BUSINESS NOTICE.

The "Miramichi Advance" is published at Chatham, Miramichi, N.B., every Thursday morning in time for despatch by the earliest mails of that day.

It is sent to any address in Canada or the United States (Postage prepaid by the Publisher) at One Dollar and Fifty Cents a Year. If paid in advance the price is One Dollar.

Advertisements, other than yearly or by the season are inserted at eight cents per line nonpareil, for first insertion, and three cents per line for each continuation.

Yearly, or season advertisements, are taken at the rate of $5.00 an inch per year. The matter, if space is secured by the year, or season, may be changed under arrangement made therefor with the publisher.

The "Miramichi Advance" having its large circulation distributed principally in the Counties of Kent, Northumberland, Gloucester and Restigouche, New Brunswick, and in Bonaventure and Gaspe, Quebec, in communities engaged in Lumbering, Fishing and Agricultural pursuits, offers superior inducements to advertisers. Address,

Editor Miramichi Advance, Chatham, N.B.

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Board Works Jan 1 01

MIRAMICHI ADVANCE

Vol. 28. No. 26 CHATHAM, NEW BRUNSWICK, MAY 7, 1903 D. G. SMITH, PROPRIETOR
TERMS—$1.50 a Year, if paid in advance, $1.00.

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Northwest Mounted Police

Duties and Dangers of This Splendid Force of Men

Toward the evening of a day in the late spring of 1898 two men pushed their jaded horses into the shifting ford where the Dalton trail crosses the Kicking Horse river, just above the point where the lake empties into the Chilkat and marks a point on the international boundary line between Alaska and British Columbia, writes an American correspondent. The crossing, always dangerous, was at its worst. The river, at flood height from melting snows, was surging by, its waters tossing and rolling like the surface of a mighty cauldron. Part of the firm bar of the regular ford was washed away, and in its place heaved a bottomless bed of quicksand. Half way over, one after the other, the horses lost their footings and began floundering helplessly in the yielding sand. One of the men threw himself from his saddle to ease his struggling mount, whereupon the frightened animal, released from his burden, sprang forward, jerked the bridle from his master's hand, lunged his way through to the bank and galloped off. The other horse was swept down to a firm bar, from where it picked its way to the bank, the rider still in the saddle.

On regaining the trail, the latter was horrified to see his companion, the grim resignation of the hopelessly doomed already showing in his face, settling into the treacherous quicksands, scarce fifty feet from the bank. With whip and spur he endeavored to force his horse to carry him to the aid of the sinking man, but the animal, shivering with fright, refused to budge. Failing in this endeavor, the brave fellow sprang from his saddle and rushed down the bank and out into the raging river, resolved on a last desperate effort to save the life of his unfortunate comrade.

A THRILLING MOMENT.

All this time not a sound came from the man in the quicksands. The icy fingers of the river crept up his heaving form, as the sand pulled relentlessly from below. Now the water lapped about his waist; now the current carried away a few tons of sand somewhere below, and he felt the chill line of the water on his chest. He had struggled while there was hope, and when that hope was gone he had ceased to struggle. He almost smiled as the horse balked on the bank, so far beyond human he knew himself to be, but when his companion rushed into the river and began to wade to his rescue the careless look gave way to one of concern and consternation, and he broke silence for the first time, shouting above the roar of the river: "Get out of this, Jack, you fool; you can't help me a bit and you'll only get stuck yourself." Still Jack pressed on; another step, and he, too, would be in the grip of the sand devil. A sudden inspiration came to the doomed man. One of his submerged hands fumbled for a moment at his holster and then appeared above the water with its numbing fingers grasping the handle of his big revolver, and the two men, friends, of a relationship known only to those who have done and dared together, looked into each other's eyes along the blue-black barrel of the Colt's forty-four.

"Jack, I've got less than a minute to live; don't send me to hell with the stain of a murder on my soul. You know as well as I do that these cartridges are waterproof; come another step and I will shoot."

