

## First Impressions Are Important

In a world where appearances are valued as indexes to character, *Your Stationery* should represent you worthily—always and everywhere.

That atmosphere of character and refinement, which should distinguish all self-respecting correspondence is assured when you place your stationery order with us. If you allow us to furnish your

**Letter Heads, Bill Heads, Shipping Tags, Office Forms, Envelopes, Statements, Etc.**

they will reflect the dignity and self-respect of the discriminating, and be an excellent advertisement for your business, for a business man may be judged by the quality and style of his printed matter.

## The Advocate Job Printing Department

is without doubt the best equipped on the North Shore, and consequently in a position to turn out all kinds of Job Printing *Neatly, Promptly and Satisfactorily*, at very reasonable prices.

We are constantly adding new type and material to our already up-to-date equipment, and we have recently put in several of the newest type faces manufactured.

## Let Us Prove

to YOU the truth of the above statement by giving us a trial order for any of the above mentioned office requisites, or an order for

**Posters or Dodgers, any size! Flyers, Circulars, Programs Menus, Display Cards, Business or Visiting Cards, Price Lists, Booklets**

*in fact, ANYTHING YOU WANT PRINTED Neat, Artistic Two-Color Work a Specialty. Call on us when you need anything in our line. We assure satisfaction. Mail orders receive our careful and prompt attention. Write us for prices.*

*Yours for Good Service*

## The Advocate Job Department

Phone 23

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**Everything in Printing**

## Pneumonia A Disease That Has Many Victims At This Season Of The Year

(Canadian Red Cross)

In Canada, January, February and March are active months for the disease known to doctors as 'pneumonia.' As far as the layman that is, one who is not scientifically trained to understand the disease in all its aspects is concerned the first duty should be to acquire sufficient knowledge to enable him to do all he can to prevent himself from catching the disease. In this one only needs to remember the epigrammatic saying of the great Pasteur, 'Disease springs from disease.' For those whose position and duty require them to come in contact with people suffering from disease the greatest precaution should be taken. But if, after all precautions have been taken some member of the family has been so unfortunate as to contract pneumonia then a knowledge of how to care for the patient will be found of great value. The following notes upon this subject are recommended to our readers:

Pneumonia is an Infectious Disease—

It is caught from another person who has the disease.

It is spread by means of the sputum and discharge from the nose. What to do when Pneumonia is prevalent.

Avoid crowded and ill-ventilated rooms.

Avoid fatigue; chills and unnecessary exposure.

Keep fit.

Gargling and nose-washing night and morning are useful measures. A suitable solution is made by mixing one teaspoonful of common salt with a pint of warm water and adding sufficient crystals of permanganate of potash to give it a pink color.

What to do when Nursing a Case of pneumonia.

The patient should have a separate room; if possible see that it has a sunny aspect. Remove unnecessary furniture and keep the room well ventilated and clean.

Remember that the sputum and discharges from the nose are highly

infectious, either directly by the soiling of linen, handkerchiefs, rags, spoons, or the hands of the attendant nurse. Therefore to destroy the germs of infection, it is necessary to collect and destroy the sputum. A cup containing a strong solution of chloride of lime or a ten per cent solution of lysol can be used for the patient to spit into.

Handkerchiefs should be put into a five per cent solution of lysol for 24 hours before washing and boiling (N.B.—Two tablespoonfuls of lysol to a pint of water make a five per cent solution.)

Old clean rags or paper handkerchiefs are useful because they can be promptly burnt.

The patient should be kept clean; face and hands should be frequently washed, as these soon get contaminated. Cups; spoons and other eating utensils, should be disinfected at least twice daily by means of boiling water. Toothbrush and thermometer should be kept in weak lysol (two per cent)

Precautions to be Taken by the Nurse—

Avoid standing in front of the patient or "taking his breath while attending to him. Throat gargling and nose douching are recommended. Face masks should be used as much as possible by those attending the sick. These can be made of four layers of butter muslin, 8 in. by 5 in., provided at the corners with tape for fastening behind the head. Several of these are desirable so that they can be frequently changed and washed (boiled)

The nurse must wash her own hands after attending to the sick and after touching soiled handkerchiefs, etc. Plain soap and water are sufficient for this, avoid soaps which roughen the skin.

As the infection is personal there is no need for disinfection of the room. The above precautions are valuable in the majority of acute respiratory diseases and such diseases as influenza, measles; whooping cough and the ordinary cold in the head—R.G.



**CUT DOWN COAL BILL**

How would you like to cut down your coal bill a half this winter?

