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Board Works Jas 1 01

MIRAMICHI ADVANCE

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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,

Editor Miramichi Advance, Chatham, N.B.

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About the ....House

DOMESTIC RECIPES.

Chocolate sandwiches—Stir over the fire till smooth five heaping spoonfuls of powdered sugar, two of cocoa and two of boiling water. Flavor with vanilla. When cool, spread on thin slices of buttered bread. This is a new species in the sandwich family, much enjoyed by those who like chocolate.

Egg Sauce for Fish—Blend two ounces of butter with a dessertspoonful of flour; put into a saucepan with a wineglassful of water, or of the liquor in which the fish was boiled. Let simmer one minute, but do not boil it. When at the boiling point, draw to the side of the stove, add as much butter as you used at first and two hard boiled eggs cut fine.

Rice Macaroni.—Wash one cup of rice and cook it with three cups of boiling water till done. Then drain; in a baking dish place a layer of rice, then a layer of grated cheese, or cheese cut quite fine, seasoning with butter, salt and pepper. Alternate the layer till the dish is full, finishing with the cheese. Fill up the pan with sweet milk and bake three-quarters of an hour This is an excellent winter dish, when vegetables are not plenty and one wants a change.

Preparation of Oatmeal.—A delicate preparation of oatmeal that an invalid will enjoy requires that the cereal shall be boiled first for about an hour, as if it were to be served for breakfast. Remove from the fire and rub it through a fine sieve. Add a little milk, and cook it very slowly in a double boiler for half an hour longer When perfectly smooth, flavor with salt, and add a very little cream before serving.

Ginger Apples.—Ginger apples are almost as good as ginger pears. A recipe that is well recommended requires two pounds of quartered apples (skins and cores removed, of course), which have lain in the sun for about ten hours to harden a little. Boil two pounds of sugar with one and a half pints of water and one ounce of ginger root, until it makes a rich syrup. Skim out the ginger, put in the apples and cook gently until transparent. Skim the fruit into cans, boil down the syrup until it will about fill them, fill up and seal as if canned fruit.

Sugared Popcorn—Something the children will enjoy as a Christmas dainty or as an occasional treat is sugared popcorn. Pop the corn and pick it over, rejecting all but the most perfectly popped kernels. To every four quarts of popcorn allow half a cup of sugar. Put with it a little water and boil till the candy will "hair" from a spoon dipped in it. Then cook a little longer, to be sure it will not be sticky. Put the corn in a large dishpan, pour the syrup on the corn in a small stream, stirring up from the bottom with a big spoon. Stir till it is all "stuck up" in a crumbly mass, then place in a warm oven, leaving the door open. Let stay a few minutes; what was a sticky mass will now be dry and brittle and easily handled. If wanted quite sweet, use more sugar.

Cream Candy—Cream candy is rich made of thick sweet cream in the proportion of one cup of cream to four cups of brown sugar; butter the size of an egg; two pounds of pecan meats chopped and one teaspoonful of vanilla. Cook the cream, sugar and butter until it will harden when dropped into cold water. Remove from the stove and stir until it creams or turns sugary, adding the vanilla and the nut-meats during the process. Make into round flat cake on paraffine paper. When cold run a knife under each and lay on fancy dishes.

DONT'S FOR OIL STOVE USERS.

With a coal famine staring the people in the face there has been a boom in the manufacture and sale of coal-oil stoves and the coming winter will see thousands more of them in use than in previous years. Coal-oil is a good servant but a bad master. Treat it well and it returns the compliment; grow careless in its use and it may destroy life and property and cause lasting and painful injuries. In view of the winter's prospect it is well to lay down a few rules in every household about the use of coal-oil for fuel. They are here summarized in a "dozen don'ts:"

