BUSINESS NOTICE

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The "MIRAMICHI ADVANCE" having its large circulation distributed principally in the Counties of Kent, Northumberland, Gloucester and Restigouche, New Brunswick and in Bonaventure and Gaspe, Quebec in communities engaged in Lumbering, Fishing and Agricultural pursuits, offers superior inducements to advertisers. Address

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J. D. B. F. MACKENZIE.
Chatham, N. B., Sept. 24, 1898.

This address slip pasted on the top of this paper is a date on it, if the date of the paper is later than that on this slip it is to remind the subscriber that he is taking the paper without paying for it. See Publisher's announcement

MIRAMICHI ADVANCE

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The Home

HOT CROSS BUNS.

On Good Friday, hot cross buns are eaten for breakfast or tea, out of respect for ancient tradition. Below is a good recipe for them. Sift into a deep pan 2 lbs. flour, and mix with it 1 tablespoonful of ground cinnamon and 1-2 lb. granulated sugar. Into 1 cup of milk drop 1-2 cup of butter cut in small pieces. Place on the range and warm until the butter is soft. When warm add a cup of soft yeast. Make a hollow in the flour and pour in the mixture. With a spoon stir in enough of the flour to thicken. When it rises so the surface is cracked, stir in a teaspoon of soda dissolved in a little warm water. Turn out the dough onto a floured kneading-board and work into it 1 cup of dried currants. Form into buns, and put into a baking pan to rise. Before baking cut a cross on each bun with a knife and brush with caramel.

HOW ABOUT THE CELLAR?

Dust-laden carpets and curtains, and soiled wall paper, are a menace to health that the housewife "who looketh well to the ways of her household" is sure to appreciate. But a cellar that is not dry, well ventilated and free from decaying fruit or vegetables, is a far more serious one; and the very first attack in the spring campaign of home renovation should be made against it.

It has time and again been scientifically proved that the quality of the air, which is breathed in the first story of a house depends very largely on the condition of the cellar; consequently little benefit can be derived from the most thorough renovation above ground if the cellar is, from any cause, unwholesome.

If the latter half of March is mild, do not risk waiting for the warmer days of April. Have the banking removed, from every window and the door, and during the middle of sunny or windy days when there is no risk, of freezing, open windows opposite each other and create a strong current of air that will rout microbes, foul air and dampness. Unless the cellar is an actual disease-breeder, this will insure a fair degree of safety until the weather is mild enough to give it a thorough cleaning and disinfecting.

Choose a sunny day and have no "cast-iron" plans that compel you to make a farce of purifying a cellar on any other kind of a day. Have every movable thing, especially every board and stringer that lies on a ground floor, carried out of doors, thoroughly swept and scrubbed on every side, and left in the sun and wind until perfectly dry. Indeed the least thing in decaying wood should not be returned at all. There is no safety in any other course. Thoroughly sweep the ceiling, walls and floor. Give the walls two coats of fresh, strong whitewash, and when the last wash is dry, sweep the floor thoroughly, especially close to the walls, to dislodge any germs that were brushed from the walls in the process of whitewashing. On no account neglect the limewash, for aside from its incomparable disinfecting qualities and attractive whiteness, it kills whatever fungi have formed upon the walls.

Copperas is the best-known germ-killer and deodorizer, and has the added merit of being inexpensive. Dissolve a pound in a large pailful of boiling water and sprinkle it freely under every bin and platform, and in the dark corners. If there is no cement floor, and a board walk is to be laid in the most used places, the entire floor should be saturated with copperas or some other germ-killing solution.

In cleaning the woodwork, use soap and scalding hot water freely, not neglecting an inch of wood that can be reached.

If the under side of damp stationary bins and platforms cannot be thoroughly scrubbed or saturated with copperas solution, fumigate them with sulphur after the rest is clean, and before bringing in anything in the shape of edibles.

This is most easily done with sulphur candles, but it is less expensive to use sulphur in bulk and hot coals. Close every window and door, except those opening into closets or adjacent rooms where you wish the fumes to enter, set a cea. hod in the middle of the room, and if any bins or platforms are high enough to prevent risk of fire, put pans underneath them, cover the bottom of some with live coals, scatter sulphur over and make a hasty exit, stuffing even the key-hole in the door at head of stairs with cotton batting. Keep it closed until the next day; then open the windows and doors and air out thoroughly before moving in.

