

GRACEFUL MOTIONS.

A WOMAN'S ACCOUNT OF HER FIRST LESSONS IN DELSARTE.

A Vivacious Description of Interesting Scenes in the Class Room Where Beauty Learns to Move with Grace and Liableness—Sitting and Walking.

"So you, too, belong to the Delsarte discipline class?" I heard a man say to a pretty woman at a dinner.

"Pray, how do you know?" with a slight lifting of the eyebrows and a suspicion of a blush.

"From the manner in which you sat down at table, then took that olive and now nibble it. You are unconsciously conscious of a new mannerism in which you are not perfect, but which you practice whenever you remember to do so."

"Oh, yes, our spirited little informant was quite willing to 'give the whole snap away,' with illustrations too."

"You all laughed at the manner in which I took an olive. Now I'll show you the difference between the old way and the new. 'Marry,' turning to her hostess, 'just help yourself out of that dish.'"

"Mrs. B.—put her hand straight out to the dish, captured the olive and drew it straight back to her mouth, evidently believing that the shortest distance between two points is the straight line that joins them."

"Old but that is too awful," shrieked the Delsartian. "Now watch me."

"The little hand was poised, the wrist moved slowly downward in gentle curves, the finger tips touched the olive like butterfly on a rose, the hand returned to the mouth in an upward curve, the whole motion describing a parabola, and with the slightest turn of the wrist olive met its fate."

IN THE FAR NORTH.

Remarkable Arctic Voyage of the Steamship Thetis is Unknown Waters.

The next day the Thetis overhauled several whaling vessels, one of which, the Jane Grey, manned her rigging and obeyed for the Thetis, a compliment returned by the Thetis's ship. The Thetis had rescued the Grey in 1888, when the latter had been captured, and the captain of the Grey had resolved always to honor his preserver; to a rule in the Arctic, with the pack only a mile away, the vessel manned her rigging and passed the most stately of marine compliment.

At half past 12 of Sunday, September 8, the Thetis, standing westward, sighted Herald Island, high, gloomy and forbidding—a little, inaccessible rock in the middle of the great Arctic ocean. Ten years before, almost to the day, the Thetis had been caught in the ice where the Thetis was sailed free; not a trace of ice was visible now, the high rock bore but little snow, and the Thetis plunged along within two miles of what, until within a few years, had been deemed an outlying spur of a vast Arctic continent, so seldom had it been seen.

Still westward steamed the Thetis, and as gloomy Herald Island sank behind her gloomier Waagel Island rose before her—like Herald Island, believed to be an outpost of an unknown continent. The island stood itself up plainly, Berry's Peak towered aloft as the Thetis drew near, grander and more gloomy than ever, in the dusk of an autumn day.

There were no sails in sight, and Captain Steukton determined to put about, more than satisfied with the trip, he had made—Herald Island and the Thetis had been in sight for thirty days. Never before had such a voyage been made.

So the Thetis turned eastward again, leaving the great, lonely island behind her, and the land sank slowly back into the ocean whence it had risen, and the sea again lay flat and the moon came up; and from the land of ice the Thetis steamed southward, out of the frozen ocean, into a hand-to-hand struggle with the powers of the Arctic, and door of deeds that no vessel ever before had done.—Robert Gordon Ingham in Scribner's.

An Angel in Disguise. If the workers of our employees were to take the trouble to inquire a little closer into the domestic lives of the men employed by their husbands this world would be a far brighter one for many a hard working woman who looks her trouble in her heart and wipes away the only outward traces of it with her apron. I know of an employer whose wife interested herself in the lives of the people in his store so that she ascertained the birthdays of their wives, their children and even the wedding days. It was done so quietly and so secretly that none suspected her purpose, but now on each festive day in those fifty odd families there comes some pleasant remembrance. It is never the same, but always something that is just needed in that family at that time.

Every six months those husbands find a little difference in their salary envelopes. At Thanksgiving a splendid bird goes to each of the houses in the employer's name, at Christmas time the hand of the wife is visible. Now that is practical charity. God only knows how many burlesks that one woman has made among her many lives she has made brighter. None of the women whose paths this one woman has so pleasantly smoothed has ever seen her! To her she is like an invisible angel of goodness, but many are the silent prayers that go up in those fifty homes for her gentle consideration of others.—Edward W. Bok in Ladies' Home Journal.