1. Don't fill the reservoir when the stove is burning.
2. Don't fail to have a thoroughly good stove in the first place.
3. Don't burn any but oil of the best quality.
4. Don't spill oil upon the stove, or if you do so by accident wipe it off carefully before approaching it with a lighted match or other flame.
5. Don't fail to fill the tank out of doors, if the stove is provided with a detachable tank.
6. Don't forget that the less oil there is in the tank the more gas there is generated from the oil, and unless the gas-escape hole in the stopper is sufficient for the escape of this gas it is likely to flame up when the wick is lighted, causing a small explosion that may have big results. The well-filled lamp is safest.
7. Don't fail at frequent intervals to boil the perforated wick tubes in soda water or lye, that the ventilation may be free, or an ill-smelling stove will result.
8. Don't try to force the wick too high, or smoke and odor will be inevitable. Some stoves have automatic wick regulators.
9. Don't expect good combustion unless you turn the wick low at first until the cylinder is heated through.
10. Don't fail to frequently scrape off the charred incrustation on the extinguished wick with a knife to secure a clear flame.
11. Don't forget that little oil in the tank causes rapid consumption of wicks.
12. Don't set your burning stove near the draft of a door or open window or you lose heat and gain an unpleasant odor.

HOW TO DO THINGS.

In picking over cranberries do not throw away the soft ones, but cook them by themselves with a little saleratus in the water, and they will make as nice pie as do the others.

To extinguish blazing lard, never use water as it only adds to the fury, besides sending a black smudge over everything in the room. A dash of flour or sand will quench the flames.

To have fried oysters crisp, tender and plump, dip them first in bread crumbs, then in beaten egg, then again in bread crumbs, and let them stand for an hour before frying in very hot lard or cottonseed oil.

The breast of a roasted turkey or chicken will be juicier and of better flavor if placed in the pan breast down. It may be held in this position by resting on long skewers. The juices of the fowl find their way downward and settle in the breast. When nearly done it may be turned on its back to allow the under side to brown.

Write on every medicine bottle what its contents are in plain English that you can understand. Often the label contains only the number of the prescription, or else its formula in unknown characters, and serious mistakes may be made with it.

A farmer's daughter who has milking to do in all sorts of weather, tells for the benefit of others similarly situated how she manages to keep her clothes dry and clean, no matter how it storms. She took an old waterproof cloak, cut five or six inches from the ground, sewed to it around the bottom a flannel skirt, in the top of which is a casing in which is run an elastic cord. When put on the elastic is first slipped over the limbs up to the waist, then the arms are put in the sleeves and the cloak buttoned up. Now dress and skirts are all protected, and with a pair of leggings drawn on and rubbers and hood, the worst storm may be braved without danger of cold or sore throat.

DISH-WASHING.

Although the pleasantest part of dish-washing is hanging up the dishpan when it is all done, it need not be the disagreeable task many regard it. Method and celerity will shorten it, and good dishes, bright silver and glassware lighten it. There is not much pleasure in handling chipped dishes, glass so poor it can not be made to shine, and steel knives; but there is some credit in making even these glossy with cleanliness.

It is a knack to clear a table with dispatch. After the food is put away fill a waiter first with the glass and silver, cups and saucers, then the well-scraped plates. Arrange in neat piles on the kitchen table. If there is running water they will be easier washed if rinsed off. Have two large dish-pans, one filled with hot soapsuds, the other with hot, not boiling, water, which cracks the glaze, plenty of wiping towels and a big piece of heavy crash to lay over a table on which to drain them. This will keep them from slipping and will absorb the drops so they will scarcely need wiping. Rinse it out and dry with the wiping cloths when done with.

BAKING FRUIT CAKE.

Do not bake a fruit cake as our grandmothers did. The latter day method of steaming produces a cake which bears no more comparison to the dry wizened fruit cake of the past than a well-cooked cereal does to saw dust. If fruit cake has to be made it is easy to double or treble the recipe and have two or three cakes instead of one. The work is little more and they will keep a year. If you have a tall steamer which accommodates food in tiers, put the cake in three or four tins, half filling each and steam for at least three hours. Water enough to prevent the kettle boiling dry must be put in before the vessel goes on the fire as a slight joggle would ruin the cakes.

When they are cooked set them in a cool oven not to bake but simply to dry off superfluous moisture. Cool as soon as possible and set away wrapped with waxed paper in a closely covered jar. Fruit cake must not be iced until just before it is to be used.