For an instant the other hesitated. In that instant the surging undercurrents of the river tore away another huge mass in the bowels of the sand bed, and Jack pulled back and steadied himself just in time to see his comrade in the middle of the swirling, gurgling vortex, his features relaxed in a smile of farewell, sink out of sight under a spinning

PATCH OF YELLOW FOAM.

The following day this brief entry was made in the record book of the Northwest Mounted Police at Pleasant camp, under date of May 19, 1898:

"Constable Frederick Hillier met death by drowning at the ford of the Kicking Horse river while returning from border patrol duty at 5 p. m. yesterday. Report reached here too late to go in record of 18th. Immediate application made to Sergt.-Maj. Barlow, Atlan Div., for substitute on account of miners' troubles at Porcupine."

This entry and the incident which it records reveal the two great elements that have combined to make the mounted police of the northwest the most efficient body of men of its kind in the world to-day, if not in history. The former shows the spirit of the service, which mentions duty and death in the same sentence, assuming that duty done is ample reward for life lost; the latter shows the spirit of an individual of the service, who, with the certainty of a lingering death staring him in the face, still had presence of mind to devise means to save the life of another, though he brushed aside his last chance of rescue in the doing of it. And the records contain many more just such brief, business-like entries, sole memorials of deeds no less heroic than the one detailed.

After the Hudson Bay territory was purchased by the Dominion Government it became necessary to prepare for the protection of those who might form settlements there. Accordingly, the British Parliament in 1873 gave the Canadian Government authority to organize a force to be called the northwest mounted police, who were to act for the better preservation of law and order in the Northwest Territories, the number of men being limited to 300. In the autumn of 1873 a small force of 190 men was organized. Subsequent acts have amended the original provisions in various ways, and the number of men is now limited to 1,000.

The Northwest Territories are divided into eight divisions, and these are subdivided into a total of over 100 stations. The force consists of one commissioner, one acting commissioner, eight superintendents, 29 inspectors, 5 assistant surgeons, 2 veterinary surgeons, 50 staff surgeons, 51 sergeants, 51 corporals, 471 constables and 72 scouts, making in all a total of 741 men with 768 horses and 18 ponies. These patrol the frontier for a

DISTANCE OF 800 MILES,

keeping down cattle raiding, stealing and smuggling, in the latter case paying particular attention to the illicit traffic of intoxicants. They watch the Indians, enforce the ordinance against prairie fires, have charge of the boundary quarantine in the interior, and keep order generally over an area of 300,000 square miles. The inspectors try criminal cases, more than half of the convictions secured in the Northwest in the last decade having been in their courts.

To maintain order and to preserve confidence in the security of life and property 1,200,000 square miles of territory, with an open boundary of 600 miles on a foreign country, a territory as yet but sparsely settled, and that in part by alien races, while native tribes with primitive ideas of rights and property were still numerous, was an ambitious undertaking for a young nation, but the success that everywhere attended it is as great a matter of pride to Canadians, as it is of wonder to the rest of the world. The Mounted Police are the executive of constituted authority in the territories, and it is seldom that a governmental institution serves its purpose better or as well.

The nature of the duties devolving on the police is gradually changing and the force is adapting itself to the change. The time when it was police, jury, judge, parliament and plenipotentiary combined is past, but the new duties are none the less onerous. The officers of the force are sensible of the fact that it is no longer safe for a single policeman to go into an Indian reservation to take out a man wanted for some theft or depredation. The Indian handit is beginning to regard things from the same point of view as his "white brother," who may know that police authority will ultimately bring him to punishment, yet be willing to fight for temporary liberty with a single constable. At one time the Indian had a reverence for the scarlet tunic, the yellow-striped trouser, and the authority it represented. That a single constable could go into a reservation alone and take out any Indian wanted, is evidence of the respect the tribes bore for the police and the authority they represented. But it is but human to sacrifice future rewards for present advantage, and the Indian malefactor cannot be depended upon to submit to arrest when the authority against him is not backed with

ARMS AND NUMBERS.