If you have no wire-screens for the windows and doors try to interest John in providing them. With these you can have your cellar as dry and well ventilated as any room in the house, provided it is properly made, and by closing the doors and windows only during the day—say from 7 a.m., to 6 p.m.—it will be cool in the hottest days of July and August.

CHOICE RECIPES.

An Entree for Boiled Pork.—Slice potatoes very thin and place a layer of them in the bottom of a pan, add a few bits of butter over the potatoes, put a layer of very thin slices of onion. To them add pepper, salt, and some bits of butter. Fill the pan with alternate layers of onions and potatoes, having the top layer of potatoes. Put in a little of the water in which the pork was boiled. Bake until thoroughly done, and serve with slices of hot, boiled pork.

New Way to Cook Cabbage.—Get a fine head of cabbage, medium size; pour boiling water over it and cover until the leaves can be turned back, which must be carefully done; take out some of those in the middle, chop fine, mix with bread crumbs, and season to taste; put this mixture back into the cabbage and replace the leaves to confine the stuffing. Tie it in a cloth and boil until done. Serve whole, with a little melted butter in the dish.

How to Boil a Ham.—Put a ham weighing ten pounds in a pot large enough to contain water enough to cover it. Bring to a boil, gradually, then add two heads celery, two turnips, three onions, a bunch of savory herbs—the vegetables cut into dice. Let it simmer gently four hours. Remove the skin, sprinkle with pepper, put in a few cloves, and brown in a quick oven.

Toast Water.—Bread for toast water should be toasted as brown as possible without burning, and covered with boiling water. When cold strain off the water and sweeten if desired. It may also be flavored with a little orange or lemon peel.

Peanut Sandwiches.—Blanch a pint of peanuts, chop fine, salt to taste and spread on three slices of bread, brown or white; cut the pieces in halves and place two together in the usual manner.

Sponge Cake.—Beat the yolks of eight eggs, add gradually one pint sugar and grated rind of one lemon. Beat whites of eggs to a stiff froth, and add to yolks and sugar alternately with three gills flour, stirring very gently and just enough to mix well. Then add juice of one lemon. Bake in small loaves 20 minutes.

Spice Cake.—One cup butter, one and one half cups brown sugar, yolks of five eggs, one cup sweet milk, three cups flour, two teaspoonfuls baking powder, one teaspoonful each cinnamon, cloves, nutmeg. Bake in shallow square tins in layers, and put together with icing, or in one loaf.

Mashed Turnips.—Peel and slice; boil them gently in salted water until quite tender. Take them up, and lay in a colander until the water is thoroughly drained from them, then put in a saucepan, mash fine, add butter, pepper and salt to taste; keep stirring until the seasoning is well mixed and the turnips very hot, when they will be ready for the table.

Frizzled Dried Beef.—Pour boiling water over the amount needed, let it stand five minutes, then drain and brown in a hot saucepan with a small bit of butter.

A BABY'S BATH.

Soap in the baby's basket should be absolutely pure, and should be used sparingly, for the child's skin is naturally oily and is kept clean by frequent bathings. It should be rubbed on the mother's hand for application, never on the rag. The warm wet cloth is for rinsing rather than rubbing purposes. Constant use of soap on the baby's head often proves injurious, as it tends to dry the scalp and deadens the hair. If the head is thoroughly brushed each morning, the scalp will be both healthy and clean, and soap will prove a necessity only once or twice a week. Above all, in giving the bath do not forget that the inner lining of the mouth requires care. Wash daily with a soft rag wet in clear warm water, and if the child enjoys it let him hold the cloth in his mouth during part of the bath, wetting it occasionally in order that the warm water may do its cleansing work. It is not intended that the child form a habit of continually holding a wet rag in his mouth, but this moment's liberty during the bath is both enjoyable and beneficial to the little one, especially at times when the gums are swollen and heated with teething

In every baby basket should be found a covered box in which are equal parts of borax and sugar. If milk begins to cake on the baby's tongue so that it seems coated white, and cannot be cleansed by water, sprinkle on it a tiny pinch of this mixture. The tongue will be cleansed and you may have prevented canker sore mouth or an inflamed condition of the tongue and lip membrane.

