

WOMAN AND HER WAYS.

PEOPLE who are inclined to believe girls a rather slow lot when it comes to vigorous exercise would have opened their eyes in amazement at the evolutions of a party of young ladies at one of the Chicago gymnasiums, says the Chronicle. When a woman does do anything, especially if it pleases her, she goes in with an energy that is almost perplexing. Here on the parallel bars, the slack line and other implements for physical development, she exhibited a skill and fearlessness that took one's breath away. This was particularly true about those assigned to duty on the ladders. There were three different kinds of these, one horizontal and stationary and two perpendicular swinging ones. One of the latter was what might be called a triple ladder. Three girls occupied a square each; then when the word was given they began a most complicated interlacing movement. The girls, while mounting higher and higher on the ladder, exchanged places with one another, and this was done in the same manner that a triple braid is plaited. If anything should have a tendency to produce suppleness surely this box-constrictor contortion movement would have the desired result. Other pupils mounted the ladders and, holding on with both hands and feet, let the body swing at an alarming angle from the ladder, while they lightly sprang from one round to another.



THE ANGEL FLIGHT.

Some were pulling weights for the development of the chest and lungs, and the strength as well as endurance displayed was remarkable. Swinging in the air by means of large rings in ropes hung from the ceiling seemed to be a very popular amusement. One young lady swung herself repeatedly the entire length of the hall without appearing in any way fatigued from her effort. Perhaps the most picturesque figure in the exercises was what is called the angel flight. Judging from the hilarity of the participants in this number, the sport was keenly enjoyed by



GETTING UP MUSCLE.

all of them. The performance of the angel flight consisted in about six or eight young women taking hold of an equal number of short rope ladders dangling some ten feet from the floor. These were lowered till conveniently reached by the girls, who laid a firm hold on the lower round. At a signal the entire number are lifted clear above the floor. There, by a swivel arrangement in the ceiling, all ladders with their fair burdens are revolved at quite a rapid rate. The motion causes the ladders to radiate and gives an extremely realistic picture of flying. Dumbbells and club swinging are not indulged in to such an extent as they need to be. This sort of exercise is apt to be overdone by novices and is not very beneficial in its results on account of setting in motion a comparatively small number of muscles.

How to Avoid Colds. There is one simple way of avoiding colds—keep your mouth shut when out

of doors. The man or woman who comes out of a close room, especially late at night, and breathes through the mouth will either catch a bad cold or irritate the lungs sufficiently to cause annoyance and unpleasantness. If people would just keep their mouths shut and breathe through their noses, this difficulty and danger would be avoided. Chills are often the result of people talking freely while out of doors just after leaving a poorly ventilated room. It is during youth that the greater number of mankind contract habits of inflammation which make their whole lives a tissue of disorders.

Closing a Letter. Some one once said that the three needful things for a perfect love letter were: Good grammar, good paper—and sincerity.

Nowadays we are apt to think of the spelling, too, and the writing, the neatly divided paragraphs and the general style and get-up of the missive, for all letters are not love letters, and everyone has not the excuse of a disordered heart and a bedazzled mentality for a careless scrawl.

One should have an alcohol lamp or a roll of wax tapers, sold for the purpose, and still air in the room to properly seal letters. With the seal and envelope before you, turn one end of the stick of wax rapidly over the flame, not near enough to ignite it, until it is creamy and ready to drop; then deftly rub it round and round over the point of the envelope flap until enough is deposited, when the dab of wax may be held a moment immediately over the flame. Then firmly press the seal into it. If a drop of the hot wax is first placed under the point of the flap the

seal will be less likely to break. A well-cut seal will never stick, and practice will insure a firm impression, with the wax molded neatly and evenly around the seal. In all this pray be careful. Remember Mrs. Longfellow's sad fate from the lace of her gown catching fire as she sealed her letters.

His Wife Writes Poetry. The neighbors wondered why he grew so pale and thin. And told him that he ought to call a doctor in. He said, "No doctor's stuff will ever reach the spot; Massage and Christian Science, too, I think are rot; Alas! alas!" he cried, "my wife writes poetry. And that is why I am the woeful wreck you see!"

