

Straight Talks to Women

About the Home and Other Things

EDITED BY
Dorothy Richmond
FOR THE UNION ADVOCATE

There is an old saying, that "a man is a fool until he is forty," and most men will admit that the old saying contains much truth. I sometimes wonder what the time limit is for women.

Perhaps a woman is never a fool—perhaps she is always one. The most prominent characteristic in the average, normal, womanly woman—what is it?

A fair definition of the word "ambition" is, the desire to advance, to excel, to rise above the average level, and to succeed in doing these things calls for a superior quality and quantity of initiative and Creative Power.

Women do not possess these faculties, nor do the females of any other species possess them. It is not natural that they should, and we cannot get away from the laws of nature, however much we may rebel against their workings.

What is the high attribute, corresponding to the word "ambition" which could be said, in truth, to represent the most prominent characteristic of the average, normal, womanly woman?

My own honest answer is, there is none. Women ARE ambitious—ambitious to wear finer clothes than anybody else; to give the most extravagant entertainments; to be at the top of the ladder; socially; to live in the finest home—and to make all other women jealous.

There are exceptions—to be sure—but where one woman possesses really high attributes and really does rise above the average hypocrisies of typical femininity, there are ten thousand men who will rise above the same average level. So, let us admit that nature has equipped men to occupy one sphere and women to occupy quite another.

Woman's place, however, in this world is certainly no less important than man's—if she would but rise to it and FILL it.

That place is the HOME. It is the Alfa and Omega of everything. It is the heaven to the bread of all human

activity. It is the fountain source of national well-being, of national honor, of all real progress, and it exerts the deepest of all influences upon the destiny of nations!

No place can be higher for women than the home, for it is all this, surely her opportunity is infinite—if they would but rise to it and FILL it.

QUESTIONS AND ANSWERS

Dear Madam:

Thank you for the recipe for chicken salad. Will you please let me know what "blanched almonds" are and how to make French dressing, and oblige. Miss L.

ANSWER—(1)—Put the desired quantity of almonds into a saucepan, cover with cold water, bring to boiling point, then remove from the fire. Drain and run cold water over them. Turn out on a coarse cloth and rub off the outer skins.

Dear Miss Richmond:

Would you be so kind as to let me have a receipt for a nice nut cake.

Mrs. H. H.

ANSWER—½ cup of butter, 1½ cups of sugar, 1 cup of chopped nuts, 2 eggs, 1 cup of milk, 2 cups of flour and 2 rounding teaspoons of baking powder. Cream the butter and sugar, add nut-meats, then the eggs, beaten without separating the whites from the yolks, and alternately the milk and flour, stirred with the baking powder twice. Bake in a loaf for about one hour.

Dear Miss Richmond:

Will you kindly give me a recipe for Welsh rabbit.

T. T.

ANSWER—½ tablespoonful of butter, ½ a pound of cheese; cut into very thin slices, a ¼ teaspoonful of pepper, ¼ teaspoonful of paprika, ¼ teaspoonful of soda, ¼ teaspoonful of mustard, 2 egg yolks, ½ cup of cream. Melt the butter and let run over the surface of the dish; put in the cheese and seasoning and stir

constantly (over boiling water), until the cheese is melted; have ready the eggs beaten and diluted with the cream; add these to the cheese mixture and stir until the whole is smooth and thick. Serve on crackers or on toast.

SOME WAYS OF COOKING CANNED SALMON

CANNED SALMON LOAF—1 can of salmon, 1 cupful of stale bread crumbs, 2 eggs, ½ pint of milk, salt and pepper, a blade of mace. Scald the milk and mace together; chop the salmon and add to it the bread crumbs, the lightly beaten eggs, salt and pepper and pour in the milk a little at a time. Turn into a buttered mould and steam for one hour. Garnish with parsley and serve.

CANNED SALMON SALAD—Drain 1 can of salmon and separate into large flakes and set these on a bed of lettuce leaves. Serve with the following dressing—Mix 1 tablespoonful of scraped onion, 6 tablespoonfuls of oil, 3 tablespoonfuls of vinegar, ½ teaspoonful each of salt and paprika and pour over the whole. Serve at once.

HOT CANNED SALMON—Set the unopened can of salmon into a saucepan of boiling water and let boil 15 minutes. Open the can at the edge and roll around the top, that the salmon may be removed unbroken. Drain off all the liquid. Turn the fish onto a hot platter; garnish with sliced lemon, hard cooked eggs and parsley. Serve with egg sauce or drawn butter.

CANNED SALMON CROQUETTES—1 cupful of salmon, 1 cupful of boiled rice, 1 egg, slightly beaten, salt and pepper to taste. Mix ingredients thoroughly, shape into balls, dip in egg and bread-crumbs and cook in deep fat until brown. Drain and serve with asparagus points and melted butter.

