

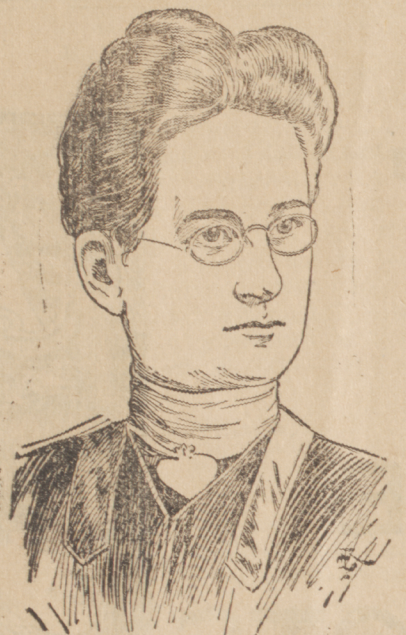
MRS. MARY V. GRICE.

Director Mothers and Children's Building at Jamestown Exposition.

A place where children can run about and play in safety; where babies may be left and carefully tended; where tired women, weary with sightseeing, may rest and be refreshed; where thoughtful mothers may learn things of vital importance to their own and their children's welfare—this is the Mothers and Children's building at the Jamestown exposition. No other exposition has ever had a building like this. It is unique.

The structure is a modest looking affair; but, although a cottage, it is roomy and well fitted up in basement and two stories. A long, broad veranda runs across the north side enclosed in glass windows, which will be opened and removed in hot weather.

The entire management of the building has been turned over by the exposition authorities into the hands of the National Congress of Mothers, which



MRS. MARY V. GRICE.

has appointed Mrs. Mary van Meter Grice of Philadelphia (its national corresponding secretary), to be director of the work.

Mrs. Grice is a clubwoman and church worker. Winsome, able and graceful, she is finely equipped for the position. She was formerly a teacher. Missionary work, religious education, Sabbath observance and the co-operation of school and home are the efforts to which she has given her activities without stint. Her plans for the mothers and children's work at the exposition are very comprehensive. They include day nursery, kindergarten, playroom and pure food luncheon for the children, for whom seven attendants are provided—three kindergarten and four nurses. Admission is free.

The mothers have a separate section at the east end of the building. A reading room with books on child training, a rest room and an assembly room are provided. Daily conferences are arranged when experts will deliver addresses, followed by discussions. The different state presidents preside at the building for a period each during the season, and special days are set apart for observance by each state.

Make Yourself Comfortable.

One of the first rules for warding off nerve storms is to make oneself as comfortable as possible when at work; a second is to ignore what one cannot have; a third persistently to push aside unpleasant recollections and to take up some vigorous exercise or to sing and sing until the tendency has fled.

Very often when sewing a woman will sit in a chair two inches too high for her, just enough to necessitate a strain upon the toes and calf muscles. Again, the article most needed will be farthest away. The spool, instead of being placed where it cannot fall, is put upon a little ledge, from which it drops at every opportunity in the most provoking manner. Let us therefore seek first for comfort and convenience. Let us not make anything "do" if better can be obtained.

One way, for instance, of guarding against these sewing troubles is to have a sewing screen. Thus everything is in its wanted place, and ordinary neatness will keep it there. In fact, "a place for everything and everything in its place" is a good rule, even if an old one, for those highly strung individuals who fly to pieces at the least irritation.

The screen mentioned is fully within the capacity of the home carpenter, being simply two painted boards hinged together and supplied with hooks, nails on which to place spools, a spacious bag and two shelves. Its mere possession will ward off many a nerve storm from the busy house mother.

The Ordinary Woman.

The world never heard of her. She never was fifty miles from home. She never wore a French hat or had her hair marcelled.

She couldn't hold a room spellbound by her conversation. She will never write a book or paint a picture or inspire great men to mighty destinies. But—

She is one of the truest heroines that ever breathed. She has been disappointed in the man she loved and loves him yet.

She has nursed him and his children through days and years of tedious illness.

She has borne with poverty and suf-

fered privations and neglect and in every instance done the best she could.

She has worked beyond her strength, early and late, has given all cheerfully and asks nothing in return.

