

Straight Talks to Women

About the Home and Other Things

Edited by Dorothy Richmond FOR THE UNION ADVOCATE

Have you ever stopped to think that one third of your whole life is spent in bed?

No other piece of furniture in the home has so great a claim upon your thought and care as your bed. Nor does any other piece of furniture play so important a part in your daily mood, your comfort and your health. There is no other one place in which you spend half or a third or even a quarter of the time you spend in bed, and it is for this reason that you should see to it that the beds are, at all times, absolutely clean, absolutely hygienic, absolutely fresh and pure and free from all contamination, for what you are, in these respects, the bed is, and what the bed is, you are.

A normal human body will exude about half a pint of excretions through the skin and bottoms of the feet, every twenty four hours, and as one third of the time is spent in bed, one third of these impurities is left there; in consequence of which the bed clothing rapidly becomes foul and unwholesome. Therefore, the sheets, pillows, blankets and mattress should all be thoroughly aired and the mattress turned over every day, and the sheets, and particularly the pillow slips, should be changed at least twice a week.

The bed, in the average home, costs the money sum of \$30.00 to \$35.00—with mattress, spring, pillows, sheets, blankets, comforter, etc., complete. And yet, see what you spend on other things:—three to five hundred dollars on a piano; fifteen hundred to three thousand dollars for an automobile (and probably strain every nerve to pay for it), hundreds of dollars on "parlor" furniture, rugs, carpets and curtains, and on china, dining table, sideboard and all of the other things which are little used, but much SEEN. And this is just the difference between human vanity and good sense. A thousand dollars for one and a paltry thirty-five for the other.

I do not say that you should not spend the thousand—or TEN thousand, if you like—for LOOKS, but I do say that the thing which plays the most vital part in your health, your rest and your recuperative needs, is worthy of first place in the expenditures on household equipment.

Here is the specification for a

- proper bed:
- 1 plain, white enameled, iron bedstead \$ 4.00
- 1 Box Spring (the best) 12.50
- 1 genuine hair mattress 40.00
- 1 pair light, cotton blankets (next to mattress) 1.50
- 1 pair sheets, extra large and medium quality 3.50
- 1 pair genuine, down pillows 10.00
- 1 pair pillow slips 2.00
- 1 pair best wool blankets 12.00
- 1 down comforter, medium quality 8.00
- 1 white spread 5.00

Making a total of, say \$98.50

If this looks high, it is because you probably never looked at the matter at all before, and even at that, I have included but \$4.00 for the bedstead and nothing for pillow-shams (leaving the "shams" for the drawing room) and not even the best quality of sheets and comforter.

And if you think this seems high—for the place where you spend five solid years out of every fifteen, and perhaps more—all that expense, for just a bed—where nobody can see it, and only an iron bed, that, my rejoinder is, that the formula which seems to control the furnishing of a home consists of nine parts of vanity and one part of good sense.

QUESTIONS AND ANSWERS

Dear Miss Richmond,

My neck is thin and yellow and I would be ever so much obliged if you would let me know what I can do to improve it.

Answer—It is not an easy matter to make such an improvement, but you might try the following harmless method. Bathe the neck every night with peroxide or lemon juice, diluted with water, say one tablespoonful to a pint; then rub in cold cream thoroughly well.

Dear Madam:

My little boy has a bad stye. Could you give me a good remedy, and let me know if styes are contagious.

Answer—A stye is due to infection of the root of an eye-lash. The lash should be located and pulled out with a pair of tweezers, unless it has come to a head. In this case it should be opened with a sterilized needle, in order to free the puss. Then bathe with a tepid solution of boric acid. Styes are not contagious.

Dear Miss Richmond,

Will you be kind enough to let me have a recipe for Scotch scones and oblige yours truly, Lassie.

Answer: Sift one and a half pints of flour, add a pinch of salt, one teaspoonful of soda, mixed with one pint of sour milk. Mix to a soft dough. Lay on a well floured baking-board and roll one inch thick. Cut with a round cookie-cutter and bake on a hot greased griddle until brown on both sides. Serve hot with butter.

EGG NOVELTIES FOR THE EASTER TABLE

EGG AU GRATIN—Butter a fire proof baking dish and cover the bottom with six tablespoonfuls of thick cream. Break into it six eggs, sprinkle with salt and pepper, dot with butter, pour three tablespoonfuls of cream over the top and finally dust with grated cheese. Bake until the whites are set.

