

BUSINESS NOTICE

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The "MIRAMICHI ADVANCE" having its large circulation distributed principally in the Counties of Kent, Northumberland and Gloucester and Hants, N. B., New Brunswick and in B. N. S. P. and the Provinces of Ontario, Quebec and New Brunswick, offers superior inducements to advertisers. Address: Editor Miramichi Advance, Chatham, N. B.

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WE PRINT—ON WOOD, LINEN, COTTON, OR PAPER WITH EQUAL FACILITY. Compare it with that of others.

Miramichi Advance Job Printing Office CHATHAM, NEW BRUNSWICK.

HEALTH.

PROPER FOOTWEAR.

The month of March is perhaps the most trying period during the whole year. The proverbial sudden changes of weather, and the cold, piercing winds are much more trying than steady intense cold. People who are weakly or who, from any cause are run down should exercise the greatest care in order to avoid unnecessary exposure. If the mischief is done, however, and you feel you have taken a chill, the wise course is to remain indoors and before retiring for the night take a glass of lemonade just as hot as you can stand. The free perspiration which this will cause will generally obviate any evil effects of the chill.

Talking about colds, one is reminded of the old adage, "Keep the feet warm and the head cool." I am afraid that too many people reverse this wise old remark of grandmother's and are negligent about the feet, but careful to keep the head muffled up. Proper care of the feet brings its own reward in the consequent comfort which follows and neglect brings just as certain retribution. Fashion in footwear is blamed for much of the foot trouble. Some people are ever ready to sacrifice comfort for style, but if one gives the matter a little thought both may be combined with happy results.

The campaign against shoes that are too tight has carried so far that many of their wear sizes but could wear four. Now a shoe that is too large is most uncomfortable and will quickly rub sore spots on the foot and cause corns as soon as one that is too small. The best shoes for people whose feet are hard to fit are those made on combination lasts. But even with comfortable lasts the feet cannot be kept in good condition without more regular care than most of us give them. Corns are sometimes constitutional. Where there is such a predisposition much more than ordinary care is necessary to avoid them. In such cases a physician should be consulted, for it is comparatively useless to apply corn medicines without the use of internal remedies to check the tendency to them.

A physician says that corns are often the result of poor circulation. That will be greatly improved by dipping the feet for an instant every morning into cold water and then rubbing them vigorously with a rough towel. If the feet are cold at night rub them with flannel just before going to bed. A poor circulation, indicated by cold feet, is the cause of so many ills that pains ought to be taken to keep the feet warm. Heating them before a fire does not answer the purpose. The blood should be forced into better circulation by standing on one foot and shaking and swinging the other vigorously. Exercise of this kind, together with the cold water treatment mentioned, will not fail to help the circulation.

LONGEVITY RECIPES. "Of making books there is no end," and the same remark is applicable to giving advice. Most people would have been dead long ago, if they had followed everybody's advice in regard to their health, if such a thing were possible. The nice point is how to discriminate, what to reject, what to accept and then we come to this anomaly that the people who will accept advice rarely need it. Most people consider longevity very desirable and innumerable are the instructions which have been laboriously prepared and distributed gratuitously for the benefit of mankind. Most of us read them through, pronounce them good, but—here is where the labor is wasted—but there are a few things we do not just agree with or won't agree with because of conflict with personal pleasure for the time being, and we go on living in the even tenor of our ways till—well! till something happens may be, then we make a "New Year's resolution."

Every abnormality in the shape of strength of arm, of back, of general system is used as an illustration of the virtues of this or that system of exercise or living. It is the opinion of a good many laymen that mankind does entirely too much thinking on the subject of how to live to a ripe old age. Less worry on this point might lead to the desired result.

But there never will be less worry. Even now the list of systems for prolongation of man's days, is being augmented. The very latest suggestion comes from a physician of credit and renown. He thinks that there is a very great deal of benefit or of injury in the wearing of certain kinds of clothing.