It would be a mistake to say that the tribes have lost respect for police authority; but that respect is far more ready towards a force of half a dozen than towards a single constable. The change does not increase, but tends rather to lessen the chances of an Indian outbreak, for the lawless elements are partaking more of the nature of individual "toughs" than tribal warriors, and a single policeman is not safe in making arrests among toughs even in the most orderly city of the United States. A recent attempt at arrest resulted in the shooting of seven men before the three Indians in a sheltered rifle-pit were killed with a shell.

The border patrol is an important part of the police service, and it is maintained constantly, though with intentional irregularity, so that emigrant or immigrant never knows when he may encounter the scarlet tunic. The business of the police with the white men is increasing, while with the red men it is growing less, which may be a result of a steady change in the population. Across the border is a favorite trip for the undesirable characters of both countries, and the irregular patrol of the police from outpost to outpost makes it a great difficulty to carry stolen goods out of or into the Dominion. Although there is a great extent of boundary to guard, the nature of the country lessens the difficulty of effective work. The range of vision on the prairie from every slight elevation is very wide; the nature of every man's business is known, and it is no invasion of civil rights to ask a stranger his name and destination. Every man on the prairie has some reason for being there, and if that reason is not obvious to the patrolling policeman he is careful to investigate it. A tendency to avoid the scarlet tunic is always a suspicious symptom. Cattle and horses are the wealth of the western border country and the police patrolling the ranges are familiar with all the brands in their district and able to detect theft in its various forms. The killing of cattle is watched carefully in the territories. Every man who kills an animal is required by law to have the hide punched by an official inspector and to expose it in some conspicuous place for a specified time. Part of the patrol is a house-to-house visit among all the farmers and ranchers, and if a carcass be found without a hide on the fence a prosecution follows. The offence is not as serious as cattle stealing, but in prosecuting the lesser charge evidence is often disclosed of the greater.

LOOKING FOR SMUGGLERS.

There is scarcely a department of the Canadian Government that is not assisted by the mounted police. The collection of revenue along the border would be impossible without some such patrol. The smuggler understands that commercial principle by which the consumers pay duty, and when he can evade the collector he gathers in the duty himself. But anyone entering Canada from the south is generally accosted several times by the police before he reaches a place where smuggled goods could be sold. The rush of overland parties to the Klondike is over, but still there are three or four a week making their way with wagons or pack-horses along the trail that preceded the railroad from Macleod to Calgary and Edmonton. At many points along the trail and over the open prairies those travelers are met by the patrol, and their customs papers are examined for comparison with their outfits. Through American glasses this looks like an unwarranted intrusion, but on the prairie it comes as a welcome break in the monotony of travel. Besides, the patrol is ready with full information regarding trails, routes and traveling conditions, and is prepared to receive and investigate any report against settlers, herdsmen and other travelers along the route. Though the Klondiker may have had his outfit and customs papers examined many times, he was compensated by the perfect safety assured both himself and goods during the trip through Canadian territory.

INDIAN SCOUTS.

At the distribution of rations on the Indian reserves the presence of the police is also necessary, for it is a time when the Indians are apt to quarrel among themselves and also to grow dissatisfied with their allowance. To assist in this service Indian scouts are now employed, and they wear the brown duck fatigue uniform of the force. Their term of engagement is from month to month and as a rule they render good service, though inclined to tire of the work in a short time.

The force is still to a great extent the constituted authority of the territories. The guard rooms are the only lockups and jails for short-time prisoners, long-term convicts being taken to the penitentiary at Stoney Mountain. The inspectors are justices of the peace, and travel to different points in their divisions to hold court. I heard an officer tell of a recent event in which he was called upon to act the part of undertaker, clergyman and executor. The officers, and occasionally the men, are the arbitrators in the disputes that arise between settlers, especially those from European countries, and at every foreign colony it is necessary that a member of the force be stationed to learn the ways of the people and become personally familiar with them. This duty requires men of tact and judgment, and when such are secured their services are most valuable. The system of outpost patrol keeps every station fully informed as to what is going on in the district, and is also a bureau of information for the interior department. The system of trial before enlistment gives men a chance to show their fitness and to decide intelligently before signing for the regulation term of five years.