HEALTH HELPS

Never go to bed with cold feet. Don't eat what you do not want—just to be polite.

Don't try to get cool too quickly after exercising.

Don't try to get along without flannel underwear and woolen stockings, in the winter.

SYNOPSIS OF TREY O' HEARTS

This Intensely Interesting Picture Now Being Shown At Happy Hour

Owing to the fact that a number of patrons of the Happy Hour failed to see the first installment of this picture at the Happy Hour last Wednesday night, the synopsis is herewith given.

The first reel of this installment is taken up by the prologue. Seneca Trine, middle aged and powerful in the financial world, had married a girl much younger than himself. The girl was forced into the marriage through circumstances rather than through love she felt toward Trine. In fact she loved another, Wellington Law. At the opening of the prologue we find Trine's wife the mother of twin girls, unhappy in thoughts which still haunt her of her old sweetheart Law. Law, on the other hand, is married to a cool, calculating woman, is the father of a boy.

In the course of time Trine begins to suspect the affection that his wife still feels for Law and with a bitter heart, he undertakes a scheme to ruin his wife's sweetheart. At a ball one evening, he secures positive proof of his wife's attitude toward him, and his determination to ruin Law crystallizes into definite action. A month later Trine's plans of revenge against the man whom he believes has robbed him of his wife's love, are carried to completion—Law is ruined.

Desperate and despairing, Law drives into the country in his automobile. As fate would have it, he accidentally runs down Trine. Discovering the identity of the wounded man, he flees. Trine recovers but is left a paralytic for life. It is following this that Trine plans to kill Law and he writes him to this effect. Law is already broken down, mentally and physically, and when he begins to find here and there a trey o' heart card—Trine's sign of approaching revenge—he takes the easiest way out by killing himself.

At the opening of the play proper Law, Jr., is a prosperous young business man in London. Trine, still in America, has not forgotten his plan of revenge; he awaits the time when Law Jr., is the happiest to strike him down. Rose, one of twin daughters, he sends to Europe, for the purpose of meeting and securing Law's love. Rose, however, is unaware of her father's intentions; she has high ideals and a tender heart, while her sister, Judith, is hard and revengeful, the prototype of her father.

Law, Jr., meets Rose at a watering place and it is a case of love at first sight with both. It is at this point that Rose receives the first straight letter from her father, blighting at her love and assuring her that she will never marry Law—that he will die before that. Law, for the first time, finds a trey o' hearts, and acquainted with the feud, suspects its meaning. Rose, fearful for Law's life, departs, telling her sweetheart that she will send him a rose—a token of love—if she ever needs him.

Through his age Trine is informed of the complete affair. Through a man a rose is sent from America to Law—he hopes to get Law into America where he can the better kill him. Law receives the rose and leaves London, intending to go by way of Canada to his sweetheart. Informed of this, Trine sends his daughter Judith into Canada to meet Law and bring him back, dead or alive.

Once in Canada, Judith surrounds herself with bribed half-breeds and prepares to carry out her father's wishes. She follows Law into the mountains and captures him. Law believes he stands before Rose, but is informed otherwise; he is left to die, tied hand and foot in a forest fire. Law manages to break his bonds and escapes to the river bank. Far out in the stream he observes Judith departing with her guide in a canoe. He shoots and kills the guide, Judith, in the canoe without an ear, floats toward the rapids and falls below. Law, realizing her plight, rushes to a log spanning the rapids, leans far down and drags the girl out of the crushing canon.

What with his wounds, Law is exhausted after this. Judith holds him to a clearing in the woods and helps his head while he falls into a deep sleep, and to Judith comes the first awakening of love. But she leaves the man sleeping, and the man, when he awakens, finds on his breast a rose where he expected to find a trey o' hearts.

The second installment will be shown tomorrow (Thursday) night.

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"Beaver" Flour has this perfect balance. It contains the quality, flavor, lightness and whiteness of the choicest Ontario wheat—and its strength is increased by the addition of Manitoba wheat.

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Save your Hair! Get a 25 cent bottle of Danderine right now—Also stops itching scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Danderine. Save your hair! Try it!

W. W. CORY, Deputy of the Minister of the Interior.

N. P.—Unauthorized publication of this advertisement will not be paid for.



Synopsis of Canadian Northwest Land Regulations

Any person who is the sole head of a family, or any male over 18 years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta.

The applicant must appear in person at the Dominion Lands Agency or Sub-agency for district Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties: Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3 per acre.

Duties: Must reside upon the homestead or pre-emption six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price \$3 per acre. Duties: Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.

W. W. CORY, Deputy of the Minister of the Interior.

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CHAS. E. SHARP, Hawkhaw, N. B., Sept. 1st, 1905.

CHURCH DIRECTORY

SUNDAY SERVICES

United Baptist Church

Rev. M. S. Richardson.

