

ADMIRAL HOPKINS AND THE BLAKE.

The First Visit of the Finest Warship in the North Atlantic Squadron to this Port.

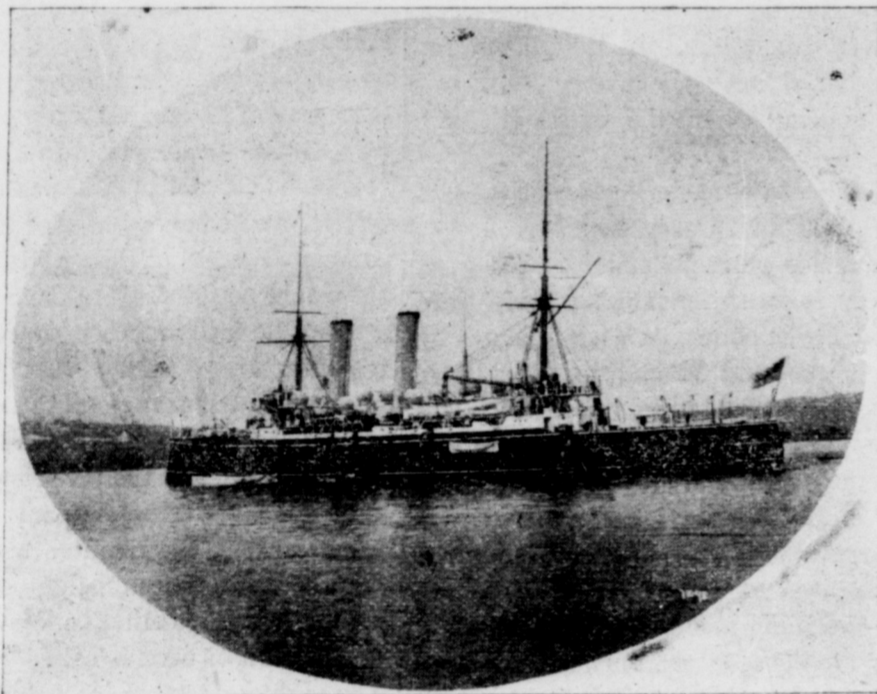
Weather permitting the flagship of the North Atlantic squadron, the Blake, with Admiral Sir John Hopkins on board will appear in the harbor to-day for a first visit to the city of St. John. In connection with this interesting event PROGRESS reprints a good portrait engraving of the admiral that was obtained upon his arrival at Halifax



ADMIRAL SIR JOHN HOPKINS.

last year. An engraving of the splendid warship, the Blake, is also presented which being produced from an instantaneous photograph taken at an unfavorable day, is not so clearly defined as might be expected.

The Blake was the best of the English warships that represented the navy in the recent naval review in New York, and the praise showered upon the vessel and the cour-



THE BLAKE.

teous and genial admiral, Sir John Hopkins, filled columns of the American press. In this connection nothing was so marked as the tribute paid to the gallant Englishman by that thoroughly anti-British newspaper, the New York Sun.

The Blake will remain a few days in the harbor, and thousands of people will, no doubt, avail themselves of the opportunity to visit the ship.

WHAT TO EAT IN SUMMER.

It is a Common Mistake to Reduce the Diet to a Very Low Point.

One of the commonest mistakes of house-keepers is to reduce the bill of fare in summer to such moderate dimensions that it fails to fill the demand of the system for good and wholesome nourishment. It is true that the appetite flags at this season, and that the average individual feels very little desire for elaborate food. At the same time the system is apt to be weak from the oppressive effects of the weather, and there is need for a stimulating tonic diet to keep up the strength.

The summer diet should not be reduced in quantity, but changed in quality. Heavy dishes containing animal fat and spices, like plum puddings, rich meats like pork, or even roasts of beef or mutton, are not in keeping with sultry weather. On the other hand, light soups, broiled meats, green salads, and the fresh vegetables and fruits of the summer season offer a delightful array of suitable food. Delicate fricassees, meats fried in batter, croquettes, and dainty rechauffes of various kinds are all acceptable on a summer's day, the popular idea that spiced or highly seasoned dishes belong exclusively to winter days is contradicted by the popularity of curries and other spiced dishes in tropical climates. The truth of this matter is that peppery-spiced dishes are not heating to the blood, as popularly supposed, but stimulating to the stomach; and in the summer the digestion needs just such a stimulant, always provided it is used in reason and in moderation.

