FROM ALL OVER THE MARITIME PROVINCES

RICHIBUCTO

Richibucto, Nov. 17—Rev. C. A. Hardy, pastor of St. Andrew's church, Rexton and Richibucto, after a three weeks' illness was obliged last week to enter the Moncton hospital for treatment. His father-in-law, Rev. Archibald Lee, of Ontario, is very acceptably filling Mr. Hardy's appointments.

Mr. and Mrs. F. J. Robidoux went to St. John on Tuesday.

The engagement is announced of Miss Lilian Gerda McMinn, eldest daughter of Mr. and Mrs. J. D. McMinn, of this town, to George Lester Brown, second son of the late Mr. and Mrs. William Brown, of Richibucto. The marriage is to take place early in December.

Mr. and Mrs. Fred Pine and daughters, of New York, who have been spending some months with Mr. Pine's mother, returned recently to their home in New York.

Guy Lozier, for some years in the office of A. & R. Loggie here, arrived home on Wednesday with his bride, who was Miss Dollie Lanigan, of Bathurst. Both of the young people are very popular, the bride, having spent more than a year in town.

Mrs. Robt. I. Cauley and little daughter Mary, returned recently from a visit to relatives in St. John.

Miss Gertrude Bernard has returned from a visit to her sister, Mrs. E. Smith Scott, Moncton.

Miss Jennie B. Irving has returned from a three weeks' visit to friends in Kouchibouguac.

Richibucto, Nov. 18—Sheriff B. J. Johnson went to St. John last week and on his return was accompanied by Mrs. Johnson, who had been in the hospital for several weeks. The operation for cataract was entirely satisfactory, the sight in the eye affected being fully restored.

Miss Helen McMinn is recovering from an attack of tonsilitis, which has confined her to her home for three weeks.

Mrs. Theodore Graham returned recently from a visit to her sister, Mrs. F. A. Woods, Moncton.

Alonzo Johnson has recovered from his illness and has resumed his duties in W. E. Forbes' store.

Miss Howe, of Newcastle, has been a guest of Miss Janie McKinnon.

APOHAQUI

Apohaqui, Nov. 17—Mrs. Frank Small and children spent the last week-end in Kars, at Mrs. Small's old home. Miss Grace Jones returned with Mrs. Small and will stay with her sister till Christmas.

C. W. Mallory and little son, Harry, are spending a few days with Mr. and Mrs. Neil Johnson.

Mrs. Beck, of Sussex, spent the week-end with Mrs. Guy Adair.

Rev. Gilbert Earle, of Fairville (St. John), gave a very interesting illustrated lecture in the town hall on Thursday evening last. His subject was the "West Indies"—and illustrated by pictures. Rev. Mr. Earle was entertained at the home of Mr. and Mrs. Harley S. Jones during his stay.

Mrs. Weeden Wetmore is spending a few weeks with her grand-daughter, Mrs. Percy L. Folkins.

Mrs. Carr Wright came last week from Campbellton to spend the winter with her son, Ivan Wright and Mrs. Wright.

Mrs. John Little arrived last week from Port Elgin to occupy their new home which has just been completed on Campbell street. Mr. Little has been here for some time.

NEWCASTLE

Newcastle, Nov. 16—The death of Elizabeth, widow of James Copp, occurred at the home of her daughter, Mrs. William Craig, at an early hour yesterday morning after a lingering illness from stomach trouble, aged 81 years. The deceased was formerly Miss Sheasgreen, of South Esk, and is survived by two brothers, Isaac, caretaker of the government fish hatcheries at South Esk, and David in the west; two sisters, Mrs. James Keating of Monroe (Wash.), and Miss Jane Sheasgreen of Lawrence (Mass.); two daughters, Mrs. W. J. Buckley of Methuen (Mass.), and Mrs. William Craig with whom she resided, and a son, William M. Copp, of Newcastle. The funeral took place at 2.45 this afternoon to St. Mray's R. C. cemetery, where interment took place.

