

The Women's Realm

Over \$400.00 For French Red Cross

Newcastle Districts Gives Generously for Red Cross Work of Our Allies

The collections for the French Red Cross on France's Day, 18th instant, amounted to over \$407.00.

The Town was divided out into districts and (thoroughly canvassed by the ladies of the local Red Cross and their able assistants.

The ladies in charge, and the amounts collected were as follows:

- Miss B. C. P. Crocker, Mrs. J. D. MacMillan and Miss Edith MacLean collectors. 437.60
- Mrs. D. P. Doyle; Misses Mary Davidson, Dorothy Nicholson, and Olive Bernard collectors. 27.60
- Mr. Geo. Stothart. 21.35
- Mrs. W. A. Park, Misses Hickson and Ferguson, collectors. 53.36
- Mrs. John Russell; Mrs. W. A. Pickson, Misses Mildred Blaine, Verne and Rita Buckley, Lillian Coughlan and Marion Bate collectors. 54.80
- Mrs. Charles Sargeant, Misses Delphine Clark, Florence Jardine and Doris Atkinson collectors. 6.25
- Mrs. John Robinson, Jr.; Mrs. B. F. Maltby and Misses Marjory Kennedy, Mollie and Jean Robinson collectors. 22.50
- Mrs. J. W. Davidson, Mrs. T. Tozer, and Misses Alma, LaBillols, Maude Atkinson, Louise Menny collectors. 47.57
- Mrs. O. Nicholson; Misses Aiken and Miss Elizabeth Parker collectors. 61.22
- Nelson District—Miss Edith Burdick; Misses Lillian Fitzpatrick, Annie McCombs, Ethel Gorman, Irene, May and Clara English, Frances Dolan and Vline Murphy collectors. 58.20
- Douglasstown District—Miss Sadie Scott; Misses Marion Gray, Margaret Simpson, Elsie Anderson, Jean Gulliver and Mary Russell collectors (one collector to hear from). 17.00
- Total (with one collector to hear from and other small amounts expected) \$407.45

The Story Of The Stairs

Every time you go up stairs you can test your state of health—the condition of your blood.

Do you arrive at the top of the stairs breathless and distressed? Does your heart palpitate violently? Do you have a pain in your side? Perhaps you even have to stop half way up, with limbs trembling and head dizzy, too exhausted to go further without resting. These are unfailing signs of anaemia. As soon as your blood becomes impoverished the stair-case becomes an instrument of torture. When this is so you are unfit for work; your blood is watery and your nerves exhausted, you are losing the joy of an active life, and paving the way for a further break down and decline. In this condition only one thing can save you. You must put new, rich red blood into your veins without further delay and so build up your health again. To get this new, rich blood give Dr. Williams' Pink Pills a fair trial, and they will give you a new vitality, sound health, and the power to resist and throw off disease. For more than a generation this favorite medicine has been in use throughout the world and has made many thousands of weak, despondent men and women bright, active and strong.

You can get Dr. Williams' Pink Pills through dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.



War Time Recipes

STRAWBERRY JAM

8 lbs. strawberries; 6 lbs. sugar.

Mix the strawberries and sugar in a kettle and let them stand overnight. In the morning set the kettle over the fire on an asbestos mat and bring the contents slowly to a boil. Do not stir the fruit any more than is absolutely necessary. Boil gently without stirring until it is sufficiently thick and then put it away in sterile jars.

RASPBERRY JAM

8 lbs. raspberries; 6 lbs. sugar.

Pick over the raspberries and put the sugar on. Let the fruit remain this way overnight. In the morning, set the kettle over the fire and bring the contents to a boil slowly, stirring until all the sugar is dissolved. Then cook without stirring until the quantity is reduced, and until, when tested on a cold plate, the jam is found to be sufficiently thick.

RASPBERRY JAM WITH CURRANT JUICE

7 lbs. of fruit; 1 lb. or 1 pint of red currant juice; 6 lbs. sugar.

Follow the same directions as for Raspberry Jam, but because of the juice of the currant that is added, it will require a little longer cooking, as some of the water will have to be evaporated.

RHUBARB RELISH

4 bowls rhubarb chopped fine, 4 bowls onions, 1 1/2 cups vinegar, 2 1/2 lbs. brown sugar, 1 teaspoon cloves, cinnamon, allspice, pepper and salt.

Cook rhubarb, onions, salt and vinegar twenty minutes before adding sugar and spices. Cook together slowly one hour and a half.

TO PRESERVE STRAWBERRIES WITHOUT COOKING

Weigh out the same amount of clean strawberries and cane sugar. Put about a pound of berries and the same amount of sugar into a bowl and mash thoroughly with a silver fork. Pour this mixture into open earthen dish, and repeat the process until all the berries and sugar are used. Let stand, in a cool place, stirring occasionally for 2 or 3 days or until sugar is dissolved. Boil all jars and utensils, which are to be used. Bottle and seal with wax. Keep in cool place.