According to this authority the wearing of flannel next the skin is immensely injurious to the general run of men and women. Cotton is king, in his opinion. For summer wear he suggests a calico shirt, while balbriggan cotton is his idea of winter covering. The main point of his theory is the necessity of wearing always the same kind of material next the skin, whether this be of linen, cotton or wool.

This advice will be immensely popular in certain quarters, for quite often people with very sensitive skins, especially children, simply abhor the touch of any undergarment which bears any relation to roset mutton. Without going very far from home the writer recollects one who summed up the days of interval between the changing of a flannel shirt with the same eagerness that a condemned criminal counts on his fingers the number of sunsets he will be permitted to see ere he is summoned forth to expiate his crime. On the eventual

morn of wash day he was always late for school, though procrastination was not one of his vices, and when at last he had been arrayed with much difficulty in his "sack cloth and ashes" his countenance was pitiful to behold. But he was delicate and his mother did not wish to lose him. He did not want to die either, but it might be remarked he would rather take chances than wear another flannel shirt. The day of emancipation arrived, however, and cotton flannel was substituted for the objectionable gray flannel.

It is not a fad, it is a condition. Some people are not cursed with tender cuticle, but others are, and they should be considered. When a child is old enough to show very marked objection to wearing any particular material, there is generally a good reason for it, a reason too, which should be respected by the autocrat of the household.

CARE OF THE EYES. Any more important subject on which to write, than the care of the eyes would be difficult to find. The truth of this will be realized if one thinks to look around a little and note how prevalent the use of artificial aids to vision are, even among young people. It may be said with considerable truth that one reason why glasses are so extensively used today is that when people discover that their eyesight is defective, the services of the optician are called in to requisition at once. But why is it that these services are required so much? Normal health conditions prevailing glasses should not be necessary much under fifty. What percentage of our population under 25 years of age require glasses of one kind or another is a disputable point, but a conservative estimate is 40 out of every 100.

As a rule children are born into the world with healthy eyes yet none are exempt from the possibility of infection at birth which is responsible for at least 20 per cent. of the blindness in the asylums, but the greatest of all the causes of impaired vision may be summed up in one word—neglect. The care of a child's eyes should begin long before it goes to school, and many a mother who is kindness itself in everything else sins out of sheer ignorance in respect to the care she bestows, or either does not bestow, on the eyes for whom she would literally go through fire and water. Headaches, for instance, are among the most common complaints of child life, yet how frequently are headaches put down to any but the right cause. As soon as a child has a headache, the mother, if she seems it necessary to consult a doctor at all, sends for the ordinary physician, or puts it down to some thing which has been eaten and has disagreed with the child. Fully 70 per cent. of the cases of headaches, however, from childhood up to the age of 30, are due to the eyes, and it is the eyes and not the stomach, or any other part of the body which should be treated if a cure is to be effected. These headaches are often caused by undue straining of the cords necessary on account of some inherent weakness. It may be that glasses are the only thing necessary to relieve the trouble. When this is found to be the case have the eyes properly fitted at once and years of after suffering may be avoided.

It is now being realized that in the public schools more attention should be paid to the organs of sight and of hearing. Children should be placed in classes according to strength of vision. The near-sighted child should not have to sit with a companion who may be sighted with long range optics.

About the House.

HELPER'S MOTTO.

"Take a little dash of cold water. A little bit of prayer. A little bit of sunshine gold. Dissolved in morning air. Add to your meal some merriment. Add thought for kith and kin. And then as a prime ingredient, Plenty of work thrown in. Flavor it all with essence of love. And a little dash of play; Let the good old Book and a glance above. Complete the well-spent day."

USE OF SALADS. Salads deserve more recognition in the average household than they are wont to receive, say a student of hygiene and an up-to-date cook. Where pure oil is used in the dressing they are a fine nerve tonic. The simple French is recommended in preference to the heavy mayonnaises.