Audrey Fraser, the young man who was arrested in St. John last week for stealing an overcoat here, was allowed to go on suspended sentence by Magistrate Maltby on Friday morning.

Mr. and Mrs. D. King Hazen, of St. John, who have been visiting Mrs. Hazen's parents, Mr. and Mrs. J. D. Creaghan, were passengers on the Ocean Limited for Montreal today.

Work on the new wireless station here is progressing rapidly and work on the main tower will be commenced tomorrow, the remainder of the steel having arrived yesterday from England. The six wooden towers are now nearing completion, four being upward of 200 feet high at the present time.

While excavating today workmen uncovered a petrified log about six feet long and four inches thick. It was quickly broken up and taken home by people as souvenirs.

Newcastle, Nov. 17—The November sitting of the Northumberland circuit court, which was to open here tomorrow, has been postponed until November 25.

At St. Mary's R. C. church at 4.30 this afternoon Rev. P. W. Dixon united in marriage Stanislaus S. Doran, of Derby, and Miss Dora Wedden, of Curventon. Miss Sadie Hopkins was bridesmaid while Charles Morris supported the groom.

A very pretty wedding was celebrated at St. Samuel's R. C. church at Douglastown this morning, when Miss Estella Taylor, of Rosebank, became the wife of James W. Pittman, of Douglastown. Rev. P. W. Dixon performed the ceremony and Miss Cecilia Pittman was bridesmaid and Hubert Sullivan groomsman. They will reside at Douglastown.

The engagement is announced of Miss Ella Fitzgerald, of Newcastle, to Frank MacDonald, of Chatham Head.

Mrs. William went to Moncton today to visit her daughter, Mrs. T. Graham.

Mrs. James Stewart, of Moncton, who has been visiting her mother, Mrs. Benjamin Stewart, returns home tomorrow. Her mother will accompany her and spend the winter in Moncton.

John A. Rundle, who has been spending the past three months on the Pacific coast, has returned home.

Miss Edna Wade, of Petitcodiac, is visiting Mr. and Mrs. Jack McLaughlin.

Newcastle, Nov. 18—The Newcastle Curling Club met in annual session last night to make plans for the coming season. Mayor Morrissy presided and there was a large attendance of the members. The treasurer's report showed that the club was in good financial standing, having a balance of $212.17 to their credit.

The president reported that a North Shore league had been formed, with P. J. Burns, of Bathurst, president, and an annual bonspiel was to be held to play for a trophy which had been purchased by the different clubs in the league. The first bonspiel will be held this year in Chatham and thereafter at the home rink of the winning club.

The annual fee for 1913-14 was fixed at $5. Officers were then elected as follows: President, Mayor C. J. Morrissy; vice-president, Allan A. Davidson; chaplain, Rev. S. J. Macarthur; secretary, J. E. T. Lindon; treasurer, G. G. Stothart; managing committee, J. R. Lawlor, Ald. Chas. Sargeant, John Russell, Perley Russell, and C. M. Dickison.

Mr. Lawlor gave notice that he would move at the next meeting an amendment to the by-laws regarding the election of foreign skips, whereby in future the skips were to be appointed by the managing committee instead of being elected by the members of the club, as at present.

Eleven Italians will face Magistrate Maltby tomorrow on the charge of contract breaking and also of debt. On Saturday, George Hood, manager of the Miramichi Quarry Co. at Quarryville, brought a crew of fifteen of these men from Montreal, paying their fares here, with the understanding that it was to be deducted from their wages. Arriving at Quarryville, they made purchases of blankets and other articles from the company, and then disappeared on Monday, coming to Newcastle. The authorities here were notified and Officer Dickison and Sheriff Irving managed to capture eleven of them, the other four making good their get-away.

Mr. and Mrs. Allan Williston, of Moncton, are spending a few days in town en route to Blackville, where they will reside in future.