Morning service, 11 a. m.

Sunday School, 2.30 p. m.

Preaching service, Derby, 3 p. m.

Evening service, Newcastle, 7 p. m.

Mid-Week Service—Wednesday Prayer and testimony meeting 7.30 p. m.

Seats free, all welcome.

St. Andrew's Church (Anglican)

Rev. W. J. Bate

Holy Communion—1st Sunday in month at 11 a. m. 3rd Sunday in month at 8.30 a. m.

Morning and Evening Prayer—Matins at 11.00 (except 3rd Sunday in month). Evensong at 7.00. Wednesday Evening Service, 7.30.

St. Mary's Church (Catholic)

(During winter months from November to May.)

Early Mass with sermon, etc., 9.00 a. m.

Late Mass with sermon, etc., 11.00 a. m.

St. Aloysius Society for boys, 1.30.

Children baptized, when there are baptisms, 2.00 p. m.

Sunday School Classes, 2.30 p. m.

Vespers, with Benediction of the Blessed Sacrament, etc., 7.00 p. m.

Methodist Church

Rev. Dr. Harrison

Sunday Services 11.00 a. m. and 7.00 p. m.

Prayer and Praise Service, Wednesday, 7.30 p. m.

The Kirk

St. James Presbyterian Church

Rev. S. J. McArthur, M. A., B. D.

Worship Sunday, 11.00 a. m. and 7.00 p. m.

Sabbath School, 2.30 p. m.

Salvation Army

Capt. F. Forbes

Holiness Meeting—11 a. m.

Praise and Testimony Meeting—3.00 p. m.

Salvation Meeting—8 p. m.

Public Meetings—Tuesdays, Thursdays and Saturdays—8.00 p. m.

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Notes and Comments

THE OUT-OF-WORKS

As spring approaches, the question of work for the unemployed becomes more and more acute. Those who remember the terrible happenings in Lancashire during the American Civil War, when close upon 2,000,000 men were known to be out of work in that country alone, will tremble with apprehension. At that time the philanthropic spirit of Britain arose nobly to the rescue, no less a sum than \$5,500,000 being publicly subscribed. This fund was so well administered that although the distress lasted for a period of nearly five years, \$650,000 remained in the hands of the trustees, and was expended in the erection of a convalescent home in Lancashire. Things are different in Canada to what they were in England at that time. The country was not at war, and although prices were high and there suffering was widespread, people had not yet been called upon for aid to the almost innumerable works of charity that they are now. While some of the money subscribed was used for relief, the bulk of it was invested in public works that commanded the greatest amount of individual labor.

It is a fair estimate to presume that at this moment in Canada

there are 100,000 unemployed. Mayor Martin of Montreal has paced the number of out-of-works in that city at 45,000. In Toronto there are known to be half as many. In the big western cities especially Winnipeg and Vancouver, there are probably another twenty or twenty-five thousand. So that we are not long in arriving at the total suggested. It is not a question of statistics, however, so much as he need for instant, resolute, and sustained action. Work must be found. It is not a matter of "I cannot do and to beg I am ashamed." Practically all are willing to work. The trouble is that they mainly belong to the construction trades. There are, of course, many clerks, operatives in factories, and salesmen and women among them, but the hardest to be suited are those who have been employed on buildings and railway works, which are now almost at a standstill.

In the face of this state of affairs the land is crying for labor. One thing that can be done is to separate the wheat from the chaff and endeavor first of all to employ the wheat, giving preference as far as reasonable to the men who have others to support. For this purpose, and in fact for treatment of the whole situation, committees should be formed in every city and town,

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Baby's Own Tablets are the best medicine in the world for little ones. They are absolutely safe and never fail to regulate the stomach and bowels, break up colds and simple fevers, expel worms and make teething easy. Concerning them Mrs. D. S. Bernhardt, Port Dalhousie, Ont., writes: "I have been using Baby's Own Tablets for my baby and would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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25 Cents a package. Ask your Druggist, or drop us a post card giving your name, address, and the word "JO-RI-CO" and we will tell you all about these two splendid prescriptions. The JOHNSON-RICHARDSON CO., Limited Montreal, Que.

and registration embodying suitability strictly kept. Then such public works as are in any way possible should be proceeded with. When we arrive at the matter of farm labor we come to the very crux of the situation. The large majority of the unemployed have never seen a farm except as they have been travelling past. To another section the work is uncongial. Unhappily, it is frequently shown that even under stress, men and women will not do work for which they feel completely unfitted. But these cannot be left to starve. They must be employed, but how is a matter for the committees to decide. As to the demand of the land, farmers must be appealed to to be as patient as they can, and to be as lenient and generous as possible to such laborers as they may obtain. As has been said over and over again, the times are exceptional, and not only call upon us, but demand of all of us, that we shall practice self-denial and thus bear in some measure a share of the common burden.

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