

STOLE \$16,000 WORTH OF FURS.

Sensational Round-up of the Thieves Near Wallaceburg, Ontario--Were Tanning the Skins.

Chatham, Ont., July 26.—Trapped in their den like rats in a trap three daring fur thieves, busy at the work of tanning the stolen goods, were surprised at their labors and rounded up by the Chatham police in a shack near Wallaceburg last night.

The haul was made by the local police force, assisted by Detective Campeau of Windsor.

It was undoubtedly the biggest criminal round up in this section for many a day.

The prisoners were arrested in the act of tanning \$16,000 worth of stolen furs, which were identified as those which had disappeared after the sensational robbery of the warehouse of Seifer & Son, fur merchants, of Brooklyn, N. Y.

F. Seifer, one of the members of the firm, was present with the officers and identified the goods.

The prisoners, along with the stolen goods, were all brought into Chatham last night.

Those nabbed at Wallaceburg were Jacob Gubitski, Simon Gubitski and Samuel Gubitski, while Samuel Kovinski, a local accomplice of the trio, was arrested in this city during the afternoon.

The arrest reflects great credit on the Chatham police force, who, unaided, unearthed the thieves, whose movements had been too much for the metropolitan police to unravel.

SAINT JOHN EXHIBITION.

NO FANCY FIGURES.

The distribution of over \$10,000 in cash prizes, among the Farmers and Live Stock Breeders of the Maritime Provinces is bound to ensure a full line of entries in these classes. The entries close at regular dates on August 20th; after that date additional fees are enforced. Make your entries at once.

EXHIBITION CIRCUIT.

The circuit of the exhibition starts at St. John Sept. 1st to 8th; Sussex, September 10th to 15th; Chatham, Sept. 17th to 21st; Halifax, Sept. 22nd to Oct. 5th, and Charlottetown Oct. 8th to 12th. These dates permit stock breeders to start their entries at St. John Sept. 1st, and follow the whole maritime province circuit of fair with their choice stock.

DIDA?

Dida—the Mystery of Mysteries—which set New York talking when she appeared at Hammerstein's Big Metropolitan Amusement Hall, will be seen at the St. John exhibition, which opens September 1st and closes September 8th.

NEW YORK HIPPODROME ELEPHANTS.

The biggest amusement feature ever shown in connection with a Canadian exhibition is the general verdict which the announcement of Barlow's trick plunging elephants at the St. John exhibition. These elephants—4 in number—are as far ahead of the best circus elephants as day is ahead of night. Don't miss the St. John exhibition, Sept. 1st to 8th.

OF INTEREST TO WOMEN.

The Woman's Department is only one of the new features of the St. John Exhibition, but it bids fair to be one of the best. A whole section of 4,500 square feet has been allotted in Industrial Hall to the exhibit of Woman's Work, and the woman's work, and the women of the maritime provinces will fill it to overflowing with choice samples of their handiwork. Every lady who is clever with her brush, her needle or at any kind of fancy work, should send a sample of her work to the St. John exhibition which opens Sept. 1st.

A CORRECTION.

In the prize list of the St. John exhibition which opens Sept. 1st and closes Sept. 8th, the separate class for turkeys, geese and ducks bred in 1906 was omitted in error. Such entries should be sent in under Class 51 A, and will be judged as a separate class and cash prizes awarded the amount of the prizes being the same as class 51.

MOTOR BOATS.

The St. John exhibition will have a department of gasoline engines and motor boats, showing the very latest and best styles for pleasure and fishing craft. The Toronto Gasoline and Motor Co., James Fleming & Sons, St. John; E. Leonard & Sons of London and McKeough & Trotter of Hamilton, will be among the heaviest exhibitors in this line, and their exhibits will be a revelation to those who have not followed the progress of Gasoline Motors for Automobiles and water craft.

SHATTERED NERVES.

Made Strong and Steady by Doctor Williams' Pink Pills.

When your nerves are out of order your whole health is on the verge of a break-down. Sudden sounds startle you; your muscles twitch; your hands tremble; your self-control is shattered; your will-power gone. Your headaches; your feet are often cold and your face flushed. Your heart jumps and thumps at the least

DANGERS OF DIETING

UNDERFEEDING LIABLE TO WEAKEN HEART'S ACTION.

Usually Appetite Is a Measure of Health, and the First Sign of Illness in a Man or an Animal Is Loss of the Desire For Food.

Professor Alexander Haig, an English dietary expert, has written from London to the medical fraternity of New York warning Americans against the popular belief that the average man eats too much. He says that the increasing number of deaths from heart failure is largely due to underfeeding.

The notion that science is a more unerring guide than is nature is constantly gaining ground. In the good old days men drank when they were thirsty and ate of whatever they wished until their hunger was satisfied. Now science condemns such foolishness as primitive. It prescribes one glass of water one hour before meals and one glass one hour after meals—no more, no less. If you happen not to be thirsty at those times, no matter, drink that amount anyway. If perchance you are thirsty and would like two glasses you must not yield; it is only nature that prompts you, and nature is an unsafe guide. Or, you may be "abnormally" thirsty at meals; nevertheless do not drink then.