The part played by the Northwest Mounted Police in the Boer war is well known. Their frontier training, their marksmanship, their power of enduring hardship and their characteristic bravery stood them in good stead, and to several companies recruited from their ranks Lord Roberts gives the credit of saving the day in two of the important engagements that paved the way to British supremacy in South Africa.

DR. A. W. CHASE'S CATARRH CURE ... 25c.
is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

Pains in the Back For Twenty Years

Could Not Turn Over in Bed—Kidneys and Bladder Affected—Experienced Great Sufferings—Cured by Dr. Chase's Kidney-Liver Pills.

The old people especially appreciate the effectiveness of Dr. Chase's Kidney-Liver Pills, because the kidneys are usually the first of the bodily organs to give out, and the result is backache, lumbago, pains in the side and limbs, urinary disorders, and constipation.

Old people learn to trust in Dr. Chase's Kidney-Liver Pills, for when all other treatments fail this great medicine seems to go directly to the diseased part, and promptly affords relief and cure.

Mr. David Misener, Farmer, an old and respected resident of Port Robinson, Welland County, Ont., writes: "I wish to state to you that I had pain in my back and left side for over twenty years. At times I could not turn over in bed, I was so badly used up. I had cramps in my feet and legs, and my hands were so entirely useless that I could scarcely lift anything."

"Kidney disease, was, no doubt, the cause of all my suffering, and sometimes the urinary trouble would be so bad that I would have to get up five or six times during the night. Fortunately, I began using Dr. Chase's Kidney-Liver Pills, and they cured me completely. I am now 79 years old and quite well now, but still occasionally use these pills to keep my system in good order. Several persons to whom I have recommended Dr. Chase's Kidney-Liver Pills have been equally benefited."

Dr. Chase's Kidney-Liver Pills, the comfort of old age, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

NEW USE FOR CARBORUNDUM.

Carborundum, the artificial substitute for emery, which is said to rival the diamond in hardness, is now employed, because of its extraordinary resistance to heat, as a coating for the interior of furnaces. Finely powdered and made into a paste, it is applied with a brush, like paint, to the brick lining. It is said that a layer only two millimetres thick will protect the bricks from the effects of the highest temperature that is ever produced in ordinary furnace combustion. Carborundum is itself a product of the electric furnace, being composed of silica and carbon fused together in the presence of salt and sawdust.

Trifles That Effect Health

How to Keep Well and Strong.

TRIFLE ONE : AS THINGS ARE.

With the potentialities of "little drops of water" and "little grains of sand" most of us have been familiar from childhood upwards, and experience teaches that life itself is made up of trifles. It is not, however, sufficiently realized that premature death is often the cumulative result of trifles that tell on health, little habits that appear of slight consequence at the moment, but which, oft repeated, influence for evil the most robust constitutions, and may wear out the hardiest of tissues, even as drops of water wear away a stone. It is not the one grand, heroic outbreak against the laws of hygiene that undermines health so much as the little sins of omission and commission against sane and sanitary living that are of daily, nay, hourly occurrence among those who die simply because they do not know how to live, writes Dr. Robertson Wallace.

Among the commonest little habits that hinder health or engender positive ill health are those associated with such common every day occurrences as eating and drinking, sleeping, smoking, bathing, dressing, walking, and so forth. The field for the acquirement of ill-health is a wide one, and persons may (and do) eat, drink, sleep smoke, bathe, dress, or walk themselves into ill health with a devotion worthy of a better cause. I shall consider the little bad habits associated with each of these forms of human activity in detail, and show how they influence health, so that in future the reader will know exactly what he may do and what he may not do if his desire be to live to a green old age.

TRIFLE TWO : DRINKING.

