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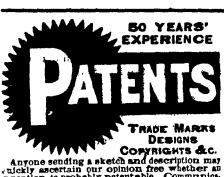
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Park It's An Exercise to Plant Roses on Pale Cheeks.

NEW PHYSICAL CULTURE

Adds inches to the Chest, is Exhilar ating and, with Precautions, Not traveling public. Dangerous-Springboard and a Good Gymnasium Mattress

If girls would direct their athletic attention to turning somersaults, they would find the pastime both novel and

Springboard jumping the modern and a gymnasium mattress are all the paraphernalia needed. The end and aim of every woman who goes in for does to Scotch. This manuscript is

It looks as easy as anything, but is us with lessons from the other books really a difficult bit of work The of the Bible. charm of it lies in the fact that, once tried, no woman ever deserts the springboard until she can make at least one aerial revolution. If uncommonly skilful, she will easily do two turns in the air.

By way of initiative, one first learns to take somersaults on the floor and then on the board. To get the proper momentum the body must be gathered into the smallest compass. Then one springs out into space with a rotary notion which turns the somersault and bring one earthward, feet fore-

On alternate days the devotee to athletics pounds away at a big gooseberry-shaped ball bound in pigskin. It is suspended at a convenient height from the floor to permit the maiden to pound it vigorously after the manner of a prizefighter. Of course the ball s rather light and soft. Anyway, its assailant, who plants mighty blows in its sides, wears padded doeskin gloves to protect her knuckles.

The effect on the complexion is of first importance. The exercise is also good for forearm and shoulder muscles, for it must be remembered that sinews always grow at the expense of

The ball puncher usually retires weak and weary from the first boxing bout, but strength and pugnacity come with repeated trials. To keep herself in training there are a few exercises ess vigorous in character which she can practice daily. One is to swing the arms around in a circle, one at a time, and both together. Then, place temper, and encourages frequent rest ing the tips of the fingers on the chest, the arms are flung out and back until they are at right angles to the

Twisting the body around in both lirections from the waist is another servance will add several years to the novement. Leaning forward and then lives of those who practice them. packward as far as possible, also to the right and to the left, is also good practice. Interlocking the thumbs. and with the knees straight, bend until the tips of the tingers touch the floor. Rise to an upright position, with the arms above the head.

Besides adding roses to the cheeks, these exercises also expand the lungs and cure dyspepsia. No woman need resort to a diet-that most melan-Fine Grove Picnics choly and depressing method of restoring health-if she will go in for these vigorous athletics with all her heart and mind and muscle.

People sometimes complain of beexercise. This is a delusion. The weakness, the quick and the short respiration arise from want of exer-

PRETTY TEA CADDIES.

The One of Genuine Old Pewter a Prized Trophy This Season.

The tea caddie of genuine old pewter that looks worth its cost is a prized trophy this season, particularly if it have a date and a crest or quaint motto to further the distinction. Next to the pewter, a canister of old silver with goblin-like faces and figures SODUS POINT wrought upon it is esteemed.

More tea caddies than ever are being designed for drawing room use. Far corners of the globe are searched for unique and costly caddies. Jewellers and dealers in imported stuffs keep assortments of fine canisters, as well as the purveyors of household supplies.

A caddle of antique silver plate is of straight round jar pattern, but set upon feet and with double handles flanking its screw top. A caddie nearly as handsome is of brass, with hand chasing for a border, and has a peculiarly original shape.

Some of the brass caddies have scenes that suggest old tapestry work indented and outlined upon them. Curious Chinese caddies are of pottery in tints of blended green and brown and olive.

An uncommon caddie is of Oriental wood, showing Eastern symbols and designs in black and green on an vory-tinted ground work. Other fine wood canisters have borders in Persian colors for decorative effect. These have oval wooden tops shutting down with a spring as a jewel casket is fastened.—N. Y. Sun.

Chimney Fires.

To extinguish a fire in the chimnev besides any water at hand. throw on it salt or a handful of flour of sulphur, as soon as you can obtain it. Keep all the doors and windows tightly shut, and hold before the fireplace a blanket or some woollen article to exclude air.

A UNIQUE MANUSCRIPT.

A Lectionary of Readings in Palestinian Syriac.

