

Straight Talks to Women

About the Home and Other Things

Entered by
Dorothy Richmond
FOR THE UNION ADVOCATE

The only true standard by which you can be judged as a good wife or mother, is by your domestic efficiency.

Matrimony is a partnership in which your duties are just as specific and just as binding, and to be just as seriously discharged as those of your husband; whose honor and home you pledged yourself to uphold to the highest possible standard. If you do not keep the home clean, prepare the food in the best and tastiest possible manner and manage the affairs of your household with thrift and intelligence, then you fail to "make good."

I grant you that all husbands are not good husbands, but when you married yours, you took him "for better or worse," and if he turned out to be "worse," the chances are ten to one that the reason was largely because you failed, or didn't know how to make his home the one place in the world where he would always be keen to get to. The greatest mistake in the world that a woman can make is to get the absurd idea that she does a man a FAVOR by marrying him. The favor was no more to him than to you. The obligation rests just as much upon you as upon him—to say nothing of the tremendous responsibility which is placed entirely upon HIS shoulders.

There are many ways to hold your husband's keen interest in you; to keep the old love young; to keep the charm of domestic felicity alive, and I firmly believe that CLEANLINESS is the greatest one of these. Not only the cleanliness of the home and every nook and corner in it, but cleanliness of your person in particular. If you permit your person to become slovenly; your home keeping and cooking to become "sloppy," your interests to drift outside, and toward other things, and your attitude toward your husband to be a complaining and whining one, then the charm of living will be utterly lost to you—and you will wonder why. When you were first married, "good morning," "good night," "please," "thank you," "pardon," "certainly," were common words in your honeymoon vocabulary. Where are they

now? and WHY have they disappeared? The answer is simple enough. You married him with the feeling that you were doing him a FAVOR; this feeling produced indifference on your part—indifference toward these little politenesses and tenderesses, the precious seeds which keep the charms of married life alive and the inevitable result was, that you soon found yourself an "old shrew." What about your husband, you ask? Well, he had no alternative, but to follow your example, for had you clung to these golden threads, he certainly would have, and had you given more thought to how you and the home appeared to him and less thought to how you and the home appeared to your friends and neighbors, it would have made all the difference in the world—just the difference between a plodding and meaningless existence on the one hand and the delightful duties of a real "Home Sweet Home" on the other. And whether that home be the humblest cottage or the stilded palace, only three simple things are needed to make it the next thing to Heaven—FAITH, CLEANLINESS and GOOD MANNERS.

QUESTIONS AND ANSWERS

Dear Miss Richmond:
I read your department, each week in The Advocate and find it very helpful. Will you please tell me how to take ink-stains out of a table cover.
Miss B.
Answer:—Scrub the spot in sweet milk until it disappears.
Dear Madam:
We are very fond of beets at our house. Will you give a good recipe for cooking them and cabbage.
"Housewife."
Answer:—STUFFED BEETS—Cook six beets in boiling, salted water until tender. Rub off the skins, trim the root ends to make them stand on end and scoop out the middle of the beets, leaving a shell, or shells, about a quarter inch thick. Fill the shells with some chopped, cooked fish or meat; moisten with melted butter and dust with cracker crumbs; brown in quick oven and serve with (or without) drawn butter sauce.

Miss Richmond:
My baby is eight months old. He does not sleep well and keeps us awake. He seems to be healthy but is very restless. Can you tell me what to do?
Mrs. H. J.
Answer:—Give the baby several hours in the open air and sunshine, every afternoon. B. the him carefully every day—preferably in the mornings. Feed it at regular intervals, and not merely when it cries; say every 2½ hours. Don't give it drugs. Be sure the milk is nutritious, and let me hear from you again.
Dear Miss Richmond:
I should like to ask you some questions, but I don't like my name to appear in the paper. Will you let me know if you can answer without using it? I wish you success with your department.
Miss X.
Answer:—I shall be glad to answer any questions (within the scope of this department) which you wish to ask, and will publish only your initials, or any other name you choose to use, but I must have your correct name and address, so that I may know who I am talking to. Thank you very much for your kind wishes.

