PILES

If you suffer from this painful malady, apply Zam-Buk. It is purely herbal, quickly eases the dull, gnawing pain, stops bleeding, ends the irritation, and in a short time completely and permanently cures. Zam-Buk should be in every home.

Mr. T. Hanson, Poplar, B.C., says: "I suffered for years with bleeding piles. The pain was often so bad I could hardly walk. I tried remedy after remedy, and finally underwent an operation, but only got temporary relief. At last I tried Zam-Buk. Perseverance with this completely cured me and there has been no return of the trouble."

50c box, all druggists and stores.

THE PULMONARY TONIC

Recognized as the standard of medicinal preparations, for diseases of the Throat, Bronchi and Lungs. It acts as an antiseptic to the respiratory organs and supplies to the whole system, the energy necessary to conquer the disease.

DR. ED. MORIN & CO., Limited Quebec, Canada.

THE SAFEST MATCHES IN THE WORLD also THE CHEAPEST are

EDDYS

"Silent 500's"

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the sized box than any other box on the market.

War Time economy and your own good sense, will urge the necessity of buying none but EDDY'S MATCHES.

Miramichi Hospital

During the Smallpox epidemic, patients desiring admission to the Hospital will please pay particular attention to the rule that they cannot be admitted without a written certificate from their doctor.

Visitors must also present permits from the physician in charge of the case.

MABLE D. RICHADDS,
Superintendent

Newcastle, 21st Jan., 1918.

PUBLIC AUCTION

There will be offered for sale at Public Auction Lots No 86 and 87 belonging to the Municipality of Northumberland and facing on the cross roads in Newcastle, on Friday the first day of March next at twelve o'clock noon in front of the Court House, Newcastle.

Terms ten per cent. of the purchase money at the time of sale and the balance on the signing of the deed.

Dated this twenty second day of January A. D. 1918

By order of the Land Committee.

E. P. WILLISTON,
Secretary Treasurer

5-19

PAIN IN THE BACK.

It Should Not Be Ignored, as It May Mean Serious Trouble.

Backache, like headache and many another ache to which the human frame is subject, is a symptom that may be caused by a great many different conditions.

A chronic pain in the back may mean very serious trouble. Tuberculosis does not respect any part of the human body. When it attacks the spinal column it is called Pott's disease. Among the initial symptoms is a backache that the patient complains of long before signs of deformity show themselves. If the backache is ignored much valuable time may be lost. A careful examination at the earliest complaint of pain and stiffness may give the physician an opportunity to prescribe a course of treatment that will arrest the disease before it causes deformity. The tuberculin test enables the physician to make sure that the backache is not caused by a less serious condition. A negative tuberculin test means that he must look further for the cause of the pain.

Much backache could be spared young adolescents if they would persistently carry out a system of simple calisthenics designed to strengthen the back. If they begin it in childhood it will prevent many of them from outgrowing their spines. Of course all children should use the seats and desks that enforce a good attitude.

In many cases of young adolescents who have grown very rapidly it will be found advisable to permit the wearing of a carefully fitted support or belt. In older persons who suffer from constant backache the cause may be a weakening of the abdominal muscles. In that case an abdominal belt becomes a necessity

GREAT NATURAL BRIDGE.

Justice Marshall Called It "God's Greatest Miracle In Stone."

The great Natural bridge, which is one of the natural wonders of the United States, overlooks the James river valley, in Virginia, being on the western slope of the Blue mountains. It is just about the center of the state. It approaches Niagara in grandeur and exceeds it in height and awful mystery. It is a single block of limestone, with many shades of color. The walls are smooth, as if cut with chisels, and there is no sign of displacement.

The visitor follows a tumbling cascade down a deep fissure in the mountain under some of the largest arbor vitae trees in the world and, turning down a line of steps cut into the precipice, suddenly finds himself by a swift stream in a dark canyon and the great bridge far above him.

Washington when a surveyor for Lord Fairfax visited the Natural bridge and carved his name, where it may still be seen. The original bridge tract was granted by King George III. to Thomas Jefferson in 1774. After he was president Jefferson visited the place, surveyed it and made the map with his own hands. Jefferson spoke of the place as "a famous place that will draw the attention of the world." Chief Justice Marshall wrote of the bridge as "God's greatest miracle in stone." Henry Clay wrote of "the bridge not made with hands that spans a river, carries a highway and makes two mountains one."

Value of the Apple.

The apple is pre-eminent in the household economy, for no other fruit excels it in culinary usefulness. It graces the table in a far greater variety than any other fruit. Of all fruits grown in North America the apple leads in amount and intrinsic value. No fear of an overproduction, however, if the means of transportation and distribution are perfected. What if we do raise 125,000 carloads of apples or 62,000,000 boxes a year? This is but half a box to a person, not counting what we export. That isn't very many.—Exchange.