Rev. Father Pacifique will close a very successful three day mission in St. Mary's church here tomorrow evening. Father Pacifique is a powerful speaker and large congregations attend every service.

HOPEWELL HILL

Hopewell Hill, Nov. 16—Archie Woodworth, the 12-year-old son of Howard Woodworth, undertook to drive a nail through a dynamite cap, the other day. What might have been expected, happened, the cap exploding with much force, mutilating the boys left hand, so that the thumb had to be amputated at the first joint and the ends of two fingers taken off as well. The hand was also otherwise injured.

Rev. R. H. Stavert, field secretary of the N. B. branch of the Dominion Temperance Alliance, addressed a meeting at Albert last night, and organized a local branch for Albert Village, with William M. Calhoun president; Rev. Thos. Stebbings, vice-president; Henry H. Tingley, secretary, and I. C. Prescott, treasurer.

The Baptist church at Albert, which has been remodelled at a cost of $3,000, was reopened today, services being held in the morning, afternoon and evening. Rev. Mr. Stackhouse, of Amherst, preached in the morning and evening and Rev. Mr. Stebbings, pastor of the Albert Methodist church, in the afternoon.

The body of Mrs. J. Alex. Fullerton, whose death occurred recently at Milwaukee, arrived at Albert by Friday's train and was interred this afternoon in the new cemetery here, beside the little child of the deceased, that did some years ago. The services at the house and grave were conducted by Rev. Mr. McLatchey and were largely attended. Mr. Fullerton, husband of the deceased, a former Albert man, accompanied the body here. Besides her husband Mrs. Fullerton is survived by one sister, Mrs. John Hoar, of Moncton, and two brothers, Daniel O. and Edgar Woodworth, of Lynn (Mass.) The deceased had been sick six weeks with appendicitis, death following ten days after an operation, which was performed as a last resort, but was unavailing.

Hopewell Hill, Nov. 17—Rev. E. B. McLatchy, formerly pastor of the West End Baptist church, Moncton, who has been acting pastor of the Hopewell church since last May, thinks it likely that he will be leaving the Hopewell church soon, probably in a few weeks. Rev. R. O. Morse, now in Prince Edward Island, will occupy the pulpits on the Hopewell field next Sunday, Nov. 23, and is said to be open for a call, not now having a regular church.

Relatives here have received word of the marriage at Vancouver (B. C.) of Capt. John E. Hamilton, formerly of this place, to Miss Ruth Morton, of Vancouver. They will reside at the latter place. The groom is a son of the late Capt. T. R. Hamilton, of Hopewell and has been engaged on the Great Lakes and on the Pacific coast for the past twenty-five years. Old friends here will wish him and his bride much happiness.

Solomon Steeves, the twelve-year-old son of Sears Steeves, Memel, is ill with appendicitis. Dr. Carnwath is in attendance and an operation has been decided upon.

James Carnwath, C. E., who holds a responsible position in Ontario, is visiting his parents, Mr. and Mrs. W. J. Carnwath, Riverside.

Hopewell Hill, Nov. 18—Douglas Milburn, the twelve-year-old son of J. W. Milburn, of Mountville, set fire to a lot of powder the other day, in which he had put a cartridge, the result being that he had part of the thumb and the ends of three fingers blown off. Dr. Kirby dressed the wounds.

Another Liberal postmaster has been dismissed, F. G. Robinson, of the Hopewell office, receiving notice last night. Miss Janie Peck has been sworn in as postmistress and will take over the office on Dec. 1. In Hopewell parish, since coming into power, the present Tory government has dismissed the postmasters at Albert, Riverside, Hopewell Hill, Mountville, Hopewell Cape, and Curryville and Hopewell.

Mr. and Mrs. Chas. McAnulty, of St. John, formerly of Albert, came up yesterday to attend the marriage of Miss Robinson to Rev. Mr. Jenkins.