HOUSEHOLD HINTS
Tidy the house—particularly the down-stairs—before going to bed and you will find that the work, next morning, will start off much easier. Also air the down stairs a few moments before going up. It is not pleasant to come down in the morning and find the disorders and vitiated air of the night before. Nor is it healthful.
If you wish to be a little "lazy" or are indisposed in the morning, you will find the following breakfast easily and quickly prepared, tasty and nutritious, and involving minimum work.
Sliced oranges or quartered apples.
Toasted Corn Flakes or Shredded Wheat biscuits.
Stirred or Poached eggs—with or without bacon.
Toasted White or Brown bread, or toasted soda biscuits.
Percolated Coffee.
A daintily served breakfast, with laughter and good cheer, does more toward establishing a happy outlook for the day than anything I know of.
DOROTHY RICHMOND.

dependants of the soldier become the wards of the non-combatants. That the people of this part of Canada will do their duty in this regard has been amply shown by their hearty response to the former appeal. In this lies the assurance that the new burden of patriotism will be cheerfully assumed.

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The result of his stand is that Dr. Liebknecht has been strongly censured by the Socialists and practically drummed out of the party. The ostensible offence for which he has been disciplined is the breaking of the rule that the party should vote as a unit, no matter what differences may be shown in caucus. No party carries the tyrant of the caucus farther than the Socialists. The resolution passed puts the emphasis on this feature of the Socialist leader's transgression and states that "the Socialist party strongly condemns Karl Liebknecht's breach of discipline, and it repudiates the misleading information he has spread concerning proceedings within the party. The party is determined it shall vote as a unit in the Reichstag. If any Deputy is unable conscientiously to participate in the voting he may abstain, but he must not give his abstention the character of a demonstration."

Behind this carefully worded resolution there is the sinister fact that Liebknecht is against the war and the other Socialist members of the Reichstag are for it. The incident once more emphasizes what well-informed Press correspondents have been saying ever since August: that the Allies are face to face with a united German people who will fight to the death. The hope of internal trouble which would paralyze the military operations of the Kaiser and his war lords is not likely to be realized. The Socialists will march with resolution to the front when called upon. The task before the Allies is a great one, but it must be accomplished if civilization itself is to endure. It is no will-of-the-wisp dream of military glory that has carried German Socialism from its moorings, but a determined purpose to make Germany the world's dominant State and to crush all who stand in the way of that purpose. For Socialism, as for militarism, the latter is world-power or downfall.—Toronto Globe.

MORE THAN USUAL

The call is for more food What we want to understand is that it is millions of bushels, not millions of acres, that are called for; more milk and butter and cheese, rather than more cows. It is a day when the economized use of labor will tell Let us remember that it is more bushels per acre, more pounds of milk per cow, more pounds of meat per animal that will count, and that will mean more food per farm. Let us in 1915 make good on the farmer's fighting line with "MORE THAN USUAL."—C. C. James, at the 1915 Annual Meeting of the Commission of Conservation.

Beware of teas that are dusty and full of broken leaves as these are injurious in use and unpleasant in the cup, the dust being generally put there to reduce the cost.

"SALADA" Teas are always Fresh, Fragrant, Free from dust and economical in use—preserved and sold only in sealed packets at 25c, 45c, 55c, 65, 90 p. each.

SOUL, ACID STOMACHS, GASES OR INDIGESTION

Each "Pape's Diapepsin" digests 3000 grains food, ending all stomach misery in five minutes.

Time! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching, gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach remedy in the whole world and besides it is harmless. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder. It's the quickest, surest and most harmless stomach doctor in the world.