Two Kinds of Walks. Look at the methodical walk of the serried mass of clerks and others in a position more or less dependent. They are slaves to the clock, and to the routine to which their daily hours are devoted. Do they not wonder at all? And what may they be? They are alike—at least in so far as they are integers to help forward the routine business work of the world. Their very steps seem to say: "I am one of those who have to be here at such and such a time, and there at such a time. I must not delay. I must do as my work." It is the same with soldiers. They, too, are like so many spokes in a great wheel. In sweet contrast there is the self-made man. He may have been a clerk like others in his younger days. If so there is a touch of it still in his gait. But there is a difference. He has developed into a man of the first water. He holds his head high so that all may look at him, and if they will follow an example may model themselves upon him. "Behold me!" he seems to say. "I am what I have made myself. Did you ever see anything so remarkable?"—All the Year Round.

The First Worsted Mill.

It is now just 100 years ago since John Sugden crossed over from Haverhill and settled at Dookroyd. That was an important period in the commercial history of our country, for the great discoveries of Hargreaves, Wyatt, Arkwright and others, followed by Watt with his improved steam engine, went about to effect a complete revolution in our industries, and about that time was laid the foundation of the trade which had done so much for that valley. It might be said that that district had been the very cradle of the mechanical spinning of worsted.

Mr. John Sugden employed about half a dozen hand combers, and used to send his tops into the hamlets or the farm houses of the district, where the good wife's shuttle could then be seen merely flashing through the loom.

The manufacturers at that time carried many of their pieces to the Halifax Piece Hall. In the year 1806 a great event took place in that village by the founding by John Sugden of Providence mill, and terror was struck into the hearts of the hand spinners, who feared they would lose their occupation, by the founding of a factory to spin two shillings and strong girls one shilling and six pence per week. Mr. Sugden began with three spinning frames of probably sixty to eighty spindles each, and from that time the firm had steadily progressed.—Interview in Manufacturer.

Fact and Imagination. When man knows in part he is eager to know in full. He is sure to make effort to know. His mind works from the known toward the unknown by varied processes. He reasons. He traces analogies. He imagines. He adds surmises to his certain knowledge, which he found about in the air of the world he lived in, that people forgot how much reality had place in the works of his genius. When Schillermann began to unearth the facts of marble, bronze and gold buried in Greece and Asia Minor everybody was surprised to find so much in the fable and the Odyssey that may be called history.

Sir Walter Scott has put his own dream power into the ancient times of which he wrote. One who reads him needs a well schooled critic and interpreter at hand to distinguish between the historical facts and the creations of fancy which the "Wizard of the North" has so bewitchingly blended.—Bishop Vincent in Harper's Young People.

The Music of the Men Eaters. The natives of the New Hebrides who are still addicted to the practice of anthropophagy, form a curious study. Nothing is more curious than their musical instruments. These consist of hollow tree trunks containing apertures connected by a vertical slit. These trunks are ornamented at the upper part with sculptures representing heads, feet, war clubs and ships. By striking each of them with a stick, the natives produce sounds resembling those of the tomtom. They perform their dances to the sound of these instruments, after having besmeared their faces with red and black.

They have also three other musical instruments—a sort of trumpet made of a shell perforated at the side or extremity; a syrinx with six or seven or eight pipes, from which they sometimes obtain harmonious sounds, and a long flute perforated at the lower extremity, and consisting of a single piece of bamboo with three holes and a mouthpiece. These instruments are used only within doors to amuse children.—New York Ledger.

A Colorado Man's Queer Superstition. Mr. Daily remarked, when the subject of superstition was introduced in some inexpressible manner, that he was most forcibly reminded of that old saw, "When the house is black, the devil is well; but by a visit to a town not a thousand miles from Denver, where lives a well known public character, a man of immense wealth, who started the town by building a beautiful and costly stone residence. Upon the granite fence which surrounds the spacious grounds, he has caused to be carved in bold and ornate letters the following inscription: "The granite portals of the portals do not overlook a beautiful bronze gate, such as one might imagine there would be there. The owner has a gate of rough pine planks, and not for architectural effect. It looks very much like a makeshift for a door in an unfinished house. The eccentric rich man says that as long as he refrains from finishing that gate just so long the house will be kept from before his door.—Chicago News.