The neighbors wiped away the sympathizing tear. Then sat them down, his explanation asked to hear. "Tell us," they urged, "how she has brought you to this plight, Or we will lynch her ere we leave the house to-night."

He moaned: "She tries her poems first of all on me. To judge if editors can stand them, don't you see?"

"Cod-liver oil," he sighed, "I've taken by the case." And at the thought the tears ran down his patient face: "Bought pills and powders, tonics, many a sickening draught; Quinine and whisky, I'll not tell you half I've quaffed. Alas! alas!" he cried, "my wife writes poetry. As long as she's alive, there is no hope for me!"

—New York Sun.

Good Form in Bicycling. The "form" of bicycling is beginning to be studied. Grooms on wheels must follow their mistresses as they did on horseback; it is probably only a question of a short time when the lady's maid will have to include wheeling with her other accomplishments to secure a situation. On the road the woman who wishes to ride a la mode has to know a number of little things that are overlooked by another woman, just as the smart set have a code for riding and driving that is as inexorable as that they should not eat with their knives or put sugar on oysters. Society insists on the upright position, with, of course, no attempt at racing pace. It also frowns upon constant ringing of the bell—that will do for the vulgar herd who delight in noise; the well-informed wheelwoman keeps eyes and ears alert and touches her bell rarely. She dresses daintily and inconspicuously—effaces herself, in fact—as much in this exercise as she does in all public places.

In the "Cyclopedia of Costumes" 1728 different styles of hats and caps are illustrated or described.

THE PRICE OF COTTON

GOVERNED BY THE LAW OF SUPPLY AND DEMAND.

Free Silverites Should Study This History of Production and Prices Since 1791. What the Record of Crops Proves—Silver Has No Effect on Prices.

The spread of free coinage sentiment in the southern states has been almost entirely due to the belief that the low price of cotton was caused by the adoption of the gold standard. The main argument of the advocates of a 50 cent dollar in this section of the country has been that the alleged demonetization of silver was the cause of the marked fall in cotton during the past 23 years.

A bulletin just issued by the department of agriculture giving the history of the production and price of cotton for over 100 years proves conclusively that the use of silver as money has nothing to do with the decline in value of cotton. Beginning with 1791, with a crop of 8,889 bales, worth on an average 26 cents per pound in the United States, the production rapidly increased during the next ten years to 210,526 bales, and the price at the same time advanced to 44 cents. In 1802 the crop was 241,238 bales, of which 120,619 were shipped to Great Britain, but, owing to the greatly increased supply and a large stock—154,000 bales—on hand at the close of the year, the price dropped to 19 cents per pound in New York.

In spite of this remarkable decrease in price the crop increased to 340,000 bales in 1810, worth 16 cents. In 1816 the crop was 457,565 bales, but the enormously increased demand from Great Britain forced prices up to 29½ cents, and the next year to 34 cents. These high prices caused an increase in the acreage of cotton, and by 1820 the crop was 606,061 bales and the price dropped to 17 cents. The production increasing, prices fell, in 1822, to 11.40 cents, and in 1827, with a crop of 957,281 bales, and with 662,860 bales in stock, to 9.29 cents.

By 1834 an increase in the European demand for cotton had advanced the price to nearly 13 cents, with a crop of 1,205,394 bales. For the next five years prices fluctuated widely, averaging from 7½ to 20 cents per pound, and when, in 1840, the crop amounted to 2,177,855 bales, the average price went down to 8.92 cents. The great crops and the accumulation of large stocks in Liverpool caused a still further decline, in 1845 reaching 5 cents, the lowest recorded price, with a crop of 2,394,503 bales. By 1850 prices had advanced to 12.34 cents, and for the next ten years averaged about 11 cents, the crop increasing to 3,655,557 in 1856 and to 4,861,292 in 1860.