The value of a salad depends upon its ingredients and the skill with which they are combined. Fish, meats of all kinds, vegetables, fruits, and nuts are palatable dressed as salads, and should be very cold when served. There are three styles of dishes in which salads may be served: namely, a flaring, vegetable dish, a shallow grain bowl, and plates the same size as pie-plates.

For a sweet salad dressing rub two rounded tablespoons of almond butter smooth with two-thirds of a cup of water, add two tablespoons of sugar, one-fourth of a teaspoon of salt, cook as for sour dressing, and add two tablespoons of lemon juice. When a yellow color is desired with either the sweet or the sour dressing, have the beaten yolk of an egg in a bowl, and just as you remove the dressing from the fire, pour it over the egg, a little at a time, stirring well at first. When the egg is used, a little water and more lemon juice may be required. The dressing is especially palatable on finely sliced apples, pines and celery, apples and very ripe bananas, strawberries and bananas, or pineapple and orange. If the dressing is put on as soon as the fruit is sliced, it will not turn dark.

Codfish Salad—Pull codfish into thin strips, soak twelve hours in cold water, then change to fresh and let lie half an hour. Remove the moisture with a soft towel, dip in melted butter and soft. While warm shred finely, and when cold add a very little vinegar. Place on the top of some finely shredded cabbage, and serve with mayonnaise dressing.

Mayonnaise Dressing—Beat the yolks of two eggs with half a teaspoon of salt and a teaspoon of mustard. Beat in, a little at a time, sixteen tablespoons of melted butter. When a smooth paste results, dilute with vinegar until it is the consistency of thick cream.

An orange salad is very appetizing made as follows:—Peel carefully half dozen large oranges, pull apart, and remove the seeds. Wash, scrape, and cut fine an equal quantity of celery. Put a large spoonful of mixed celery and orange on a crisp lettuce leaf on each salad plate, and pour over it a dressing made as follows: Beat the yolks of two eggs very light, add one-half teaspoonful of salt, one-half teaspoonful of mustard, one rounded teaspoonful of sugar. Beat thoroughly, and add six tablespoonfuls of melted butter and six of lemon juice. Cook until it is creamy, then add at the well-beaten whites of two eggs, whipped cream.

Cabbage Salad—To two quarts of finely chopped cabbage add two level tablespoons salt, two of white sugar, one of black pepper.

Moisten with mayonnaise dressing. Make this the foundation and centre of the salad, to rest on border of crisp, yellow lettuce leaves. At the base of the nicely rounded mound of cabbage arrange a border of best, evenly chopped and having been previously boiled and pickled for a few hours in vinegar. The rich red between the cabbage and the curling lettuce leaves is very attractive. Over the mound of cabbage arrange a few slices of hard-boiled egg and a spoonful of mayonnaise dropped on the centre of the top and in little cavities made here and there with the spoon. Let the remainder of the mayonnaise be served in a pitcher.

Care is a good economist in a wardrobe; it will save the nine stitches by putting the one that is needed; and by folding, and brushing, and putting away, will make clothes last and look respectable twice as long as they otherwise would. A careful person will also find it worth while to change the clothing according to the present employment.

Women's dresses and mantles are kept better hung up in wardrobes, or closets secured from dust, than folded in drawers, as they become creased and tumbled by folding.

Men's clothes, when folded, should be placed where there is room for them to lie, without being pressed. Before brushing clothes, if they are very dusty, they should be shaken, or spread upon a board, and some of the dust whipped out with a switch; or, if there is much dry dirt, it should be rubbed off. They may then be spread upon a clean board, and brushed the way the nap of the cloth runs. They should be brushed lightly and quickly; in such a manner as not to scrape off the nap. A duster should be at hand to remove dirt as it gathers on the board.

