

WOMAN and HER WORK.

For some years past the arm has been rather an important part of woman's physique, and provided she had the use of them, and they were strong enough to handle a tennis racket or control a bicycle the average woman has given herself little concern about her arms for nearly five years. The large full sleeves have covered a multitude of sins against beauty of outline in the shape of long shoulders and thin arms, just as the high collars and ruffs have tenderly hidden many a scrawny throat. Even the woman who went to balls and receptions every night of her life, and passed nearly half her existence in evening dress could afford to make her mind quite easy on the subject since the long puffs which fashion has so long presented for the sleeves for evening costumes hid the arm to the elbow, and it is a curious fact borne out by carefully collected statistics that women are almost divided into two classes as far as arms go.

A few have arms that are fat almost to excess and pretty much the same shape all the way down; while the majority have a fairly good forearm, and an utterly undeveloped space from the elbow to the shoulder. Of course this did not matter in the least, while the sleeves were only fairly tight at the elbow, and then expanded into balloons; and the long glove with its friendly wrinkles disguised many a too-slender outline when evening dress was worn. But now the scene bids fair to change, and to cause wide-spread consternation by so doing. Tight sleeves are coming. It seems to be pretty generally agreed that they will be here in full force by next autumn, and the thoughtful woman who takes time by the forelock is examining her arms and wondering almost with despair how they are going to stand the cruel test of almost skin-tight coverings.

I don't mind confessing that what I have been hoping for, during the greater part of my life is a fashion which shall call for sleeves perfectly plain to the elbow, and expanding into balloons from thence, down to the wrist, nature having reversed matters in my case, and given me a fairly good upper arm while from the elbow—which is very well developed indeed—it resembles nothing so much as the lower part of a hen's leg. Therefore I can afford to speak quite dispassionately on the subject, and I have no hesitation in pronouncing the tight sleeve far more of a monstrosity than the most exaggerated leg of mutton, ever was. It is becoming to the very few, and disfiguring to the majority; the fat arm will look as if it were bursting its way out, and the thin one will be exaggerated to a painful degree, and make its wearer look absolutely ridiculous. A sleeve of remarkable size, with most of its fullness at the top is the only becoming one for general wear, and I am surprised that fashion should have interfered with it.

It is predicted that by next November there will be a wild rush for teachers of Delsarte culture and gymnastics and every known device for improving the arms at short notice.

But meanwhile the wise ones whom I already mentioned, are taking stock of their imperfections while there is yet time, and setting to work to remedy them at once. People who have made a study of the subject, and should know, say that there is no reason why any arm should not be developed until the upper part would defy the tightest sleeve that ever was made, to do anything but show off its beauties. It is the easiest thing in the world, once one understands how and in order to do this a woman must know a little about her own muscles, otherwise she may develop the wrong ones, and only succeed in improving her lower arm, at the expense of the very portion she is trying to develop. But by judicious exercise any woman can make her arms so symmetrical, that tight sleeves will have no terror for her, and twenty or thirty minutes each day during the summer devoted to her arms, will insure this result. Strange to say the athletic girl who is devoted to golf, tennis and cycling is not one whit better prepared for tight sleeves than her more indolent sister, because not only are the muscles of her forearms developed to a most ungraceful extent, but if her right arm should be measured, and both sleeves cut by that measurement, one would be found fitting while the other would hang almost in wrinkles on her left arm. All her exercises tend to develop one side at the expense of the other, and the athletic girl is becoming one-sided.

The best arm-exercises are quite simple and do not require any special apparatus; the very best one of all is called the trembling exercise, and simple as it sounds I do not imagine that in practice it would be very easy. The mode of procedure is this one arm is held up, the other down, and the hands hang loosely or are relaxed, as teachers of Delsarte term it. Suddenly a tremor starts at the shoulder and runs down the arm to the wrist. This tremor is in the muscles which are first held taut, and then set in motion, the motion extending to all the muscles, especially those of the upper arm. The arms may be hung at the sides and the same motions made. When the

arm is held up the trembling works the muscles at the back of the arm, with the arm held downward the muscles at the front are exercised.

I always make a point of trying any of the exercises I read about, before recommending them to my readers, and I must confess that I have tried this one without being able to effect the very faintest tremor of the muscles, but as the famous Eugene Sandow asserts that much of the magnificent development of his arms has been acquired through this very practice, it must be beneficial, and perhaps it requires only practice in order to achieve the proper amount of "tremulo movement."

Another exercise, designed to produce those soft curves so desirable to all women, is called the spiral, and it is very easily done. The arms are stretched out, and the muscles twisted from the shoulder to the wrist; it merely amounts to a steady twisting of the hand and arm, the twist extending down into the hand itself. Both arms must be exercised alike, otherwise they will not increase in size evenly.