Another mistake is to serve cold meats and iced soups on the summer dinner-table. Such dishes are much more difficult to digest than when they are well heated. The reason for the use of catsups and mustards on cold meats is founded on rules of sound hygiene. The mustard and catsup assist the system in the comparatively difficult work of digesting the cold meat. If the meat is warmed up and served in some appetizing manner, with some piquant relish, it is much more wholesome in summer as well as in winter. Rich, nourishing soups, without the suspicion of grease in the composition, should appear regularly on the dinner-table in summer as in winter. Such soups are valuable because of their stimulating powers, and enable the system to resist the ravages of the fevers and other diseases that are so often prevalent in summer.

There is no tonic equal to wholesome

food though the requirements of individuals differ. While some people exist in the most perfect health on a vegetarian diet, others suffer from it; and still others require a highly stimulating diet of meat. This depends somewhat on the climate, but more upon the individual habits of life and the amount of exercise one takes in the open air.

THE REAL CULPRIT.

How the Official Secrets of the Russian Army Looked Out.

The Emperor Nicholas very often took the management of affairs into his own hands without consulting the Ministers, acting in all respects the part of a genuine autocrat, though, alas! unable to control himself, his war-like propensities getting the better of him. One day he mobilized the army on the Turkish frontier without taking Nesselrode into his confidence. Nevertheless, the news became the town's talk, at which His Majesty was highly indignant. The scene which afterward transpired between him and his favorite, Prince Orloff, the general in command of the Third Division, might have found a fitting place in a comedy.

"Why have I got a police force?" the monarch passionately exclaimed. "Your Majesty ought to know best." "Quite right, only I fail to see what good it is. And if within twenty-four hours you cannot name the traitor who has divulged the secret of the mobilization of the fourth and fifth army corps, you shall be cashiered."

With great composure the Prince replied: "My police is so well organized that it need not take me twenty-four hours to name the traitor." "Then you know him—you have discovered—"

"I know quite sufficient, sire, but I cannot reveal it except at the express command of the Emperor."

SOCIAL AND PERSONAL.

HAMPTON.

Aug 1.—Mr. and Mrs. D. Breeze and family, of St. John, are summering here, the guests of Mrs. Campbell. Miss Margaret Stephenson and her niece Miss Christie, were in town over Sunday. Mr. and Mrs. James H. McAvity are spending a few weeks with Miss Cochran. Mrs. Geo. E. King, Mrs. H. A. Austin and Miss Eaton, were the guests of Mrs. H. D. McLeod at "Ashholm" on Saturday. Miss Nellie Whitehead, of Fredericton is visiting her aunt, Mrs. F. E. Whelpley. Mr. Clement H. McCully was the guest of Mr. S. Hayward on Sunday. Mr. and Mrs. Phillip Palmer, and Miss Bartlett, returned on Saturday from their visit to the North Shore. Miss Maxwell of Bear River, and Miss Mabel Barlow of St. John, are visiting Mrs. H. C. Frost. Mr. and Mrs. Edward Manning and Miss Manning are occupying Mr. Cecil Marell's residence near the station, where they will spend the remainder of the summer. Miss Minnie Travis has gone to Boston. Mrs. A. B. Smith and family of the North End, are visiting her father, Mr. Samuel Frost, at Lower Norton. Miss Katie Thorne is spending the week with her aunt, Mrs. P. W. Snider. Mr. I. Edgar Golding and family are rusticating at Nauwigwank. Miss Flewelling is visiting friends in Fredericton. Mr. Frank Hollis and Mr. Charles Knodell of St. John, were in town last week. Rev. John deSoyers, Mrs. deSoyers, Hon. Geo. E. Foster and Mrs. Foster were the guests of Mr. and Mrs. H. D. McLeod for a day recently. Mr. W. C. Whittaker spent Sunday with his brother, Mr. E. L. Whittaker. Mr. Joseph F. Merritt and Miss Hattie Frost spent Sunday with Miss Frost's brother, Mr. Charles Frost, across the river in Lower Norton. Mr. P. W. Snider is on a business trip to Cape Breton. Miss Kittie Travis is spending a few days at Oak Point with Mrs. C. E. Macmichael. Mr. Hiram F. Finley and family are spending the summer at Quispamsis. Mr. and Mrs. Mott, of Boston, who were here for a few days, have left for home. Dr. James Manning spent Sunday in Hampton. 10.

