

WALKING A SLACK WIRE.

A NEW, SPIRITED DIVERSION OF GIRL ATHLETES.

Treading the Rope by Means of a Balance Pole is the Newest Gymnastic Fad—it is Practised by Women Who Wish to have Willow, Supple Figures.

Walking the wire is the last new thing in athletics. Yes, all the young Junos and Dianas in town are putting the finishing touches to their lithe, willowy and supple figures by prouetting on the slack rope; and those maidens whose figures are neither lithe, willowy nor supple intend tak-

The innovation took like the measles, although at first no one more bold than another dared venture her glad young life and limb upon a slack rope, even at an elevation of three inches above a firm foundation—it looked too simply awfully and it sounded too awfully audacious.

The very idea of the thing! To walk a tight rope like a regular circus performer in an infinitesimal number of gay tarlatan petticoats. But as diaphanous draperies or even skirts any shorter than for ordinary every day were not called for by the terms of the programme she put one foot forward and gingerly sent the other



THE BEGINNER.

ing just such forms away with them to the country by the first of June and those figures will be their own.

It appears that some enterprising director of a gymnasium, one who writes M. D. after his name, got very tired, if you will pardon the slang, of seeing girls go

one creeping after it, and in less time than I take telling it, she had walked at the least twelve inches along the wire, balancing herself by means of a pole. And every one in the gymnasium wanted to follow her example and lost no time in doing so.

Each one of these brave Atalantas—and



AN EXPERT

through the same unending waist, arm and leg movements, from time immemorial dedicated to gymnasium work; he also became very weary of basket-ball, hand-ball, lung-ball, and all the other "gym" games ending in ball, and determined to have a slight variation of this uninteresting routine, so one day he had a slack wire put up, at a small angle or rather at a slight elevation and provided a balancing pole.

there are many of them here and there—will tell you that the muscles of her back, waist, legs and ankles, are getting a better training than months of ordinary gymnasium work could possibly give; that balancing is the best possible exercise and that it is the most fascinating thing ever devised, also that the days and months when she was not walking the slack rope but might have done so, are as good as wasted.

It is a kind of exercise that can be practiced at home as well as in a gymnasium, provided you can devote space enough in some nook or corner of your house in which to put up the wire—the expense isn't worth speaking of—only a wire and a balancing pole, cost out.

The way you manage the balancing pole is to fasten it to the wall, where it meets the floor. It must be so arranged that it will move in an arc and the fair performer preserves her balance by grasping the free end of the pole as she proceeds slowly along the slender wire.

And the rewards attendant upon a ten or twenty minutes daily practice are grace, lithehood and suppleness displayed in every movement you make and your gait soon takes on the poetry of motion.

DIANA CROSSWAYS.

SMOKING PUMAS OUT.

Destruction of a Family of Big Cats That Preyed Upon the Sheep.

A sport which would be appreciated by any New England farm boy who ever smoked a woodchuck out of its knoll side hole down in the meadow or back-pasture of his father's farm is described by a South American in the London Field.

The puma, or panther, is as fond of sheep and calves as a crow is of a row of corn hills; consequently the sheep herder and ranchman let pass no opportunity to destroy it in spite of the beast's pleasing characteristics. But the animal is sly and its lairs are difficult to locate. The puma is an epicure, and the sheep it selects are the fattest and juiciest of the flock. To get them the panther must needs try several of them, so it happens that half a dozen or more maimed animals are left behind after each visit of one of the big cats.

One day the sheepman who wrote to the Field was informed by one of his gauchos that he had found a puma's den about two miles away on one of the slopes among which the pumas had always escaped. With an old native to superintend things the Englishman and some gauchos went to the slope, and found the den as the gaucho had reported. The day was bitterly cold, so they plied pick and spade with great vigor till the paws of a big puma were seen when operations ceased. Even the dogs did not dare to get to close quarters, for the puma is a lively and effective fighter, having on more than one occasion defended helpless, unarmed men from jaguars, so Hudson the naturalist of La Plata, says. One of the dogs fell into the cavity, and escaped a swipe of the puma's claws by luck. How to rescue the dog was a question that was decided by a native. The native lassoed one of the two paws in sight—to the right else of the animal being in view. Then he got another noose around the same paw, and hitching both ropes to the pommel of a saddle he started up the horse. The puma's body was a large one—2 feet 9 inches long—but the horse had all it could do to haul it out. Once out of the hole it was easy to drag the animal to death by starting the horse at a full gallop, though the dogs nearly tore the helpless beast to pieces.