As to our amount of food, we are directed to consume so many grams of the proteins, so many grams of the carbohydrates and so many grams of fat, while we hear learned discourses upon large calories and the supreme importance of exactly maintaining our nitrogen balance—whatever that may mean.

I have purposely not mentioned the precise numbers of grams of the different food elements, for the simple reason that our eminent authorities have not yet agreed upon this important point. All give different figures.

Scientists, however, following the lead of Russell H. Chittenden, Ph. D., L.L. D., Sc. D., have pretty well agreed that the average man eats twice more than he needs. If half his customary amount of food does not satisfy him it ought to, they say, and it will eventually, provided he keeps on suppressing his natural and therefore unscientific instincts.

But just here lies a danger. It is true that one can accustom himself to a much smaller quantity of food than that to which he has been habituated and that eventually he will desire that smaller quantity and no more, but when he attains to this condition his digestive power will have been reduced by one-half. As a result he will lose from ten to thirty pounds in weight; that is to say, his muscles and organs will decrease by so much in bulk and strength. Now, if the heart decreases considerably in strength there will always be danger of its collapse, particularly if it is subjected to any extra strain, as when one runs for a car or rapidly up a flight of steps. Excitement alone may be fatal to a weak heart.

Rigorous dieting to reduce weight is always dangerous. A better plan is to work off the superfluous flesh by exercise. Lack of sleep has a depressing effect on the heart, for during sleep cerebral circulation diminishes, when the blood can devote itself to the rest of the body.

Eating before going to bed, particularly if one is up late, is a good practice, it being most favorable to thorough body repair that the blood at night be rich in nourishment.

Accustoming the digestive organs to a small amount of food results in a decline of appetite, whereas our object should be to increase appetite and thereby strengthen our digestive powers by judicious exercise in the open air or in a well ventilated room.

If the doctrine that a small appetite is preferable to a large appetite be true—and this is what "economy in nutrition" teaches—then open air exercise, which manifestly increases appetite, must be injurious to health. Or why should we exercise to increase appetite if we may eat only so much?

The notion is wholly absurd. The first sign of illness in a man or an animal is loss of appetite. And usually appetite is a measure of health.

To build up the heart and muscular system generally we must vigorously exercise the muscles.

It is not enough that one should stuff himself; it is all important that he should desire every morsel he eats, and this he will do only if he undergoes general physical and mental exercise. Food that is ingested, and even digested, will be absorbed only by those organs that need it—that have been exercised. This fact explains why many persons that are good "feeders" are yet inadequately nourished.

If they are brain workers and take no physical exercise their brains absorb what nourishment they need; the rest is excreted.

Magnificent as are the results of brain work we must bear in mind that there could be no result without the co-operation of the body, and that the body in its turn depends primarily on the integrity of its heart, lungs and stomach.

By order, FRED GELINAS, Secretary.

Department of Public Works, Ottawa, July 5, 1906.

Newspapers inserting this advertisement without authority from the Department will not be paid for it. July 12—d31.



A SMART STREET GOWN.

The practical woman prefers to layish her adornment upon the house and evening gowns rather than that to be worn upon the street. The simply trimmed street gown is always more effective and appropriate than others of a more fussy nature. The dress portrayed is remarkably trim and smart looking, being full of refinement, neither starved nor glittered in design. Narrow tucks, in waist and skirt give lengthening lines which are especially becoming to one of short figure. The fanciful trimming straps of velvet joined by tiny straps of the same suggest a yoke and are just sufficient to "set off" the gown. The narrow cuffs and girdle are also of the velvet. The design is not difficult to create and very attractive. For the medium size 84 yards of 36 inch material are necessary. 42 inches bust measure.

Two patterns—6446—Sizes, 32 to 64—47—Sizes, 20 to 30 inches waist measure.

The price of these patterns is 20c., but either will be sent upon receipt of 10c.

PATTERN DEPARTMENT OF THE FREDERICKSON HERALD.

Please send the above mentioned pattern, as per directions given below, to

Name..... Street.....

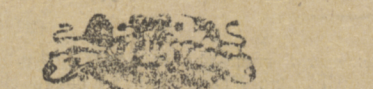
No..... Town..... Province.....

Measurement—Waist..... Bust.....

Age (if child's or miss' pattern).....

CAUTION.—Be careful to send size of pattern wanted. When the pattern is sent measure you need only mark 32, 34, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When miss' or child's pattern write only he figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than three or four days from the date of order. The price of each pattern is 10 cents in cash or postal order or stamps.

Man carries under his hat a private theater, wherein a greater drama is acted than is ever performed on the mimic stage, beginning and ending in eternity.—Carlyle.



Sealed tenders addressed to the undersigned, and endorsed "Tender for supplying Coal for the Dominion Buildings," will be received at this office until Thursday, August 16, 1906, inclusively, for the supply of Coal for the Public Buildings throughout the Dominion.

Combined specifications and forms of tender can be obtained on application at this office.