Scandinavians.

The term "Scandinavians" is not confined to the Norwegians. The Norwegians are indeed Scandinavians, but so also are the Swedes, Danes and Icelanders. For that matter, the Germans, English and Americans of English stock are also of the Scandinavian stock, since it is more than probable that Germany was originally stocked from the land of the northmen, and it is from the north German stock that the so called Anglo-Saxon comes.

Chemistry of Human Body.

The average human body, besides the carbon, hydrogen, oxygen and nitrogen of which it is chiefly composed, contains three and three-fourths pounds of lime, one pound eleven ounces of phosphorus, two and two-thirds ounces of potash, two and one-half ounces of sodium, one and three-fifths ounces each of magnesium, sulphur and silica and about one-sixth of an ounce of iron.

A Japanese Bridge.

One of Japan's most interesting monuments of antiquity is the bridge of the Brocade Girdle, built in the sixteen hundreds, a mass of pegs and crude joints—not a nail of metal in the entire length of 750 feet, and as good today as when built.

Ways of an Orchid.

One of South America's curiosities is an orchid which has a peculiar tube that it lets down into the water when it wants a drink. At other times it is kept curled up.

Australia.

Australia is the largest island in the world. Its area is nearly three-fourths that of Europe.

Letters From Our Soldiers in France

Leters from the trenches.

Somewhere in France
Nov. 19th. 1917.

Dear Josie,

Your loving letter was received last evening and as usual glad to hear of you all being well as this leaves me feeling fine and dandy at present.

Well, Josie, everything is going about the same as usual over here. The weather is pretty wet and very muddy so you see its not very pleasant by times but we get along just the same now I had a letter from home last night, also one from Annie, and all were well. I am answering in this mail. Everyone seems to be getting on fine overhome as the news goes. I suppose all the boys are away by now? Well, Josie, I see where they are calling up all the young fellows that are fit for serving.

Well, everything is moving overhere. We have it pretty tough by times, but do not mind so much now as we always win. So you see, that gives us courage anyhow. But, believe me, we are giving them H— at present, and I have not much mercy for them myself after what one can see at the front. But, believe me, when our big guns open up you would imagine H— had broken lose. But I do not mind it as I got used to it long ago, and one must take his chance here. It's great excitement sometimes. But, on the other hand, you can see some sad sights which might be any man's case over here. Thank God, I have been lucky here so far, with some narrow escapes. But no one ever knows here from one day to another what shall happen. We must cheer up and be happy and gay. What's the use of being down hearted It's duty calls us and we must obey. We are fighting for our rights, for home and freedom, and we shall fight till the end. But, I guess Fritz is feeling pretty sick over it now and probably often wishes for Peace, especially when our big guns are in action as we always see them. Now I do hope the end comes soon as I am getting pretty tired of this life myself. and long to see the end and Peace again.

Now, I suppose you are having some splendid weather in Canada I wish I was there to enjoy some of it and part of the good times.

Well, Josie, I am in a dugout, here tonight, I and my pal, and, believe me, it's some life, too. I wish you could see us. It is so dark I cannot see to write much more and I guess by the sound of Fritz I wont try to make any light for he might disturb me before I get this finished. But should he come my way I will give him some trouble, now take it from me.

Well, now, Josie, I have had nothing to eat yet and must go for my supper. In the mean time I hear them call for rum ration so I must go and get my rum as there will be something doing I suppose. Well now, if I ever go back, I will think fighting without a gun is only fun.

Well, now, I must try and hunt up a wash and get my supper, as from six to eight days without washing isn't very comfortable and washing in a shell hole on a cold winter morning is no fun.

Now I must close. With love to all,

I remain as ever,

No 793,703
Corp. Walter D. Colford,
C. Co., 10th Battalion, C. F.
France

Lemons Whiten and Beautify the Skin

Make this Beauty Lotion Cheaply for Your Face, Neck, Arms and Hands

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smooth rough, red hands.

COOKED BANANAS.

Fried or Baked, They Are a Delicious and Nourishing Food.

Americans already eat millions of bananas a year as raw fruit, but our capacity would be much larger, according to the food economists, if we would use it more extensively as a cooked food. There are many ways of cooking bananas, and in most of the lands where they grow fried and stewed bananas are staple articles of diet.

The banana contains as large a percentage of carbohydrates (starch and sugar) as does the potato and nearly the same proportions of other constituents, with the exception of potash. It is not a perfect substitute for the potato, but very near it.

Most American housewives do not know how to cook bananas. For fried bananas peel and split them, dip each half into well beaten egg, then into fine breadcrumbs and fry in hot oil.