Then came the New England farmer boy act. There were more pumas in the hole, presumably young, and an armful of paja grass was set afire in the opening. A half grown puma came out and went into a hole twenty yards away before a dog could say "Boo!" The fire was allowed to burn out and the writer dropped into the den. He gave one glance into the rear of the place then got right out again. Then a carbine bullet killed a big female that had remained in the hole. Two young ones were captured, and the one that went into the nearby cave was suffocated by a combination of gunpowder and sulphur.

NO CALL THERE.

The Boy Knew What to Expect if he Returned.

The boy was starting out in the world to make a living, and possibly a name for himself. His father had given him some money and a great deal of advice. He had a situation in prospect, and as he had never taken kindly to farm work, it looked like a good opportunity for him.

"That's one thing I want to say ter ye," the old man said as he handed the youngster his luggage out of the spring wagon at the station, "an' I want yer to understand that I say it in all kindness. Ye're goin' away from home weth purty good prospects."

"Yes, dad."

"An' at the same time ye're goin' ter move inter the neighborhood o' the wicked whur yer foot's liable ter slip any minute."

"Yes, dad."

"Wal, what I want to say is jes' this: Home's goin' ter stay right here whur ye kin allus turn to it. But times hez been

mighty hard lately an' this farm never want't no great shakes no how."

"I know it, dad."

"So ye might ez well understand that ef ye come back 'cuse ye wanted see the folks ag'in, ye'll git yer wish, but ef ye come back lookin' fur fatted calf, ye're powerful likely ter get disappointed."

Twenty-four governments, including the United States, Japan, China, Persia and nearly all the European countries, have given official notice that they will exhibit in Paris in 1900.

It is estimated that there are 210,000 acres of orchards in Great Britain.

PARALYSIS CONQUERED.

AT LAST IT YIELDS TO THE ADVANCE OF MEDICAL SCIENCE.

The Strong Testimony of a Man Who Was a Half-Dead, Bedridden Invalid—He Now Rejoices in Renewed Health and Strength—Doctors Admit That Paralysis is No Longer Incurable.

There is nothing in life sadder than to see a strong man stricken with paralysis. Alive, yet dead to the duties and activities that belong to life; the paralytic, until a comparatively recent period, was doomed to pass the remainder of his days in a hopeless and helpless condition. But since the discovery of that wonderful medicine given to the world under the name of Dr. Williams' Pink Pills, those stricken with this formerly incurable disease have now the means of regaining health, strength and activity. Hundreds in various parts of the country who were helpless, bedridden invalids have been restored to health by this incomparable medicine. Among those who have been thus fortunately restored to a lively is Mr. Allan J. McDonald, a well-known resident of Nine Mile Creek, P. E. I. Mr. McDonald says:—"In the fall of 1893 I injured my back, and during the year succeeding suffered great pain. I had no less than four physicians attend me at different times, but without any benefit. Before the end of the year I was forced to give up all active work and was rapidly falling into a condition of utter helplessness. On two occasions the doctors encased me in plaster of paris, but it did no good. My limbs kept getting weaker and weaker, with a twitching motion and I dragged my feet when I tried to walk. Finally I lost all power of locomotion and absolutely all power of feeling from the waist downwards, and I was as helpless as a piece of wood. In this half dead and half alive condition I laid in bed for eleven months not able to help myself in the least. Physically I did not suffer much, but mentally the agony of those long weary months cannot be described. I was at last told by the doctors that there was no hope for me, and that I was doomed to pass the remainder of my days a helpless, half lifeless piece of humanity. Providentially soon after this I read of a case similar to mine cured by the use of Dr. Williams' Pink Pills. It gave me new hope and my friends got me a supply of the pills. After the use of a few boxes I found that life was slowly returning to my limbs. I continued using the pills, gradually getting stronger and stronger, until now, after the use of thirty two boxes I am able to walk about smartly and can do light work, and I feel that I am gaining new strength every day. Words cannot express the thankfulness I feel at again being able to go about actively after passing through that terrible ordeal, and I sincerely hope that my experience may be the means of bringing back hope and health to some other sufferer."