Persons tendering are notified that tenders will not be considered unless made on the printed form supplied, and signed with their actual signatures.

Each tender must be accompanied by an accepted cheque on a chartered bank, made payable to the order of the Honourable the Minister of Public Works, equal to ten per cent. of amount of the tender which will be forfeited if the party tendering declines to enter into a contract when called upon to do so, or if he fails to complete the work contracted for. If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

By order, FRED GELINAS, Secretary.

Department of Public Works, Ottawa, July 5, 1906.

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WHAT

Fruit-a-tives

OR "FRUIT LIVER TABLETS"

ARE

Fruit-a-tives are the marvels of modern medicine. They have accomplished more actual cures—done more good to more people—than any other medicine ever introduced in Canada for the time they have been on sale.

Fruit-a-tives are fruit juices. They are nature's cure for

- CONSTIPATION
- BILIOUSNESS
- BAD STOMACH
- DYSPEPSIA
- HEADACHES
- IMPURE BLOOD
- SKIN DISEASES
- KIDNEY TROUBLE
- RHEUMATISM
- IRRITATED HEART

Fruit-a-tives are the juices of apples, oranges, figs and prunes. These juices are concentrated—and by a secret process, the juices are combined in a peculiar manner. This new combination is much more active medicinally than fresh juices—yet so perfect is the union that Fruit-a-tives act on the system as if they were in truth a natural fruit, medicinally stronger than any other known fruit.

To this combination of fruit juices, tonics and internal antiseptics are added, and the whole made into tablets.

These are Fruit-a-tives—sold everywhere for 50c a box or 6 boxes for \$2.50. FRUIT-A-TIVES LIMITED - OTTAWA.

Matrimony.

Matrimony resembles a pair of shears, so joined that they cannot be separated, often moving in opposite directions, yet always punishing any one who comes between them.—S. Smith.

F. St. John Bliss,

Barrister, Notary, etc.
Offices—Orange Building.
Entrance—Carleton street.

COAL

ALL KINDS

Now in stock.

Hard and Soft Coal

P. FARRELI

"King of Patents" Flour

"KING OF PATENTS" will always make Good Bread

G. T. WHELPLEY

310, Queen Street, F'ton.

Fire, Life, Health and Accident Insurance

Jasper A. Winslow,
Opp. Normal School,
Queen Street, Fredericton.

Spring Millinery

A Large Assortment of Spring Millinery at

Miss Williams
Opposite Officers' Square.

Work done at the lowest figure.

WATCH THIS SPACE

S. KERNER,

The Store of Satisfaction.

Bargains in Infants' Hoods.

Hoods in Muslin and Hamburg, from 25c. to 95c. to be cleared at 15c. and 25c.

Duck Tans

from 25 to 65,
for 15c. and 25c.

The Balance of our TRIMMED MILLINERY at
HALF

MISS MORGAN,
YORK STREET.



ROBT. B. ADAMS
Above the Herald Office. Tel. 130.

INTERCOLONIAL RAILWAY

On and after Sunday, June 24th, 1906, trains will run daily (Sundays excepted) as follows:

TON.
No. 303 Mixed train for Chatham, Loggieville, Campbellton, St. John and Halifax 5.00
No. 301 Express for Montreal, Chatham, Loggieville 17.00
No. 317 Suburban for Marysville 6.15
No. 321—Suburban for Marysville 11.15
No. 323 Suburban for Marysville 15.00
No. 327 Suburban for Marysville 18.25
No. 329 Suburban for Marysville 21.00

TRAINS WILL ARRIVE AT FREDERICTON.

No. 302 Express from Montreal, Quebec, Chatham and Loggieville 12.05
No. 304 Mixed from Chatham Junction, Chatham and Loggieville 16.30
No. 318 Suburban from Marysville 8.15
No. 322 Suburban from Marysville 13.25
No. 326 Suburban from Marysville 18.20
No. 328 Suburban from Marysville 19.15
All trains are run by Atlantic Standard time. Twenty-four hour notation. 24.00 o'clock is midnight. Moncton, June 20th, 1906.

MONEY TO LOAN

On farms and city properties on easy terms. Lowest interest rates to desirable applicants.

SLIPP & HANSON,
Barristers-at-Law,
2, 4, Box 462, Fredericton, N. B.

For 20 Cents

YOU CAN GET A

GOOD HOT DINNER AT

W. A. Lindsay's Cafe

KING STREET.

Give us a call, when in the city. Lunches at all hours.

W. A. LINDSAY

KING STREET.

DENTISTRY.

Maritime Dental Parlor.

J. B. CROCKER, D.D.S.

All Dental Work done by latest and improved methods.

Teeth extracted absolutely without pain. Special attention given to filling and saving natural teeth. Work done at reasonable prices. Hours: 9 a. m. to 8 p. m.

Office—KITCHEN BUILDING
Queen St., Opp. Post Office.

Royal Household Flour

Best for Bread & Pastry

THE GILFILLAN FLOUR MILLS CO. LTD. MONTREAL