All this she has endured has been borne silently, with no whimpering and no whinings at fate.

And to the very end, though wrinkled and gray in appearance, she has kept sweet and serene in heart and strong in her faith in goodness.

Yes, she is only an ordinary, commonplace woman, and the world is full of her, but wherever she lives there dwells a heroine. She has never asserted herself, it is true, but through self sacrifice she has realized herself and lived the biggest sort of life.

Washing Embroidered Pieces.

It is inadvisable to put embroidered pieces in the regular wash. They should be washed by themselves in a suds made of any pure white soap with warm, not hot, water. Rub the linen as little as possible, but squeeze thoroughly, and when clean rinse in several waters to remove all soap suds. Lay the piece between two linen cloths and squeeze again until most of the moisture has been absorbed. When ironing, put on the board a piece of thick soft flannel and over this a white muslin cloth. Lay the embroidery on this with the right side down, cover again with a piece of white muslin to prevent scorching and press quickly with a perfectly clean iron.

Sickroom "Don'ts."

Don't appear anxious, however great your anxiety.

Don't be unkind of yourself if you are in the responsible position of nurse. To do faithful work you must have proper food and stated hours of rest.

Don't forget that kindness and tenderness are needful to successful nursing. Human nature longs to be soothed and comforted on all occasions when it is out of tune, says Woman's Life.

Don't permit currents of air to blow upon the patient. An open fireplace is an excellent means of ventilation. The current may be tested by burning a piece of paper in front.

For Old Mahogany.

To restore color to mahogany the following preparation has been used with excellent results:

Add half an ounce of alkane root, cut into small bits, to a pint of linseed oil, and when the mixture has stood for a week add half an ounce of powdered gum arabic and one ounce of shellac varnish.

Let these stand in a bottle near a heated stove for a week, then strain. Wash the wood with slightly soapy water, rinse, wipe dry and polish with the preparation, using soft wool or a chamois skin.

Sowing Seeds in Open Ground.

Sowings may be made at intervals of two and three weeks from early May until middle of June for late flowers, sowing early and late sorts. The soil should be rich and well crumbled and with wood ashes, soot or finely pulverized lime dusted in the rows and well mixed in to prevent disease. A covering of thin muslin stretched on short stakes prevents the soil from baking. Keep the ground well stirred, but not deep enough to injure surface roots.

To Save Potatoes.

Wash potatoes thoroughly and then remove a narrow ring of skin right around from top to bottom, leaving the sides covered. Boil or steam the potatoes as usual, and when cooked take off the left on skin. It will be easily done, hardly anything will be thrown away, the nourishment of the potatoes will be retained, and the trouble of paring them will be nil.

For New Floors.

To stain new floors, first brush over with a fairly weak solution of glue and water. When the floor is quite dry, take two ounces of permanganate of potash and dissolve in a half gallon of boiling water. Brush this over the part to be stained. If not quite dark enough, give a second coat. Let it dry again and polish with beeswax and turpentine.

Carefully Chosen Handy Pins.

Too much jewelry or cheap jewelry is in bad taste. But the pin that holds the collar neatly at the back, the little pins for securing the cuffs, if chosen with an artistic eye, can so bring out or heighten the color notes of the dress or hat as to lend an air of individuality and charm to the dress far in excess of their cost.

New Ironing Boards.

Ironing boards have one end covered with zinc, with edges slightly raised at three sides. This serves as an iron stand and saves the laundress the labor of lifting the iron to and from the board every time she pauses to adjust her work—a small thing, it is true, but it tells at the end of a long day.

To Improve Vinegar.

That cider vinegar which is flat and lacks the sharp taste which makes it desirable for pickles or salad may be improved by adding a level tablespoonful of cream of tartar per gallon and then allowed to stand for three or four weeks.

The water in which cabbage or onions have been boiled should be allowed to become cool before it is poured down the sink. This precaution will avoid an unpleasant odor in the kitchen.

Remember that the gravy will not be so apt to be lumpy if the pan is removed from the fire while the thickening is being stirred in.



FOOLED AGAIN.

How an Enterprising Street Fakir Advertized His Goods.