More digestible are baked bananas. Bananas may be baked whole, one side of the skin being stripped back in this case, or they may be peeled and cut in halves. The fruit should be put in a baking pan, sprinkled with cinnamon, a half cupful of sugar, a pinch of salt and tiny bits of butter. Pour into the pan a half cupful of water and baste frequently while baking in a quick oven. Lemon juice may be substituted for cinnamon, making it into a sirup before baking, then pouring over the fruit when placed in the oven. Apples may be baked with the peeled bananas, and the combination is delicious.

SHARK MEAT IS RANK.

But the Arabs of Aden Eat It Both Fresh and Dried.

Shark fishing is an important industry at Aden, Arabia. The poorer classes of the inhabitants depend on this fish for their only taste of sea food. Some of the meat is dried and preserved in salt. The fins and maws are shipped to China, and the livers produce an oil that is used for a varnish on boats.

The Arab in his primitive boat, or dhow, a flat bottomed craft of some 150 tons burden, finds his best fishing grounds between Aden and Shukra during the cool months from October to March. He uses both nets and hooks. Fishing is sometimes done from a small boat, but this is dangerous, as a large fish occasionally overturns the boat, and the fishermen become the prey of other sharks.

Small sharks are sold in the Aden fish bazaar for about half the price of other edible fish. Fresh shark meat is very strong, and one must develop a taste for it to enjoy it.

Maleh, or salt dried shark meat, has the largest market of any of the byproducts. It is used in such quantities by the Arabs of the interior that the local market cannot meet the demand, and much of the meat consumed has to be imported from the Arabian gulf ports. Like the fresh meat, maleh is strong in taste and odor.

Kangaroo Mother's Bravery.

During a severe drought in a certain section of Australia the owner of a country station was sitting one evening on the porch when he saw a kangaroo lingering about, alternating approaching and retiring from the house, as if half in doubt and fear what to do. At length she approached the water pails and, taking a young one from her pouch, held it to the water to drink. While her baby was satisfying its thirst the mother was quivering all over with apprehension, for she was but a few feet from the porch where one of her foes was watching her. The baby, having finished drinking, was replaced in the pouch, and the old kangaroo set off at a rapid pace. The spectator was so much impressed by the astonishing bravery of the affectionate mother that he made a vow—and kept it—never again to shoot a kangaroo.

Foolish Question.

An official who was making up an assessment roll because of some recent street improvements called at each house on the improved streets to learn the names of the property owners. At one house he climbed out of his car, went to the door and knocked.

"Who owns this property?" he asked.

"Why, I do," the woman answered.

The official got her name and put it down in his book. Then he took a squint at the size of the lot.

"How many feet?" he asked.

"Two, of course!" the woman snapped, wondering whether he thought she was a centipede.

Aluminum.

Bauxite is a mineral that contains aluminum in a combination which the electric furnace will tear apart, thus producing the metal. Clay also contains it in vast quantity, but the trick has not yet been turned to set free the aluminum in clay. So bauxite is used.—New York Sun.

Surgery In Stone Age.

A flint knife has recently been found in Fraserburgh, Aberdeenshire, which had been used in performing surgical operations in the stone age. It is almost identical with the operating knife adopted by surgeons within the past few years.—London Mail.

One of the Elect.

"Sir," said the haughty dame to the poor inventor, "you don't belong in the upper classes."

"I think I do, ma'am," he replied, "for I live in an attic."

Not Being Done.

He—What did you think of the play? She—It wasn't true to life. He—How so? She—Well, the wife continually asks for money and gets it.

MADDENING PROFESSIONS.

Your Work and Your Chances of Not Becoming a Lunatic.

In view of the great increase of insanity during recent years, it is interesting to note the various classes of employment which are, more or less productive of madness.

A French scientist has recently been investigating this question, and his researches go to show that, apart from the terrible nerve strain of war, the military and naval professions are the very worst a man can enter if he wishes to go sane to the grave. Out of every 100,000 who enter the army and navy 199 become confirmed lunatics.

The liberal professions come in as a good second to the army and navy, the list being headed by artists, who are very close followed by lawyers and somewhat more distantly by the clergy, doctors of medicine, men of letters and civil servants. The number of people in these professions who become occupants of lunatic asylums is 177 to each 100,000.

The professional men are run very close by domestic servants and day laborers, of whom 159 out of each 100,000 are sent to the asylum. There is a big falling off before we arrive at the next group, which is that of mechanics, only 66 of whom go mad in each 100,000.

And, curious to relate and contrary to all general belief, the group which is most highly favorable to sanity is that of commercial men, which sends only 42 per 100,000, or one in every 2,380, of its ranks to confinement.