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STORY OF A BLACK CHIEF

Few references to the lives of individuals who were carried from Africa to the Americans in the days of the slavers can be found in the annals of the slave trade, but one may obtain glimpses of two or three of them, here and there, and of the incomplete stories that may be written from these glimpses there is one that seems worth preservation—the story of Quobah, an Ashantee war chief.

In the year 1805 the slaver brig Coraline, owned in Boston, and Commanded by a man known as Capt. Willing (his real name was Maurice Halter,) entered the Rio Volta, on the west coast of Africa, with a cargo of rum, guns, ammunition, cotton cloth, and trinkets. Here a small schooner was chartered for a voyage up the river, and in this the captain and a part of the crew proceeded as far as the Ashantee town of Malee, a place of perhaps 3,000 inhabitants. There were not enough slaves for sale in Malee to make a cargo for the schooner, and after a consultation with the king of the region, a raid into the interior was planned. For this raid the king supplied the men and food, while Capt. Willing supplied the arms, rum and tobacco, but Willing and several other whites went with the expedition, and to one of these, a boy known as Philip Drake, we are indebted for an account of the incidents of the journey.

The party that marched away into the forest included many soldiers armed with muskets, women to care for the camps and cook the food, and cows that supplied milk and served as pack animals. There were also a number of slaves whose duty it was to carry extra arms and the supplies of ammunition. The whole party numbered 150 people.

At the head of these raiders was Quobah, the war chief of Malee, and a noble negro. His size and strength were conspicuous. His skin was jet and was kept glossy with palm oil. His head was high and of conical shape, and he wore his woolly hair braided into stiff hanks. His teeth had been filed sharp; his cheeks showed the marks of wounds, and these marks were made conspicuous by borders of red paint. He dressed in a loose sack-like shirt of yellow cotton cloth striped with blue, and he wore a red cap with a long tassel on his head. His arms included a huge spear, which he constantly carried, and musket, a broadsword, and war club that were carried by slaves, who were careful to keepnnn bfgrt reter r were careful to keep close to him at all times while on the march.

To the black and white men alike it was a very pleasant excursion, for two or three days. The boy saw with delight the red monkeys that leaped chattering from limb to limb in the trees overhead; the birds of finest plumage that were captured with the hands alone, the flowers of gorgeous colors that were seen as they marched along a beaten train.

In fact, the party was so merry that raiders from Dahomey surrounded them one evening. Some of the merry-makers escaped, but when the fighting was over the survivors who had not escaped found themselves securely bound as slaves to the attacking party.

Among those slaves were Quobah and the white boy. It had taken a dozen warriors to down the giant Ashantee, and then they succeeded only after he was repeatedly struck from behind as he leaped to and from his assailants. And so unconquerable was his spirit that when marched toward the Dahomey village of Yallaba his captors found it necessary to fasten his arms to his sides by means of a stout wooden hoop that was tightened by a wedge driven down between his back and the hoop — this in addition to the rawhide thongs used on ordinary prisoners.

At Yallaba ruled a king named Mammee — "an old black man, dressed in red muslin." Mammee's most sacred fetish was a scarf woven from the hair of many human beings and beasts, and ornamented with the feathers and claws of birds and the teeth of ferocious animals and deadly reptiles. This he supposed added to his process in war and protected him from enemies, but his priests told him that its powers could be greatly increased if, at a coming festival, the splendid fighter, Quobah, were sacrificed, to the spirit of the scarf. Quobah was condemned to die by torture but when told of the fate awaiting him he curled his lips in scorn, and said he knew how to die like an Ashantee warrior.

Before the day of sacrifice arrived, however, two lions came to devastate the homes of Mammee's subjects, who lived in huts beyond the palisaded walls of the village. The planters fled to the village for safety, and for a time the people were as closely besieged as if an army of Ashantees lay in the forest. In the face of this danger the priests quickly decided that safety could be obtained only by an immediate sacrifice of the stalwart prisoner, and late in the afternoon of the next day, after the lions had driven in the planters, Quobah was conducted to the center of the enclosed village, where every inhabitant had gathered to see him die.

