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HOW TO SEE THE ST. LOUIS FAIR.

Practical Hints and Advice for Intending Visitors.

ROOMS AT \$1.50 EACH
USUALLY ALL TAKEN.

Canada's Share in the Exposition.

THE SHEET OF AMUSEMENTS.

(Toronto News.)

Leaving Toronto on the International Limited, a twenty-four hour run, comfortably housed in a through Pullman, brings one to St. Louis. The 800-mile route traverses Western Ontario, Michigan, Indiana and Illinois. While the three States are looking their best, with every prospect of a good harvest, it is not invidious to say that Ontario presents a panorama of rural beauty and fertility finer than that of the trio of States. Our farms seem to be better tilled, the farm houses are more substantial, and the towns present a corresponding degree of prosperity.

The St. Louis Union Station is one of the largest in the United States, and it is at present one of the sights of that city. With the trains of eighteen different railways pouring their loads of humanity from the thirty-two tracks into the vast and smoky cavern; with the babel of voices and the crowds elbowing every which way, the scene is a striking one.

From Station to Fair.

Two methods of reaching the Fair are available from the city: one, by the shuttle trains of the Wabash Railway from the Union Station to the main entrance of the Fair. This takes only fifteen minutes, but the accommodation, in made-over freight cars, detracts from the comfort of the route. The other method is by street car an excellent service landing passengers, after a thirty-minute run, at several different entrances.

The Problem of Accommodation.

Having reached the city and the fair, the subject of accommodation is uppermost in the mind of the traveler. Speaking generally, there is apparently sufficient room accommodation for a very large inflow of visitors, and at prices to suit every purse, from \$1 per night per person up. A number of temporary hotels have been erected near the grounds, in which fairly comfortable quarters may be had, the only question rising in one's mind being the adequacy of the drainage. Along all the trolley routes, hundreds of private houses advertise rooms for which would probably average \$1 per day.

As to meals, one may choose his own price. If a dinner is ordered for example, in the Tyrolean Alps exhibition at the Fair, with its fine music and attractive accessories, the diner must expect to pay accordingly. Many of the stories one hears of overcharges are doubtless exaggerated. Practically all the restaurants—and they are legion—are à la carte, and the ordering there from is an art in itself that requires practice. A good plain meal can be had for fifty cents, but not in the swell restaurants with their accompanying tips. Counter lunches for twenty-five cents are also to be had at many points within the grounds. In the Louisiana building, in the Model City section, a rice restaurant is worth a visit. A delicious brew of tea is obtainable in the Ceylon pavilion, near the Canadian building, and also in the Japanese and Chinese tea gardens on the Pike. Then if one wants to experiment with mysterious foreign dishes, every chance will be given in the Oriental bazaars and enclosures.

Many ask as to the Inside Inn. It is certainly a remarkable hostelry, with a maximum accommodation for 5,000. Unless secured beforehand, the cheaper rooms as advertised at \$1.50 would appear

to be "all taken" all the time, but if the inquirer is willing to pay from \$3 to \$6 or \$7 for a day's shelter, room will probably be found for him.

While the hotel has an obvious advantage in being within the grounds, the crowds of guests and the consequent rush and bustle are not conducive to nerve quiet. I overheard a Chicago lady remark that she felt at the Inside Inn as if she were trying to sleep on the corner of Clark and Madison streets in Chicago in midday.

Transportation Within the Grounds.

The great size of the Fair grounds calls for many means of transportation, for its area is four times that of the World's Fair in Chicago—and Chicago's area was large enough in which to tire people. A well built trolley line traverses seven miles on the outskirts of the enclosure, landing passengers at many convenient points for sight-seeing. There are hundreds of push-chairs, and their frequent use is the best investment the wearied visitor can make. An hour's use of one is a cure for tired feet. They cost 35 cents an hour, or 60 cents if accompanied by a guide.

In addition there are electric trolleys that make a partial tour of the grounds for 25 cents; jinrickshas, electric launches and gondolas, and the half hour sail over the water stretches, for 25 cents, is another valuable investment.

How to See the Fair.

The fair should be seen by method. On one's first visit a tour should be made on the intramural trolley line, with a map in hand, in order to get a general view of the grounds. This is not so easy, for the twistings of the track are fatal to one's idea's of location. One visitor declared that it was only when he had risen in the captive balloon to a height of a thousand feet that he really found out where the line did run.

It is unwise to attempt more than one building at a time, varying the programme by enjoying a band concert or visiting one of the amusement places. The push-chairs are invaluable in inspecting the enormous buildings, especially such a one as the gigantic Agricultural Building, covering twenty-three acres, and involving a walk of four miles if all the avenues are covered.