The angular chap in the frayed silk hat and blue earmuffs dashed into the foulest saloon in the district and announced in a stentorian voice:

"Say, you shrimps think you are a whole can, eh? Well, I can just clean up the bunch."

There was a squirming maelstrom of projecting china and handle fists, but the stranger was unabashed. "Come outside," he shouted. "I haven't much use for barrooms anyway."

Of course this intensified the desire to make mincemeat of the challenger, and a score of determined characters rushed through the swinging doors.

And was there a fight? Not a bit of it.

The angular chap smilingly removed his frayed silk hat and began to distribute boxes of a cleaning compound labeled:

"This will clean up a crowd in ten minutes."—Chicago News.

How Trouble Saved Him.

"I like trouble."

"What?"

"You bet I do! It's the only thing in the world that makes me hustle. For ten years I thought I had the rheumatism, an' every other week I used to limp around the house an' groan an' swear till the family had to take to the tall timber, but one night when they were campin' out an' I was all alone with my crutches an' my misery fire broke out downstairs, an' there was no escape but by the second story window."

"And you?"

"Went for it in a hurry! It didn't take me a minute to string three blankets together, tie one end to the bedpost an' slide down! But I was so used to my rheumatism theory it was just all the crowd could do to keep me from goin' back after my crutches!"—Atlanta Constitution.

The Koran.

The Koran consists of 114 suras, or chapters. Each chapter begins, "In the name of the most merciful God."

IT RINGS IN YOUR EARS.

That same cough is everywhere you go, deep and hollow because consumptive. First it was catarrh which could have been cured by Catarrhoxone. Moral, never neglect a cold, never trifle with catarrh, go to your druggist and get Catarrhoxone. It's instant death to colds, cures them in a few minutes. Throat trouble and catarrh disappear as by magic. Catarrhoxone is the great throat, nose and bronchial remedy today. Thoug sands use it, doctors prescribe it, why, because it does relieve quickly and cure thoroughly. Two sizes, 25c. and \$1.00 at all dealers.

INTERCOLONIAL RAILWAY.

TENDER.

Sealed tenders addressed to the undersigned and marked on the outside "Tender for extension of wharf, Dalhousie" will be received up to and including TUESDAY, JULY 2ND, 1907, for the erection and completion of an extension of the present Railway wharf at Dalhousie, N. B.

Plans and specification may be seen at the Station Agent's Office, Dalhousie, N. B., and at the office of the Engineer of Maintenance, Moncton, N. B., where forms of tender may be obtained.

All the conditions of the specification must be complied with.

D. POTTINGER, General Manager.

Railway Office, Moncton, N. B., June 17th, 1907. June 19 d. 10. i.

TIMOTHY

AND

CLOVER

SEED

AT

G. T. WHELPLEY'S

Timothy Seed, Red Alsike and Long Late Clover Seed.

A Large Variety of Garden Seeds, Potato Onions, and Onion Setts, all fresh new seeds.

A Square Deal

Is assured you when you buy Dr. Pierce's family medicine for all the ailments entering into them are printed on the bottle-wrappers and their formulas are attested under oath as being complete and correct. You know just what you are paying for and that the ingredients are gathered from Nature's laboratory, being selected from the most valuable native medicinal roots found growing in our American forests and while potent to cure are perfectly harmless even to the most delicate woman and child. Not a drop of alcohol enters into their composition. A much better agent is used both for extracting and preserving the medicinal principles used in them, viz., pure glycerine. This agent possesses intrinsic medicinal properties of its own, being a most valuable antiseptic and antiferment, nutritive and soothing emollient.

Glycerine plays an important part in Dr. Pierce's Golden Medical Discovery in the cure of indigestion, dyspepsia, and weak stomach, attended by sour rising, heart-burn, foul breath, coated tongue, poor appetite, gnawing feeling in stomach, dizziness and kindred derangements of the stomach, liver and bowels.