THE WORLD'S TELEGRAMS.

The Enormous Number of Messages Sent in Different Countries.

An official statement of the telegraph service of the United Kingdom, which is under Government control, shows that in 1870 there were sent in England, Ireland, Scotland and Wales 6,859,177 telegrams, while last year the total number of telegrams sent was 83,029,999. The increase in some other countries is quite as large. In the United States in 1870 the total number of telegraph messages sent was 9,157,644. Last year the number of messages sent was, approximately, 90,000,000. In 1870, the year with which the present telegraphic statistics are usually compared, the number of messages sent in Germany was 8,200,000; last year it was 33,000,000. The number of messages sent in France in 1870 was 5,600,000; last year it was 55,000,000. In Italy the number has increased during the same period from 2,000,000 to 9,000,000, in Austria from 3,300,000 to 13,000,000 exclusive of Hungary. In 1870 in Hungary the number of telegraph messages sent was 1,500,000; last year it was 12,000,000, a very substantial increase in a country the chief business of which is done in one large city. The number of telegraph messages sent in Holland in 1870 was 1,800,000; last year the total number was 5,000,000, which contrasts most favorably with the telegraph business of Spain, which amounted to 4,250,000 messages, though the population of Holland by the last census was less than 5,000,000, whereas the population of Spain was 18,000,000. Holland is a small country and the requirements of communication by telegraph are by no means so many or so urgent as in a country covering a large area and having imperfect communication between various points, as is the case in Spain. By the last report there were 5,185 miles of lines in the Dutch Indies with 106 offices; the number of messages was 614,065. In December, 1896, Batavia, Samarang and Sourabay were connected by telephone.

The total length of the telegraphs of the world, land and marine, is in excess of 5,000,000 miles, and the larger part of it is in America. More than 25,000 telegraph messages are sent in a year in South American countries and more than 30,000 in Australia. The Russian telegraph system has been developed extensively of late years.

GRAINS OF GOLD.

Good cheer is no hindrance to a good life.—Aristippus.

The luxury of doing good surpasses every other personal enjoyment.—Gay.

The misfortunes that are hardest to bear are those that never come.—Lowell.

The absent are never without fault, nor the present without excuse.—Franklin.

If a man is worth knowing at all he is worth knowing well.—Alexander Smith.

God never ceased to be the one true aim of all right human aspirations.—Vinet.

The secret of making one's self tiresome is not to know when to stop.—Voltaire.

In business three things are necessary, knowledge temper and time.—Feltham.

A LOOK BEFORE A LEAP.

What! Still a bachelor? Why, the last time I saw you you were seriously contemplating matrimony.

Yes, and it was because of serious contemplation that I concluded never to marry.

Agreeable advice is seldom useful advice.—Massilon.

THE GREAT WHITE PLAGUE

HOW TO CURE CONSUMPTION BY PROPER BREATHING.

Dr. F. W. Topham Describes a New Remedy for Tuberculosis Which Is as Simple as It Is Harmless, and He Declares It to Be Wonderfully Efficacious.

There is no reason why any one should die of consumption, and if people only knew how to breathe no such disease would exist, writes F. W. Topham, of Brooklyn, N. Y.

I assert emphatically that consumption may not only be avoided by those who have what is called constitutional tendency to it, but that the disease may be checked and the lungs restored to their normal functions even after the tubercular bacilli have begun their work of destruction.

Statistics show that about one-seventh of the human race die of lung trouble, in one form or another. The fact that such a vast number of lives are sacrificed every year through the effects of improper breathing should be warning enough to those who have, or think they have, weak lungs.

Such people swallow large quantities of cod liver oil, creosote and the various other preparations supposed to heal diseased lung tissue; they spend hundreds of thousands of dollars in doctors' bills; they become so alarmed at their condition that they are afraid to take a good, long breath for fear of further irritating the diseased contents of their narrow chests; when, if they would throw their nostrums out of the window, send their doctor about his business, take a thorough course in physical culture, and fill every inch of their contracted, abused lungs with pure, life-giving air, nature would herself come to their rescue and help them shake off the bacilli that can only live and thrive in unhealthy and enervated lung tissue.