Out of the desperate straits into which he had fallen Quobah was able to find a way of escape from the priests. In a most politic speech he told the people that the way to use him as a sacrifice was to give him arms and let him go forth to meet the lions at the hour when they came in search of further victims. The king and the priests accepted the offer, thinking no doubt that if he were killed fighting the lions the wrath of the evil fetish would be averted. Accordingly, as the sun sank to the western horizon, Quobah walked forth from the palisaded town, armed with his spear, his broadsword, and his light carbine. The priests, with faces painted white, chanted a dismal strain, the women howled, and the soldiers clashed their swords, and spears together as he passed the gate. And the gate was not yet shut when the male lion came to the edge of the brush and with mane up, and tail lashing from side to side, galloped towards the wall. But Quobah, who had boasted that he knew how to die like an Ashantee warrior, now advanced to meet the beast, and finally sank on his right knee, with his hand grasping his huge spear, which he placed on the ground with the point well to the front.

At that the howling of the people within the village died out entirely, and the lion crouched and leaped forward, while Quobah lifted the point of the spear so that it pierced his shoulder.

The impact of the heavy brute upon the spear broke the shaft just below the head. Quobah, by leaping to one side, avoided the brute, but it was soon on its feet again ready for another spring, in spite of the steel blade through its shoulders. Quobah raised the carbine to shoot the beast, but before he was able to aim the weapon a roar was heard in the edge of the brush, and a lioness, with two large kittens, came galloping into the clearing. Hearing the approach of these, Quobah turned to look at the new danger, and as he turned his head the lion sprang at him once more.

Quobah saw his danger in time, and as the lion landed and fell over on its wounded shoulder, he fired a bullet into its brain.

Dropping his carbine beside the carcass of the lion, Quobah drew his sword and turned to meet the lioness. An instant later she rose in a flying leap straight at the big Ashantee, but he caught her on the point of his sword, thrust it through her mouth into her vitals, and fell beneath the struggling brute.

For a moment the people on the palisade wall supposed that Quobah had been killed; but when the kick of the lioness showed that she was in her death struggles they flocked forth and released him, badly scratched, but not dangerously hurt. For this splendid fight Quobah was invited to become a member of the King's family. He might have become a Dahoman king in time, but he was a true Ashantee, and with his arms restored to him he walked away alone to his home.

A number of years later (February 13, 1817) the white boy, who had been ransomed by his uncle, Capt. Willing, sailed from the African coast on the ship Cabenda for Rio Janeiro with 850 slaves on board. The ship reached Rio Janeiro in April, and on the 8th young Drake and an old friend went to visit a large estate known as the San Benito. The owner of this estate was a man named Floss. He had been an overseer for a Brazilian planter, and by successful ventures in the slave trade, had acquired the means for the purchase of an estate of his own. Both as an overseer and an owner Floss had been noted for his cruelty to the slaves (a common characteristic of overseers who became owners), and while he was entertaining his guests the slaves of the San Benito revolted.

At the time of the uprising Floss happened to be away from the great house, and for two days he sulked around the plantation, while his guests with an overseer or two and a few faithful servants held the house like a fort. Eventually, however, the leader of the negroes found Floss's track and ran him to the mansion as a hound chases a deer to water. Then, knowing that they had their enemy surrounded, the whole mob gathered about the house, charged up, in spite of deadly shots from within, and set it on fire from every side. Night came on as the fire spread beyond control of those within and the light of the flames revealed Floss and his friends to the enraged negroes without.

And when the leader of that negro mob, looking through a blazing room, saw his enemy, he charged through the flames, fearless of bullets, to reach him. It was then that young Drake saw that the leader had a high conical head, and woolly hair braided into stiff hanks, and scars on his cheeks that were outlined with red paint — saw that it was Quobah, the Ashantee warrior. In Ashantee words, Drake revealed his identity and asked for mercy. Quobah recognized him, and granted the request. The others were killed.