Besides curing all the above distressing ailments, the "Golden Medical Discovery" is a specific for all diseases of the mucous membranes, as catarrh, whether of the nasal passages or of the stomach, bowels or pelvic organs. Even in its ulcerative stages it will yield to this sovereign remedy if its use be persevered in. In Chronic Catarrh of the Nasal Passages, it is well, while taking the "Golden Medical Discovery" for the necessary constitutional treatment, to cleanse the passages freely two or three times a day with Dr. Sage's Catarrh Remedy. This thorough course of treatment generally cures the worst cases.

In coughs and hoarseness caused by bronchitis, throat and lung affections, except consumption in its advanced stages, the "Golden Medical Discovery" is a most efficient remedy, especially in those obstructive, hanging-coughs caused by irritation and congestion of the bronchial mucous membranes. The "Discovery" is not so good for acute coughs arising from sudden colds, nor must it be expected to cure consumption in its advanced stages; no medicine will do that—but for all the obstinate, chronic coughs, which, if neglected, or badly treated, lead up to consumption, it is the best medicine that can be taken.

NERVOUS and WEAK

COULD NOT SLEEP AT NIGHT

To the thousands of people all over this land who are tossing on sleepless pillows night after night, or who pace the bedroom floor with nerves unbinged, and to whose eyes sleep will not come,

MILBURN'S HEART AND NERVE PILLS

offer the blessing of sound, refreshing slumber.

They restore the equilibrium of the deranged nerve centres, and bring back the shattered nervous system to perfect condition.

Mrs. Wm. Richardson, Peestypool, Ont., writes: "I take great pleasure in recommending Milburn's Heart and Nerve Pills. I was troubled at times with my heart, felt weak and nervous and could not sleep at night. I have taken several boxes of the pills and am wonderfully improved."

I have recommended them to others and they have found them just what they needed."

The price of Milburn's Heart and Nerve Pills is 50 cents per box or \$1.00 per dozen at all dealers or will be mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SUIT, PANTS or OVERCOAT

Made to order at a moderate

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WALKER BROS.

The West End Tailors

Always on hand, a choice selection of Cloths to select from.

WALKER BROTHERS,

Merchant Tailors, 1st door above the People's Bank.

Cook's Cotton Root Compound.

The only safe effectual monthly medicine on which women can depend. Sold in two degrees of strength—No. 1 for ordinary cases, \$1 per box; No. 2, 10 degrees stronger for Special Cases, \$5 per box. Sold by all druggists. Ask for Cook's Cotton Root Compound; take no substitute.

The Cook Medicine Co., Windsor, Ontario.

Nos. 1 and 2 are sold in Fredericton by all Druggists.



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DENTISTRY. Maritime Dental Parlors.

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All Dental work done by latest and improved methods. Teeth extracted absolutely without pain.

Special attention given to treating and saving natural teeth. Work done at reasonable prices. Hours: 9 a. m. to 8 p. m.

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Dentistry in all its modern branches. Special attention given to the care of children's teeth.

Patients living outside the city can make appointments by mail, and thus do away with an unnecessary delay.

By the use of our improved Electric Light, appointments can be made for any evening.

Lady in attendance. 'Phone 93.

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

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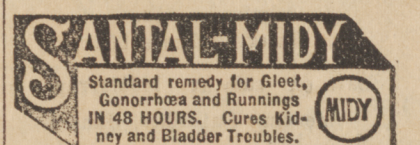
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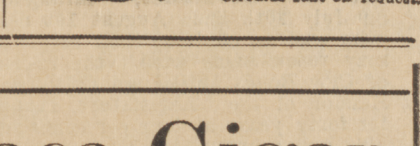
JUNE 5 and 9	To Winnipeg	\$32.00
JULY 3, 17 & 31	Brandon	\$33.55
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	Calgary	\$41.50
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Equally low Rates to other points.

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SANTAL-MIDY
Standard remedy for Gleet, Gonorrhea and Runnings IN 48 HOURS. Cures Kidney and Bladder Troubles.



MEN AND WOMEN.
Use Big 42 for (unnatural) discharges, inflammations, irritations or ulcerations of mucous membranes. Painless, and not astrigent or poisonous. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles \$2.75. Circular sent on request.

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The only Imported Cigar sold at 3 for 25c.



The Flavor of this Cigar is Delicate yet Distinctive.

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