

NEWS FOR FAT PEOPLE

THE SYSTEM BY WHICH THEY CAN REDUCE THEIR WEIGHT.

Indolence is One of the Great Factors in the Production of Superfluous Flesh—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.

Steady banting always has the desired result in so far as the retaining of flesh 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.

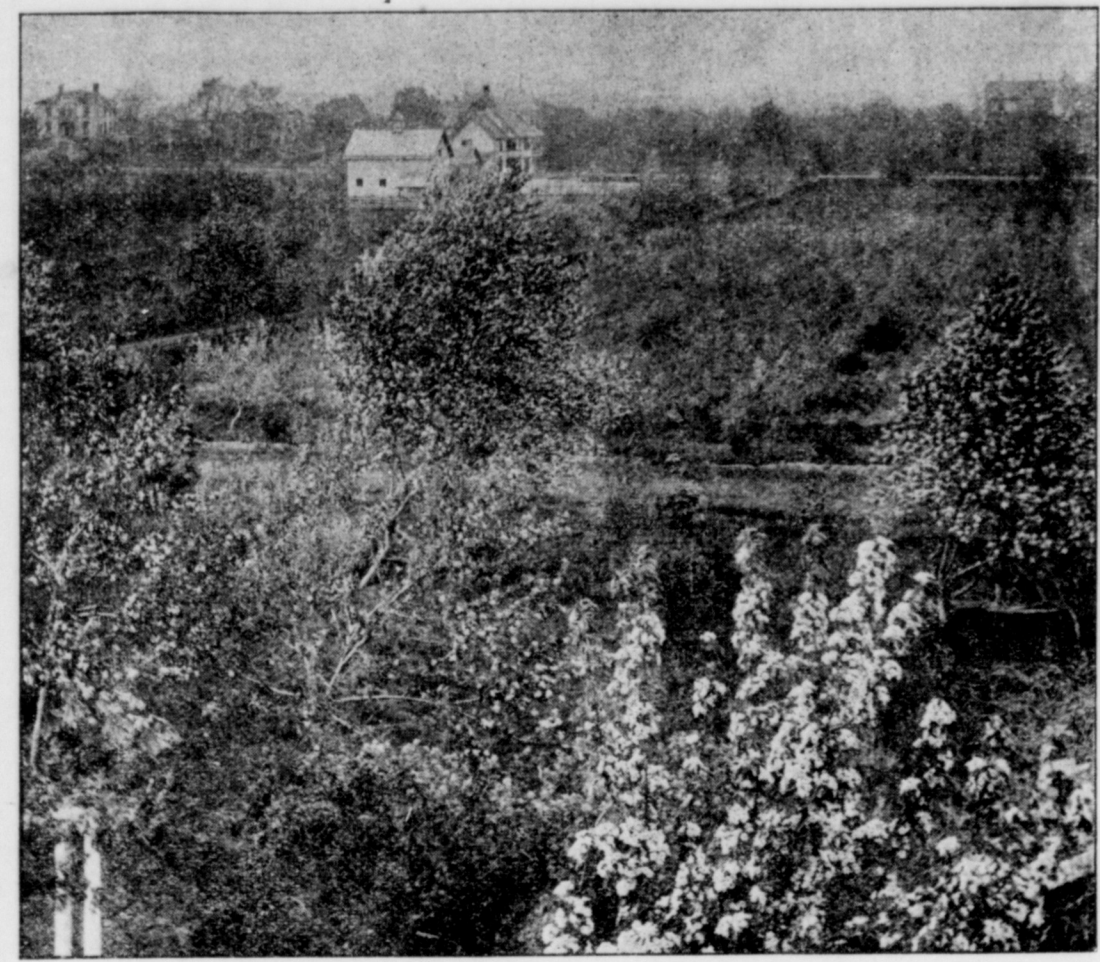
Indolence, one of the greatest factors in increasing weight, lies within the power of every woman to correct. It is so much the fashion now to take exercise that there is no excuse for being lazy.

with a continuous market in London. The Erncliffe gardens, shown in the accompanying cut, is situated in Woltville, N. S., and is at present the most improved garden of its kind in the province; owned by Mr. W. C. Archibald, one of the leading horticulturists and large fruit growers of Nova Scotia.

ejected molten lava upon the circumjacent air, would be quite as easy and of equal advantage to the world of science as the proposed effort to fathom the mysteries of the maelstrom.

NOVA SCOTIA PLUMS. Some Facts About the Culture of Them at the Erncliffe Gardens.

The plum industry in Nova Scotia has made rapid progress during the past few years in various parts of the province. This may be especially observed in the Annapolis valley and his been referred to in the past, and its natural resources as a fruit belt pointed out, showing that it is perhaps the most favorable section for apple growing in Canada.



THE ERNSCLIFFE GARDENS.

The gardens referred to contain twelve acres of land, carefully laid out, with attention 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. Archibald is a staunch believer, and which he has shown to be of great value from a paying standpoint.