"Go and tell the white king how Quobah has revenged himself," he said. "Quobah is ready to die, but he will be a slave no more."

Quobah had been captured again by slave raiders, and this time had been sold to a Rio Janeiro slaver. Floss had purchased him, seeing that he was "a high-strung nigger," had flogged him repeatedly, "to break him in." Of the details of the raid in which Quobah was captured in Africa nothing was learned. Of his life after the revolt on the San Benito estate, it is known only that he fled with a few of his most capable associates to the interior where he joined a tribe of Indians and remained with them unmolested.

Piles
To prove to you that Dr. Chase's Ointment is a certain and absolute cure for each and every form of blind, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & CO., Toronto.
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A SICKROOM DRINK.

A drink prepared by a trained nurse which she declared was at once a stimulant and most nourishing and wholesome is albumenized milk. The white of an egg was dropped in a glass and two-thirds of a cup of milk added. This was covered with a tin shaker and the mixture shaken till it frothed and was thoroughly mixed. It was then strained into a second glass and drunk without any seasoning or flavoring.

Mr. Green — "Now I'm going to tell you something, Ethel. Do you know that last night, at your party, your sister promised to marry me? I hope you'll forgive me for taking her away?" Little Ethel — "Forgive you, Mr. Green! Of course I will. Why, that's what the party was for."

A ROAD TO GOOD HEALTH

IMPORTANT MUSCLES THAT MEN NEGLECT.

Some Exercises Prescribed for Abdominal Region.

The man who has well-developed abdominal muscles is to be envied. He is almost invariably certain to have splendid health. That is the opinion of Prof. Anthony Barker, and here are some exercises he prescribes to bring about that desirable end.

Too often these highly important muscles are neglected or exercised only perfunctorily. As a result, the blood in the abdominal region becomes sluggish, for blood does not flow with health-giving quickness unless it receives aid from working muscles.

Muscles that are dormant retard the blood's flow, and slowly moving blood does not properly purify the body. Therefore, when the blood in the abdominal region becomes sluggish abdominal complications result. These ailments are more or less pronounced demands of the abdomen on its possessor to take proper care of it, and proper care means nothing more nor less than a few minutes' exercise of the abdominal muscles after getting up in the morning and before going to bed.

The man who will give attention to his abdomen will be amply rewarded. Instead of suffering from indigestion, he will be blessed with a digestion that will compare favorably with an ostrich's.

Then, too, sturdy abdominal muscles contribute largely to the correct carriage of the body. Now, proper pose is necessary to good health.

Healthy abdominal muscles also help to develop the chest. When breathing, the further one can pull in the abdomen the greater will be the lung expansion.

The stronger the abdominal muscles, the further in goes the stomach, the lungs drink in greater quantities of fresh air, and the blood receives enlarged supplies of purifying oxygen. And every one knows what oxygen does when it gets into

THE HUMAN SYSTEM.

A man who exercises his abdominn

A man who exercises his abdominal muscles need not fear that, as he gets along in life, he will annex a bay window. Fat cannot accumulate in this region if daily exercise is indulged in. On the other hand, exercise will remove fat and restore to men with abnormal abdomens their natural outlines and proportions.

Again, strong abdominal muscles are the best and safest protection against unexpected blows below the belt. This is an important matter, for even a slight blow in an abdomen insufficiently guarded by flabby muscles has been known to prove disastrous. The organs here are so delicate and sensitive that they should be surrounded by all the safeguards that well-developed muscles possess.

And last, but by no means least, he who gives diligent concern to the muscles under consideration will not become nervous under business stress or from other causes.

The abdomen, the upper portion especially, is the seat of many of the principal nerves of the body. Here is located that network of nerves commonly known as the solar plexus. Then there are the nerves of the stomach.

Every one knows what these nerves will do when they get unstrung. Now, if you would know what exercise will accomplish with these often rebellious cords, the next time that they start to give you the fidgets and make you annoyed over some trivial happening in office or home, try the exercises here given. Relief will be almost instantaneous.