Take 100 pounds coarse sawdust (you can buy it cheaply) and to each 100 pounds of sawdust add 200 pounds of common clay. Moisten both the clay and sawdust and mix thoroughly. When well mixed, place in large trays about 2 inches deep. The trays should have cross divisions so that when the mixture is dried or baked it will be in bricks about 2x3x6 inches. When bricks are baked they will be porous and should then be immersed in cheap crude oil.

Two of these small bricks will cook a meal or heat up a room. They will hold heat longer than the best hard coal, and can be made at less than half the cost of coal, as they are mostly made from clay and cheap (sometimes free) sawdust. The cost of baking will be almost nothing as two bricks will furnish heat to bake 40 or 50 bricks, and these will bake 700 to 800 more, and so on. Try this and save the coal bill this winter."

**Name McKinnon For Moderator**

The Toronto Presbytery nominated Principal Clarence McKinnon of Pine Hill Theological College Halifax, for Moderator of the Presbyterian General Assembly.

## Experts Unable To Size Up Germany

The second commission of experts investigating Germany's capacity to pay is meeting insurmountable difficulties and will leave Berlin without having accomplished its mission.



is a common expression that makes up in force what it lacks in elegance. When or where or why it originated excites no interest in the victim. Head aches—eyes water—throat smart—sneeze—cough—sore all over.

**Johnson's Liniment**

taken internally soon works a wonderful change. For more than 100 years the internal use of this doctor's prescription has quickly mastered Grippy Colds, Bronchial Colds, Sore Throat, Chills, Cramps, etc., while for external use on Cuts, Burns, Bruises, Sprains, Strains, etc., it has no superior. For more than a century it has been praised and respected by the general public and the medical profession as well. Sold and commended by good dealers everywhere. 25 and 50c.

## Smoke OLD CHUM The Tobacco of Quality



Sealed Package 15¢ (which keeps the tobacco in its original condition) also in 1/2 lb. tins

## Special Menus For Children On Canadian National Diners



A special menu for children will be introduced on dining cars of the Canadian National Railways this week. The menu, the first of its kind ever used on a railway in Canada, was conceived by Mr. Walter Pratt, General Manager of the Sleeping, Dining Car and Hotel Department of the National System, and it is designed to so add to the dining car service of the System that every juvenile passenger will be catered to in the most satisfying manner.

In the compilation of the menu, Mr. Pratt sought and obtained the collaboration of one of Canada's foremost dietitians specializing in selecting food for children. The result is a menu that will not only provide a correct guide to the proper food for children of all ages up to 10 years, but it is also so attractively decorated and written that it will be a source of entertainment to the children during the journey.

The children's menu has been developed as the result of close personal investigation by officers of the Dining Car Department of the Canadian National Railways into ways and means of further improving the service. It was found that many parents traveling on all railways were feeding their children food bought prior to the journey, rather than make use of the dining car service, there being a more or less general feeling that it was a difficult task to choose from the regular menu, proper food for the child. In

some cases there was also a feeling that prices charged in the dining cars were disproportionate to the amount of food a child requires.

These objections are overcome by the children's menu. For each meal, breakfast, dinner and tea, there are four combinations of fare; breakfast ranging in price from 40 to 60 cents; dinner from 50 to 85 cents, and tea from 35 to 65 cents. As the dining car steward passes through the cars, announcing the calls for meals, he distributes a menu to each passenger travelling with a child so that the parent or companion has time to decide upon the choice of food and knows the sum it will cost before going into the dining car. It is felt that this menu will accordingly prove a real boon to passengers, accompanied by children.

The artistic features of the menu, which contains eight pages, are most attractive. In addition to the menu proper, there are pictures printed in blue and brown and verses that are certain to appeal to the childish fancy. The verses tell a story and the pictures illustrate it. The menu, itself, occupying the two centre pages, the reading matter being bordered by a series of children's blocks, each block bearing a letter which spell out "Menu for little boys and little girls." The new children's menus go into service immediately on all dining and parlor-cars over the entire system of the Canadian National Railways.

## Western Steer Beef

Fresh Pork, Ham, Bacon, B. Bacon, Bologna, Rose Brand Cooked Ham, Good Cornbeef, Back Pork, Clear Cut Pork and Spare Ribs.

Finnan Haddie, Smoked and Fresh Fillets, Kippers, Boneless Cod and No. 1 Fat Herring.

## A FULL LINE of GROCERIES and FRUIT

- Try our Bulk Tea, its good, at..... 60c
- Pure Lard in 1 lb. pkgs. at..... 23c
- Nova Scotia Apples, per pail..... 35c
- 6 lb. Good Clean Onions for..... 25c
- 3 Cakes Cream Olive Toilet Soap and 1 Soap Doll for ..... 25c

## H. A. TAYLOR

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