The war which broke out in 1861 brought on the "cotton panic," which lasted to 1866, when prices went as high as \$1.89 per pound. The close of the war left many of the cotton growing states in an impoverished condition, and it was not until 1876 that the crop was as large as that of 1860. In the meantime the price had fallen with the gradual increase in production until in 1871, with a crop of 4,352,317 bales, it averaged 16.95 cents. In 1872 cotton was badly damaged by excessive rains, and with a crop of only 2,974,351 bales, the price reached 20.45. In 1880 the crop was 5,761,253 bales and the price had fallen to 12.02.

The increased European demand for a time prevented prices falling to the level of the decade previous to the war, but by 1889 the stock on hand began to increase beyond the demand, and in 1891 the unheard of crop of 8,652,597 bales forced the price down to 9.03 cents. In 1892 the crop was 9,035,379 bales, the stock on hand amounting to 2,253,000 bales. Prices fell to 7.64 cents, but advanced in 1893, when on account of unfavorable weather the crop fell off to 6,700,365 bales, to 8.24 cents. An increase to 7,549,817 bales in 1894 was followed by a decline in price, and the greatest crop on record in 1895, amounting to about 9,476,435 bales, brought down the price to 6.26.

The following table gives the comparative crops and stocks of cotton and the lowest and highest prices in the United States for two decades, showing that prices reached the lowest point during the years when the accumulation of surplus stocks was the largest, and that those were the years of largest crops:

1841-1850.			
Crops in United States.	Surplus in Europe.	Close year.	Middling up-land per lb. in New Orleans.
1841.....1,684,954	678,000	8	62 1/2
1842.....1,983,574	761,000	6 1/2	60 1/2
1843.....2,378,875	807,000	4 1/2	56 1/2
1844.....2,080,409	1,056,000	5 1/2	58 1/2
1845.....2,294,503	1,101,000	4 1/2	56 1/2
1846.....2,100,577	1,219,000	6 1/2	62 1/2
1847.....1,778,651	622,000	7 1/2	63 1/2
1848.....2,459,738	501,000	5	56 1/2
1849.....2,890,938	585,000	5	56 1/2
1850.....2,333,718	646,000	9 1/2	61 1/2

1886-1895.			
Crops in United States.	Surplus in Europe.	Close year.	Middling up-land per lb. in New Orleans.
1886.....6,575,021	942,000	8	56 1/2
1887.....6,935,097	855,000	8 1/2	58 1/2
1888.....7,040,853	868,000	8 1/2	58 1/2
1889.....6,168,290	1,251,000	9 1/2	61 1/2
1890.....7,311,222	1,384,000	9	59 1/2
1891.....8,032,267	1,547,000	7 1/2	56 1/2
1892.....9,065,379	2,253,000	6 1/2	54 1/2
1893.....6,700,365	1,963,000	6	53 1/2
1894.....7,549,817	1,822,000	6 1/2	56 1/2
1895.....9,476,435	2,484,000	4 1/2	50 1/2

The figures for 1886 are to July 1.

This record of crops and prices proves that instead of being caused by an increase or decrease in the use of silver money, the price of cotton depends in every case on the relation between supply and demand. Larger crops have resulted in falling prices, and when in a few years with an increased crop prices advanced it was the increased European demand, which meant that the crop was not larger as compared with consumption, which regulated the price. The record further proves that in the year 1845, when the silverites claim that silver was the unit of value, the price of cotton in the United States was lower than at any time in the history of the country. In view of these facts we should bear no more of the price of cotton as a reason for debasing our currency by putting it on the silver standard.

NO CLASS LEGISLATION.

Equal Rights For All, Special Privileges to None.

In a speech delivered before a free silver convention at Griffin, Ga., Senator Morgan of Alabama rebuked the stale theories of the silver standard advocates, and closed his exposition of the free coinage gospel with the declaration that the silverites demanded "equal rights for all, special privileges to none." This doctrine of equality before the law is one which appeals to every fair minded American, and it is the belief that silver is denied privileges granted to gold which has led many to support the agitation for free coinage at 16 to 1. But there is no ground for such claim. On the contrary the proposition that the government should coin into money at a fixed ratio all the silver of this or other countries which might be brought to the mints is a direct violation of the principles of equal rights.