Our search for manuscripts in the Coptic convents of Egypt was not rewarded by any brilliant success. writes Agnes Smith Lewis in the Century. But several years earlier I succeeded in obtaining from a private source a manuscript to which I desire to draw the attention of the American

It is lectionary of readings from the Old Testament and from St. Paul's epistles, written in Palestinian Syriac; that is, in the dialect of Aramaic which was spoken in Galilee during our Lord's earthly life and for two centuries afterward, the tongue which "bewrayed" St. Peter. It bears the madien calls this feat. A springboard same relation to the Edessan or literary Syriac as the Doric of ancient Greece did to the Attic, or as English this vaulting and tumbling is to get absolutely unique of its kind, besufficient momentum from the elastic cause, although three other copies of plank to send her high into the air, a lectionary in the same dialect exist, over in a complete somersault and so one in the Vatican Library and two lightly down, toes first, on the mat- at Mount Sinai, they conten a text of the Gospels, while this one provides

> Several leaves have been torn from from the middle has turned up in better." Germany, having been detected and edited by Dr. Friedrich Schulthess in the portieres, announcing dinner, the "Zeitschrift der Deutschen Mor and they took their places, wheregenlandischen Gesellschaft," vol. lvi., upon Mme. Deule immediately page 253. Its text exactly fits the gap opened the subject. left in the manuscript purchased by me. It is of some importance for search through the old writings, the from the end.

> A Doctor's Rules for Old Age. It is the theory of Dr. James Sawyer, an English physician of note, that and her eyes shone more brightly. there need be no trouble about attaining the age of 100 years, if a few simple rules for health are faithfully observed. Here are the principal requirements he makes:

Plenty of sleep. A full supply of fresh, pure air, night and day. Eat but little meat, but eat fat food of some kind, probably rice, corn meal, nuts, etc., would do as well as fat food of some kind, probably rice, corn meal, nuts, etc., would do as well as fat meat. Fat, he says, feeds the cells that destroy the germs of disease in the body. Exercise is another essential, and country life is recommended. on account of purity of air, and against excitement and giving way to days or holidays.

They are good, sensible rules, any now: although they cannot insure the observer that he will a hundred years there is no doubt but that their ob-

Kuropatkin. Gen. Kuropatkin's hold over men is due to his reputation for absolute fearlessness. Five years ago he received the information that the great

be blown up within twenty-four hours. thoroughly absorbed. Presently a The General was in bed when he card was handed to him, which be blown up within twenty-four hours. and started for St. Petersburg with- tance .out losing a moment. He summoned all the staff of the magazine and went on a round of inspection. He found everything in order, and as a proof of Bell Phone 5465 ing too weak and breathless to take his satisfaction ordered every one in the magazine to take three days' holicollected a new garrison and a new staff and set a ring of sentries all quence was that nothing happened to kindness, monsteur, she began, the St. Petersburg magazine, but that

Leap Year Proposals.

By an act of the Scottish Parlia- Raoul surprised himself by murmurment, passed in the year 1228, it was ins: What beauty! She is really ex-"ordonit that during the reign of her dulaite!" Maist Blessit Maestle, Margaret, lika maiden, laidee of baith high and lowe estait, shall hae libertle to speak ye man she likes. Gif he refuses to tak hir to bee his wyr, he shall be mulct in the sum of ane hundridty pundis, or less, as his estait may bee, except and alwais, gif he can make it appeare that he is betrothit to anither woman, then he schale be free."

But the ordinance stipulated that the lady should propose marriage only during the leap year, as allotted on ! the Gregorian calendar. At that time the custom became quite common, as is shown by the number of proposals recorded in Scotland, and especially by the number of unwilling bachelors who were fined for refusing to marry.

the annual laying competition at the Hawkesbury College, Australia, recently all started off scratch on their year's race. There were eighty-nine competitors from all parts of this state, seven from America, two from New Zealand, and one each from Queensland and Victoria.

One of the Lost Cities.

Speaking of lost cities, what has become of Pithole City? In 1865 it was, next to Philadelphia, the largest post office in the State of Pennsylvania, with a population of 15,000. There is a small post office called Pithole, but the city has disappeared and on its site is a flourishing farm.

The genius ho invented the hairpin must have grouned when he thought of the centuries that had waited for him in valu.

THE MEDIUM AND HER MESSAGE

"You have noticed brunette?" inquired his hostess of Raoul Chenier, "You are to take her in to dinner, and, furthermore, are honored by a desire on her part to meet you! Come, let me introduce

It was impossible to refuse, so he followed unhappily, vaguely suspiclous that the unknown was a widow, and that, she was about to crouble his bachelor tranquility. The introduction accomplished.

Mme. Deule did not try to hide her "Monsleur, I am delighted to meet you. I have heard your work

so often mentioned! "You are a keeper of records.

monsieur, are you not?" "Good," thought M. Chenier, and the book, one from the middle and his discomfort took another form, about eight from the end. The dealer It is not I in whom she is interconfessed to having sold these piece- cated; it is the recorder. She will meal to passing travelers. The leaf as me a favor. Well, I like that

The butler carefully drew asids

"How more than interesting to the history of Syriac literature that very old ones, M. Chenier, she we should know the date, and that smiled. "Have you ever seen the will probably be found written on one han riting of Heart Quatre, and of the leaves which have been lost would you be able to recognize 1177 Her companion countered quick-

ly: "Do you happen to possess a letter from this gallant king?" Mme. Deule gave a slight smile