Just another word before describing the exercises. If you find when you reach home that you haven't any appetite for the dinner that your wife is preparing, do these exercises for ten or fifteen minutes, and you will be agreeably surprised by your stomach's telling your brain that it is ready for

A GOOD SQUARE MEAL.

Exercise 1. — Starting with the correct standing position — head up, shoulders back, chest out, abdomen in, arms straight and at the sides of the body, knees and heels touching, and toes at an angle of 60 degrees — grasp the left hand with the right, interlocking thumbs and placing the right fingers above the left.

Raise the arms straight over the head and while doing the exercise keep them continually by the sides of the head.

Bend the body at the hips and endeavor to reach the floor with the fingers. Exhale as you go down and inhale deeply as you come up slowly and bend back as far as possible.

Repeat until tired, then take up another exercise. As the body is bent downward, the lower front muscles of the abdomen and the muscles of the back are developed. As the body is bent backward the muscles in the back of the abdomen are brought into play.

Exercise II.—Raise the arms over the head as before. Turn the upper part of the body noticeably to the right, then bend the upper part of the body sidewise and down, as low as possible.

Alternate by doing this exercise to the left. The muscles in the sides of the abdomen are developed.

Exercise III. — This exercise is splendid for the solar plexus and the upper part of the abdomen. It quiets the nerves and strengthens the diaphragm and its muscles.

Lie down on the floor on your back, bend the legs at the knees and draw them up, getting the heels as close to the hips as possible. Fold the arms over the chest, then raise the head, shoulders and chest from the floor as high as you possibly can, striving hard and ever harder.

When at the highest point, hold for a moment, then lie down again and repeat.

Exercise IV. — Lie flat on your back on the floor. Put the hands flat under the hips and have the whole upper part of the body relaxed.

Then kick with one leg as high as possible and then kick with the other. Alternately kick the legs, keeping both off the floor and kick rapidly. Be sure to

KEEP THE LEGS STRAIGHT.

When the legs descend from the highest point toward the floor they should stop about six inches above the floor. This exercise is unexcelled for the muscles in the central and lower portions of the abdomen.

And now for two splendid exercises that will prevent varicose veins and build up legs capable of properly carrying the body. Sturdy legs are as necessary to a body as flawless wheels to a locomotive.

Exercise V. — Assume the correct standing position. Relax the legs below the knees. Then alternately and rapidly, with the leg ascending bent at the knee, kick the knee up toward the chest, keeping the lower part of the leg well forward.

Try hard to hit the knees against the chest. This exercise is beneficial for the so-called kicking muscles, the muscles of the upper leg and thigh.

Exercise VI. — Excellent for the lower part of the upper legs. Start from the correct standing position. Grasp a stick in the hands and keep the arms straight and well in front of the body.

With knees and heels together and heels and toes touching the floor, sit down as low as you can. Do this part of the exercise as quickly as you like, but rise up slowly, keeping the upper part of the body erect, as in the correct standing position.

For a general exercise for the entire front of the body — legs, abdomen, chest, arms, wrists and shoulders — lie flat on the floor on the abdomen. Be sure that the body is perfectly straight, the toes are touching the floor, and the feet close together.

Then, with the palms of the hands flat on the floor at the shoulders and the elbows at the sides of the body, fully straighten the arms and support the body on hands and toes. The body must not be permitted to bend; keep it solid and straight.

Hold a moment, then bend the arms and let the chest touch the floor. Repeat until tired.

This is an efficient test exercise, and will give one a good idea of how he is being developed and strengthened by the other exercises.

All of these exercises take good care of all the more important front muscles in the lower half of the body.

ALCOHOL MOTORS.

Germany Is Making Great Progress With Them.

Germany has made a remarkable advance in the past eighteen months in perfecting and utilizing the alcohol motor. This progress is attributed largely to the intense personal interest which the Emperor has taken in the application of alcohol to industrial purposes.

The Germans are asserting great advantages for the alcohol motor over the ordinary steam engine. The new motors, for example, may be filled, oiled and started in from two to three minutes; there is no need constantly to supply them with coal; there is no smoke or smell, the weight of the motor is only about half of a steam engine of equal power and alcohol is easily obtainable in all districts.