Mrs. Peters, of Cape Breton, is the guest of relatives at Riverside.

The debate between the scholars of the Consolidated and Hopewell Cape schools has been postponed to Friday evening, Nov. 28. The youthful orators will wrestle with the much discussed question, as to the relative merits, as generals, of Napoleon and Wellington. Besides the debate a programme of music will be given.

Rev. R. H. Stavert, of the temperance alliance, addressed the pupils of the Riverside Consolidated school yesterday forenoon, delivering an address of much interest.

Bishop Richardson, of Fredericton, conducted confirmation service at St. Alban's church, Riverside, last evening.

FREDERICTON

Fredericton, N. B., Nov 18—The case of Eva Smith, a thirteen year old girl, wanted by Halifax authorities as a witness, is out of court for the present. The habeas corpus proceedings having been dropped by mutual consent of counsel. Counsel for the Attorney-General of Nova Scotia took the case before Judge Barry last evening and he decided to refer it to the full bench which will meet in February. Counsel for the Smith girl will give bonds for her appearance at that time. Lawyer O'Hearn and Detective Hanrahan returned to Halifax this morning.

It is said that there is a decrease of nearly $10,000 this year in receipts from game licenses.

Premier Flemming is here today on departmental business.

GAGETOWN

Gagetown, Nov. 17—John B. Barton, of Armstrong's Corner, was a week-end guest of Thos. Allingham.

Mrs. R. R. Reid and son, Harry, returned from St. John on Saturday, accompanied by Miss Gregg, of Fairville.

Misses Bessie and Thelma Edwards have returned from a visit in Boston.

ANDOVER

Andover, N. B., Nov. 17—Mrs. Eben Hopkins, of Fort Fairfield, with her daughter, Ruth, were guests of Miss Sarah Watson for the week-end.

Sheriff Tibbitts is spending a few days in St. John, where he is receiving treatment for his eyes.

Irene Rivers returned on Tuesday from Digby (N. S). and will have charge of the Western Union Telegraph office during the winter, Miss Alva Miller having been transferred to the office at Edmundston.

Cecil Matheson, son of Wm. Matheson, of Andover, has the honor of winning the gold medal offered by the lieutenant-governor of New Brunswick for the highest marks made at closing examination of the summer term, in Victoria or Madawaska. The presentation was made on Friday by the chairman of the board of trustees, Hugh Irvin, of Hillandale.

The W. A. Sewing Circle met on Wednesday at the home of Mrs. Walter Gillett.

Mrs. Myrtle Carvell was at Woodstock on Friday last to attend a meeting of the executive committee of the Carleton and Victoria County Teachers' Institute, to be held in Woodstock on December 18 and 19.

Mr. Simmonds, of Prince Edward Island, was the guest last week of Rev. Mr. and Mrs. Fields, at the Baptist parsonage.

The mission band of St. James Presbyterian church met on Tuesday last at the home of Mrs. Dickinson, Perth, with twenty-seven members present.

Saturday Mrs. Herbert Baird was a pleasant hostess at 6 o'clock dinner, in honor of Miss Tuttle, of Halifax.

J. E. Mallory left on Thursday for St. John to look after the Havana shipment of potatoes by Porter Manzer, Ltd.

Miss Annie Armstrong was a pleasant hostess to the Girls' Sewing Club on Monday evening.

Mrs. A. E. Kupky went to Four Falls on Thursday to organize a branch of the woman's auxiliary.

Burton Stewart spent a few days at his home last week, returning to Whitby (Ont.), on Thursday, accompanied by his brother Murchie, and sister Miss Esma.

Mr. and Mrs. Ratchford Lloyd, of Lerwick, have been very successful in hunting this season. On October 8 Mrs. Lloyd shot a white deer on Bear Brook, and during the open season of 1912 Mrs. Lloyd also killed a white deer in the same neighborhood.