Another, and very vigorous exercise is that of the chair, and consists of grasping a chair firmly with both hands—say by the upper and lower part of the back portion, one hand holding the end of the leg, and the other top of the back. Let the chair hang before you at first, then lift it, and swing it back to the left, and over the back of the head, letting it rest for a moment across the neck, raise it again, pass it forward over the head, and drop it in front to the position started from. This is rather a violent exercise, for hot weather, but it is grand for the arms.

There are other chair exercises, and other muscular motions, but those I have described, if persisted in from twenty minutes to half an hour each day, will soon show excellent results.

It is a very good plan to shower the arms after these exercises, with cold water and give them a thorough rubbing. Another great help in developing the arms, is to massage them for five minutes night and morning, and perhaps the result of this treatment is shown sooner, than any other. The girls who play golf and tennis should be careful to take twenty minutes thorough exercise of the left arm and side each day in order to correct any tendency to one-sidedness.

By following these directions carefully, I feel sure that none of us will have anything to dread from the return of the tight sleeve.

Speaking of sleeves, reminds me that I read the other day of the jubilation with which husbands, brothers, yea, and even lovers, are hailing the downfall of the balloon sleeve, since it removes one fruitless source of "nagging." "Don't spoil my sleeves!" and "Do sit a little further away, you are crushing my sleeves!" is a cry which has been heard the length and breadth of the land, for too long a time; so the male relatives are rejoicing over the prospect of being able to "set close" again without retake.

As the season advances grass linen seems to gain in favor, and a really fashionable outfit is no longer considered complete without a grasscloth costume. Of course they are far from being cheap dresses even when the silk linings are omitted, as the material is one requiring a good deal of decoration and color, in order to make it becoming, or effective, but it is fashionable, and that is all that it needs as an excuse for existence. Indeed all the gowns run towards an extreme of decoration, even the pretty ribbon, or lace, as shirt trimmings, though others are made quite plain or trimmed with a ruche or narrow ruffles of sheer batiste.

White batiste striped with black is very effective and when it is made up over yellow silk, and trimmed with black lace and yellow ribbon, it makes a charming costume. Many pretty batistes come in dark blue or gray striped with white, and they make very useful summer dresses which can be worn a long time without washing.

An odd fancy this season is the use of striped silks for lining plain white swiss or organdie gowns, which are then trimmed with black lace insertion and edging, and finished with ribbons to match the color of the striped lining.

Linings seem to be the special feature of this season's dresses, whether the dress itself is of some transparent material or of plain wool, and some startling contrasts are seen, blue canvas made up over green silk being one. Amongst the few simple dresses shown is one of grass lawn made up over white batiste and trimmed with ruffles of narrow lace set close together on the waist, and edging the narrow ruffle on the skirt, while a wide belt of black satin, gives an indescribable air of style, to the otherwise simple costume. Another very stylish gown of lawn canvas is made up over a lining of pink silk, and a wide collar of black satin edged with silver sequins adds distinction to it.

Green canvas over pale blue silk is another combination, and the bodice is trimmed with embroidered lawn and lace in the form of a fichu. A charming dress of fine, silky grass lawn over pea-green silk has tucked

sleeves and a bodice of green chene silk flowered with pink roses and trimmed with batiste embroidery worked in colors. A gold enamelled belt finishes the costume. The loveliest pale green muslin is shown at the fashionable dry goods shops, and green seems to be the favorite color for weddings this season. Bridesmaids dresses of white show green trimmings, and large white hats with white feathers and bows of green taffeta ribbon. For the thin dresses so much worn this summer there are quaint panama hats trimmed with closed blossoms, morning glories and daisies, and they are both pretty and appropriate, besides being wonderfully becoming.

THE LARGEST WATER LOCKS.

Great Improvements in the Steamship Basins at Bremerhaven.

Next fall the new imperial harbor of Bremerhaven will be opened to the public, and a work will then have been completed which must be counted among the most important of its kind. The new harbor has been in course of construction since 1892. It will be protected from all sides by very strong levees against the frequent high flood tides of the North sea, and will contain three large basins, which will be open during ordinary high tides, while at ebb tide the entire complex system of basins and passages will be closed off by gigantic locks. Since the dimensions of steamships are continually growing, and the largest steamships of the North German Lloyd must be able to enter the new harbor, the entry had to be made large enough for all.

The former inner harbor at this point was greatly increased in size and a new entrance was built, which comprises, besides a strongly built dike over three-quarters of a mile long, the largest lock so far constructed. This lock will be kept closed whenever the water in the Weser river is lower than the depth of water to be maintained in the harbor. When open, the lock has a clear width of ninety-one feet, the gate being thirty-eight feet high, the largest in the world. The length of the lock between the two gates is 700 feet, and at ordinary high tide there is a depth of water of thirty-three feet. The gates rest into two masonry structures built on caissons of twenty feet in height and solidly cemented to the ground. The building of these structures, which took place under very favorable conditions has succeeded surprisingly well, considering that it is one of the most difficult technical problems.