THE CASUALTY LIST

The transfer of the Canadian contingent to France means that very shortly we shall be getting additional lists of casualties. The losses to the Princess Patricia's, proportionately large as they might be, will be small numerically by comparison with those in the division of 25,000 or more Canadians. Since losses in such a war as this are terrifically heavy Canadian men and women must steel themselves to bear undismayed whatever may come. They will have need of the courage of the Irish soldier who died within a few minutes of being hit in the Battle of the Aisne. Almost gasping for breath, he said: "This is a soldier's death, and I am a soldier. My father died on service in the Sudan. His father died in India. My great-grandfather died in the Battle of Waterloo. It is as natural for our line to die in battle as it is for other people to die in their beds." That brave, unquailing spirit is what makes a people great. When on the stricken fields men who are but of ordinary human clay fight their battle so bravely, taking their suffering so manfully, and face death with steady courage, surely those who watch and wait anxiously at home will find themselves possessed of the same strength of spirit. To most Canadians of today war is but a thing of history. This is our first great military struggle for nearly a century. While the brave sons of Canada uphold the credit of their country in the stress of conflict, those at home can do no less than resolve to receive sad news with fortitude, and prepare gratefully to do honor and full justice to those who return.—Mail and Empire.

CHURCH DIRECTORY SUNDAY SERVICES

- United Baptist Church**
Rev. M. S. Richardson
Morning service, 11 a. m.
Sunday School, 2:30 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 Evensong, 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, 2:30 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. MacArthur, M. A., B. D.
Worship Sunday, 11:00 a. m. and 7:00 p. m.
Sabbath School, 2:30 p. m.
- Salvation Army**
Capt. P. 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.
- Minard's Liniment Co., Limited.
Mansonsville, June 27, '13.
Yarmouth, N. S.
Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefited by the use of your Liniment, I am, Sincerely yours,
GEO. H. HOLMES.

BEAVER FLOUR



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 Athens. 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.

TENDERS

Written applications stating salary will be received by the undersigned up to Monday, March 1st for the position of janitor for Saint James' church and Sunday School. For particulars of work to be performed, apply to Mr. E. A. McCurdy, or to ALLAN J. FERGUSON, Secretary to Trustees. 8-2

Public Notice

Notice is hereby given that a Bill will be introduced at the next session, of the Local Legislature of New Brunswick, to amend and continue, an act 44th Victoria Chapter 62, entitled "An Act to Consolidate and amend the several acts relating to the South West Boom Company" and amending acts.
The purpose of this Bill is to extend the charter of the said Company, for a further term of twenty years, from the expiration of the present Charter, and also to authorize an increase of ten cents per thousand superficial feet on the rate presently charged for the boomage of all logs or other lumber.
Newcastle, N. B.
28th January, 1915 6-4

W. J. DUNN
HACKMAN
Hack to and from all trains and boats. Parties driven anywhere in town. Orders left at Hotel Miramichi will be attended to.
33-lyr. NEWCASTLE, N. B.
Phone 100-21

Full Staff of Trained Teachers. The Best Courses of Instruction. Individual Attention given each Student. Our Best Advertisement—the Success of our Graduates. Students can enter at any time CATALOGUE TO ANY ADDRESS

The Superior
S. KERR, Principal

Hides and Fur
Do not let your Hides and Fur go Cheap. I am paying big prices GIVE ME A CALL.
JOHN O'BRIEN
43-6mos. NEWCASTLE, N. B.

ARE YOU RUN DOWN?
Nervous, tired, have no self confidence, afraid something is going to happen without any reason for thinking so; don't sleep nights—
Then Take REZISTOL!
It will make you feel fine immediately 25c. 50c and \$1.00 a bottle
Minard's Liniment Co's Reg't in Cows.

NEW STOCK—A new line of Wedding Stationery has just been received at The Advocate Job Dept. Also Ladies, Misses and Gents cards.

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, 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. COLEY,
Deputy of the Minister of the Interior.
N. T. —Unauthorized publication of this advertisement will not be paid for.

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little stomach, liver and bowels.
Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.