NOT ONE PERSON IN TEN

knows how to breathe properly. Women are the worst offenders in this respect, for, on account of tight clothing and through habit, the majority of them only inflate a few inches at the top of their lungs, letting the lower part lie motionless and inert. The residual air in these unused air cells become vitiated, dead and poisonous. Then the blood, not being properly aerated in its passage through the lungs, is loaded with impurities, and the brain, not being sufficiently nourished by this impoverished blood supply, becomes sluggish, and the victim loses energy and interest in life.

Physicians have often remarked the ox-like submission of consumptives to their disease. They listlessly drop their hands and accept their condition as the doom meted out to them by an offended God. This state of mind, alternating with fits of unreasonable hopefulness, is the direct result of a badly nourished brain.

A brief explanation of the way the blood is aerated in the lungs will show just what I mean. The lung substance is very light and spongy, as full of tiny holes as a bundle of fine lace. The venous blood, which has been loaded with carbonic acid gas in the lungs to be aerated and rendered pure again. That process is accomplished in this way: The walls of the blood vessels in the lungs are full of tiny holes, which while they are too small to allow the red corpuscles to escape, are yet large enough to permit the carbonic acid gas to be thrown off into their lungs to admit the pure oxygen in its place. If, through defective breathing, but a few inches of the lung substance is supplied with air, then the blood can not be properly aerated, but must be sent out through the body again, still burdened with its old load of impurities, and mind and body suffer alike for want of nourishment.

There is no medicine so cheap as pure air, and the tubercular bacilli have

NO MORE POWERFUL FOE.

These germs find their way to the lungs, no one knows whence. At first there may be only a few which get foothold, and finding a congenial soil in the sluggish lung tissue of the person who does not breathe deeply enough to keep his lungs in a healthy condition, they quickly multiply and spread. These bacilli have a tendency to pack themselves into the air cells, one on top of another, till they form a solid mass. As this mass prevents the air from getting into the cells, the affected tissue soon decays and breaks down, leaving a cavity in the lung which gradually grows larger, unless the spread of the bacilli can be checked.

If the wasting process has not already gone too far, it can assuredly be checked by forcing pure air into every sluggish, unused cell of the lungs, and stimulating them to perform their normal functions. This inrush of air gradually loosens the hold of the bacilli, which are then expelled by exhalation or expectoration. The lung tissue thus stimulated, begins to do its part in throwing off these parasites, and the pure oxygen drawn into every part of the lungs by this deep breathing, once more does its normal work in aerating the blood supply, which in turn carries its fresh, pure current to the brain and other parts of the body, stimulating and vivifying every organ.

This habit of deep, full breathing is one of the simplest things to acquire and if persisted in will make any narrow-chested weak-lunged man or woman feel as if they had been drinking of the fabled elixir of life. When people came to me to be treated for lung trouble I put them through a course of physical training, beginning with the breathing exercises, which are the

MOST IMPORTANT OF ALL.

If the patient is a woman I encourage her to wear clothing comfortably loose, so as to allow full expansion to the lower part of the lungs. Then I show her how to breathe. As most women habitually use only the upper part of the lungs, I have my women patients begin by drawing in the breath through the nostrils, slowly expanding the diaphragm and filling the lower part of the lungs, then the upper part, till every air cell is full; then exhaling very slowly through the slightly opened mouth. When the lungs are apparently emptied of air, I show the patient how to draw in the muscles of the abdomen and contract the lungs still further, forcing out the residual air which always remains even after an ordinary expiration.

At first these breathing exercises may be decided painful, and if so, a person should always stop just short of the point where pain begins. It will soon be observed that with each effort to breathe deeply the unpleasant sensation comes later, and after a time it will disappear altogether, while a free exhilarated, exultant feeling takes its place.

These breathing exercises should be repeated at short intervals many times during the day, always taking care that the air of the room is fresh. After a few days the patient will find herself breathing with her whole lungs almost unconsciously. There are several minor breathing exercises, but the one just mentioned, if presisted in, will work wonders in a very short time.