HAMPTON STATION.

[PROGRESS is for sale at Hampton Station by T. G. Barnes and Geo. Frost.]

JULY 31.—The Misses Peters gave a very enjoyable party on Thursday evening. Dancing was the chief feature of the evening. Among those present were—Mr. and Mrs. Ernest Whittaker, Mr. and Mrs. Geo. Wilson, Misses Jean Sprague, Ada Brown, Eva Ritchie, Lulu McAvity, Edith Peters, Edith Stewart, Tad Patton, (St. John), Fannie Fairweather, Bly Fowler, Millie Stewart, Louise Stewart, Alice Wedderburn, Kittie Travers, Louise Stey, Mabel Jordan and Ella Barnes; Messrs. Steve Ritchie, Fred Sprague, Ernest Fowler, Ralph March, Thomas Stewart, Will Stewart, Fred Wedderburn, Will Brown, Cecil Travis, Frank Titus, Warren Titus, (Bloomfield) Bert Armstrong, (St. Andrews) Frank Humphrey and Percy Humphrey. Some very pretty dresses were worn; among those I noticed particularly were:— Miss Bessie Peters, a very pretty mauve challie; Miss Nellie Peters, pale blue cashmere, lace trimmings. Miss Edith Peters, looked very pretty in a red dress, with silk trimmings, natural flowers. Miss Ada Brown, white lace dress, black silk sash and white flowers. Miss Tad Patton, a very nice white dress, pretty green silk sash. Miss Bly Fowler, cream cashmere. Miss Alice Wedderburn, pretty pink dress, green velvet trimmings. Miss Louise Ostry, a very pretty challie. Miss Ena Ritchie, pink silk waist and dark skirt. Mr. Lee Hageman, of Fredericton, is visiting Mr. George Brown. Miss Patton, of St. John, who has been visiting Miss Brown, has returned home. Miss Minnie Travis left for Boston this week. Miss Nettie Tweedie has returned home. Mr. Bert Armstrong (St. Andrews) is visiting his cousin Mr. Len Peters. Mr. Peter Clinch spent a few days in Hampton this week. Mrs. Whelpley of Fredericton who has been visiting Mrs. Prince has returned home. Miss Nellie Whitehead of Fredericton is visiting her aunt, Mrs. F. E. Whelpley. Miss Edith Peters is spending a few weeks with her friend Miss Ada Brown. The Misses Golding of St. John are visiting Miss Frost. 11.

HAMPTON VILLAGE.

PROGRESS is for sale in Hampton Village by Messrs. A. & W. Hicks. Aug. 2.—Miss Hay, Moncton, is visiting Mrs. John Raymond. Miss Jarvis, St. John, is visiting Mrs. H. D. McLeod. Among the visitors Thursday were Mr. and Mrs. C. P. Clarke, Miss A. Kane, Mrs. McCann, Miss Nellie Delane, Mr and Mrs J. Leonard, St. John; Rev Mr Trimble, Honolulu. Mrs E Ronke and family, St. Martins, are the guests of Mrs Raymond. Mr and Mrs. P. Whittaker, St. John, spent Sunday with Mrs E L Whittaker. Mr and Mrs J Kingston and Master Charles Kingston, Worcester, Mass, are visiting Mrs R H Smith. Messrs J F Merrit and William Nase, St John, spent Sunday here. Mrs John Stratton, Boston, is visiting Miss Clara Stratton. Messrs J M Bostwick, B B Bizard, St John; H H Dryden, Sussex, and T. Taylor, St. John, are visiting Mrs Harvey Frost. Mrs A. Estner, Oldtown, Maine, is visiting her mother, Mrs F A Wheaton. A.

SUTTON.

