THE SYSTEM BY WHICH THEY CAN REDUCE THEIR WEIGHT.

Indolence is One of the Great Factors in the Production of Superflous Flest-Massage Recommended-How it can be Made Practical and Inexpensive

It is all very well to laugh at the absurdity of sighing over growing old, but there are very few women who are sufficiently philosophical not to be a little chagrined at the advance of years showing itself plainly in face or figure. There would seem to be two distinct types of American women-those who grow stout as they grow older and those who grow thin. It is all very well to say that the face looks better when it is plump than when it is thin, belt pointed out, showing that it is perhaps but every pound of additional avoirduthe most favorable section for apple growpois certainly adds to a woman's age. ing in Canada, producing truits tar fame! in appearance at least, while the woman for their fine flavor and extreme hardiness, who does not grow, stout rarely changes much in appearance from thirtyfive to fifty. There are many physical reasons which induce added flosh, and we are told that the figure settles as one grows older; but it is this very settling that all women are anxious to avoid, and there is really no necessity for it whatever.

Steady banting always has the desired result in so far as the reducing of ffesh is concerned, but there are other results far from satisfactory which are apt to accompany it, and very often ill health and irritable nerves are the outcome of trying to grow thin. The avoiding of starchy food is a simple matter, and by not eating potatoes and bread very of en an astonishing difference in weight is soon perceived. Certain salts, which, however, should never be taken except under the orders of one's physician, will sometimes start a disposition to lose flesh, which, if followed with giving up potatoes and bread, will work | marvellous results.

Indoience, one of the greatest factors in increasing weight, lies within the power of every woman to correct. It is so much the fashion now to take exercise that their is no excuse for being lazy. It is impossible for some women to walk a great deal, but a certain amount of regular exercise will benefit even the most delicate. Sitting invariably produces fat, and fat just where one does not want flish-about the stomach and hips. When one begins to lose flesh -and this can be ascertained by being weighed every week-1 little massage will be found a great help. The masseuge, it she understands her b siness, will soon be able to tell where the surplus flesh is, and direct her energies to the particular splace or places. Of course massage is an expensive 'luxury, but is not a thing that needs to be continued, and a few hours will often work a wonderous change. For instance, night has been known to reduce the size of the waist half an inch. Standing erect with the hands pressed well down on the hips and then, with the hands still on the hips, bending the body forward, and backward and sideways several times, twice a day, will also work of accumulated fat about the hips and stomach. But this exercise must be conscientiously persevered in .- Exchange

THE MIELSTROM'S SECRET. A French Scientific Party to Investigate the Whirlpool.

The theory that the great whirlpool off the coast of Norway is subterraneously connected with the Gulf of Bothnia has found many believers, among them the celebrated Kirchner, who prepared the architectural plans of what the Tower of Babel was like. Yearning for something definite as to this mystery of nature, however, the French government has nominated a scientific commission to study the celebrated whirlpool, to investigate its suggested connections with the Gulf Stream, and to rectify existing charts of its currents.

All the poetry of Scandinavia centers around the terrible gult which expresses the supreme horror of nature. But we live in a most po itive age. The whirlpool s the Grand Duke is a very rapid grower in in the vicinity of the wildest, 'rock-bound coast of Norway, the black cliffs of which have been called "ramparts of the world." Still there are times when the pool is so calm that a small boat can sail a ross its presumed mouth. No ship his ever been sucked down-mariners know the currents by their charts -save that described by Eigar Allan Poe, so full of "creepiness," and where the vessel is converted into mitchwood. O. its crew one alone was rescued, a youth of 22. who, was thrown upon a beach some miles away, his hair having become as white as snow and he himself a wizened old min.

During periods of storm the maelstrom is said to resemble a tunnel, the water whirling inside a ring of foam; but the eye can see the descending liquid wall to have been thrown up so split that the natives say they have become "mermaids"

both time and nature, allege that a decent into a volcano to ascertain whence came the figry scoria, as well as observations as to the effect of the mirable imitation to the King, and in an adwire Hoop will cure you in a few months. Chas mirable imitation to the King's voice, him-

NEWS FOR FAT PEOPLE. ejected molten lava upon the circumjacent self called out, "Da capo!" The King air, would be quite as easy and of equal laughed heartly and complied, and the advantage to the world of science as the propsed effort to fathom the mysteries of would have been had he been less quick. the maelstrom. The fascination for diving into the unknown is, however, so great that as long as mysteries shall exist somebody will be found to spend va'uable time, valuable life, and valuable means upon

> NOVA SCOTI I PLUMS. Some Facts About the Culture of Them a' the Ernseliffe Gardens.

