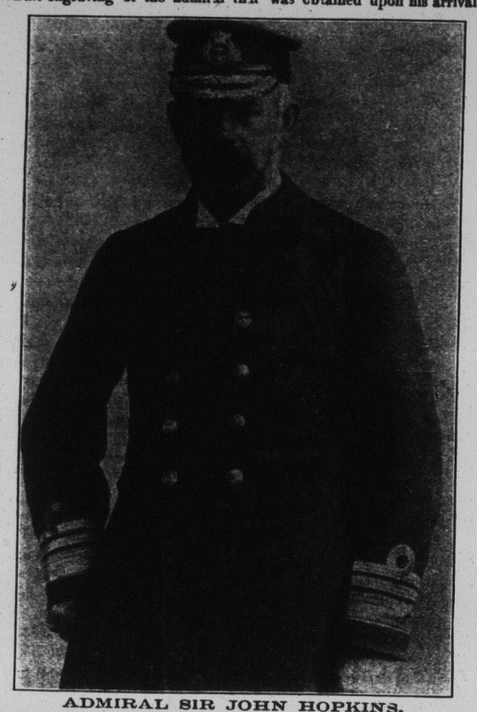
ADMIRAL HOPKINS AND THE BLAKE.

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

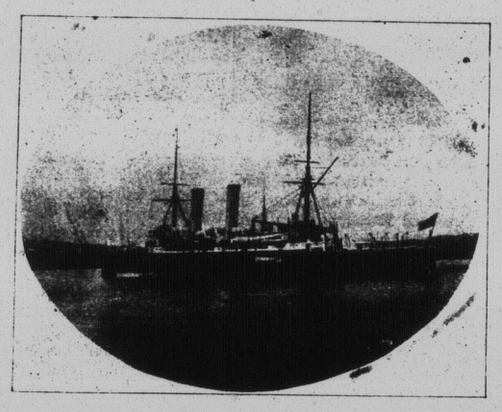
Weather permitting the flagship of the North Atlantic squadron, the Blake, with Admiral Sir John Hopkins on board will appear in the harbor to-day for a first visit to the city of St. John. In connection with this interesting event PROGRESS reprints a good portrait engraving of the admiral that was obtained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

"I command you to do so on the spot.'

"The traitor whom your Majesty inquires after is named Nicholas I., Paslovitch, Czar of All the Russias, who, when conversing in the Empress's drawing-room about affairs of State and military matters in particular, always forgets that each of the Court ladies present has not only a pair of ears, but also brothers, cousins and relatives in the army, to whom she tells everything she hears. And thus every word spoken by the Czar spreads like wildfire through the town."

Of course, the well-informed Chief of the Police retained his post; yet the Emperor continued his practice of thinking aloud at the evening parties given by the Empress.

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 Baton, were the guests of Mrs. H. D. McLeod at "Asholm" 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. Philip 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 March'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. F. W. Snider.

Mr. J. Edgar Golding and family are rusticating at Nauwigewauk.

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.

Io.

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 Spra ue, 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 Otty, Mabel Jordan and Ella Barnes; Messrs. Steve Ritchie, Fred Sprague, Ernest Fowler, Ralph March, Thomas Stewart, Will Stewart, Fred Wedderburn, Will Brown, Creil 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 Otty, 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 Mamie Christie, of St. John, is spending a few days in Hampton.

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. Fred 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.

THIRE.

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 C Leonard, St. John; Rev Mr Trimble, Honolulu.

Mrs E Rourke and family, St Martins, are the guests of Mrs Raymond.

Mr and Mrs. F. 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 Nassé, St John, spent Sunday here.

Mrs John Stratton, Boston, is visiting Miss Clara Stratton.

Messas J M Bostwick, B B Blizard, St John; H H Dryden, Sussex, spent Tuesday here.

Mr and Mrs E Frost, St John, are visiting Mrs Harvey Frost.

Mrs A Westner, 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 Southbridge, 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.

Miss Nellie Clarke has returned home after a visit to Sheffield.

Mrs. W Andrews and Miss Lottie Andrews of New York, are the guests of Mrs. 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.

For Every Day.

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.

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

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SUMMER BOARD, Willow Mound, Bay Shore. Comfortable Board at moderate rates. For particulars enquire on the premises, or by letter. Address Miss E. DEMILL, 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-tf

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Tickets for round trip good for Eight Days, with liberty to stop over,

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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.

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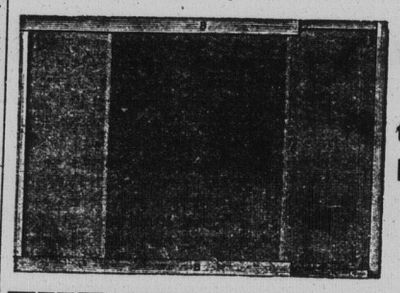

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Faucets without any screw threads on them may be fitted with adjustable thread connections designed for the purpose. Cleanse the Filters by simply reversing them.

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