George Burtt, of Hartland, is quite ill at the home of his daughter, Mrs. T. J. Carter.

The Book Lover's Club of Lower Andover, were very pleasantly entertained on Thursday evening at the home of Mrs. William Spike.

HARVEY STATION

Harvey Station, Nov. 19—On Monday last Dr. Holden, of Fredericton, and Dr. B. H. Dougan, of this place, performed an operation on Henry Messer, of South Tweedside for appendicitis. The operation which was a difficult one was successful and Mr. Messer is in a fair way of recovery.

A number went to McAdam this morning to be present at the marriage of Lewis Moffatt, of Coburn, to Miss Lizzie Clifford, of McAdam, which is to take place there today.

Rev. M. J. Macpherson, who has been ill, was able to occupy his pulpit on Sunday, although not yet fully recovered from his illness.

Miss Nellie Smith, who has been visiting Great Britain, France and Germany during the past summer and autumn, arrived home on Monday, after a very stormy voyage, which lasted nearly three weeks. She landed at Montreal. Miss Smith was one of a small party of tourists, and during her trip visited many places of interest in England and Ireland, and spent over two months in Paris and Berlin.

ST. STEPHEN

St. Stephen, Nov. 18—The members of the St. Andrew's Society will celebrate St. Andrew's night by a banquet at the Windsor Hotel. Premier Flemming will be present and deliver an address.

Captain Ernest Hill, of Quebec, with his wife and young daughter Georgina, are the guests of Henry E. Hill.

Miss Bessie Dinsmore, daughter of Mayor Dinsmore, is entertaining friends this evening in honor of Mrs. Ernest Hill.

Last evening the St. Stephen teachers and several of their friends were entertained at the home of Miss Mary Caswell, of Milltown. They enjoyed a shakesperian evening with Miss Eleanor Robinson, editor of the Educational Review, St. John, as leader.

This afternoon Miss Louise Purvis very pleasantly entertained at a 5 o'clock tea for the pleasure of Miss Eleanor Robinson, St. John.

Miss Lena Robinson will entertain at tea tomorrow, Wednesday, evening, the sewing club of which she is a member.

At a recent meeting of the Charlotte County Agricultural Society, it was decided that the exhibition of 1914 shall be held Sept. 15, 16, 17 and 18.

Sheldon Laughlin, son of Dr. and Mrs. W. H. Laughlin, of Milltown (N. B.), spent the week-end with his parents. He is a student at the U. N. B., having recently returned from the Canadian West, where he spent the summer months in the employ of the forestry department of the dominion government

To Women Who Dread Motherhood

Information How They May Give Birth to Happy, Healthy, Children Absolutely Without Fear of Pain—SENT FREE.

No woman need any longer dread the pains of childbirth. Dr. J. H. Dye devoted his life to relieving the sorrows of women. He has proven that the pain at childbirth need no longer be feared by woman and we will gladly tell you how it may be done absolutely free of charge. Send your name and address to Dr. J. H. Dye Medical Institute, Canadian branch, Dept. 111 St. Mary's, Ont., and we will send you, postpaid, his wonderful book which tells how to give birth to happy, healthy children, absolutely without fear of pain, also how to become a mother. Do not delay but write TO-DAY

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F. B. SAYRE GIVES HIS VIEWS ON MARRIAGE

Miss Wilson's Fiance Says Many Husbands Do Not Realize Problems

AGAINST EASY DIVORCE

Thinks State Laws Should Be Uniform, Modelled On New York Statutes.

New York, Nov. 17—Francis Bowes Sayre, the young assistant district-attorney who is to marry Miss Jessie Woodrow Wilson, the president's daughter, on November 25, formally resigns his position with Mr. Whitman today.