The plum industry in Nova Scotia las made rapid progress during the past tew years in various parts of the province. Tais may be especially observed in the Annapolis valley and has been referred to in the past, and its natural resources as a fruit

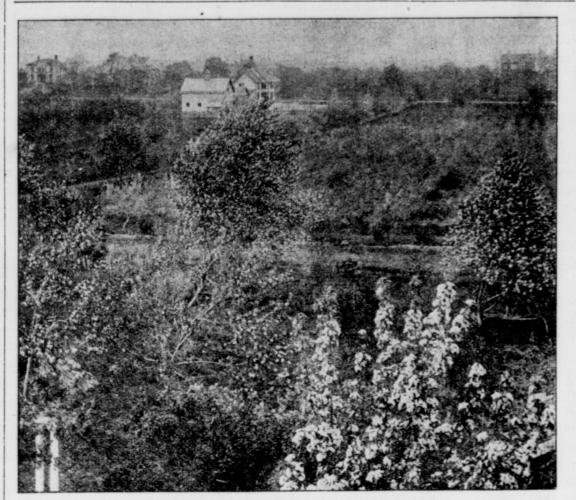
mayor departed twice as well off as he witted .- Harper's Round Table.

PIGS' FEET WERE GOOD.

A Dish That Irvlig and Terry Relished and Sala Approved.

It chance I that in the winter ol 1885 I was in Chicago, on my way to San Francisco and the Australian colonies. It chanced that at the Grand Pacific Hotel Henry Irving was staying. The great actor was drawing crowded houses, and on the midnight of my arrival I had the pleasure of supping with him and Miss Ellen Terry.

To begi: with, it appeared to me that 12 o'clock would never com:. I had dined sparingly at 6, in view of the repast to be consumed at the wit hing hour of night.



THE ERNSCLIFFE GARDENS.

with a continuous market in London. The Ernscliff: gardens, shown in the accompaning cut, is situated in Wolfville, N.S., and s at present the mo t improved garden of its kind in the province; owned by Mr. W. C. Archibauld, one of the leading horticulturists and large fruit growers of Nova Spotia Mr. Archibauld has become one of the principal factors in the Fruit Growers' Association, and through his enthusiastic and energetic work has been of invaluable assistance in raising the high standard of that association and the establishing of the school of Horticulture.

The gardens referred to contain twelve acres of land, carefully laid out, with attenone hour three times a week for a fort- tion to landscape effect, consisting of groves of apples, pears, plums, cherries, peaches, etc,, together with small fruits, illustrating the many excellent lessons to be found extensive orcharding in which Mr. Archibauld is a stanch believer, and which he has shown to be of great value from a paying standpoint, A grove of 3,500 trees are now in bearing upon these grounds, bringing in returns during the past three years of between three and four hundred dollars

attention, as certain valuable information m wy be teken from this part of the gardens as many other practical problems of wo:th from the whole. The trees are set out eight feet apart in the row with rows the same distance, a raadway altern ting every fitth row. The ground, prior to setting out the trees, was carefully subdivided, virieties of plums intermixed, and such and test, planting early and late varieties. | cogitating during a partially sleepless Among those varieties of the early class | night-the insomnia may have been due may be found as most desirable: The Willard, Czar, Field and Moor's Artic. ripening between the 10th of August and such infinite relish, I arrived at the conthe 10 h of September, in about the order viction that pigs' feet were a traditionally named. Of the late plums, Monarch, Reine tavorite supper dish with actors.—G A Claude, Peter's Yellow Gage and Grand Duke, perfecting their fruit from Septe.nber 18th to October 15th. In the Annapolis Valley, as far as I have observed. wood, equal to, it not in excess of, other varieties of its class. In the E-nscliffe Gardens during the past seas in it has made remarkable wood growth Tais, together with its time of truiting, color, firmness, keeping qualities of fruit and hardiness of tree makes it a very valuable plum for Nova Scotia. Mr. Archibauld, last season erected a cannery and canned a large number of plums. Next year he expects to set out 5 000 peach trees of the early fruiting varieties on the grounds of the Suburban Orchard, Parks and Sciencific Home Garden Co., of which he is manager. -E. E Faville. In the Canadian Horti-

A Hint to a King.