Hats should be put away from dusty places, when out of use. A soft brush should be used for smoothing the nap and removing dust. If wetted with rain, a hat should be left to dry, and then brushed with a hard-brush than usual.

Wash-leather gloves will bear frequent washings with warm water and yellow soap; but the water must not be hot, or it will shrivel the leather. They should be dried and drawn upon the hand, before they are quite dry, so as to preserve their shape. Kid gloves may be somewhat cleaned, by the use of India rubber, or bread crumbs. Silk and cotton gloves may be washed with soap and water, and ironed when nearly dry. Those of a lilac or lavender color will be improved by the use of a little soda in the water.

Drawers or wardrobes, especially where woollens are kept, should be occasionally emptied and left open in the influence of the fresh air and sunshine, and all the corners cleared from dust. This, and taking care never to put away clothes damp, will more likely prevent the moth than any recipe that can be given for the purpose. In addition, however, it can do no harm, and may do good, to sprinkle either a little camphor, lavender, rue, laurel, pepper or cedar wood, each of which is said to keep away moth. A little newly made charcoal placed among clothes will prevent the unpleasant smell they often have when laid by.

Clothes brushes should be kept clean by occasionally washing in cold water. Hair brushes and combs should be washed in warm water and soda; more or less soda will be needed, according as the brushes are more or less greasy. The washing should be done quickly, as soaking in the water softens the bristles and spoils the glue. They should then be rinsed in cold water and shaken as dry as possible, and they will soon be as hard and good as new.

Brown paper laid on a grease spot and rubbed with a hot iron will be almost sure to remove it. But if the grease is very thick the paper must be frequently changed. Spirits of turpentine or gin, or spirits of wine, rubbed with a little flannel, will remove paint.

A teaspoonful of essential oil of lemon to a wineglassful of spirits of turpentine will make scouring drops to clean the edges of coat collars and cuffs. Milk will entirely remove ink if it is applied before the ink dries in.

Bells for cleaning cloth may be made by mixing six parts of fuller's earth to one part of pearlash, and, when mixed, kneading into a paste with lemon juice.

For shoes, a sharp knife should never be used to remove dirt, or the leather will most likely be cut. An old oyster knife or a thin strip of hard wood will scrape off the worst dirt, and the rest should be brushed off by a hard brush kept for a dirt brush. Blacking may then be applied, for which the following may be found a good recipe: Four ounces of finely powdered ivory black, four ounces of treacle, three quarters of a pint of vinegar, two drachms of spermaceti oil. The oil and ivory black should be first well mixed, then the treacle and lastly the vinegar.

To make shoes waterproof melt over a slow fire half a pint of oil, an ounce of beeswax, an ounce of turpentine and a quarter of an ounce of Burgundy pitch. This mixture will be applied two or three times until the leather is quite saturated, and it will then be more soft and pliable and wear much longer than otherwise.

The bright or patent leather shoes should be cleaned with a little milk, when it is necessary to wet them at all; but generally a soft cloth will be sufficient to rub them with.

THE PHANTOM OF PHANTOMS. Some people chase, A phantom which is indicated, Thuswise: RICH. They chase it up, They chase it down, They chase it all Around the town. They sacrifice All other things, Because they think That this one brings

All other good, But when it's got, They oftener find That it does not.

NEEDED INSTRUCTIONS. Prison Warden—It's just been found out that you didn't commit that crime you've been in for all these years, and so the Governor has pardoned you. Innocent Man—Um—Um—I'm pardoned, am I? Prison Warden—Y-e-s, but don't go yet. I'll have to telegraph for further instructions. Innocent Man—What about? Prison Warden—Seems to me business here, you ought to pay the state for your board.

PREVENTING WASTE OF COAL. During the past year considerable alarm has been created in the British Isles by the prospect of a failure of the British coal supply. Electrical engineers have suggested that the use of electric current derived from waterfalls and transmitted to factories and railroads would tend to diminish largely the present wasteful use of coal.