Mr. Sayre made it plain yesterday that his year's association with personal problems at short range, which his work in

FRANCIS B. SAYRE.

the district-attorney's office and particularly his experience as head of the abandonment bureau, dealing with marital troubles, has given a larger scope to his views of life. Blushingly disclaiming any authority to discuss social problems and insisting that he has only begun his real study of economic questions, Mr. Sayre explained yesterday some of his views on marriage, divorce and our legal system to deal with them.

Getting married is serious business, Mr. Sayre said, and his experience in the district-attorney's office has convinced him that the cause of much domestic trouble, of which his bureau has been a clearing house, is a direct result of the failure on the part of the young husband to realize the problems and difficulties that confront him.

Marriage a Serious Step.

"A young man who contemplates marriage," he said, "should realize that he is taking a step, probably the most important and consequential of his life, which should be a matter of very serious consideration."

"Of course I do not intend to stop my study of the real problems of life when I leave New York," Mr. Sayre went on. "As secretary to President Garfield of Williams College I shall have a splendid opportunity for more study and perhaps the application of some of the information that has come to me in the district-attorney's office."

Mr. Sayre does not think that easier divorce laws would be of any benefit in solving domestic troubles.

"Strict divorce legislation, while entailing suffering upon individuals, is demanded by the 'public's interest,'" he said. "There is a general rule among progressive people that the individual must sometimes suffer for the good of the community.

Easy Divorce Is No Solution.

"The trouble with easy divorces is that people soon come to a point where they fail to appreciate the gravity of the marriage vow and do not realize that marriage is a serious and permanent contract. Easy divorce means that people will marry with the idea of quickly severing the bonds in case they do not find the matrimonial state as pleasant as they anticipated.

Now we find one law for the rich and another for the poor. The difference between immorality on Eldridge street and immorality on Fifth avenue is that when an Eldridge street husband is unhappy he runs away and his wife comes to this office for redress and gets it; when the Fifth avenue husband or wife is unhappy one of them goes to Reno and they are soon in a position to marry again."

Mr. Sayre went on to say that he was not out of sympathy with the old English law which prohibited all divorce. He believes there should be a uniform divorce law in this country modelled on the lines of the New York statutes. He believes that every measure should be taken to safeguard the marriage vow. Fake marriages, tricks by which men lure girls to ruin, he believes, should be prohibited under the most severe penalties.

Murder Not the Worst Crime.

"The present law," he said, "lays disproportionate emphasis on the crime of murder. To my mind murder is not by any means the worst crime there is. Generally speaking the man who deceives and preys upon unfortunates of any sort is worse than the murderer.

"Some of the murderers I have met have been rather decent fellows. Oh, yes, I have met them, but I am not going to tell you now who they were. What I mean by saying that they are decent is that they do not inspire one with the same feeling of loathing as does the man who is a parasite, the man who really deserves the penalty prescribed for murderers, one who is making his living by preying on women; he is the worst man in the world.

"The girls who are forced upon the street by men might much better be dead, and the man who places them there is worse than the murderer.

"Then there is the man, many of whose sort I have had occasion to investigate, who is carrying on a petty form of swindling with the poor as his victims. One such man has recently been called to my attention and I finally succeeded in bringing about his arrest. This fellow was getting rich by taking money from hundreds of people on the East Side by making false representations.

Punishment is Inadequate.

"All he can get if he is convicted is a year in prison and a fine of $500, and yet the deliberateness with which he planned his crime makes it worse than a murder which is committed in the heat of passion. And this is the way most murders occur. They are the result of suddenly aroused passion and the man is not really responsible for his act.

"Then there are the labor union crimes. I do not mean to say that labor unionism is a bad thing, but some of the methods that are employed are atrocious. Bosses are often corrupt men who practically deprive the man who incurs their enmity of the privilege of earning a living. Instances have come to my attention from one place or another where men were hounded by the labor union bosses until they were in despair. In one particular case I knew of a man who committed suicide."

Mr. Sayre will go to the district attorney's office this morning to say good-by to his friends there. He will remain in New York until tomorrow, when he will go down the bay to meet his brother, John Nevin Sayre, who is returning for the wedding from China, where he has been a missionary.