Let us begin (as we too often do) with drinking. I only voice the views of my medical brethren when I say, as emphatically as I can, that people drink a great deal more alcoholic liquor than is good for them. A "small Scotch" seems a small matter, and so it may be; but in a multitude of "small Scotches" there is physiological disaster and final ruin. If men knew what they were really "going to have" later on, in the shape of gout, liver disease, Bright's disease, heart disease, cerebral troubles, and other deviations from health too numerous to mention, they would weigh their answers more carefully.

It is the habit of tippling between meals on an empty stomach that is so injurious. Alcohol, it should never be forgotten, is a powerful drug with a special affinity for nerve cells, whose vitality it always depresses and whose activities it paralyzes. While on the subject of drinking I ought, perhaps, to mention that there is no record of any one having died from excessive indulgence in pure water. Want of this most necessary of foods—yes, water, strange as it may appear to the unphilosophical, is as much a food as beefsteaks or porridge—is a common cause of ill-health. It constitutes about 75 per cent of the bulk of the bodily tissues, acts as a solvent of the food assists in the elaboration of the digestive and other juices, and is necessary to the efficient "sewerage" of the body. So necessary water to the performance of the vital functions that its total deprivation causes death. And yet men and women, when thirsty, willingly drink anything other than water, trying to put nature off with port, sherry, champagne, whiskey, cognac, or liquors. This may seem a small matter, but it is assuredly another of those trifles that in the long run injure health.

The deviations from normal health and positive injury to it that arise from everyday errors in eating are hardly less than those attributable to bad habits in drinking. People eat wrongly—wrong food, wrongly cooked, at wrong hours. This is a comprehensive indictment, but it is the truth. When I say people eat wrongly, I mean that some people dine as if eating were a pastime; others as if it were a penance. It is neither the one nor the other. Eating is really a solemn function, to be performed, however, without undue solemnity. Eating, in a word, is a duty to be done, but never overdone. The due nourishment of the body is a process to be undertaken deliberately, without hurry. Food must be chewed slowly. If food be bolted, then good health is likely to be barred. "Lightning lunches" are likely to be followed by "thundering" pains. Remember that what is worth chewing is worth chewing well, and what is swallowed in haste frequently fails to be digested at leisure.

TRIFLE THREE : EATING.

Many people regard the nature of the food they are eating as quite a trifling matter and pay more attention to the quantity than to the quality of their food. Thus the brain worker makes a hearty luncheon of, say, steak and kidney pie, with half a pint of stout, and some sweet to follow, then wonders why he feels so sleepy, and why brilliant flashes of wit and flights of imagination no longer emanate copiously from his brain. He forgets that when the animal organs are busiest the mental organ is most sluggish; he fears that his brilliant mental powers are on the wane; he becomes fearful, irritable, and sleepless, and his distress reacts up his organs of digestion, which in turn affect his cerebral organs. And so the vicious cycle goes on, until perhaos his health, either of body or mind, breaks down. This catastrophe might have been averted by a trifling alteration in the victim's luncheon menu, for he would have satisfied the demands of his stomach and the requirements of his brain by lunching on a cup of chocolate with cream, roll, and butter, and a little of one of the much advertised cereal foods which are to be had everywhere.

Many persons make the mistake of eating a trifle too much every day, and this would not matter much were it not that the organs of digestion, assimilation, and excretion are thereby a trifle overworked, and so, in the long run, worn out before their time. It is the last straw that breaks the camel's back, the last bit of roast pork that exhausts the stomach, the last driblet of sauce that goads the liver to rebellion, and the last drop of liquor brandy that fills the cup of an uncomplaining kidney.

It is difficult for many to achieve the happy mean in eating, and for the man of 40 in particular to remember that he must eat only sufficient food to repair the waste of the body. An excess of food beyond the bodily needs, even though it be trifling in amount, must be stored away wherever space will permit, in the joints, for example, or within the lax abdominal cavity, or in what may be described as an annexe—an addition to the body bluntly described by surgeons as a tumor, benign or malignant, as the case may be. Thus cancer is believed by some authorities to be predisposed to by overstimulation and overnourishment of the tissues by an excess of food.

