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Mrs. J. T. Skine of Shigawake, Ont., writes: "I have used Burdock Blood Bitters as a spring medicine for the past four years and don't think there is its equal. When I feel drowsy, tired and have no desire to eat I get a bottle of B.B.B. It purifies the blood and builds up the constitution better than any other remedy."

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VARIETY MF'G CO.

The Home

THE SPRING CLEANING.

(By Constance Fuller McIntyre, in 'The Ledger Monthly'.)

The men folk of certain families look upon the perennial spring cleaning as a species of prolonged and aggravated 'washing day,' which stands in their minds, for general discomfort, not only in unpunctual meals carelessly prepared, but in the simultaneous upheaval of the sitting-room and other comfortable nooks in the home. But we are rapidly progressing, if we have not already fully attained thereto as yet, toward a more methodical fashion of managing these matters, greatly minimizing if not altogether doing away with, the need of enduring any discomfort, even if the housekeeper be scantily provided with extra help during the process of spring cleaning.

Though many housewives prefer to do the whole house as quickly as possible, every room being more or less dismantled at the same time, there is a good deal to be said in favor of a gradual accomplishing of the work. A lady I knew used to take one room at a time, waiting sometimes two or three days, as convenient, before attacking another room. In this manner she managed her spring house-cleaning with efficacy and thoroughness, and with very little discomfort to the family.

CLEANING THE PARLOR.

In many houses the parlor is perhaps one of the biggest jobs in house-cleaning, because of the many pictures, curios and fragile ornaments, almost priceless to the possessor as mementoes of friendship and travel, which if broken can never be replaced. These call for special and personal attention, there being very few servants who, even if they had the time, could be trusted to claim them. They should, of course, be all removed from the room before the carpet is taken up, together with all the furniture, which should be thoroughly beaten and dusted before it is removed, unless it be a heavy piano, which should be well covered over.

EXTERMINATING INSECTS.

All insect life is more prolific in hot countries, and therefore it behooves the good housewife, in the bright spring days, to use preventive measures, always more satisfactory than remedial ones. One of the best insect exterminators known is alum water. Put the alum in hot water and boil it until dissolved; then apply with a brush to all cracks or lurking places of the pests. Ants, cockroaches, bedbugs and other creeping things are killed in this way, and not being poison, it has not the disadvantages of being in any way dangerous to use where children are playing about. Little red ants, it is said, will not travel over wool, so that a piece of flannel laid on a pantry shelf will keep them away; branches of sweet fern scattered around also help in this. A good way to catch them is to sprinkle sugar on a sponge, and when it is full of ants drop it into boiling water. A few drops of oil of lavender sprinkled about a bed is a good thing to keep off fleas. Hellebore sprinkled over the floor at night where cockroaches are troublesome will kill those who eat it, and their dead bodies may be swept up in the morning.

CLEANING MARBLE.

Where a marble hearth and mantel piece have become discolored or stained, this may be removed by applying a paste of crude potash and whiting. Let this remain for a little while before brushing off, and then wash the marble with warm water, adding, if it is dirty, a little household ammonia, but no soap. Wipe dry immediately and polish with a piece of chamolais skin.

CLEANING BRASS ARTICLES.

Brass candlesticks, andirons or ornaments which have blackened with neglect,

may be cleaned very easily with oxalic acid—which, by the way, is poison—rubbed on with a flannel rag; they need only a little polishing with chamolais skin after this. I have seen brass so long neglected, as in the case of a memorial slab set into the wall of a church, as to be perfectly black, having the appearance of slate; with very little trouble, oxalic acid restored it to its original brilliancy. In ordinary cases brass can be cleaned and brightened with powdered rotten stone mixed to a paste with turpentine.

CLEANING GLASSWARE.

Glass vases or other vessels which have become discolored or stained can be cleaned with little torn-up fragments of wet newspaper shaken around in them; little old tacks and nails are also useful for this, being preferable to shot, which is often used for cleaning decanters and other glass vessels, because the sharp corners scrape away the stains from the sides. Mirrors and looking-glasses can be satisfactorily cleaned with a sponge dipped in alcohol or spirits of wine, and then dusted over with powdered blue and polished with an old silk handkerchief or soft cloth. Newspaper is also good for polishing both mirrors and windows, especially good quality newspaper. A little washing soda should be dissolved in the water with which windows are to be washed. They can be polished with newspaper or chamolais skin.

CLEANING PAINTED WOODWORK.

Light colored painted woodwork should be dusted lightly with a brush. The great secret in cleaning paint successfully is to do it very quickly and use only a little water, rinsing it as soon as clean in clear water, and letting it dry quickly. The water used may have a little gold dust or similar cleansing agent, dissolved in it. Black painted woodwork can be very easily cleaned and brightened by rubbing with a rag dipped in either kerosene or oil and turpentine. This could also be applied to light paint work if very dirty. The hinges of creaking doors should also be attended to at this time, the defect being easily remedied by applying a feather dipped in oil. This will also ease a stiff lock or door handle.

