

Straight Talks to Women

About the Home and Other Things

EDITED BY
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FOR THE UNION ADVOCATE

Next to feeding children properly is to teach them good manners. Good manners, both at table as well as elsewhere, are just as necessary as good food, and if you expect your children to eat properly, speak properly and act properly, it is quite essential that you set them the proper example, for a child is like a monkey; it apes everything it sees, repeats every thing it hears and absorbs all of its environmental influences—particularly the bad ones.

If children eat too fast; make a noise with knife and fork; cram their mouths too full; eat with their mouths open; lean down over their plates; sit in a careless and sprawling position; hold their knives and forks improperly, hold their elbows high and are intent only upon what they are eating, it is either because they see their parents "attack" their food in this manner or that you have failed to set them right.

If your children do not say "good-morning," "good-afternoon," "please" and "thank you," perhaps it is because they do not hear you use these simple conventions with your husband and your friends.

Furthermore—it isn't in the strict sense, natural for a child to eat properly nor be well-mannered, for after all, we are, first, only animals (what ever we may be here after) and all of our refinements have got to be cultivated, and it, therefore, requires an effort, and a very sincere one at that, to raise above the coarser habits—and to raise your children with you. It calls for constant effort and infinite patience, and if you fail, you will find many a door will be shut to your children—when they are older.

A mouthful should be thoroughly chewed (keeping the mouth closed) and swallowed, before more food is taken. This is not only good form, but insures healthful digestion.

A moderately erect position at table, is proper—and should be maintained, throughout the meal.

The knife should be used only for cutting the food, and not even for that—if the fork can be used instead.

The spoon should not be allowed to remain in the tea or coffee cup, but should be placed, quietly on the saucer.

To talk or drink with the mouth full of food; to make a noise with the mouth; to yawn or belch or groan, or sing, or whistle, or "fiddle" with the things around the plate or to lool upon the table in a slovenly pose, are the very heights of bad form, and if you would correct these things, you must keep constantly at your children—until the right way becomes the natural way, for it is always easily noticeable, whether a child is merely on its good behavior or that it's good manners are natural and when you have succeeded in making good manners a part of their very nature, you will find that their tastes, their habits and their morals will be influenced towards higher levels.

As bass, smelts and flounders are plentiful in the Miramichi, I give the following recipes as being the simplest and best for their preparation:

BASS (boiled)—Clean thoroughly, place in a saucepan with enough cold water to cover it; add two tablespoonfuls of salt, set saucepan over the fire and boil for ten minutes to the pound; arrange on a platter, surround it with hard-boiled eggs and serve with a white sauce.

SMELTS: a la Maryland—Take twelve smelts, try them in a cloth and dredge a little flour over them; dip them in egg and breadcrumbs and plunge them into a pot of boiling fat. Let them cook gently until of a light golden yellow. Drain on some kitchen paper and serve with anchovy

sauce or cut lemons.

FLOUNDERS: in Ramekins—Free a boiled flounder from skin and bones and pick it into flakes. Blend one tablespoonful of butter with one tablespoonful of flour in a saucepan, over the fire, add one cupful of milk, stir until boiling, add half a cupful of cream, and salt and pepper to taste, and allow to cook for five minutes, then add one cupful of the fish. Divide into buttered ramekins, cover with buttered breadcrumbs, bake until brown and serve with mashed potatoes.

HOUSEHOLD HELPS

When potatoes are watery, put in the pot a piece of lime as large as an egg, and when they are cooked you will find them dry and mealy.

If you will heat lemons before squeezing them, you will get almost double the quantity of juice.

A quick way to prepare baked apples or potatoes, is to boil the potatoes or apples first, for fifteen minutes, then place in the oven. The skins will be soft and tender, the flavor will be much improved and they can be baked in half the usual time.

When making angel cake, if you have no pastry flour, equally good results can be had by using one part of cornstarch to seven parts of ordinary flour.