On the other hand, many persons suffer ill-health by trifling with the hour sacred to food, making each meal a movable feast, and making meals entirely secondary to business appointments; whereas the latter ought to be regulated by the former, since in order to keep any appointments at all, one must be alive, and to live one must eat.

To derive the fullest advantage from each meal it ought to be partaken of at a set hour each day, when the stomach and other organs that participate in the function of digestion will be prepared to receive and deal with it in the most efficient manner. What are often regarded as trifling irregularities in meal hours have in the long run a disastrous effect on the digestive organs, and so undermine the general health.

TRIFLE FOUR : SMOKING.

Now, with regard to smoking. A cigarette is a small matter, indeed, and the effect of smoking one is so trifling as to be almost beneath notice. And so one cigarette after another is smoked, until by the end of the day quite a considerable amount of tobacco and paper has been consumed by the indifferent and unthinking smoker.

The smokers of pipes and cigars are generally aware of the quantity of tobacco they smoke in a week, but the consumer of cigarettes has hazy notions as to the number of packets he has smoked in a period of seven days. And thus an excess of that deleterious "weed" tobacco, is indulged in all unconsciously, and the victim, who is generally a weedy youth, develops all the symptoms of what used to be called nicotine poisoning, although, as he will tell the doctor, he only has "a cigarette now and again."

Fortunately nicotine, which resembles prussic acid in its effects on the human body, is present in so minute a quantity in tobacco as to be negligible by the smoker. The lower the grade of the tobacco the greater the percentage of nicotine it contains. A cigar weighing sixty grains contains about one grain of nicotine, of which less than half a grain is inhaled with the smoke, and of this only a minute portion remains in the body. Perhaps about one-sixtieth of a grain enters the system of the smoker. It cannot, therefore, be the nicotine that does the mischief in those who smoke to excess.

The volatile, oily substances, and those produced during the fermentation of the leaf by the agency of micro-organisms, mixed with the inhaled air during the combustion of the cigar, are no doubt factors in producing the poisoning.

Functional disturbances of the heart, smokers' sore throat, inflammation of the cornea, sleeplessness and disturbances of digestion are among the results of what is often described as "an occasional whiff of a cigarette." When you unconsciously "whiff" cigarettes by the packet it is time to reflect if it is worth while to sacrifice health on the smoking altars of my Lady Nicotine.

While on the subject of smoking I may mention without, I hope, being considered an alarmist, that so trifling a matter as slight soreness of the lip or tongue arising from contact with the stem of a clay pipe or produced by smoking a hot tobacco—that is, one rich in woody fibre—should receive immediate attention, as such irritation is often the predisposing cause of cancer of the tongue or lip. Verb. sap. Of course, really moderate smoking will hurt no one over the age of 21.

TRIFLE FIVE : FRESH AIR.

The little inch, or, perhaps, two inches, of open window in the bedroom at night is a small matter, but it means that instead of breathing poison for one-third of your life you are breathing fresh air. Thus, great results from tiny causes spring, and too many persons, by neglecting to provide this inch or two of fresh air inlet in their sleeping rooms succumb to one or other of those respiratory diseases, of which the greatest is consumption of the lungs.

More lives are sacrificed annually to foul air than to foul water or putrid food. And yet fresh air is to be had literally for the asking. People who ought to know better go on day after day, and night after night breathing air that has already been breathed either by themselves or by others.

Why, the bare thought of it is enough for most of us! A few inches of open window at night makes all the difference between a premature, miserable death and a green old age.

About the ....House

VARIOUS RECIPES.

Beef Stew With Dumplings—Take two pounds of beef suitable for stewing, neck piece preferred, two onions, two large potatoes, two quarts of water and two tablespoonfuls of flour. Cut the beef into inch square pieces; put some of the beef fat in a frying pan and when hot put in the onions very thick, and stir and cook about ten minutes over a brisk fire. Dredge the meat well with the flour and put in the fat and stir until well browned; then add a teaspoonful of salt and quarter of a teaspoonful of pepper and the water, which must be boiling, simmer until meat is tender about one and one-half hours; then add the potatoes cut in thick slices; simmer until the potatoes are very nearly done; then drop the dumpling batter by large spoonfuls on top of stew; cover and let boil for ten minutes; do not lift the cover in the meantime or they will fall. Use baking powder biscuit recipe for dumplings, only make it soft enough to drop from the spoon. Or you can make up into tiny biscuit and stew on top of the stew. Serve with dumplings on top of the stew.