Dr. Williams' Pink Pills strike at the root of the disease, driving it from the system and restoring the patient to health and strength. In cases of paralysis, spinal troubles, locomotor ataxia, sciatica, rheumatism, erysipelas, scrofulous troubles, etc., these are superior to all other treatment. They are also specific for the troubles which make the lives of so many women a burden, and speedily restore the rich glow of health to pale cheeks. Men broken down by overwork, worry or excess, will find in Pink Pills a certain cure.

Sold by all dealers or sent by mail, post paid, at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y. Beware of imitations and substitutes alleged to be just as good.

The Safest Place.

Gen. Lee used to tell a story about a darkey that served in the war. I seems during the heat of the battle the general and his attendants were posted on a small knoll watching the course of the action. They descried a colored soldier racing toward them, leaping over obstacles in his path, his face blanched with fear. He rushed up and fell headlong on the ground in front of Lee, crying:

"Oh, massa general, let me stay here."

Lee saw at once that the man was almost frightened to death, and useless as a soldier. It disgusted him somewhat, but his curiosity was aroused, and he asked:

"Did you come here to get out of the way of the bullets?"

"Yes, massa; where de generals am is de safest place on de field." Harper's Round Table.

It Makes a Good Breakfast.



Above all drinks for the morning meal Coffee stands supreme. The odor of it, rich and pungent, prevades the house like an incense. It is our claim and pride that we supply the homes of the land with Coffee of the finest quality. The best the earth affords we give them. There is no variation in the quality of our "Seal Brand" Coffee, every package is of the same high grade. On it our reputation stands.

Packed in air tight tin cans only.

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SAFE SOOTHING SATISFYING

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You can safely trust what time has indorsed for nearly a century.

There is not a medicine in use today which possesses the confidence of the public to so great an extent as Johnson's Anodyne Liniment. For more than eighty years it has stood upon its own intrinsic merit, while generation after generation have used it. The best evidence of its value is the fact that in the state where it originated the sale of it is steadily increasing.

Johnson's Anodyne Liniment

I. S. JOHNSON, Esq., My Dear Sir:—Fifty years ago this month, your father, Dr. Johnson, called at my store and left me some Johnson's Anodyne Liniment on sale. I have sold it ever since. I can most truly say that it has maintained its high standard and popularity from that time to this. JOHN B. RAND, North Waterford, Maine, Jan., 1891.

Parson's Pills

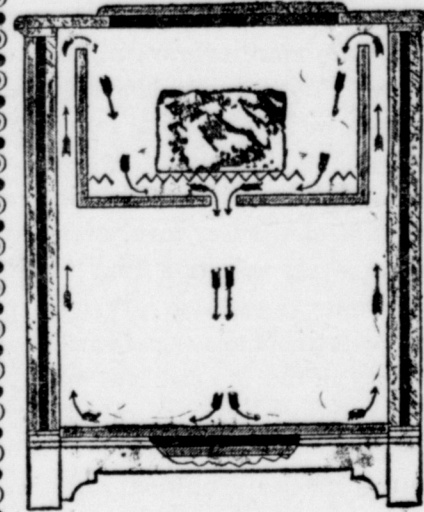
Positively cure Biliousness and Sick Headache, liver and bowel complaints. They expel all impurities from the blood. Delicate women find relief from using them. Price 25c; five 25c. Sold everywhere.

This certifies that Dr. A. Johnson, whose name is signed to every genuine bottle of Johnson's Anodyne Liniment, in the month of Jan. 1840, first left at my store some of the same. I have supplied my customers with it ever since, (over fifty years) with increasing sales. JABEZ KNOWLTON, NEWBURG, Maine.