A COMPETENT WITNESS.

In This Case Action Was Much More Eloquent Than Words.

Judge Pollard of St. Louis, originator of a widely known probation system, is the subject of a story illustrating his novel method of dealing with troublesome cases. A driver had been brought before Judge Pollard charged with cruelty to animals. He had been driving a galled mule, but he had an expert witness in a veterinarian, who testified that the sore on the mule's back did not pain the animal in the least.

The judge listened attentively to the long technical opinion and then demanded to know the mule's whereabouts. He was informed that it was harnessed to a wagon that stood in the street in front of the courthouse.

The judge then ordered that court be adjourned for five minutes. He took his cane and proceeded to the street, went up to the mule and with the end of his cane gently touched the sore spot on the animal's back. The mule promptly tried to kick the dashboard off the wagon. Once again the judge touched the sore spot with his cane, and the mule responded as before.

Judge Pollard returned to the bench. The prisoner was called before him. "With all due respect to the expert testimony you have had introduced in your behalf to show that the mule's back does not pain him, I will fine you $50," announced the judge. "I asked the mule if the sore hurt him, and he said it did."

The Way You Do It.

One reads that Darwin never understood an equation, and the chances are that Isaac Newton could not have passed any examination in literary or aesthetic subjects with his idea that poetry was ingenious nonsense and statuary only stone dolls. Faraday had no gift for mathematics, and it is a mooted question if Napoleon Bonaparte could have passed a college entrance examination in French. But it was their ability to do some one thing well that has turned the world upside down at various times in its forward march, not their inability to do badly what all the world only does moderately well. It makes little difference what you do. The difference lies in the way you do it. The business world is overstocked with poor people looking for good positions, while good positions are waiting for good people to fill them.

Sparrows.

The white throated and white crowned sparrows may be told by their names. The fox sparrow is the larger, light, rufous streaks and big spots on breast. The song sparrow is about the size of an English sparrow, but with a longer tail, streaks and large spot on breast. The chipping and field sparrows are smaller, with no spots on breast. The former has lines on head; the latter is rufous and sings very sweetly.

Fables In the Bible.

Of the fable as distinguished from the parable there are but two examples in the Bible. The first of these is that of the trees choosing their king (Judges ix, 8-15); the second that of the cedar of Lebanon and the thistle (II Kings xiv, 9).

Fetters.

The use of fetters goes back to ancient times. Fetters were usually made of brass and also in pairs, the word being in the dual number. Iron was occasionally employed for the purpose.

Equal Rights.

Wifey—Henry, if you didn't smoke I could have a new hat. Hubby—And if you would live on stewed prunes I could have a steam yacht.

True.

"I don't see anything remarkable about that baby."

"Oh, but you would if it was yours."

The child trusts because it finds no reason in itself why it should not.—J. G. Holland.

Every Man

Who works around machinery or in places where he is liable to cut, scratch or burn himself should always have handy a jar of

Mentholatum

A Healing Salve

Invaluable also for

Sore and Tired Feet

Sold and recommended by the leading druggists in the Maritime Provinces.

2 sizes—25c and 50c

Send 3c in stamps for a generous size sample.

The Mentholatum Co.
Bridgeburg, Ont.
10-6-17.

MENTHOLATUM

M. P. FINED

William J. M. Maccaw, Unionist M. P. for West Downs, England has been fined £750 for food hoarding.

Second Lesson You Next"

M. R. BENN, Nordin, N. B.

Thanks for $512 for barn lost by lightning. Check was dated day after I signed claim.

WM. HOSFORD,
"Hill Top," Sevogle, N. B.

Electrical Work

Electrical work of all kinds promptly done by the CANADIAN GEAR WORKS, LTD. 35-0

J.D. KENNEDY
'LADIES' and MEN'S
Fine Tailoring

Emboding Style, Workmanship, Service and Value.

CLOTHING CLEANED AND PRESSED

Next door to Miramichi Hotel

21-tf. Newcastle N. B.

BECAUSE THEY FIND SATISFACTION HERE

Many of the most particular families in Newcastle buy their meats and groceries regularly at this store. To satisfy our customers in every respect is our first consideration. And we do satisfy them by selling them the best and freshest Groceries, Meats, Vegetables and Fruits; by charging fair prices, and by according every customer fair and courteous treatment.

We would like you to become one of our satisfied customers. In this store you will find a carefully selected stock of groceries, fresh meats in variety, and the season's range of vegetables and fruits.

You can telephone your order. Our delivery system insures prompt service.

H. S. MILLER

GROCERIES, MEATS, ETC

Cor. Castle and Pleasant Sts.
Telephone 23