Aug. 2.—Miss Julia Hamm is spending the summer at Grand Bay. Mr. and Mrs. C. McDonald are visiting Mrs. D. F. Tapley at her summer residence. Miss Lou Hamm who has been spending a week at the Bay Shore returned to her home in Grand Bay on Monday. Miss Addie Betts of Fairville has returned home, after visiting her friends. Mr. and Mrs. F. S. Bonnell and family have taken a house to spend a few weeks here. Mrs. P. P. Clarke and Miss Josie Clarke, who has been visiting Mrs. Sutton, went to the city this morning and will leave for their home in South-burton, Mass, on Thursday. Miss Birdie Stevens of Ottawa is visiting friends here. Mr. W. Clarke of West End spent Tuesday with his brother Mr. James Clarke. Mr. Beverly Stevens of Boston paid a visit here last week. Miss Alice Sutton is spending a few days with her sister, Mrs. G. A. Gregory, West End. Mr. and Mrs. W. Andrews are the guests of Mr. Bonnell. Master Leonard Bonnell left in the schooner Clifton on Tuesday for a pleasure trip to New York. Miss Florrie Sutton was in town on Tuesday.

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Sweet Cream and all the fruits in season, Ginger Ale and Mineral Waters, Choice Butter, Cheese and fresh Eggs, Canned Meats, Vegetables and soups at 32 Charlotte St. from J. S. ARMSTRONG and Bro. Grocers. TYPEWRITERS for sale or to let. We test the leading Typewriters, give any information desired, and sell or let any machine with the privilege of exchanging. Lessons in Simple Short-hand by mail. Snell's Business College, - - Truro, N. S.

GENTS:

Now is your chance to provide for a rainy day.

You can buy a beautiful Macintosh Cape Coat from us for \$5.00, and from that up to \$21.00.

The regular price of the five-dollar coat is eight dollars, and you can buy a fifteen dollar coat at \$8.75.

Only Next Week.

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AGENTS WANTED to sell from fine approval sheets of B. N. A. and foreign stamps Commission from 20 to 50 per cent. Address: THE EXCELLENCE STAMP CO. Box 308, Fredericton, N. B. 5-8-1*

CHINA PAINTING. Miss Whitney will paint for the month of August and September. STUDIO: 67 S. well street. 29-7-11

SUMMER BOARD. Willow Mound, Bay Shore. Comfortable Board at moderate rates. For particulars enquire on the premises, or by letter. Address Miss E. DE-MILL, Carleton Post Office.

RESIDENCE at Rothesay for sale or to rent for the Summer months. That pleasantly situated house known as the Titus property about one and a half miles from Rothesay Station and within two minutes walk of the Kennebecasis. Rent reasonable. Apply to H. G. Fenety, Barrister-at-Law, Pugsley Building. 24-6-11

REMINGTON BICYCLES have every improvement up to date. Learn all about them before ordering your new wheel by sending postal or catalogue to HAROLD GILBERT, 54 King Street, St. John. 17-6-11

A COTTAGE in centre of Rothesay, seven minutes' walk from station; newly papered and painted; suitable for large or small family. Rent moderate. Apply D. RUSSELL, Hawker Medicine Co., 104 Prince Wm. street. 13-5

A SAFE for sale at a bargain. Just the thing for house or office. In use one year when a larger one was necessary for subscriber's business. Particulars at PROGRESS office. 14-11

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VISITORS to the World's Fair at Chicago requiring rooms only, will find ample accommodation and within a block of the street cars going to the Fair grounds. For full particulars address Rooms 737 63rd court, Englewood, Chicago, Ill. For references apply at PROGRESS Office.

FRAZEE'S BUSINESS COLLEGE, 119 Hollis St., Halifax is in session for the evening. Best place to learn Bookkeeping, Business, etc., also Stenography and Typewriting. Send for our circular. J. C. P. FRAZEE, Principal. 11

BOARDING. A FEW PERMANENT or commodious, Transient Boarders can be accommodated in large and pleasant rooms, in a very centrally located house, 78 St. John St. Mrs. McINNIS. May 2

Grand Excursion.

The Best offered in St. John.

Via International Steamship Line, Frontier S. S. Line and Shore Line Railway.

Eastport, St. Croix River, St. Andrews, Calais, St. Stephen, St. George and Lepreaux.