THOSE GREAT INVENTIONS. Admiring Friend—What makes you think your discovery was so great a success? Professor—Why as soon as I announced the idea every savant in Europe remembered that he had known of it since he cut his first teeth.

Canada House.

Corner Water and St. John Sts., Chatham.

LARGEST—HOTEL IN CHATHAM

Every attention paid to THE COMFORT OF GUESTS.

Located in the business centre of the town Stabling and Stable Attendance first-rate

Wm. Johnston, Proprietor

The Factory

JOHN McDONALD & CO. (Successors to George Cassidy.)

Manufacturers of Doors, Sashes, Mouldings

Builders' Furnishings generally. Lumber Planed and Matched to order.

BAND AND SCROLLSAWING.

Stock of Dimension and other Lumber constantly on hand.

East End Factory, Chatham, N. B.

Mark You!

We have the BEST Studio, BEST assistants and the largest and most varied EXPERIENCE, and use only the BEST materials and therefore produce the

Best Photographs.

Whether our patrons be RICH or POOR we aim to please every time.

—IF YOU WANT—

Picture Frames Photographs or Tintypes

Come and See Us.

Messereau's Photo Rooms

Water Street, Chatham.

MACKENZIE'S Quinine Wine and Iron

THE BEST TONIC AND

BLOOD MAKER—

50c Bottles

We Guarantee it as

Mackenzie's Medical Hall,

CHATHAM, N. B.

WHAT COURT MOURNING MEANS.

Extremes to which it is carried at the Russian Court.

Court mourning is of one of the greatest trials of European court life. The term carries greater significance than the average mortal may presume. Even the death of a much less noted personage than Queen Victoria plunges the Courts into a period of mourning more or less prolonged during which it is a very serious solemnity to give any entertainment or indulge in festivities of any kind. Worse still one must go about clothed in garments of sable hue rubies, diamonds, sapphires, in fact everything in the jewel line save the pearl emblem of salty tears must be called in. Even the men are not exempt but must conform in dress and wear the outward manifestations of sorrow. They wear a mourning band on the hat and discard colour tues. It entitled to wear a antelope costume, a black hat.

In fact court relations are so extensive, and so complicated to-day that it is estimated that the European Courts are on an average in mourning for nine months out of the twelve.

No Court goes to the same extreme, however, as that of Russia when an Emperor or Empress dies there all Muscovite officials and dignitaries above a certain rank are compelled to array themselves, their families and servants in the habiliments of woe. Their carriages must be upholstered in black and have the coat of arms reversed crest and monogram removed from the panels of the equipage while one of the saloons of the residence must be draped black. All the gold and silver embroideries on the uniforms have to be covered with crepe. An these official costumes are very expensive costing as much as \$300 and are ruined by a drop of snow or rain falling on the crepe and staining the finer fabric it may well be presumed that Court mourning in Russia at least is a very serious business.

THE ARSENICAL WALK. Beer drinking has been held responsible for many of the maladies with which man is afflicted. But the very latest addition to an already large list, according to eminent New York physicians, is the "arsenical walk," incidentally, it is also the newest of gait. In the manufacture of glucose, which is used in making beer, cheap chemicals, containing more than a mere trace of arsenic, are employed.

The arsenic is absorbed gradually into the system of beer-drinkers, with the result that the soles of the feet and muscles of the legs become hardened, inducing that peculiar gait which has become common to those who drink beer in large quantities. Chemists and scientists have observed the similarity of gait between English beer drinkers and employees of American breweries, and have attributed it to arsenical poisoning, resulting from over-indulgence in beer.

HUMAN LIMITATIONS. First Tramp—It's hard for a man to live up to his ideals. Second Tramp—Dat's all right! A feller can't git out of sawin' some wood.

NEVER SATISFIED. This is a great age we live in; how wonderful these electric lights are! Oh, I don't know; you can't teast bread at them.