A large part of the alcohol is made from potatoes, of which the empire produces more than any other country in Europe. Molasses, the residue left from beet sugar manufacture, is also largely used as the raw material of alcohol.

Thus far it has been found that, at its present price, the alcohol motor competes successfully with all forms of motive energy of less than twenty horse-power. It is thus specially adapted for threshing grain, pumping and other kinds of farm work.

The result is that a large part of the alcohol fuel produced in farming regions, remote from coal fields, is already being consumed in the districts where it is distilled. It is running pumps, saws for cutting lumber, and flour mills, in addition to its service on the farms.

The world is talking from time to time of the day when coal resources will be exhausted. It is ceasing to wonder, however, about the substitutes that will replace coal. It is already evident that alcohol is to be one of the best and most practicable sources of motive power; and the supply of alcohol can never, like coal, become exhausted. It will be distilled in abundance as long as fields are fertile. As long as the vegetation used to produce alcohol grows there will be no danger of a failure of the supply.

DISAPPOINTED.

Mamma — "You don't seem so buoyant since Harry called. Did anything pass between you?"

Maud — "No, not even a kiss."

The Amazon is navigable for 2,200 miles from the sea, the Mississippi for about 2,800 miles.

In Four Hospitals in Montreal
But the Doctors Could Not Cure Mr. Cloutier—Said He Would Never be Well Again—After Six Years of Helplessness He Was Cured by
Dr. Chase's Nerve Food.

The case of Mr. Simon Cloutier, shoemaker, 110 Lagouchetiere street, Montreal, deserves more than passing notice, because his case was unusually severe.

For six long years Mr. Cloutier was an invalid, unable to attend to his work, and much of his time was spent in the hospitals of Montreal. The doctors gave him no hope of recovery, but, on the contrary, told him that he would never be well again.

A treatment that will restore to good health a person whose case was considered hopeless must be of more than ordinary value, and this is only one of a series of remarkable cures that have been brought about by the use of Dr. Chase's Nerve Food.

Mr. Simon Cloutier, shoemaker, 110 Lagauchetiere street, Montreal, Que., states:—"For six years I was not able to work, my nerves were all unstrung and my digestion bad. I had severe attacks of headache, could not sleep, and suffered with shooting pains in the small of my back. I was in four hospitals, but the doctors could not cure me. They said I would never be well again. In spite of their decision I began the use of Dr. Chase's Nerve Food some months ago, and I am convinced that I owe my life to this medicine. I have now been at work for over two weeks, and believe that my health has been fully restored. It is a pleasure for me to add my testimony to the hosts of others from persons who have been cured by this wonderful medicine."

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for $2.50, at all dealers, or Edmanson, Bates & Co., Toronto.

The Factory
JOHN McDONALD & CO.
(Successors to George Cassady.)
Manufacturers of Doors, Sashes, Mouldings
—AND—
Builders' Furnishings generally.
Lumber Planed and Matched to order.
BAND AND SCROLL-SAWING
Stock of Dimension and other Lumber constantly on hand.
East End Factory, Chatham, N. B.

DRS. G. J. & H. SPROUL
SURGEON DENTISTS.
Teeth extracted without pain by the use of Nitrous Oxide Gas or other Anæsthetics.
Artificial Teeth set in Gold, Rubber and Celluloid. Special attention given to the preservation and regulating of the natural teeth.
Also Crown and Bridge work. All work guaranteed in every respect.
Office in Chatham, Benson Block. Telephone No. 53.
In Newcastle opposite Square, over J. S. Kethro's Barber Shop. Telephone No. 6

TO CHECK TUBERCULOSIS

PROF. BROUADEL, OF PARIS, IS CONFIDENT.

Germany Is More Successful, But France Shows the Best Results.