"You are a keeper of Records?" "One letter," she replied, calmly pulling of her long gloves. "Lhave

a thousand of them! Time passed, and found the stupowder magazine at St. Petersburg dious and very learned M. Chenier and that at Toulon, France, were to bending one morning over his desk, heard the news, but he at once got up elicited a quick order for admit-

"Am I disturbing you, monsieur?" "No, Mme. Deule; I shall be most

happy to be of use." Raoul Chenier smiled. Having guarded his own position so thoroughly, he was pleased to note that day and to leave at once. He then madame's eyes were increasingly charming and her smile entrancing. You have been good to allow me around the magazine. The conse to upset your work and abuse your

"The word abuse has no reason to at Toulon was blown up the next day. exist, madame, between you and She thanked him with a bow, and

"Monsieur," said the charming

widow, after a slight pause, "I wish to be wholly frank with you today, I wonder if you will believe me foolish. I am a spiritualist." "Oh," responded M. Chenier,

"It is nothing to be straid of," she went on more boldly, but rather it is a great consolation to be able to communicate with those

who are no more." "M. Deule, for instance?" queried "No." replied madame, sighing; "he has never responded to my

by the number of unwilling bachelors who were fined for refusing to marry.

Egg-laying Competition.

The 100 hens of pullets entered for he annual laying competition at the lawkesbury College. Australia remedium. Before coming to me she was in the service of ampiritualist and it is he who initiated me into the mysteries of the other world Monsieur, it was almost with stu peraction that I discovered I could

> trance." "Madame," interrupted Raoul one does not need to be a medium to submit to the influence of your

Mme. Deule gave a slight shruz. "This is a very grave subject with me, sir," she said. "If you will help

"Pardon, one moment. May I ask how long you have had your her flight. Had you not remediumistic maid?" "Indeed!" replied Mone. "For two years, M. Chenter, and Then she continued respicted mediumistic maid?"

during this time I have become you know where the is we more and more attracted by the im- to return. We will a material and incomprehensible."

Pareribly and

arekment from his the same handwitter Raoul turned away

amile. The soft voice of

continued: I thank you again. and I place myself entirely confidence.". And with this shallest his Blome hours later dan was brought to the rece opened it with tremulting h found that it contained it one written in a fire do and the other lit formed as

Monsieur-You know the place in the messages o the other world. This falls was follow the leadings of the send you the last letter dicts my medium. Recently the the writing has changed. realisms its authorizally, not agree! I pasy like age What thes? I obey the

the tomb!"
If Chenier kineed the transport of kapping plaked up the second Rughed M. Me read Noble, Sweet and Sweet Friend: We are pleased to known our vishes to you throse of love which you have ened, which exist for you was by you smunted. To do this question must be asked : Who is to disclose such a love! A w longs to know that you love. this friend is named Raoul.

That same evening Raoul Ches threw himself at the lest we adored lady, declared his bove, all -obeving the voice from the of world-Mms. Deule did not r With a delicer delightled in

dame. M. Chesier proposed, engagement should be kep for some weeks: with to be certain that? owe all my happiness to the he said Porgive me, but I truly resolve. I long to he say I love you of your and during this time it would me very happy if you would the spirit of the good Manny

Ungratoful man! "stice it I him that should can last disuse r my said said for a month's castiles that mg If it was next took at Each day made Ships assential to the apparatus that soom he would research played that he would research that soom he would research played that he would be among the do not of the less than the soom of the less than the soom of the soom of the less than the soon of the less th where they spent |chestiff | cether Mime. Deule darwin | cether magne phrase. 10 ceek | cether |

the managerphysics.

From layer place at close 5 and 1 and 1

The major thing of Ready Constitutes "Perhaps, but read it is a second of the constitute of the consti me up if I obey you it I will a me up if a obey you pill mean Henri-Quatre say anything on the commadaine Madaine without to madaine Madaine without their moneleur will grammone; he has promised their moneleur will grammone; he has promised the poor spirkualist.

If means degrees traction the poor spirkualist.

If means degrees traction to been taken in by a fatta to been taken in by a fatta to been taken for the poor spirkualist.

Some woman to mean traction and their woman to mean the poor spirkualist.

The means degrees traction to be the woman to mean the poor spirkualist.

The means degrees the position of the poor taken to make your dear to obtain the purposes, to make your lines to the care of the purposes, to make your lines to the care of the purposes. Can you forgive The lady bid ber state in the put my maid into a hypnotic

hands, and for some moments. In Deute remained in nor field at M. Cheniar argued his constant ski) he begged he placed At length madame set set in drop, and Raoul immediately them prisoners; covering them

"If is monstrons" s Lau, Wall berryen dass. false medium?" That pretended nacasion