WOMEN WHO SUFFER Pain each night, can find relief from CUSHMAN'S MENTHOL INHALER. It regulates and restores the monthly flow, and cures all nervous ailments, such as Headache, Neuralgia, Rheumatism, Catarrh, Inflammation, Ulceration and kindred troubles. For those about to become mothers, it is a priceless boon, for it lessens the pain and peril of childbirth, shortens "labor" and the period of confinement, and promotes the production of an abundance of nourishment for the child. THOMAS THIELWALL, of Rochester, Pa., says: "I cannot sufficiently express to you my gratitude for the benefit your favorite Preparation has conferred upon my daughter. It is simply marvelous." It is into my suffering no pain whatever. Endorsed by the HIGHEST MEDICAL AUTHORITY CUSHMAN'S MENTHOL INHALER. HAVE YOU CATARRH HEADACHE NEURALGIA? It cures all these ailments. In pocket, ready to use on the first indication of cold. Contains U.S. Patent No. 430,000. Price, 50 cts. Trial free. Registered mark. Beware of cheap imitations. Address as above. BALM FOR SORES. Dr. Mott's. For sale by Matthews Bros. and John H. Phelps.

What is CASTORIA. Castoria is Dr. Samuel Pitcher's prescription for Infants and Children. It contains neither Opium, Morphine nor other Narcotic substance. It is a harmless substitute for Paregoric, Drops, Soothing Syrups, and Castor Oil. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers. Castoria destroys Worms and allays feverishness. Castoria prevents vomiting Sour Curd, cures Diarrhoea and Wind Colic. Castoria relieves teething troubles, cures constipation and flatulency. Castoria assimilates the food, regulates the stomach and bowels, giving healthy and natural sleep. Castoria is the Children's Panacea—the Mother's Friend.

Castoria. "Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children." Dr. G. C. O'Connor, Lowell, Mass. "Castoria is the best remedy for children of which I am acquainted. I hope the day is not far distant when mothers will consider the real interest of their children, and use Castoria instead of the various quack nostrums which are destroying their loved ones, by forcing opium, morphine, soothing syrup and other hurtful agents down their throats, thereby sending them to premature graves." UNITED HOSPITAL AND DISPENSARY, Boston, Mass.

Castoria. "Castoria is so well adapted to children that I recommend it as superior to any prescription known to me." H. A. Archer, M. D., 111 So. Oxford St., Brooklyn, N. Y. "Our physicians in the children's department have spoken highly of their experience in their outside practice with Castoria, and although we only have among our medical supplies what is known as popular products, yet we are free to confess that the merits of Castoria has won us to look with favor upon it." ALLEN C. SMITH, D.V.M., The Centaur Company, 71 Murray Street, New York City.

TRY THE TROLLEY SOAP. For Washing Clothes CLEAN and SWEET. It LASTS LONGER than other Soaps. Price FIVE CENTS a bar.

P.P.P. Pimples, Blistches and Old Sores. Catarrh, Malaria and Kidney Troubles. Are entirely removed by P.P.P. Prickly Ash, Poke Root and Potassium. Makes Marvelous Cures in Blood Poison, Rheumatism and Scrofula.

MANHOOD RESTORED. NERVELESS. This wonderful remedy guaranteed to restore all nervous diseases. Restored Manhood Pills. DR. MOTT'S NERVELESS RESTORED MANHOOD PILLS.

SEXINE PILLS. RESTORE LOST VIGOR. New discovery! Will brace you up a week. Bold with WRITERS. For sale by C. M. HARRIS, Druggist, 127 Penn Avenue.

Complexion Preserved. DR. HERRA'S VIOLA CREAM. Remove Freckles, Pimples, Redness, etc. For sale by Matthews Bros. and John H. Phelps.

WIFE CANNOT SEE HOW YOU DO IT AND PAY FREIGHT. BLOOD POISON. For sale by JOHN H. PHELPS, Pharmacist, cor. Wyoming Avenue and Spuce Street, Scranton, Pa.

BUSINESS AND PROFESSIONAL. DR. G. EDGAR DEAN has removed to 1015 Spruce Street, Scranton, Pa. J. H. A. J. CONNELL, Office 911 Washington Avenue, corner Spruce Street, over Franco's drug store.

DELAWARE AND HUDSON RAILROAD. Commencing Monday, July 23rd, all trains will arrive and depart from Scranton as follows: Train will leave Scranton station for Carbondale and intermediate points at 7:30 a.m., 12:30 p.m., 2:30 p.m., 5:30 p.m., 7:30 p.m., 9:30 p.m.

DELAWARE AND HUDSON RAILROAD. Train leaves Scranton for Philadelphia and New York via D. & W. R. R. 3:30 p.m., 5:30 p.m., 7:30 p.m., 9:30 p.m.

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CENTRAL RAILROAD OF N. J. LEHIGH AND SUSQUEHANNA DIVISION. Anthracite coal used exclusively, insuring cleanliness and comfort. TIME TABLE IN EFFECT MAY 20, 1894.

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