Professor Brouadel, who represented the French Academy of Medicine at the International Tuberculosis Congress at Berlin, has returned to Paris fully confident that the progress of tuberculosis can be checked by united international accord and common action. Dr. Brouadel, who has expressed his views to the Paris Matin, says that what most forcibly impressed him during his stay in Berlin was the effective service accomplished by the German life insurance companies in fighting the terrible malady. Dr. Brouadel is not merely a scientist, but is a man of practical common sense, who, as head of the Board of Health of the city of Paris, is accustomed to deal with abstract questions in a thoroughly businesslike manner. The professor, who is a short, thickset man, with reddish hair and beard, was found in his library seated in a leather armchair before his working table, encumbered with books, pamphlets, newspapers, vials, pill boxes and telegrams. He was puffing away at a large, well colored meerschaum pipe.

GERMAN CAMPAIGN.

"In Germany," said Dr. Brouadel, "the campaign against tuberculosis is directed by the highest personages of the land, and notably by the Empress Augusta Victoria, who devotes a portion of her time almost every day to the noble work she has taken up with genuine love and enthusiasm. I have no hesitation in saying that next after the Empress it is to the German life insurance companies that the most credit is due for the satisfactory results already accomplished in Germany."

Dr. Brouadel then explained that in Prussia workmen's insurance against disease, illness, accident and death is obligatory. The insurance companies derive from this source an enormous revenue. The insurance companies established in the province of Brandenburg alone realized from workingmen's policies in a single year 30,000,000 marks net profit. Each year the companies set apart large sums for the foundation, endowment and maintenance of sanatoriums for the treatment of consumptive workmen. This method seems at first sight to be an act of disinterested charity, but such is not the case, for it is found that the insurance companies have actually increased their profits by their liberal endowments. The situation in Prussia is this —

The insurance actuaries compiled statistics which proved that one-third of the total number of workmen to whom, or to whose heirs, pensions or indemnities had been paid were

VICTIMS OF TUBERCULOSIS.

The boards of directors then asked whether it would not be more profitable to cure the invalids and prevent death instead of paying out premiums and indemnities and pensions. Investigations made on these lines by the actuaries showed conclusively that the margin of profit would be considerably increased by adopting such a course, and this was done five years ago.

After a lapse of three years, during which the sanatorium system had been established on a solid basis and brought into efficient working order, the actuaries were instructed to make new reports based on the data and statistics resulting from the three years' trial. Result proved that no less than 60 per cent. of the workmen who had left the sanatoriums after treatment and cure did not during an entire year have a single day's illness such as to prevent them from going to work.

This result is extraordinary, and, as the insurance of workmen is obligatory in Prussia, it will readily be seen that the method of prevention and cure is for the insurance companies not only charitable but profitable. There are already eighty-three sanitariums for consumptive workmen in Germany. Dr. Brouadel's conclusions are that, while Germany is considerably in advance of France in effective measures against tuberculosis in adults, on the other hand, France is ahead of Germany in the prevention and treatment of tuberculosis among children.

WOULD LET GO HIS ANCHORS.

The inevitable Irishman was looking for work. Noticing a gang of men loading a large steamer alongside, he walked up to the foreman, and asked:

"D'yez want any more hands, cap'n?"

There were a few men carrying anvils singly from the quay above along a plank on to the ship.

"Can you carry those anvils?" inquired the foreman.

"Shure!" replied Pat, with a smile of a man who had an easy job on.

"Very well, you can start now."

"What's the pay, mister, beggin' your pardun?"

"Piecework — two cents for each one you carry on to the ship."

Pat instantly stripped, seized an anvil, and carried it with ease across the plank and on to the ship. With the view of doubling his pay, he picked up a couple the next journey, and was walking along the plank when it broke, and down went Pat into the water with both anvils —one in each hand.

Nothing was seen but a bubble for a while. Presently Pat appeared on the surface of the water for the first time and yelled out:

"Hallo, there! Chuck me down a rope, or, begorra, Ol'll dhrop thaise things!"

Customer — "I want a shoe that is both comfortable and stylish." Shopman — "I'm very sorry, madam, but the age of miracles is past."

Wood-pigeons do more harm to British crops than any other birds.