All that the government does for gold is to stamp it with a certificate of its weight and fineness. The legal tender quality of gold coin adds nothing to its commercial value. If the government were to stop the coinage of gold tomorrow, the value of that metal would remain the same. And the adoption of gold as the standard of values has not increased the value of the products of the gold miner. The same could be said of silver were it merely proposed to coin that metal at its true commercial value. The most extreme "goldbug" of the silverite's imagination would not object to free coinage of silver dollars if each coin contained a full dollar's worth of silver. The objection to such action on the part of the government is that it would involve a great and useless expense for mintage, as the commercial value of silver continually changes, and it would be necessary to make new coins whenever silver became cheaper or dearer. But the demand of the free silver advocates is not for the coinage of both metals at their commercial value, but for the unlimited coinage of silver, worth only 50 cents, into coins which will be legal tender in payment for goods or of debts equal to gold coins, worth twice as much. In other words, they seek to compel the government to give one class, the producers of silver, the right to have the value of their products doubled by setting a fictitious value on it. This is what free coinage at 16 to 1 really means, and if adopted it would make the silver miners a privileged class at the expense of the whole people.

That this is true is recognized by all the leading Populists, who have demanded that the government should go farther and give the owners of staple farm products the right to have their crops stored in government warehouses and to receive money based on them. In this the Populists are consistent with their paternalistic views, but very inconsistent with the Jeffersonian doctrine of equal rights. The true remedy for any violation of this great principle is not the granting of special privileges to the farmers as well as to silver miners, but the repeal of all class legislation and steadfast opposition to all financial schemes involving government aid to any special interest.

HATRED OF ENGLAND.

The "English Octopus" the Best Customer For American Products.

Coin resorts to the familiar and well worn appeal to the prejudice which some people in this country are supposed to feel against England. The people of that country have the same religion, the same laws and the same language as ourselves. We did fight in years gone by, but we are now united by the close ties of business and friendship. The English octopus, as Coin calls it, is really a country that is our best customer for wheat, for cotton, for beef, for petroleum and for Yankee notions. He says it "feeds on nothing but gold." In fact, however, it feeds on the wheat, the coffee, the sugar of South America, the tea of China—in short, the natural or manufactured products of every part of the world, all of which it pays for. American investors draw great sums in royalties from this "octopus." It does not get any gold worth speaking of from Asia, from Africa or from South America. Whatever gold it does get is a natural product and a source of profit to



THE BRITISH SCARECROW.

those who produce and export it. In short, the whole octopus business, like the other delectable illustrations in "Coin's School," is a delusion and a snare. The worst thing that could happen to this country would be the ruin of England. No merchant would look with satisfaction on the ruin of his best customer.

Another favorite argument of the free silver advocates is that England first adopted the gold standard and has grown rich by it, and that, therefore, it must be bad for other countries. Let us note two things in this connection:

First.—England first adopted trial by jury and the writ of habeas corpus. She first enforced the principle of freedom that no man should be deprived of life, liberty or property but by the judgment of his peers or the law of the land. Shall we discard these sacred monuments of liberty because they are of English origin?

Second.—If England has prospered under the gold standard, why not the United States? Certainly no country ever became really prosperous by the ruin of its neighbors. In the great comowwealth of nations the prosperity of one makes trade with all and helps to enrich all.—From Everett P. Wheeler's "Real Bimetallism."

Is a prize fighter and champion in every contest with
RHEUMATIC PAINS
It knocks out in every round, and on its belt is written
"I CURE."

"The More You Say the Less People Remember." One Word With You, SAPOLIO

SHE IS ENGAGED.

The Most Beautiful Woman in New England.

Will Her Sons be Statesmen, Her Daughters Models of Perfect Womanhood.