The anthracite mine workers, in convention at Hazleton on Friday, decided that a special national convention of the United Mine Workers of America be called as soon as practicable for the purpose of endeavoring to have all the bituminous mine workers, both organized and unorganized involved in the anthracite struggle. This would directly affect 449,000 men.

BABY'S OWN TABLETS.

The Best Medicine in the World for Children of all Ages.

Baby's Own Tablets are good for children of all ages from the tiniest, weakest baby to the well grown child, and are a certain cure for indigestion, sour stomach, colic, constipation, diarrhoea, teething troubles and the other minor ailments of children. There is no other medicine acts so speedily, so safely and so surely and they contain not one particle of the opiates found in the so-called 'soothing' medicines. Mrs. R. M. Ness, Barrie, Ont., says: "I first began using Baby's Own Tablets when my baby was teething. He was feverish, sleepless and very cross, and suffered from indigestion. After using the Tablets he began to get better almost at once, and slept better and was no longer cross. I think the Tablets a fine medicine for children and keep them on hand all the time." The Tablets are readily taken by all children, and crushed to a powder can be given to the very youngest baby with a certainty of benefit. Sold by all druggists or sent post paid at 25 cents a box by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y.

For 60 Years

The name GATES' has been a warrant of par excellence in medicine.

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GATES' ACADIAN LINIMENT

has been in public use with ever-growing popularity. All classes of workmen are now recognizing that it is the handiest and best application they can get in case of accident or colds, and the greatest pain killer in the world.

Lumbermen carry it with them in the woods for emergencies.

Fishermen and Miners have discovered that they require its aid. Farmers can get no superior liniment for ailments of horses and cattle.

Householders should keep it constantly on hand for burns, bruises, cuts, colds, coughs, etc.

It should be applied to a cut at once, as it heals and acts as a disinfectant, killing the disease germs which enter the wound. If you have a cold or other use for a liniment, get a bottle at once and you will be convinced that you have got the best. Sold everywhere at 25 cents.

C. GATES, SON & CO.,
Middleton, N. S.

WHERE THE WRENS BUILT.

Two busy little wrens were chattering noisily about the nest they were to build, and where they were to build it.

In their search for a place to build in, they went close to Mr. Norris' house. At the rear of the house is a pump. One of the tiny birds flew into the spout of the pump, then called the other in; and both declared the spout was an excellent place for a nest.

Of course, the foolish wrens did not know what a pump is for. They seemed to think that Mr. Norris' pump was expressly for them to make a nest in. So they began to carry bits of string, and such other things as wrens use for their nests. But they had scarcely more than commenced their work when some one came to the pump for water.

How astonished the tiny birds were when a stream of water poured in upon them! They were angry, too, and scolded loudly. But they could not prevent people from pumping water; and at length the small outlanders concluded that they would be compelled to seek another place.

They ventured into a shed near by, in which many things were stored. Hanging on the wall was an apron, which Mr. Norris sometimes wore when he worked at carpentry. The apron had a pocket, and in the pocket were some nails. The wrens discovered the apron pocket; and straightway they proceeded to build a nest in it.

After one or two days, Mr. Norris wanted some nails; and he reached up to the apron pocket for them, not knowing that a nest had been begun there. Thus he displaced some of the material. When the birds saw what mischief had been done, they were again enraged, and again scolded loudly. However, they did not waste much time scolding. They rearranged the sticks and strings and brought still more.

Yet again Mr. Norris went to the pocket for nails; and though he would not willingly have caused the tiny builders trouble, nevertheless he unintentionally ruined their half built nest.

Several times the persevering little creatures tried to build their nest in the apron pocket; but finally they concluded that even if they should succeed in building a nest there, the place would not be a very safe one for their eggs and for their young birds.

Then they went in search of a better place. In the shed they found an old coffee pot; and into that they carried the material they had collected in the pocket. Ere many days had passed a snug little nest rested in the bottom of the coffee pot. Afterward several tiny eggs appeared in the nest, and, in due time, instead of the eggs, there was a family of young wrens in the old coffee pot.

There they lived and grew; and there, perhaps, the parent birds will rear still more baby wrens next year.—Adelaide D. Wellman in The Sunbeam.

Highest Award Charleston Exposition.

Walter Baker & Co., Ltd., Dorchester, Mass., have received from the Jury on Awards at the Charleston, S. C., Exposition, the highest prize, a gold medal, for the superiority of their Breakfast Cocoa and their plain and sweet chocolates. This makes the thirty-ninth highest award received by this company from the great industrial and food exhibitions in Europe and America.