Canadians should see our own exhibits, as arranged under the direction of Commissioner Hutchison. The court in the Mines Building is one of the most effective in arrangement in the building; that in the Agricultural Building is equally striking, while the novel exhibit in the Forestry Building is clearly its leading feature, not to mention the colony of beavers who work over union hours in woodcutting. The Canadian Pavilion is evidently a popular rendezvous, and is one of the most comfortable rest houses at the Fair.

The Fun of the Fair.

No one need complain of the paucity of amusements and, with few exceptions, they are highly interesting. The Pike is the chief amusement street, a mile long, lined with fifty different shows. Other attractions are scattered throughout the grounds. The Philippine enclosure is well worth a visit, with its exhibitions of native life and character. The reproduction of a section of Jerusalem is wonderfully realistic, as are the other Oriental exhibitions. The leading military spectacle is that of the Anglo-Boer war, in which hundreds of Boers and South Africans took part, including Generals Cronje and Viljoen, and a visit may be made to these tents after each performance.

On the Pike, many will be content to enjoy the Vanity Fair scene on the broad

BOOLS USE WASHES AND SNUFFS

Thinking perhaps they will cure catarrh—but no one ever heard of a genuine cure ever following such senseless treatments. There is just one prompt and thorough cure for catarrh and that is fragrant, healing Catarrhazone, which goes right to the root of the trouble. It destroys the germs, heals the inflamed membranes and cures any case, no matter how obstinate or long standing. "I experimented for years with catarrh remedies but found Catarrhazone the most rational and satisfactory," writes W. J. McEachern of Waterville. "It cured me for all time." For a sure cure use only Catarrhazone. Complete outfit \$1.00 trial size 25c.

promenade—the motley throng, the myriad lights, the glare and glitter, the pandemonium. It is a cosmopolitan scene, for among the crowds mingle stately Navajo Indian chiefs, little E Kimo, turbaned swells from the Cairo and Constantinople shows, pigmies from Central Africa, Tyrolean peasants, Chinese nabobs—all classes and colors of human-kind.

The Fair as a Whole.

It is a great Fair, and big-brained men must have conceived it. It is on an enormous scale; indeed, the chief and only fault is that it is too big. Architecturally, it is a dream of beauty, and in its illumination effects, the scene is indescribably beautiful.

Is the Fair worth the expense and the fatigue of a visit? Yes, and many times over. The world is, in a sense, there, laid at one's feet, and he who visits it, and is not impressed with its greatness or fails to learn anything from its display, that man should himself be exhibited as a freak of nature.

ARE YOU TROUBLED BY SLEEPLESSNESS?

Over Wrought Nerves Cause the Trouble—Build Up, Fortify the Nervous System With Ferrozone—Then You Will Sleep Soundly.

There is probably no remedy that soothes the nerves and drives away those long nights of wakefulness like Ferrozone. Every person whose sleep is restless should take Ferrozone like Mr. J. H. McGaw, who writes from Saskatoon as follows:

"I was bothered with insomnia last summer to such an extent that my health almost broke down. I was frightfully nervous. If it had gone on much longer I would have been a physical wreck. I read about Ferrozone, and concluded it was the sort of remedy I needed. I bought six boxes, and took one tablet with every meal. A change was at once noticeable. I no longer laboured under such great mental excitement, and was able to take things more quietly. Ferrozone improved my digestion, I picked up in spirits and strength, and in a comparatively short time sleep came the minute my head touched the pillow. Ferrozone completely rehabilitated my system, and has made me a different sort of man altogether."

Don't wait until your condition becomes nervous prostration; it's hard to cure. Take Ferrozone regularly and the cause of your sleepless nights will be removed. It always cures insomnia.

Ferrozone is the greatest health-giver, the most valuable tonic, that money can buy. It will bring you lasting strength, vigor and health, at small cost. Only Ferrozone can do this so be sure that no dishonest dealer substitutes something represented as "just as good." No other remedy is so good as Ferrozone, price 50c. per box or six boxes for \$2.50, at all druggists or N. C. Polson & Co., Kingston, Ont.

On the March.

Winnipeg, July 13.—Reports received here from Minitousa, a small village fifty miles north of Dauphin, on the Canadian Northern railway, says the Doukhobors are on the march again looking for Japan.

A bunch of fifty men, women and children camped here last night and started out again early this morning.

Another bunch, numbering 125, is following. They refuse to accept food from the settlers, although they have no provisions. They live on what they pick up along the way.