PATENTS
TRADE MARKS
COPYRIGHTS &c.
A prompt sending a sketch and description may quickly ascertain your opinion, free whether an invention is probably patentable. Communications strictly confidential. Inventions sent free. Oldest agency for securing patents. Francis & Taylor, 255 N. 4th St., St. Louis, Mo. Write special notice, without charge, in the
Scientific American
A handsomely illustrated weekly, largest circulation of any scientific journal. Largest circulation of any scientific journal. Largest circulation of any scientific journal. Largest circulation of any scientific journal.
MUNN & Co. 363 Broadway, New York
Branch Office, 255 N. 4th St., Washington, D. C.

Wanted

A girl familiar with general house work. Good wages paid for one who is thoroughly experienced. Apply to 300 Mrs. E. A. McCurdy

Notes and Comments

A FOUNTAIN OF INFAMY

Germany seems determined to impute to everybody the same mercenary and conscienceless character which has distinguished her own attitude in her relation to her neighbors. Her statements appear to be convinced that Great Britain could be bought at any time. Every nation has its price had been adopted by the kaiser as a diplomatic axiom. That the neutrality of Great Britain could be purchased by an I.O.U. was evidently one of the calculations that Germany had made. It was a surprise to the kaiser when he found that his I.O.U. did not pass current in international politics. This is chiefly the reason that Germany takes up so much time abusing Great Britain at present. Germany had already let her note go to protest, and when it was protested no abuse could be strong enough to apply to the disobliging banker.

Still, Germany is not satisfied, and has now approached Italy, according to the latest advices, with another I.O.U. Italy is being given time to think it over, and not till the end of the month will the I.O.U. be presented at the point of a bayonet or in a 42 centimetre shell. The kaiser thinks that anybody who has not enough of the element of high finance in his make-up to accept an imperial I.O.U. ought to be made to accept it. The proposal is that Italy shall come into the war on the side of Germany and accept as a reward for such infamy the cession by Austria of the province of Trent and the rectification of the Italian frontier on the east.

This entire inability on the part of Germany to appreciate such intangible considerations as national honor and good faith has not been an element of strength to her so far and we may feel assured that Italy is no more susceptible to such dastardly considerations than other civilized powers. In thorough German fashion, this offer was conveyed with a threat. If Italy did not comply and be

friendly towards Germany, Germany would treat her worse than she was treating England.

Prince Von Buelow, in making these statements, illustrated as low a standard of national morality, and as barren a conception of national ideals, as history anywhere presents. The cold-blooded bargain and sale of the forces of civilization which appeals to Germany as entirely natural and legitimate, cannot but revolt the sensibilities of all who have come to regard human life as worth having only as it contributes to the cultivation of truth and justice, and widens the gulf between human charity and forbearance and the capacity of the brute.

The last forty years of Germany's national life has apparently done more to brutalize Europe than could have been deemed possible in the days when Victoria, the kaiser's grandmother, staked the future of the empire on the friendship of Germany. Europe will not recover from this sinister influence until the Hohenzollern stock, the evil fountain whence all this infamy flows, is dammed at its source forever.—Toronto World.

THE PATRIOTIC FUND

The recruiting for the third Canadian Expeditionary Force, which, from all appearances, is now proceeding satisfactorily, will in all probability be shortly followed by a further appeal on behalf of the Patriotic Fund. A few million dollars have already been raised in Canada for this most loyal and laudable purpose, but it is doubtful if the first draft of the golden forces to meet the troops of General Poverty will be sufficient. The "irrepressible conflict" between these two armies will, if we are to be guided by the opinion of the best military experts, extend beyond the present year. Every new contribution of men for the firing line imposes a duty upon Canadian citizens to guard from want those whom the fighting patriots leave behind. The

dependants of the soldier become the wards of the non-combatants. That the people of this part of Canada will do their duty in this regard has been amply shown by their hearty response to the former appeal. In this lies the assurance that the new burden of patriotism will be cheerfully assumed.

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CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Charles H. Fletcher*