To sew on patent fasteners or hooks and eyes, first sew the smallest parts of the fasteners or eyes on the garment all the way down, then pin the top and bottom of the garment together and press the back of the fasteners with an iron. This will leave dents on the opposite side, thus showing the correct places for the other halves of the fasteners or eyes.

Health and Happiness cannot reside in a home where the housekeeping is done with a "lick and a promise."

of Morocco, besides paying an indemnity. After that battle Germany is said to have offered, through ex-Premier Caillaux, to make peace if, in exchange for Alsace and German Lorraine, excepting the City of Strassburg, she received a small strip of the North Sea coast extending from Calais to Dunkirk. France, in addition, was also to acknowledge the German annexation of Belgium. Had France accepted these terms she would have been guilty of most egregious folly and placed herself at the mercy of Germany for all time. Whenever it suited them the Germans would assuredly have reduced France to the rank of a secondary power.

But Germany, far from accomplishing her purpose, only committed another diplomatic blunder by making it plain what her intentions really were, "Divide and conquer" is a good Machiavellian maxim, but it can only succeed when those to be conquered cannot see the inevitable end of division. Germany's vast ambition overlapped itself. It disclosed its object too soon, and with a brutal frankness that was in itself the most distinct of warnings. The French peace party must have been blind, indeed, not to perceive the snare laid by an enemy fresh from tearing up the "scrap of paper" that represented a national obligation and the international contentions that every honorable country would have respected to the full. Fortunately, the German plan was foiled by the solemn agreement of the allies to make peace as unitedly as they were waging war.—Toronto World.

"CANADA" GOOD ENOUGH

This section of the North American Continent is not officially known as "British North America." It is officially known as "The Dominion of Canada." This is a good thing. If it were "the Dominion of British North America" the term "American" might often convey a wrong idea. Now it never does. Surely we are proud enough of the name "Canadian" not to be jealous of any glory that our neighbors may extract from the term "American."—Montreal Herald.

Germans Explode Mine Under French Trenches

Assault Prove Ineffectual and French Troops able to Maintain Position

Paris, Feb. 12.—Severe fighting continues to the south of La Belle, where the Germans have succeeded in exploding a mine under a section of the French trenches.

Despite this fact, it was officially announced here today that the French are maintaining all of their positions there, and that the Germans were unable to take advantage of the demolition of the French trenches.

From the sea to the Somme the artillery exchanges continue and are growing in intensity but there has been no change in the relative positions of the forces. The Germans are again bombarding Trarcy le Mont, and have succeeded in badly damaging a number of buildings there.

From Rheims to the Solsons triangle, the French were today engaged in violently bombarding the German positions, and were reported to have silenced some of the more active German artillery.



A SIKH CAVALRY OFFICER
Type of the magnificent Indian soldier now in the fighting line.

A Blended Flour like—

BEAVER FLOUR

Is The Only One That Is Equally Good For Bread and Pastry

EVERY good Canadian housewife remembers the kind of Bread she got with western wheat flour—the tough, coarse loaf, uninviting, rather tasteless and full of holes.

She knows that such flour cannot make good pastry, no matter how much water she uses in the dough.

"Beaver" Flour is a blended flour—made of the famous Ontario pastry wheat, with the proper proportions of Manitoba wheat added to increase the strength.

"Beaver" Flour makes a good size loaf of bread—sweet, tasty, appetizing—as white and light as snow—with crisp, brown crusts—a truly delicious, nourishing food, that everyone enjoys for every meal.

It makes the kind of Pies and Cakes that you are proud to serve and everyone is glad to eat. Tell your grocer you want to try "Beaver" Flour—the original blended flour.

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DEALERS—Write us for prices on Food, Canned Goods and Cereals.
The T. R. Taylor Co. Limited, Chatham, Ont.

Notes and Comments

CANADIAN CREDIT

The commendation of Canada by Dutch financiers as a safe and attractive field for investment, shows that the war is giving this country some profitable advertising. The chief reason given to the investing public in a circular issued from a Rotterdam financial house for recommending Canadian securities, is that the resources of the Dominion will yield greater returns during a period of war than in times of peace. Agricultural and forest products are particularly singled out to illustrate this. The circular says:

"Without any more cost or trouble Canada will be able to obtain considerably larger riches from her natural resources than she has ever done before, or could do in a number of years under normal circumstances."