KENT-NORTHUMBERLAND S. OF T. DISTRICT DIVISION

Newcastle, Nov. 19—The 82nd quarterly session of Kent-Northumberland District Division, Sons of Temperance, met in Douglastown yesterday, the D. W. P., Rev. R. H. Stavert, of Harcourt, presiding; Principal H. H. Stuart, of Douglastown, secretary.

Nine divisions were represented: Harcourt, Grangeville, Newcastle, Whitneyville, Redbank, Chatham, Bay du Vin, Centre Napan and Douglastown.

The secretary's report showed the following statistics:

Northumberland County.

Division.	Members. June 30	Members. Sept. 30.
Newcastle	86	88
Chatham	67	70
Whitneyville	67	59
Bay du Vin	68	57
Douglastown	75	58
Millerton	81	82
Burnt Church	29	29
New Jersey	14	14
Loggieville	58	58
Black River Bridge	64	64
Redbank	85	85
	687	657

Kent County.

Division.	Members. June 30	Members. Sept. 30.
Richibucto	85	85
Rexton	85	82
Grangeville	88	82
Harcourt	80	80
Kent County	133	129
North. County	687	657
District	820	786
Cash on hand	$376.99	$562.48

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

Dr. Morse's Indian Root Pills 48

BOVRIL TAKEN

In the remarkable experiments

with Bovril upon human subjects reported to the British Medical Association, an amount of Bovril proportionate to the size of the small dark triangle was proved to produce an increase in flesh and muscle corresponding to the size of the large white triangle, showing that the body-building power of Bovril

is from 10 to 20 times the amount taken.

Bovril is the concentrated goodness of the best of beef. It is a wonderfully warming winter beverage; it builds up the weak constitution and strengthens the strong one; it guards against the grip; it checks colds and chills; it is cook's right hand in the kitchen; it is nurse's first aid in the sick-room. Buy a bottle to-day.

THE WOMAN'S CORNER

EFFICIENT HOUSEKEEPING

BY HENRIETTA D. GRAUEL
(Domestic Science Lecturer.)

Heat, Fuel, Food

"Heat travels with light from the the sun," says our physical geography, but experience teaches us that we get it by vital powers, by percussion, chemical action. It is stored in our food and inthe earth, in coal and plants, but it is always connected with motion of some kind. Ice, for instance, can be made to produce heat by friction similar to flintand steel.

Chemical action produces the vital power that we call animal heat and without it life ceases. This animal heat is not very hot, only 94 to 104 degrees, yet it wastes away every muscle, nerve and organ of our bodies and they must be constantly renewed by being fed those ingredients that make fuel for combustion.

When the right kind of food is not supplied, the body shrinks and is actually wasting in the fire; the fat goes first, then the muscles and we say, "he starved to death." The oxygen in the air keeps us alive, too, by keeping up the animal heat and giving vitality to the blood. We breathe it into our lungs where it mixes with out blood and turns it to a bright red color, Blood, before it reaches our oxygen-filled lungs, is a dark purple color. This explains why families who have plenty of fresh, pure air have bright rosy complexions and it accounts for the pale cheeks and colorless lips of those persons who breathe stale air.

Now, Mother Nature is a great believer in reciprocity and she has linked plant and animal life together in a golden chain by making plants require carbonic acid gas, found in impure air, for their nourishment. Just this little hint should show the mother of a family how a few "green things growing" in the house will help to purify the air. By all means have a few growing plants in every room in your house, for they help to feed the flame of life.

In cold weather fat and flesh-forming foods are required, because they contain more carbon and hydrogen and heat our blood more quickly than other foods.

The correct temperature of living rooms in winter is 68 degrees; if you eat properly and exercise sufficiently, you will find this most comfortable, but elderly persons and those of sluggish habits require the thermometer to register 72 before they feel warm.