ONE EGG CHOCOLATE CAKE

1 egg, 1 cup sugar, 1 cup sour milk, 1 teaspoon soda, 2 squares chocolates, salt, vanilla, 1 1/2 cups flour, butter size of an egg. Melt butter and chocolate together. Dissolve soda in sour milk.

BROWN BREAD

4 cups Graham flour, 2 cups milk, (sweet) 1/2 cup molasses, 1 teaspoon soda, 1/2 teaspoon salt. Add soda and salt to flour, add molasses to milk put in saucepan and make it hot but not boiling, then pour over the dry ingredients and mix well. Bake about an hour.

Regular Meeting of Nelson Women's Institute

The July meeting of the Nelson Women's Institute was held at Mrs. Hazen Patterson's and was a most successful gathering. Refreshments were served with a simple recipe for dessert. A very profitable discussion, in which all present took part, was opened by the President, Mrs. Edgar Vye, on the question: Are the people of New Brunswick utilizing their time to the best advantage? It was decided to meet for the rest of the summer at Mrs. George Fleet, on the third Wednesday of each month. During the evening, Mrs. Patterson sold ice-cream, clearing \$4.50 for the institute funds.

WHAT NOT TO SEND OVERSEAS

Replying to a letter asking what is most needed for overseas, Miss Mary Plummer of the Canadian Field Comforts Commission writes:

"Socks are emphatically the most valued contribution, shirts, gauze underwear, towels, handkerchiefs and medium weight underwear come next. The Director-General of Voluntary Organizations in England is also appealing constantly for such things as knitted comforts, handkerchiefs, towels, anti-vermin vests and especially for socks, and states that there is a very real need for these comforts for the Imperial 'troops.'"

Miss Plummer adds a paragraph with a warning inside. She says: "Stationery, tobacco, leather boots, shoes, chocolate (good solid bars), tins of meat or fruit or coffee, seedless raisins and dates are very welcome. Cocoa very often shakes out of its tin or box and should be very carefully wrapped up before packing. We do not want any homemade sweets or toffees or any peanut brittle, as they invariably go bad and spoil the other contents of the parcel, and please do not send any apples or other fruit. It is such a shame to have a good parcel spoiled by one bad orange or sticky, melting lump of toffee, and it takes a lot of time to clean up and repair such parcels."

Girls Whiten Skin With Lemon Juice

Make a beauty lotion for a few cents to remove tan, freckles, and sallowness.

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, and shake well. This makes a quarter pint of the very best lemon skin whiteners and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

BUY CANNING SUPPLIES NOW

There is likely to be a large surplus of perishable foodstuffs raised as a result of the war-garden propaganda. As this can be fully utilized only by preserving it for future use by drying, preserving, or canning, this brings up the question of needed equipment and containers.

Last year there was little advanced preparation by manufacturers and retailers. While this, to a certain extent, has been taken care of this year, at the same time the transportation facilities of the county are being taxed to their capacity. Unless jobbers and retailers and householders work together, many will be disappointed. Householders are urged to purchase whatever canning supplies they will need sufficiently in advance of the actual canning season to assure delivery.

MAYONNAISE DRESSING

3 eggs, 3/4 cup vinegar, 1 1/2 cups rich milk, 2 or more teaspoonsful mustard, a speck of white pepper, 1 or 2 tablespoonsful white sugar, 1 teaspoonful salt, 1/2 cup butter (melted) use an egg beater whip looking in a double boiler all the time and it will not curdle. When sold add a little Worcester-sauce and paprika and blend by adding a little more mustard, salt, sugar or vinegar, if needed. If olive oil is liked, take some out in a bowl and mix with dressing. This quantity will make a quart. The dressing cream when ready to use. For fruit salad add lemon juice instead of vinegar.

Tired Nervous Mothers

Should Profit by the Experience of These Two Women

Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my household work."—Mrs. E. B. Zielinska, 202 Weiss Street, Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

SILLIKERS

Sillikers, July 19—A social was held in the Lytleton school house on the 17th, and although the evening was showery, quite a number attended.

Rev. S. Gray, who is preaching here during the summer, has spent the last two Sabbaths preaching in Nova Scotia.

Miss Katie Hyland attended the Normal School Entrance Exams, in Chatham recently.

Miss Muriel Tozer who has been teaching in Kent Co. is spending the holidays at her home here.

Miss Marjorie Matthews has gone to Newcastle to spend the summer.

Mr. Osborne Stewart who was accidentally shot in the shoulder is much better.