It seems that in the year 1707, when besides. be all jet-black water. Trunks of trees | Philip V. was on his way to Madrid to take possession of his kingdom of Spain, the in- knights left a great block of stone where habitants of Mont de Marsan came out to they hollowed out an embrasure in the cliff hair." Of course there are legends of meet him at his approach. The two pro- which atterwards they shaped and bored in whales having been drawn do n into the cessions having met about a league from the form of a gigantic mortar. These great race, and that their cries have been | the town, the mayor advanced toward the | engines contained a whole barrel of gunheard above the storm.

What will accrue to science from the result of the French commission is naturally impossible to predict. As was evidenced by the late expedition of a Frenchman given, and he sang forthwith a short ode to deadly materals. to the depths of the Red Sea to recover the King which so greatly pleased his traces of Pharaoh's lost hosts, the Gauls of the King which so greatly pleased his today have a decided fondness for pering (e core). The mayor gave his song a most likely to approach. "The mouths of into matters the investigation of which second time. The King thanked the sing- some are six feet wide, and they are able seems to be contrary to the decrees of er and presented him with 10 louis d'or. to throw 10.000 pounds' weight of balls or This amount seemed hardly sufficient to stones." The range is not stated, but the But an outside observer might plausibly the chief magistrate of Mont de Marsan,

tradition in the Southern States, were like wise staying at the Grand Pacific, and went and smoked with them after dinner. Still, all fenthusiastic devotee of ni ctine as you may be, it is scarcely practicable to smoke for five hours. I had a bad cold and could not go to the theatre. I had no books with me, and I had read all the newspapers, and altogether the midnight feast to which I had been oidden lay heavy on my soul long before! and taken a mors lof it. The appointed Drawer 29. hour chimed at list, and I was able to enjoy Irving's hospitality

With one ex epti n I quite forget the components of the supp r, although I kno v that it was a very good one. The excephost and his guests seemed to have a passionate admiration. I have nothing to say against pigs' feet, and, turning to the "Dictionnaire de Cuisine" of Alexander Damis the elder, I find a very succulent menu for ne cooking these delicacies. The feet must be split in halves and securely bound with tape to keep them in their proper position; then they must be placed in a saucepan with some broth, some pepper and salt, an onion, a bunch of pursley, a sprig of thyme, a bay leaf, two cloves, and three sticks of celery.

After simmering for three hours the feet are drained, the large bones are drawn out, and the feet are pressed between two dishes till they are cold and stiff. Then It is to those plums I would call especial | they are dipped in clarified butter, covered thickly with highly-seasoned bread crumb: and broiled over a clear fire.

I am not certain as to whether the pigs' feet at the Grand Pacifi: were not fried in butter, but in any case I found them ap petizing.

But why, you ask, should I have regarded these pieds de cochon a la Sainte Menchoulde as an expertional dish? The only explanation that I am able to offer is that I had never before eaten pigs feet varieties set as were determined by selection | prepared in any manner whatever, and to the supper-over the porcine dainties which Henry Irving had consumed with Sala in Lon lon Telegraph.

CANNON MADE OF STONE.

Curious Old Time Defense for the Island of Malta.

The most wonderful cannon on record are those which are described by Brydone, whose travels in Sicily and Malta won welldeserved renown toward the end of the last century. Many facts and stories he recounts that seem strangely Old World to us, though the date is little more than 100 y ears ago, so grandly did the French revolution transform Europe.

Malta was full of wonders more or less droll while the knights held it, but nothing equalled the stone guns. Everybody knows that the for iffications were cut out of solid rock, but Brydone was in saying tha a kind of ordnance used to defend them that was unknown to all the world

As we understand his des ription, the



Effect of the French Treaty.

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falling projectiles covered a area of 300 square yards.

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Reconized The Word.

A Pa isian once remarbed to Mr. Longfellow that there was one American word that he never could understand, or find in any dictionary

"What is it?" inquired the poet. "Tha eldo," was the reply.

"I never heard of the word said Long-Presently a servent came in to replenish the fire. Atter putting on a little fuel,

"Hah!" exclaimed the Frenchman, that is the very word which has troubled

Longfellow remarked to him, "That will

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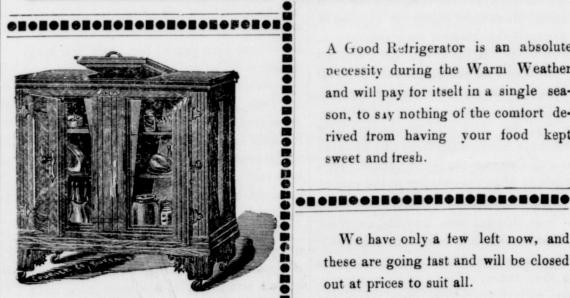
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