Tickets for round trip good for Eight Days, with liberty to stop over, Only \$2.50.

The route is as follows: The International Steamship Co., thence up the picturesque and historical St. Croix river to St. Andrews, Calais and St. Stephen and return to St. John by the Shore Line Railway. Steamers leave St. John daily at 7 25 a. m.; arrive at Eastport at 12 noon; arrive at St. Andrews at 1.30 p. m.; arrive at Calais and St. Stephen at 3.30 p. m.; Express trains leave St. Stephen daily for St. John at 7 a. m.

The trip can also be made from St. John outwards, via the Shore Line Railway, leaving St. John, East, per Ferry, at 1.24 p. m., continuing from St. Stephen to St. Andrews or Eastport by the Frontier S. S. Co. and returning to St. John by the S. S. Co. TICKETS may be obtained from I. S. S. Co. or S. L. Ry. agents; not purchasable on Steamer or Train.

EASTERN STANDARD TIME.

F. H. MASON, F. C. S.

Holder of first class certificates in Chemistry and Metallurgy from the Royal School of Mines, London. Late Chemist and Assayer to The Newbery Vautin (Patents) Gold Extraction Co., Ltd. Assays and Complete Analysis of all Minerals.

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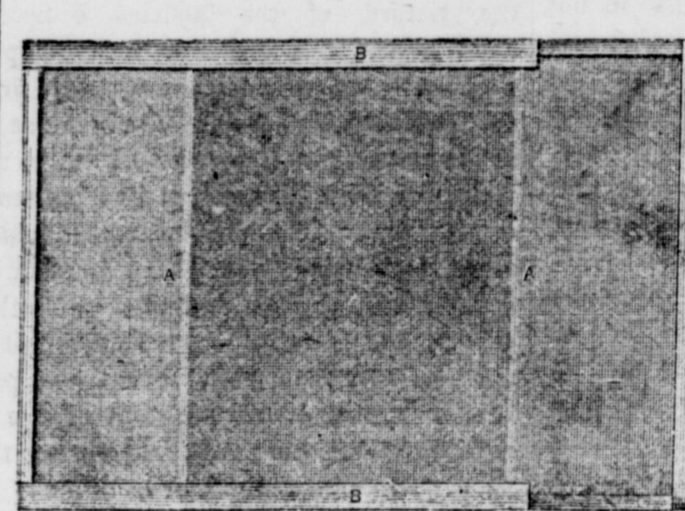
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FOOD WILL NOT BURN IF COOKED ON THIS FIRE MAT. It does away with Milk Boilers. It is Indestructible if properly used.

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By using these SCREENS the Flies can be kept out of the house during THE HOT WEATHER.

THE PRICE IS NOW 40 CTS.

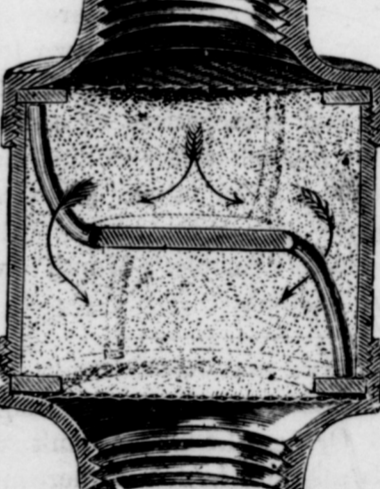
They measure 18x35 and can be regulated to fit any Window.

Emerson & Fisher, 75 to 79 Prince Wm. Street.

P. S.—Wire Cloth, Fly Traps, Wire Dish Covers, and other reasonable goods.

DON'T Drink Dirty Water—always examine it;

Worms, Leeches, Tadpoles, Small Eels, Pieces of Decayed Fish, Worms, etc.; encourage Typhoid, Cholera, Bowel Diseases or Malarial Fevers—WHEN YOU CAN EASILY AVOID IT!



Get a "PEARL" Filter

and affix it to the faucet from which you take your drinking water and you may have a drink in the dark and know that the water is pure. The usual flow is uninterrupted, so the general supply faucet may be used without inconvenience.

Faucets without any screw threads on them may be fitted with adjustable thread connections designed for the purpose. Cleanse the Filters by simply reversing them.

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