While the rain has been rather disagreeable, it has served to bring D. & J. Ritchie & Co's. drive from Catamaran into the boom.

Miss Bernetta Johnston of Exmoor, is the guest of Mrs. Jessie Johnston.

Mrs. David Mullin and children are visiting the former's parents, Mr. and Mrs. Abram Tozer.

Mr. John MacDonald has returned from a short trip to Port Elgin, where he was visiting his sister, Mrs. Hastings.

Mr. and Mrs. Walter Tozer who have spent the last four years at Holmes Lake, as care takers for Mr. George Pratt, have come to reside in Lytleton.

Miss Leone Somers of Halcumb was the guest of Mrs. Hazel Tozer on Monday.

Messrs. Lee Johnston and Hazar Tozer have gone to Newcastle, to work in the Lounsbury Garage.

SOUTH NELSON

South Nelson—We are glad to report that Mr. Allan McKenzie is recovering from his recent heavy attack of pneumonia and pleurisy.

Pte. Walter McKenzie who was home on leave during his father's illness returned to Sussex on Tuesday. Before leaving he was presented with a bible by the members of Christian Endeavor.

Miss Lillian Coughlan returned to Newcastle after spending two weeks with her father Mr. Thos. Coughlan. Miss Audrey Seaman of Amherst is visiting Miss Ethel Brown.

Mr. Burton Taylor of Douglasstown is spending his holidays with his uncle Mr. Daniel Haidwin.

Pte. Jack Taylor of the first Depot Battalion, Sussex who spent a few days at his home here returned to Sussex on the 15th.

Mrs. Will Russell and family of Loggville are visiting Mrs. Russell's father Mr. John McDermaid.

Mrs. Eugene Ross of Roxbury, Mass was called to Nelson last week on account of the illness of her mother, Mrs. Annie Coughlan.

A party of six strawberry pickers went to Passmore one day last week and returned each with a bucket full of luscious fruit.

Mrs. Tmery McLeod went to Loggville on Friday being called there by the death of her uncle Mr. Bert Loggie.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Wm. D. Druggist*

112th MAN RECOMMENDED FOR V. C.

A letter from a friend in England on Monday, conveys a rumor current in 112th circles to the effect that a one time Sergt. in the 112th, has been recommended for a Victoria Cross. The writer does not mention any name, but we are of the opinion that Sergt. Cameron, of Parraboro, and formerly of the staff of the Can. Bank of Commerce at Windsor is a gentleman recommended for the decoration—Windsor, N.S. Journal.

(Sergt. Cameron, has on several occasions visited Miramichi friends, who all congratulate him in his distinction.)

Dr. J. D. McMillan

DENTIST

Lounsbury Block, Newcastle

N. B.—Out of town on Wednesdays—calling last Monday of each month. 19-17r.

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 St.

Telephone 23

J.D. KENNEDY

LADIES' and MEN'S
Fine Tailoring

Embodying Style, Workmanship, Service and Value.

CLOTHING CLEANED AND PRESSED

next door to Miramichi Hotel

12-J. Newcastle N. B.

GEO.M. McDADE, LL.B.

Barrister-at-Law

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OVER

BENSON'S BOOKSTORE

WATER ST. CHATHAM, N. B.

J. A. CREAGHAN, LL.B.

Barrister, Solicitor, Notary

11-6 MONEY TO LOAN

Morrison Bldg. Newcastle

W. J. DUNN

MACKMAN

Block to send from all trains and boats. Parties arrive anywhere in town. Orders sent at Hotel Miramichi will be attended to.

14-17r. NEWCASTLE, N. B. Phone 100-51

Before Breakfast

Do YOU take a cup of tea first thing in the morning? A great many people do, and know well its beneficial effect. They say it clears the head, and fits them better for the day's work. But at this time particularly, the tea used should be of choice quality and purest flavor. KING COLE Orange Pekoe is eminently fitted for this special service. It is indeed "The Extra in Choice Tea".

Ask your grocer for it by the full name.

SOLD IN SEALED PACKAGES ONLY.

KING COLE ORANGE PEKOE

THE EXTRA CHOICE TEA

Every Barrel, Just Like Every Other Barrel

One reason why the Pies and Cake, Bread, and Rolls always turn out right when you use

BEAVER FLOUR

is because the flour is always the same. It is milled from blended wheat, Ontario fall wheat, strengthened with western spring wheat.

Being blended in exact proportions, Beaver Flour is always the same in strength and quality; and always gives the same results, no matter what or when you bake.

It will be a change for the better when you change from western wheat flour to Beaver Flour, milled from blended wheat.

DEALERS—write us for names on Road, Centre, Outer and Corners.

THE T. H. TAYLOR CO. LIMITED. CHATHAM, Ont.