The wanderers are from the Youstian district.

Birth-marks which mark and mar the outside of the body are a grief to every mother whose children may bear them. But for every child who bears a birth-mark on the skin there are many who bear an indelible birth-mark on the mind. Nervous mothers have nervous children and many a man and woman owes an irritable and despondent temperament to those days of dread when the mother waited the hour of her maternity. The use of Dr. Pierce's Favorite Prescription strengthens the mother for her trial. With strength comes a buoyancy of spirits and quietness of mind, which is one of the happiest gifts a mother can bestow on her offspring. By giving vigor and elasticity to the delicate womanly organs "Favorite Prescription" practically does away with the pain of maternity and makes the baby's advent as natural and as simple as the blossoming of a flower. There is no opium, cocaine or other narcotic contained in "Favorite Prescription."

A SUSSEX LAWYER

Sued for Alienating Affections of a Barber's Wife.

Gloucester, Mass., July the 13.—Fred W. Stockton, lawyer, with heavy property holdings in Cambridge, Malden and the province of New Brunswick, is the defendant in a \$2,000 suit brought by John J. McGuirk, a barber formerly of Sussex, N. B., and Boston, but now of Gloucester.

The allegation is that Stockton has alienated the affection of the tonsorial artist's wife, Florence McGuirk, who is now in Sussex visiting her mother, with her twelve year old son.

The present whereabouts of Stockton are unknown to the defendant and as his property is now in the name of his son, Rollo E. Stockton, as trustee, the latter is involved in the suit. Stockton is said to be making his annual in the vicinity of Sussex. He is about sixty years old but well preserved, while Mrs. McGuirk is 28 years old, handsome, accomplished and bewitching.

To a correspondent McGuirk told the story of his suit.

"I first learned of her relations with Stockton," he said, "after a quarrel between my wife and her sister Hilda, who came to me in a rage and told me about it and that Stockton had furnished the money to fit a luxurious boarding house at 5 Concord Square, Boston. I then employed detectives and learned all about her relations with Stockton and got hold of incriminating letters and after I charged her with it, she admitted everything, but declared she would not leave Stockton, who was willing to give her anything she wanted, even to a Red Devil automobile."

Rello Stockton declares that the suit is a case of blackmail and he will fight any attempt to drag him into the case.

CORNS GROW BETWEEN THE TOES

But can be cured without pain in one day by Putman's Corn and Wart Extractor. This standard remedy never burns the flesh—it is entirely vegetable in composition and does not destroy the flesh. Use only Putman's, it's the best.

Does it pay to taste the exhilaration of feeling one's powers unfold?

Does it pay to know how to take the dry, dreary drudgery out of life?



Young women may avoid much sickness and pain, says Miss Alma Pratt, if they will only have faith in the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months. I recommend it to all young women who suffer from female weakness."—MISS ALMA PRATT, Holly, Mich.

FREE MEDICAL ADVICE TO YOUNG GIRLS.

All young girls at this period of life are earnestly invited to write Mrs. Pinkham for advice; she has guided in a motherly way hundreds of young women; her advice is freely and cheerfully given, and her address is Lynn, Mass.

Judging from the letters she is receiving from so many young girls Mrs. Pinkham believes that our girls are often pushed altogether too near the limit of their endurance nowadays in our public schools and seminaries. Nothing is allowed to interfere with studies, the girl must be pushed to the front and graduated with honor; often physical collapse follows, and it takes years to recover the lost vitality,—often it is never recovered.

A Young Chicago Girl Saved from Despair.

"DEAR MRS. PINKHAM:—I wish to thank you for the help and benefit I have received through the use of Lydia E. Pinkham's Vegetable Compound and Liver Pills. When I was about seventeen years old I suddenly seemed to lose my usual good health and vitality. Father said I studied too hard, but the doctor thought different and prescribed tonics, which I took by the quart without relief. Reading one day in the paper of Mrs. Pinkham's great cures, and finding the symptoms described answered mine, I decided I would give Lydia E. Pinkham's Vegetable Compound a trial. I did not say a word to the doctor; I bought it myself, and took it according to directions regularly for two months, and I found that I gradually improved, and that all pains left me, and I was my old self once more. — LILLIE E. SINCLAIR, 17 E. 22d St., Chicago Ill."



Lydia E. Pinkham's Vegetable Compound is the one sure remedy to be relied upon at this important period in a young girl's life; with it she can go through with courage and safety the work she must accomplish, and fortify her physical well being so that her future life may be insured against sickness and suffering.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.