Marble Cake—Beat half a cup of butter to a cream; add gradually one and one-half cupfuls of sugar; then half a cup of water, alternating with two cupfuls of flour; then add a good pinch of salt and the whites of four eggs beaten stiff, rind and juice of one lemon and two even teaspoonfuls of baking powder. For the dark part beat fourth cup of butter to a cream; add one cup of brown sugar and the yolks of four eggs beaten; then add half a cup of water and one and a half cupfuls of flour; beat until smooth; then add two ounces of chocolate melted over hot water and one teaspoon of vanilla; mix well and add two level teaspoonfuls of baking powder; grease a cake pan; put in a layer of the white, then a layer of the dark, and so on until all is used; bake in a moderate oven one hour; this mixture may be baked in layer cake pans, putting white or chocolate icing between.

Good Bread—Take four pounds of flour and one cupful of yeast. Mix the yeast lightly in the middle of the flour with a little salt. This quantity of flour required three and one-half cupfuls of lukewarm water. Mix all to a stiff dough at night and keep warm to rise. In the morning knead it down and let it rise again. When nearly risen, cut pieces from it the size of a loaf and mould lightly on a board for the pans, using only a sprinkling of flour to prevent sticking to the board. Cover the pans when the loaves are ready and set in a warm place to rise for the oven. When sufficiently light bake and you will have a most delicious bread, and bread that does not dry quickly.

Stewed Apples—To stew apples so each quarter is unbroken and so clear one can almost see through it is an art, and yet it is a simple thing to do if one only knows how. Peel tart apples very thin, cut them in quarters and remove the cores and seeds. As fast as you can peel and quarter them drop the apples in a saucepan in which you have already placed cold water to the depth of two inches. When the apples are all in, put the saucepan over a slow fire, cover it till the water reaches the boiling point, then remove the cover and let the apples simmer almost imperceptibly till you can pierce them easily with a broom splint; then sprinkle the sugar over them and let them just simmer until it is all melted. Remove the saucepan from the fire and let it stand where the apples will get cold before turning them into a dish for the table.

Potted Beef—Take from ten to twelve pounds of a knuckle of beef, cut it up, cover with water, allow it to boil about seven hours or until the gristle has become jelly. Then cut the meat very small, picking out any bits of fat or skin. Season with pepper and salt and sweet marjorum (or other herb) to taste. Strain the beef liquor, put it back on the fire—there should be about two quarts to it. Let it boil and then add the seasoned meat. Let all boil together for four or five minutes, stirring constantly and gently to keep from burning. Pour into moulds and when cool set on ice to harden. This will keep a month in cold weather and does not lose its flavor if the mould is unbroken.

HEALTH OF THE CHILDREN.

The health of school children is paramount to every other consideration. When children, particularly girls, between the ages of ten and seventeen, exhibit evidences on the face and hands, of extreme irritability, it is a sure sign either that the school work is too severe or that they are not living under proper hygienic conditions, or both.

In the majority of cases, to conquer the difficulties of arithmetic or grammar or the intricacies of a new language is harder work for the child than are for the business or professional man his everyday vocation. Hence children need constant care, sympathy and encouragement.

Children should spend not less than two hours a day in the open air, and if possible, should engage in games requiring both skill and activity. They should not be permitted to attend social parties or entertainments on an evening preceding a school day. They should spend in sleep not less than nine, and, if possible, ten hours out of every twenty-four.

The following practices should be prohibited as injurious to health:

Study before partaking of food in the morning; the rapid reading of lessons just before the beginning of school sessions; study immediately after the close of school, before the mind and body have been rested by play or other suitable change of occupation; study immediately after eating a hearty meal.