The war has unsettled long established commercial conditions, interrupted trade currents, broken open new channels of commerce, closed the most famous money markets of the world, and tapped new sources of financial supply. In the last six months Canada has bought less from Britain and sold more to the United States than at any time before. Our borrowings from England have ceased and Canadian securities—provincial, municipal and industrial—have been placed to the extent of tens of millions of dollars with New York financiers. It has even been suggested that the time is coming when we shall look for our larger supplies of capital to New York instead of London. The Ottawa Department of Trade and Commerce has been submitting information to Holland financiers regarding the resources of the Dominion, the extent of its borrowings and the character of its securities. The favorable opinion now entertained of Canada by Netherlands financiers is one of the first fruits of this publicity work.

It is clear that the Dominion will in future draw its supply of borrowed capital from many sources that were not open to this country in years gone by. It is not so clear that New York will take the place of London as the supplier of capital for carrying on the great public works of the Dominion, repaying our debentures, financing our railways and keeping the wheels of Canadian industry moving. It is a practical certainty that British money will be more easily obtained by Canada after the war is over than it ever was before.

Six months of war have done more

for us in the direction of British and international advertising than could have been accomplished in years of systematic publicity work.—Sydney Post.

GERMAN EDUCATIONAL IDEAS

Whatever the faults of the British may be, the race has always instinctively abhorred the business of the spy, or at least the spy disguised under the mask of friendship. As far back as can be read in history the tradition has always been that it is better to lose honorably than to win dishonorably. This primal maxim in British sport, if sport is intended to be a valuable part of education, is wholly overlooked under the German system of education. All that the average and normal British schoolboy is accustomed to associate with the mean and hateful is made the duty of his German compeer.

That provides another reason why this war between the British and the German ideals is a war to the death. There can be no compromise between a system that encourages independence and initiative and another that imposes a rigid uniformity on all that are subjected to state training. If in Germany the state were synonymous with the people the evil would be lessened, but in that mislaid nation the state is a thing apart and above and beyond the power of her people to control. Not only in methods of warfare but in political development Germany is still in the dark ages.—Toronto World.

CYNICAL

The New York Sun has a very interesting and learned article upon "The Advantages of Being a Married Man." Does that include the privilege of being awakened in the middle of the night and asked to go down into the cellar and see if the furnace is still alight?—Exchange.

HER OWN MEDICINE

When Belgium starved, Germany did not lose any sleep. The neutral powers will not be greatly moved now that Germany begins to sample her own medicine.—Toronto Globe.

PRODUCTION IN PATRIOTISM

Victory in the present great war depends no more upon the man with the rifle than upon the man with the hoe. The soldier's duty is to destroy

the enemy; the duty of the tiller of the soil is to feed the friend. It is the man with the hoe who must keep the man with the rifle on the firing line. The battlefield, scarred with trenching tools, must be backed by the field trenched with furrows. Fields bristling with ripening grain must reinforce the trenches bristling with bayonets. Reaping machines must hum if howitzers are to roar. It has been estimated that it required the services of three men to keep one soldier on the firing line. One of these three must till the soil.—Toronto Telegram.

THE WESTERN FREE-TRADER

The other day two Grain-Growers conventions urged Parliament to bring about at once free trade with Britain. To this the Toronto Weekly Sun, Goldwin Smith's old paper, replies that the demand is wholly absurd. It would be unjust because it would take away protection from the manufacturer whose competitors are in England, whilst maintaining protection for those whose competition comes from the United States. Moreover "it could not fail to be regarded by the States as a hostile measure and would therefore tend to defer the realization of the wider markets to which the Grain-Growers are supposed to be devoted." Further, "the means of revenue which the Grain-Growers would substitute by taxing land values and surtaxing land not in best use realized by a life-time of political effort."