The air in the house should not be allowed to grow hot and dry; to prevent this in houses heated with hot air hang a bucket of water on the pipe beneath the floor, register and refill it with fresh cold water as often as it evaporates. Plumbers and workmen will tell you that this is a fallacy, but as a two-quart pail needs to be refilled every 36 hours, we know the water enters the rooms through the hot air rushing over it.

Very dainty copper kettles are made to set on steam radiators or hang before gas grates and these are all excellent devices, for I am often told that without them it is impossible to keep potted plants or birds or gold fish in good health.

Kitchen Efficiency Aided

Modern ways of living have brought out many new ideas for the housewife, and one of the latest plans is increased household efficiency. In the large markets men do the same sort of work that is required of women in the homes. For instance, men are seen cutting up the meat, handling vegeables, etc., and they know how to protect their clothing when so engaged. The next time the woman goes to her store or to the market she should notice how men have solved the problem of caring for their clothes, says the Stockton Independent. And, above all, they give themselves a clean appearance by swathing themselves from head to foot with a single white garment.

Now, one of the garments that aids most in increasing household efficiency is the butchers' apron. One can be purchased as a model, and then other aprons patterned after it. They are usually made of superior material, and they are so designed that they will protect the clothes, no matter what the work is.

A butcher's apron costs in the neighborhood of $1.75, but it is well worth that price. It is fashioned with a belt, and can be adjusted to fit any figure. It covers the dress from head to foot and is provided with pockets large enough to hold dusters and other articles necessary in housecleaning or housework. It is not difficult for a woman who is competent with the needle to make one of these aprons, following the purchased model.

Another good idea is the cuffs used by the butcher to protect the sleeves. These can be worn by the housewife when it is necessary to do quick work while dressing for "company." The cuffs cost only about 10 cents, and they can be slipped on in a second, therefore being more handy for emergency work than sleeves that have to be drawn on and tied. A man at work in a market wears one of these aprons and a pair of cuffs and is equipped for any sort of meat and counter work.

It is from the photographer that women have borrowed another method of increasing household efficiency. For instance, for the line used for small clothes which most women have at all times in the kitchen, can be borrowed an idea which puts the old clothes-peg line entirely out of business. The photographer hangs his drying prints on a line equipped with small clips. The latter are strung on a wire line and are attached to the line, the line going through a hole in the top of the little wooden clip.

It is much easier to clip a little garment in this way then to peg it, and the advantage of the emergency line with these hangers is that it is always ready for use, the clips, as explained, taking up very little space when they are out of service. The clips can be purchased for about the price of the usual pegs.

Another idea borrowed from the photographer is the use of a glass stirring rod. The photographer uses this to mix his chemicals, but it is an ideal instrument to have for the kitchen. It has the advantage of being easily washed and cleaned.

FRIZZLED BEEF.

Here is a simplified way of preparing frizzled beef which is quick and very satisfactory. Heat a large teaspoon of butter in the skillet until it bubbles. Have a quarter of a pound of dried beef broken into small bits. Toss into the butter until slightly curled at the edges. Then throw in a tablespoon of flour and toss until the flour is absorbed by the beef. Add a cup or more of milk and stir constantly until smooth and creamy. Add a beaten egg if desired.—New York Press.

HOUSEHOLD HINTS.

Take the shine off your suede shoes by rubbing them with sandpaper.

When mixing beeswax and turpentine for floor polishing, add a little spirits of ammonia.

Tins can be cleaned with soap and whiting, rubbed on with a piece of flannel.

To polish zinc, rub briskly with a cloth dipped in kerosene and rinse off with boiling water.

Put a drop of kerosene oil in the hinge of a squeaking door; it will stop the squeaking.

New stockings will last twice as long if they are soaked in warm water for two hours before wearing.

It is better to clean meat by wiping it off with a wet cloth than to let water run over it.