious. "Let's see! How long were you abed? Ten hours? That would be 100 times an hour, or once every 36 seconds. A thousand times! Why, how tired you must be!"—Youth's Companion.

An Animal Game.

A game called "The Language of Animals" is so well liked by a family of small children of my acquaintance that it is recommended to those who seek to entertain other small children. Each child chooses the name of an animal, and in turn describes its feelings and actions, the others guessing the name from the description. For instance, the ant says, "I live in a hill; I sometimes get into sugar and cake and make them taste very bad." The cat says: "I wash my face many times a day. I like cream and catch mice."—New York Post.