The plain truth is that the West is suffering from the Western agitator, use, if not visionary, could not at He gives outsiders the impression that the settler is a "jumpy" individual, a long-haired man full of wild notions, calling for credit banks that he may start a fresh boom and asking for revolutionary changes in the tariff to spite the old provinces that have stood by him from first to last. The average settler is not that kind of person at all, but unfortunately he is judged by these demagogues who contrive to keep themselves in the lime-light, and, as was said of certain orators during the French Revolution, "do more harm to the interests of recent men than the decent men can ever hope to repair."—Montreal Gazette.

ANOTHER GERMAN BLUNDER

Incredible as it may seem, it is reported that a party existed in France ready to except peace terms before the battle of the Marne, on the basis of ceding to Germany the towns of Briey and Nancy, French Lorraine, with its vast iron deposits, the Island of Madagascar and the protectorate

NOTHING CAN EQUAL BABY'S OWN TABLETS

Mrs. Alex. Butchart, Conn. Ont., writes:—"My daughter has used Baby's Own Tablets for her baby and thinks there is nothing to equal them for little ones. All mothers, who have used the Tablets, say the same thing. They break up colds, regulate the bowels and stomach and keep the little ones healthy and happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

END STOMACH TROUBLE, GASES OR DYSPEPSIA

"Pape's Diaphepsin" makes Sick, Sour, Gassy Stomachs surely feel fine in five minutes.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach-headache, you can get blessed relief in five minutes. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diaphepsin 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 stomach doctor in the world. It's wonderful.

JOB PINTING

Look over your stock of stationery and see if there is anything you are in need of. If so ring up Telephone 23 and a representative of The Advocate Printery will call for your order. We have all the facilities for turning out first class work. Give us a trial order.

AMHERST VISITED BY

\$16,000 FIRE WEDNESDAY
Amherst had another fire Wednesday morning, the Hewson block, a brick two-story building being destroyed. The fire was discovered about eight o'clock. None of the stock in the stores or the belongings of those upstairs were saved. The loss is estimated at \$16,000. Eight thousand dollars insurance is carried on the building. The stocks were partially covered by insurance.

Catarrah Cannot be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrah is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrah Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrah Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrah. Sent for testimonials free.

F. J. CHENEY & CO., Props. Toledo, O.
Sold by Druggists price 75c.
Take Hall's Family Pills for constipation.

SEALED TENDERS addressed to the undersigned and endorsed "Tender for Coal for Departmental Dredges for Nova Scotia and New Brunswick" will be received at this office until 4:00 P. M., on Monday, March 1st, 1915, for the supply of coal as mentioned on form of tender.

Forms of tender can be obtained at this Department and at the office of Mr. J. K. Blenkinsop, Supt. of Dredges, St. John, N. B.

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures.

Each tender must be accompanied by an accepted cheque or a cash note bank, payable to the order of the Honourable the Minister of Public Works equal to ten per cent (10 p. c.) of the amount of the tender, which will be forfeited if the person tendering declines to enter into a contract when called upon to do so, or fail to complete the work contracted for. If the tender is not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

By order,
R. C. DESROCHERS,
Secretary.

Department of Public Works,
Ottawa, February 1st, 1915.
Newspapers will not be paid for this advertisement if they insert it without authority from the Department.—71919.

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The Best Courses of Instruction.
Individual Attention given each Student.
Our Best Advertisement—the Success of our Graduates.
Students can enter at any time.
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Do not let your Hides and Fur go Cheap. I am paying big prices GIVE ME A CALL.

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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 Cures Garget in Cows.

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 of 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 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 \$2 per acre. Duties: Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$200.

W. W. COFF,
Deputy of the Minister of the Interior.

N. P. — Unauthorized publication of this advertisement will not be paid for.

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Save your Hair! Get a 25 cent bottle of Danderine right now—Also stops itching scalp.

"Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf. There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Danderine. Save your hair! Try it!

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A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms for Canada, \$1.00 a year, postage prepaid. Sold by all newspapers.
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A girl familiar with general house work. Good wages paid for one who is thoroughly experienced. Apply to
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