SCALLOPED EGGS—Grate some ham and make it into a force meat by adding bread crumbs, a little butter, salt and pepper to taste and sufficient milk to make it into a smooth paste. Spread as many scallop shells as there are persons and on each carefully break one egg. Sprinkle over each a little grated Parmesan cheese and bread crumbs, and put them into the oven for ten minutes. Serve in the scallop shells.

EGGS A LA CRUYERE—Melt a quarter of a pound of grated Gruyere cheese with two teaspoonfuls of butter and half a cupful of chicken or veal stock. Season with chopped shallot, parsley and salt. When thoroughly mixed, add five beaten eggs. Stir until quite stiff and serve on buttered toast.

EGGS JAPANESE—Spread a layer of hot, boiled rice on a buttered dish. Season well with melted butter, lemon juice and minced parsley. Poach 6 eggs, keeping them well shaped; arrange on the rice and garnish with parsley.

HOUSEHOLD HELPS

To prevent a placket from tearing, fasten the last hook and eye and hammer them together. This will prevent the strain on the goods.

To promote the growth of house ferns, dilute a small quantity of sweet milk with a little water and apply to the roots twice a week.

When baking cake, if the oven gets too hot, set a pan of cold water into it.

Campbellton Princess Pats Lose to Queen's Own

Local Ladies' Hockey Team Shut North Shore Town Out in Exciting Game

The benefit night given the Newcastle band at the rink on Thursday night was attended by a large number of people, despite the night being stormy and disagreeable. The band was present in full force and a splendid program of music was furnished. A large number from Chatham were in attendance.

The special attraction of the evening was the hockey match, a return game, between the Campbellton ladies team and the Newcastle ladies team. A short while ago the local girls in a game, met defeat at the hands of the Campbellton lasses, but, as The Advocate predicted, when on their own ice they would turn the tables on them, which they did in good style, receiving from the admiring spectators round after round of applause for their expert handling of the stick.

The game, while fast and exciting, was clear and the very best of friendly feeling existed all through. Referee Dummie kept the game running smooth, there being only a couple of penalties paid by refractory players.

As a matter of skaters, the teams seemed pretty equal, but for off-side work, the visitors were as adept at that as they were their good combination work, while the local team seemed in fear of being penalized if they made an off-side play, and stuck closely, too closely, to the rules as laid down by their coach.

The visiting team played probably a better combination, but they were not able, even at that, to score against the home team, for Newcastle's defender of the net stopped some very sneaky shots, thereby helping to win the game for her own team. For the short time our girls have been in the game, and the small amount of experience they have gained by going up against an opposing team, they all did remarkably well, and we are told that excitement ran so high in the veins of some of our girls on the promenade that they could hardly be kept from jumping over the boards onto the ice.

While the Campbellton team is made up of a septette of real good and clever skaters, after having seen this game we are of the opinion that our local team is their equal at every stage of the game. Miss Gladys Keane, of the visiting team, who was heralded as a star, while really showing remarkable skill in getting away with the puck, nevertheless found her equal in Newcastle's plucky little rover, Miss Laura Williston, who would have even played a stronger game, had it not been for an injury she received in the first period. In fairness to all on both teams it can be truthfully said that they played an exceedingly clever game, and it is hoped that next season will see more of the ladies in our north shore towns interested in this winter sport.

The score stood 1 to 0 in favor of our local team, the shot being made by Miss Williston in the first period. The line-up was as follows:

Goal	Miss McKenzie
Point	Miss McLellan
Cover Point	Miss McLellan
Goal	Miss McKenzie
Point	Miss McLellan
Cover Point	Miss McLellan
Goal	Miss McKenzie
Point	Miss McLellan
Cover Point	Miss McLellan
Goal	Miss McKenzie
Point	Miss McLellan
Cover Point	Miss McLellan

Patronize Home Trade

Church Directory

United Baptist Church

St. Andrew's Church

St. Mary's Church

Methodist Church

The Kirk

Salvation Army

Tax Notices

The BLENDED Flour



It is the blending of the wheat—the accurate balancing of Ontario fall wheat with a proper proportion of western wheat—that makes "Beaver" Flour such a splendid baking flour, uniform in strength and quality at all times.

This is why "Beaver" Flour is equally good for Bread and Pastry. Try it. Your grocer has it.

DEALERS—write us for prices on Feed, Coarse Grains and Cereals.