Where the process of breaking down of the lung tissue called consumption has actually begun I advise the patient, if possible, to seek

A MILD CLIMATE

during the coldest month of winter, though this is not always necessary. I am also a strong advocate of the bicycle, because, if for no other reason, the exercise makes a person puff and blow, drawing the air into the lungs and forcing it out again.

There is another thing I want to touch upon, that is the exercising of the solar plexus. It is most important, not only in plumonary troubles, but in all kinds of nervous disorders. The solar plexus is an important nerve center located in the region of the stomach. So much depends upon the proper action of this bundle of nerves that it has been referred to by some writers as "the second brain." The person should lie perfectly flat on the back, relax every muscle in the body for a moment, then rapidly and strongly raise and lower the diaphragm about a score of times. This exercise stimulates the brain and nervous system to a remarkable degree, and the effect of the brain and mind on the body opens up a practically limitless field for speculation and experiment. But that's another story, as Kipling would say.

ELECTRIC TERMS.

They Are Simple Enough Once You Get the Hang of Them.

A consulting electrical engineer, who was asked to put one of the less common electrical terms in plain language, said, "I am frequently resorted to for just such explanations, and nothing surprises me more than the haziness which still exists in the minds of even intelligent folks in regard to the simplest electrical terms. To most people the electrical units are still mere Greek, and comparatively few go to the trouble to take hold of the more common of them, such as 'volt,' 'ampere,' 'resistance,' 'electromotive force,' etc., and fix their meaning, once for all, in the mind. A man who knows me only by reputation wrote to me the other day that he had done this with much satisfaction to himself, as he has now a far more intelligent idea of electrical doings than he had before. But still, he said, from time to time some electrical words creep into the daily press, which conveyed nothing to him. He mentioned as one of these, the term 'watt hour.' Now, this is quite simple. The watt is the unit of electric power. It means the power developed when 44.25 foot-pounds of work are done per minute, or .7375 foot-pounds per second. A foot-pound is the amount of work required to raise 1 pound vertically through a distance of 1 foot. When this is figured down so as to be defined in 'horse-power,' which is understood by every one, it can offer no difficulty; and if any one to whom the word watt is puzzling will remember that a watt is the 1-746th of a horse-power he will have no more uncertainty about it. Having gotton so far, it is an easy gradation to the 'watt hour,' which is the term employed to indicate the expenditure of an electrical power of one watt for an hour. In other words, the energy represented by a watt hour is equal to that expended in raising a pound to a height or 2654 feet. An even easier way of fixing it is to remember that two watt hours correspond almost exactly to raising a pound to a height of one mile. The understanding of such terms opens out some very curious facts to the uninitiated. For instance, a certain dry battery, weighing 6.38 pounds was known to yield 130 watt hours. If this force were applied to raising the battery itself, it would lift it to a height of over ten miles. Again, in one hour the energy translated in an ordinary sixteen candle-power lamp weighing about an ounce would raise that lamp to a height of 400 miles at a velocity of nearly seven miles per minute. Yes, it pays a man to expend a little pains on mastering the ordinary electrical terms."

THE SAFETY OF STEEL RAILS.

In England micro-photography is applied to the study of the composition of steel rails in order to determine what changes are produced by use, and what the causes of breaking are. It has been found, among other things, that a rail begins to deteriorate at the top instead of at the bottom, as heretofore supposed. The first indication of deterioration is a hardening of the surface of the rail under constant pressure from the wheels of trains. This hardening is followed by minute cracks, which gradually deepen and cause breakage unless the rail is removed in time.

THE DIFFERENCE.

At Five.
Oh, t' be a grea' big man
'Ith a house 'n' lot that's ran
Theth by me—thay, all th' lan'
Couldn't buy me 't I's a man—
Oh, t' be a grea' big man,
Jes' t' be a grea' big man.

At Fifty.
Oh, to be a little boy,
Finding pleasure in a toy,
All I love, that I enjoy
I would give to be a boy—
Oh, to be a little boy
Just to be a little boy.

CHEMISTRY KINDERGARTENS.

Bobby—Is oxygen what oxen breathes all day?

Papa—Of course, and what everything else breathes.

Bobby—And is nitrogen what every one breathes at night?

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