The children should have fixed hours for study.

Parents should never urge children to make extra efforts to obtain promotion, nor show annoyance if they fail to do so. What children need for intellectual and moral progress is systematic work. If for any good reason the child is not promoted at the end of the term, he should not be reprimanded, but encouraged to try again. Nor should parents by finding fault with the teacher, weaken her influence for good.

SWEET PEAS.

"The sweet pea is a peculiar plant," says Eben E. Rexford, "in some respects, and requires treatment quite unlike that given other plants if we would have it do its best. It must be planted very early—as soon, in fact, as the ground can be dug up to receive the seed. This because it is a plant that does better in cool weather than in heat, and the conditions which prevail in spring are precisely those best suited to it in getting a start. If it form strong roots before the hot weather is upon us, and these roots are deep in the soil, where they will remain moist and cool, we may expect fine flowers, and a great many of them, but if we give it a shallow planting, which brings its roots near the surface, and a late one, which obliges it to get its start in weather not to its liking, we need not wonder if it disappoints us. The plan I follow with it is this: In April I dig V-shaped trenches about six inches deep. I sow the seed in the bottom of these about an inch apart. I cover it with about an inch of soil, which I press down firmly. When the plants have grown to a height of three inches I fill in about them with some of the soil thrown out from the trench. I continue to do this at intervals as the vines reach up until the trench is filled. In this way I succeed in getting the roots of the plants deep in cool, moist soil. The best trellis for them is one made by fastening coarse meshed wire netting to posts. It should be at least six feet wide, as the sweet pea makes a rampant growth under favorable circumstances. In order to assure a bountiful crop of flowers throughout the season it is absolutely necessary to prevent the formation of seed. Go over the vines daily and remove every flower past its prime. If this advice is followed, we can have fine flowers, and plenty of them, from June to November."

PIET HEYN'S GREETING.

Piet Heyn was a Dutch naval officer who captured one of the Spanish silver-fleets in 1628. How he was received at home upon his return is told in the "Naval Heroes of Holland." The home-coming was such as no Dutchman before him had ever experienced. Wherever he went his reception was one of unbounded enthusiasm. Everywhere he was feasted, everywhere bonfires were burning, bells were ringing and crowds were shouting themselves hoarse in his honor. His progress from city to city was an unbroken ovation. But that was not the end. The Dutch housewife is noted for her cleanliness. After all that feasting, Piet Heyn turned his steps to the home of his two sisters in the village of Broeck, noted as the most scrupulously neat town in all that land of spotless paint and glistening metal dishes. There Piet announced himself by the knocker on the door. This was answered by one of his sisters, who, on opening the door and seeing who was there, instead of falling upon the neck of her hero-brother as the sister of such a man would do in any other land, coolly looked at his feet, and seeing that his boots were muddy, said, "So, Piet, is that you? Just stay there till I bring your slippers."

YAWN WIDE AND LONG.

If you feel like yawning, do not put your hand or your handkerchief over your mouth and make a desperate effort to overcome the inclination. Yawn well, and wide and long. It is the right thing for you to do. Moreover, it is a good thing for society in general. It means a stretching, a relaxation of the muscles, and an expansion of the interior economy of the human breast, which in turn leads to an expansion of the heart, an expansion of the human thought, and aspirations after the exalted ideals. It is good to yawn, and the man or woman who feels like yawning should go into a quiet place, where he or she will be free from interruption, and yawn, not hesitatingly or spasmodically, but boldly, throwing the arms up, the chest forward, the head back, and the mouth wide open.

A DOG-PROOF TABERNACLE.

The Eskimos possessed the most remarkable place of worship in the world. It was a sealskin church. Forty sealskins were stretched over a light framework, and in this tent, 18 feet by 12 feet, services were held every Sunday. But the church came to an untimely end. One hard winter the Eskimos' dogs, being half famished, dined on the sealskins, and only the frame was left. The Eskimos have now erected a dog-proof tabernacle.

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