The T. H. Taylor Co. Limited, Chatham, Ont. 180

SHOP IN YOUR OWN CITY FIRST

This "Made in Canada" movement can be brought a little nearer home to each individual by emphasizing this suggestion: "Patronize the stores of your home town." Each man is entitled to spend his own money where it will buy the most—whether it be in Rome or Asia. But in fairness—Is it not wisdom before purchasing elsewhere to see what the stores of our own town have to offer? The prosperity of each of us is tied up with the prosperity of his neighbor. Acquaint yourself with what the stores of your own town are offering by reading the advertisements in The Union Advocate.

PROFESSIONAL

R. A. LAWLOR, C. J. A. CREAGHAN, L. B. Barristers, Solicitors, Notaries

Lawlor & Creaghan

Dr. J. D. McMillan

S. B. Miller's Meat Store

10 CENT "CASCARETS"

Wanted

Recruits are Coming All The Time

Fredericton Business College

Thick, Glossy Hair Free From Dandruff

W. J. DUNN

Notes and Comments

CAN NEWCASTLE BECOME A CITY?

To this we may answer, can a boy become a man? This question may seem rather premature, but the answer is, nevertheless, in both cases, yes. We may be told to lay this idea away until some future time, and bend our energies into becoming a town first. All well and good, but where would the boy find himself if HE acted upon this advice? Is it not his one ambition to become a man?

No, gentle reader, do not wait; "procrastination is the thief of time," and we have lost too much time already. We are awake now, so let us remain awake. We have started the ball rolling—keep it going.

The building up of a town into a great city is along very much the same lines as the building up of a boy to be a great man. A great deal depends on who the boy's parents are and the start in life they are able to give him, and the same applies to a town and the amount of push its merchants and business men have and the amount of energy they put forth for the upbuilding of their town.

The boy through life, if he has an inclination to be smart, and if he attains success over his school-boy friends, begins to find among them some who through a feeling of jealousy, are only too ready to knock him, but with firm determination he will find the old saying true that "you can't keep a good man down," and so he becomes a great man. These are the men who make great cities out of small towns.

BABIES' BRANCH CONTRIBUTIONS

Newcastle and Nelson W. A. Babies' Branch Make Contributions to Missions

Greta McLaughlan	.31
Vincent Tozer	.50
Earle, Raymond and Helen Croft	.65
Helen McCafferty	.50
Don Astles	.50
Warren Craig	.10
Wendell Lindon	.10
Clive Lindon	.10
Brander and Alden Craik	.75
Edith and Lyle Williston	.50
Alethea and Florence Dutcher	.75
Muriel Dutcher	.30
Gertrude Maltby	.50
Margaret and Harold Maltby	.50
Mildred and Harold Barron	.50
Rupert Kethro	.40
Dorothy Harris	.40
Hannah and Byron Miller	1.00
Audrey Miller	.50
Bertha Co. p	.50
Teddy and Hedley Williston	1.00
Jim Sargeant	1.00
Jim Morell	1.50
Earle Martineau	1.50
Wallace Treadwell, in memo.	1.00
Bal. from last year	2.00
Total	\$14.27
A. E. Morrell, Sec. Treas.	

TABUSINTAC SCHOOL REPORT

The following is a report of the Tabusintac school, of which Miss Margaret Halloran is teacher: Number of pupils enrolled, 49; number daily present on an average, 44; number of days school was in session, 20.

Perfect attendance—Hazel Murray, Opa Beattie, Clara Hierlihy, John Hierlihy, Eldon Stymiest, Edith Beattie, Alice Murray, Gertrude Murray, Annie Green, George Hierlihy, Raymond Hierlihy, Sterling Murray, Lima Graham, Doris Murphy, Frank Stymiest, Emma Hierlihy, Mary Brown.

THE MARCH TO THE BATTLE-FIELDS; OR CANADA'S MEN ON THE WAY

The above is the title of a picture that will for many years to come be a highly prized treasure. It is a photographic reproduction showing the 32,000 men of Canada's first contingent breaking camp and on the march to join the Continental forces. It shows miles and miles of the white tents and the marching men. It is a most inspiring sight.

THE MARCH TO THE BATTLE-FIELDS; OR CANADA'S MEN ON THE WAY

WHAT MOTHERS SAY OF BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use no other medicine. She quickly realizes the Tablets are an absolutely safe remedy and one that will give sure results.

Perfect attendance—Hazel Murray, Opa Beattie, Clara Hierlihy, John Hierlihy, Eldon Stymiest, Edith Beattie, Alice Murray, Gertrude Murray, Annie Green, George Hierlihy, Raymond Hierlihy, Sterling Murray, Lima Graham, Doris Murphy, Frank Stymiest, Emma Hierlihy, Mary Brown.