The entire construction rests upon pile work, the length of the piles varying from fifty to seventy feet. Most of the construction work was carried on during the ebb tide, recurring twice every twenty-four hours, so that only four hours a day could be employed at that work, and that only in favorable weather. What an immense amount of work was necessary to construct this harbor is evident from the following figures: Twenty thousand piles were sunk for a foundation, 45,000,000 cubic feet of soil had to be taken away on dry ground and as much more dredged out by the construction of the North-Sea Baltic canal. At the entrance of the harbor 4,750,000 cubic feet of masonry were necessary to strengthen the dikes and hold the colossal locks. An immense dry dock has been built immediately adjoining the harbor, which will accommodate the largest vessels of the world, its dimensions being identical with that of the lock at the entrance of the harbor.—St. Louis Globe-Democrat.

FIREFLY TIME.

Little Lanterned Creatures Swarming Wherever There is Shrubbery.

Now is firefly time in the suburbs. There were a few fireflies abroad on the first warm nights in June, but now the little lanterned creatures fairly swarm wherever there are trees and shrubbery. Every woodland edge is a firmament thickly studded with intermittent fires. The rich bluish-white electric quality of the light is best seen against a woodland background on moonless nights. The fireflies seem to be abroad, in especially large numbers on cloudy sultry nights, and their soft fires glow even through a downpour of rain. They overtop in their flight the tallest trees, though they are found in special abundance about low shrubs and crawling on the grass, where the winged males find their mates, the somewhat rarely seen glowworms, which, by the way, are even more brilliant than the males.

The firefly comes to give the final touch to the summer of this latitude. His wonderfully pure ethereal fire, a winged spark borne magically by the invisible insect, belongs to the sultry heats of July, when all the sounds and odors of the night suggest a climate other than that of the temperate zone. When the night sky is veiled in clouds, and thunder rolls about the horizon those silent fires suggest some strange electric manifestation that foreshadows the coming storm. As the flying sparks wax and wane, and the yet incomplete insect orchestra softly pipes and strums, the odor of the honeysuckle, intensified by the dampness, floats to the observer, and the senses seem overlaid with the strange manifestations of the night. Whatever vulgar detail of suburban life thrusts itself upon the eye by day is swallowed up in darkness, and only the magic and romance of the summer night remains, while there is nothing to remind one of one's neighborhood to the great city, save a broad luminous cloud area a few degrees above the horizon, the reflection of New York's nightly illumination.

Cleveland for Third Term.

WASHINGTON, D. C., —The possibility of his party uniting on Mr. Cleveland for third term attracts increased attention here, and his nomination, despite its exceptional character, is not an impossibility. Reciprocal trade relations with Canada and the admission into the United States free of duty of that celebrated Canadian product, Putnam's Painless Corn Extractor, on account of its painless action and certainty, would be a plank in his platform. Use Putnam's Corn Extractor. Sure! safe! painless!

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THE LATEST WONDER.

Photographing Thought Is Said to be an Accomplished Fact.

It may be rash to announce that anything is beyond the photographer's art, writes the Paris correspondent of the London Standard, but the communication just made to the Paris Academie de Medicine by Dr. Baraduc is so astonishing that it he had made it before Dr. Roentgen had rendered his discovery public, very few people would have been inclined even to inquire into the matter. Indeed, Dr. Baraduc affirms that he has succeeded in photographing thought and he has shown numerous photographs in proof of his assertion.

His usual method of proceeding is simple enough. The person whose thought is to be photographed enters a dark room, places his hand on a photographic plate and thinks intently of the object the image of which he wishes to see produced. It is stated by those who have examined Dr. Baraduc's photographs that most of them are very cloudy, but that a few are comparatively distinct, representing the features of persons and the outlines of things. Dr. Baraduc goes further and declares that it is possible to produce a photographic image at a great distance.

In his communication to the Academie de Medicine he relates that Dr. Istrate, when he was going to Campana, declared he would appear on a photographic plate of his friend, M. Hasden, at Bucharest. On the 4th of August, 1893, M. Hasden, at Bucharest, went to bed with a photographic plate at his feet and another at his head. Dr. Istrate went to sleep at Campana, at a distance of about 300 kilometers from Bucharest, but before closing his eyes he wished with all his might that his image should appear on the photographic plate of his friend. According to Dr. Baraduc that marvel was accomplished. Journalists who have examined the photograph in question state that it consists of a kind of luminous spot on the photographic plate, in the midst of which can be traced the profile of a man.



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