It is to those plums I would call especial attention, as certain valuable information may be taken from this part of the gardens as many other practical problems of worth from the whole.

self called out, "Da capo!" The King laughed heartily and complied, and the mayor departed twice as well off as he would have been had he been less quick-witted.—Harper's Round Table.

PIGS' FEET WERE GOOD. A Dish That Irving and Terry Relished and Sala Approved.

It chanced that in the winter of 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.

To begin with, it appeared to me that 12 o'clock would never come. I had dined sparingly at 6, in view of the repast to be consumed at the wailing hour of night.

With one exception I quite forget the components of the supper, although I know that it was a very good one. The exception was a dish of pigs' feet, for which my host and his guests seemed to have a passionate admiration.

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Effect of the French Treaty. Wines at Half Price.

The Bordeaux Claret Company, established at Montreal in view of the French treaty, are now offering the Canadian consumer beautiful wines, at \$3.00 and \$4.00 per case of 12 large quart bottles.

Bordeaux Claret Company 30 Hospital Street, Montreal, Bordeaux Office: 17 Allee de Boutant.

falling projectiles covered a area of 300 square yards. A Good Housewife Knows that salt is of the first importance in the preparation and preservation of food.

Recognized The Word. A Parisian once remarked to Mr. Longfellow that there was one American word that he never could understand, or find in any dictionary.

WANTED Seven Bright Men for two or three months, for a personal canvass on a semi-political issue.

Advertising The more forward business men are just beginning to learn how to advertise.

CONDENSED ADVERTISEMENTS. DIAMOND LOST—On Saturday night between M. R. & A's and Hodge's barber shop.

PHOTOGRAPHIC Business in principal part of the city must be sold at once, as owner is leaving the country.

MISS HASTINGS having moved to No. 27 Dorchester St., can accommodate a few more boarders permanent or transient.

WANTED HELP—Reliable men in every locality (local or traveling) to introduce new discovery and keep our show cards tacked up on trees, fences and bridges throughout town and country.

WANTED GIRLS Coming to United States, wanting good domestic positions, cooks, laundresses, chambermaids, waitresses, etc.

WE HAVE NOVELTIES for agents in the new metal Aluminum First rate profits. Sample outfit, 25c. Halifax Novelty Co., 111 Agricola St., Halifax, Nova Scotia.

PHOTO Outfits and materials, for \$5 to \$100. Practical information ensuring success, free. Save time and money by consulting us.

STAMPS For Hand Printing, Books, Ballots, Manifold Papers, etc., in all quantities.

ONE MILLION CUSTOMERS wanted for beautiful doll parcel. We will send you post free for only 25 cents, 6 eight inch imported, stamped cloth dolls.

3 DAY SURE Send us your address and we will show you how to make money by consulting us.

RESIDENCE at Rotheray for sale or to rent for the Summer months. The pleasantly situated house known as the Titus property.

AMATEUR PHOTOGRAPHERS. Printing and general finishing for amateurs, enlargements, tinting and fading solutions for \$2.50.

Advertisement for 'CANADA FIRST' perfumes by Taylor & Co. featuring products like White Jasmine, White Carnation, Manzanita, and White Violet. Includes a list of perfumes and the company name: JOHN TAYLOR & CO. TORONTO.

Advertisement for 'WEDDINGS' featuring 'WEDDING PRESENTS' such as silverware, lamps, and dessert sets. Includes the name 'W. H. THORNE & Co., LIMITED, Market Square, St. John.'

Advertisement for 'EMERSON & FISHER' featuring 'GOING FAST' refrigerators. Includes a photograph of a refrigerator and text: 'A Good Refrigerator is an absolute necessity during the Warm Weather and will pay for itself in a single season.'

Advertisement for 'EMERSON & FISHER' featuring 'Hose Mender' tools. Includes a photograph of the tool and text: 'Hose can be mended or couplings fastened on cheaper, quicker and more securely than with any other device.'

Advertisement for 'T. M'AVITY & SONS, ST. JOHN, N. B.' featuring 'Monarch' and 'Robb-Armstrong Engines'. Includes text: 'General Mill Supplies: J. S. CURRIE, Agent for Robb Engineering Co., 57 WATER STREET - SAINT JOHN, N. B.'

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.

All the poetry of Scandinavia centers around the terrible gulf which expresses the supreme horror of nature. But we live in a most positive age. The whirlpool is in the vicinity of the wildest, rock-bound coast of Norway, the black cliffs of which have been called "ramparts of the world."

A Hint to a King. It seems that in the year 1707, when Philip V. was on his way to Madrid to take possession of his kingdom of Spain, the inhabitants of Mont de Marsan came out to meet him at his approach.

As we understand his description, the knight's left a great block of stone where they hollowed out an embrasure in the cliff which afterwards they shaped and bored in the form of a gigantic mortar.

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 well-deserved renown toward the end of the last century.

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

As we understand his description, the knight's left a great block of stone where they hollowed out an embrasure in the cliff which afterwards they shaped and bored in the form of a gigantic mortar. These engines contained a whole barrel of gunpowder. That shovled in, they plugged it with a great piece of wood, fitted exactly to the bore, as a wadding, and loaded up with cannon balls, shells and other deadly materials.