If the half of what has been said and written of woman's inhumanity to woman were true, the girl would not be living today. According to her own words, it was another woman's letter that saved her life. Good judges who have seen this young lady in the flesh say that she is the most perfect specimen of female loveliness in New England.

She is the embodiment of that type of beauty which springs from within, and cannot be portrayed.

When a girl is engaged she is preparing to make the history of the world. Whether her sons shall be statesmen or day laborers and whether her daughters are invalids or models of perfect womanhood depends chiefly upon the girl herself. And this particular girl considered herself a fit subject for a madhouse less than a year ago.

A HAPPY LIFE.

Through childhood she had been so carefully guarded that she had not known suffering or misery, hardly a moment's unwhispered pain. But suddenly there came to her a terrible revelation of woman's woes in her own soul-racking experience. She found herself afflicted with one of the torturing ailments peculiar to her sex. The agony she endured in silence caused so complete a breakdown in body and mind that she became an object of pity to her friends and a puzzle to physicians. A horrible attack of eczema, which so disfigured her that she was ashamed to show her face, added to her misery. Her case attracted wide attention; medical aid was freely sought here, there and yonder but without avail. Travel, medicine, springs, and health resorts proved futile. It was while in the south, when she had been brought to the verge of human endurance, and when her reason seemed to be swallowed up in suffering that her friends learned how Mrs. J. F. Smith, of Oak-forest, Cleburne Co., Ala., had been rescued from a similar ordeal.

"It was this letter," says the beautiful young woman, "that saved my life," for they induced me to try Dr. Pierce's Favorite Prescription, and his Golden Medical Discovery."

A REMARKABLE RESCUE.

"These remedies rescued me from a helpless, hopeless condition of agonizing suffering from which neither physicians, friends, faith, nor hope were able to rescue me."

Her perfect face, features, and form, tell more forcibly than words, how remarkable that rescue has been.

For the reason here given, the expert surgeons of the World's Dispensary Medical Association, of Buffalo, N. Y., proprietors of the Invalids Hotel and Surgical Institute, at all their correspondence as strictly confidential. No letter ever passes beyond the eyes of the Medical Staff, of which Dr. Pierce is President, and none is ever published unless the writer requests it for the benefit of other sufferers. Women in any position of life may, therefore apply for and receive advice by letter without the least annoyance or fear of publicity.

A mortar composed of brick powder mixed with quicklime is now largely used in France.

After the civil war a flowering plant called the "Japanese clover" sprang up all over the south. Its origin is unknown.

A Cure for Stander.

In Poland it was once the custom to sentence all backbiters to go on all fours and bark like a dog for the space of a quarter of an hour. This mode of punishment was introduced during the reign of Charles V., but it was soon abolished, as it had to be applied so frequently that his majesty's rest was disturbed, for the barking went on all the forenoon while the courts were sitting.

World's Fair 1 HIGHEST AWARD.

IMPERIAL GRANUM

Always WINS HOSTS OF FRIENDS wherever its Superior Merits become known. It is the Safest FOOD for Convalescents!

Sold by DRUGGISTS EVERYWHERE!
John Carle & Sons, New York.

The Crisis.

What is a crisis? This depends upon the person to whom it comes. In God's providence a crisis is a new opportunity which brings out the reserved forces that were before unknown. As a striking example, note the war of the rebellion. Men who had previously amounted to little were aroused and became self sacrificing soldiers and heroes. Manhood and womanhood will show itself.—Rev. M. Butler.

Grace before Meat.

There's a difference between being full of thanksgiving, and being full of Thanksgiving dainties. But the one thing generally leads to the other. How can it be helped when the turkey is so good, and the pie so enticing? Here's a helpful hint. For that full feeling after Thanksgiving—take a pill. Not any pill, mind you. There are pills that won't help you. Take the pill that will. It's known as Ayer's Pill—and it's perfect. It is sugar-coated, pleasant to the palate, and its operation, like that of nature, is effective and without violence. Keep this in your mind if you want to enjoy the holiday season: Grace before meat, but a Pill after Pie.