Our Book "Treatment for Diseases" Mailed Free. All Druggists. J. S. Johnson & Co., Boston, Mass.

ZENITH Hardwood Refrigerator

ZINC LINED, BEAUTIFULLY CARVED.



In the above cut the arrows indicate the direction of the air currents; it will readily be seen that the warm air in the provision chamber rises and passes up the side flues to the ice chamber above, is cooled, freed from moisture, and then is returned dry, pure and cold through the central opening to the provision chamber below.

By this circulation all odors are carried to the ice chamber, thus preventing one kind of food partaking of the odor of another, and keeping the refrigerator from retaining any of the bad and musty smells usually found in badly constructed refrigerators.

The Zenith is a low-priced refrigerator. Ask your dealer to show you it. Full assortment of sizes. Wholesale only.

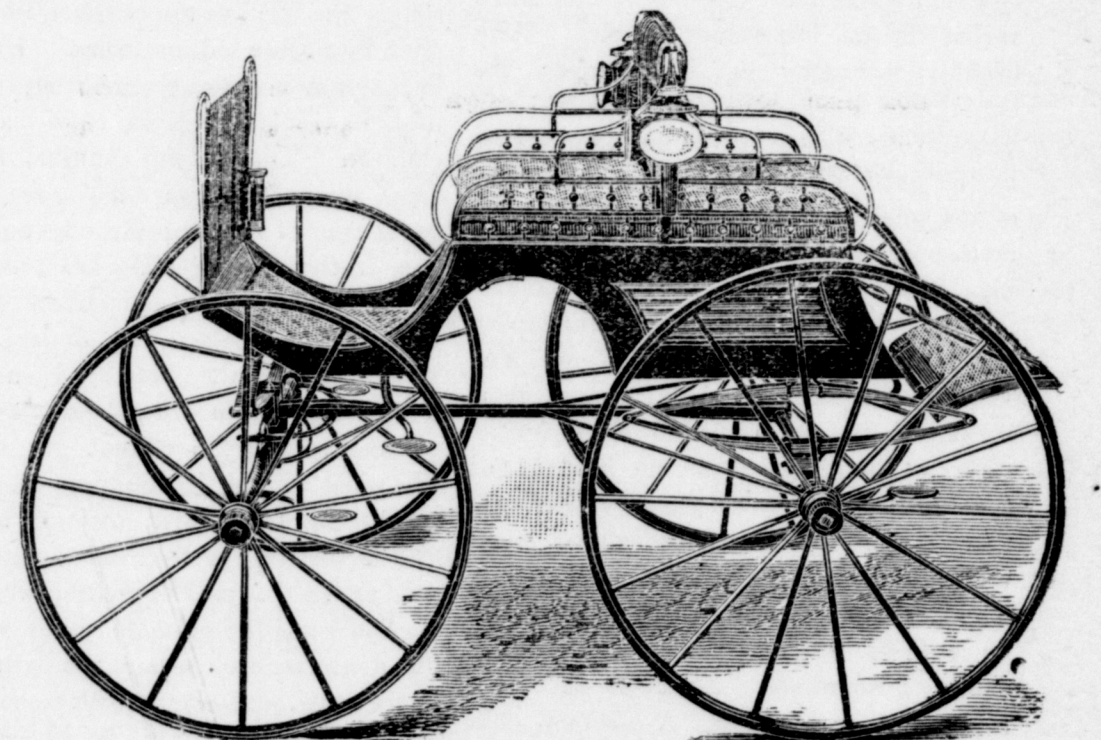
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STEAMER CLIFTON.

On and after Saturday, April 18th, the steamer Clifton will commence her season's sailings; leaving Hampton every Monday, Wednesday and Saturday at 8:20 a. m. for Indiantown and intermediate points. Returning she will leave Indiantown same days at 4 p. m.

ST. JOHN Conservatory of Music AND ELOCUTION

159 Prince William Street. Fall term opened Sept. 9th 1895. Branches taught: Piano, Violin, Vocal Music and Elocution. Free classes in Harmony, Physical Culture and Singing 4 p. m.