

Classified Advertisements

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N.B.—Out of town one week beginning last Monday of each month. 1919.

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Those who expect to enter this school for the Winter Term opening January 5th, should write for full particulars now.

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Private Nurses earn \$15 to \$30 a week. Learn without leaving home. Descriptive booklet sent free.

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First Class Livery
Horses for Sale at all times.

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ALL KIND OF SLEDS
ON HAND AND WILL
MAKE TO ORDER.

Heavy logging sleds
a specialty.

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A girl for general housework at once. Apply stating salary to
MRS. JOSEPH MITCHELL
t.f. Newcastle, N. B.
Phone 231 and 180

MacMillan Shoe Store

We are making special efforts to collect our accounts. After February 10th all our accounts will be placed with our lawyer for collection.

MacMillan Shoe Store.

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(over) The Park Store
Newcastle, N. B.

All the latest styles in American and Canadian mounts. All work guaranteed! Call in and give us a trial!

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Printed.

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For Sale

We have number one and two grades of hay to offer, also best Carleton Co. oats, carload lots or less.

C. E. & C. M. RIDEOUT,
3-13pd Hartland, N. B.

HAY

Head quarters for baled hay and straw, direct from the farms. Can save you money.

ALSO
Gasoline, Motor Oil, Flour
Feed, Groceries, Confectionery, Drieds, Fruits, Dishes
Clothing, Tin and Granite
Ware & etc. Write, wire, phone or call when in town.
BEAMANS DEPT. STORE,
337 St. Geo. St.,
MONCTON.

Offices For Rent

The two Offices in the Morrison Block over Russell and Morrison's store, Newcastle, are open to rent. Possession given at once. Apply to

RUSSELL & MORRISON
D. MORRISON
Newcastle, N. B.

JUST IN

One car extra No. 1 Western Oats \$1.20 per bushel. Quebec Hay \$33.00 per ton. Also good blacksmith coal for sale.

Phone 162 E. E. BENSON t.f.

For Sale

One good all round horse. For particulars apply to

WAVERLY HOTEL
Spoolwood Wanted

A quantity of birch suitable for making Spool Squares, delivered in our yard, Newcastle. Price 11.00 per Cord.

MIRAMICHI MFG. Co. Ltd.

Fur Season Is Now At Hand

If you want the highest prices for your furs and hides, Call at
JOHN O'BRIENS
Phone 134 Newcastle, N. B.

Montgomery, Feb. 21—Jesse Tolliver, a negro, who was bitten two years ago by a pet dog, developed hydrophobia Saturday and was shot and killed by officers who were called to subdue him after he had attacked nurses at a hospital where he was being treated.

MOTHERS TO BE

Should Read Mrs. Monahan's Letter Published by Her Permission.



Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, sometimes I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound, was entirely relieved of neuralgia. I had gained in strength and was able to go around and do all my housework. My baby weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."—Mrs. FRANK MONAHAN, Mitchell, Ind.

Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

Influenza Has Later Dangers

Particular Care Needed When Patient is Convalescent, Says Expert

The influenza convalescent who has apparently recovered from the disease, and is yet in a strangely weak and depressed condition should be the object of particular care, according to Dr. Louis I. Harris, director of the Bureau of Preventable Diseases of the New York Health Department. In the opinion of Dr. Harris the after care of the influenza patient is most important. The cooperation of the patient, coupled with the willingness to see that the weakness and depression are a part of the illness, though coming after the disease itself has spent its force, is a big factor in effecting a complete return to full health. On the other hand the determination to ignore this debilitated condition and to fight against it, will, Dr. Harris says, frequently bring serious consequences upon the patient.

After Effects Bad
"The subject of the after effects of influenza," said Dr. Harris, "is one of particular interest to the scientist at the present time."

"First, and perhaps that most momentous condition to be considered is the striking depression, mental, nervous, and physical, complained of by most patients. Those attacked by the disease with moderate severity are almost afflicted with this depression, which should be recognized and dealt with. Those who have had mild cases of the epidemic are little affected by depression, and their quick return to health and strength gives rise to the belief that influenza is trivial. On the contrary influenza in its after effects is anything but trivial, and calls for the application of rules of common sense and sanitation which are the fruit of years of experience."

"Tonic treatment, well chosen diet, and great care in not becoming over tired or allowing the body to be chilled are necessary. Eggs may be eaten, but not more than two a day, for the average adult. Of course, it must be said, the disease tends to direct its force against the kidneys, and therefore we instruct patients to avoid eating a great amount of meat, eggs, or beef extracts. Eggs, soft boiled, poached, or beaten, raw are advisable in limited number. The raw eggs should always be agitated before taking."

When Good Food is Bad
With milk and eggs as a foundation the patient should eat good nourishing food, including meat, fish, and vegetables, simply prepared. Frying, for instance, is out of the question. Good food prepared in an unassimilable manner becomes bad food; especially this is to be noted in cases of convalescence from influenza, for the disease often manifests itself in vomiting, and in intestinal and gastric disturbances, and it is important not to weaken the digestive function by the eating of poorly prepared food or even the best of food in ill-advised quantities. The quantitative distribution of foodstuffs should be so adjusted as not to overtax the stomach but the patient should eat generously and frequently."

As a tonic to build up the blood and stimulate the shattered nerves, Dr. Williams' Pink Pills are unsurpassed. These pills actually make new, rich, red blood, which reaches every organ and every nerve in the body, improves the appetite, strengthens digestion and drives away the feeling of weariness and depression always following an attack of influenza. Those who give Dr. Williams' Pink Pills a fair trial will be amply repaid by the new health and strength this tonic medicine always gives.

Iron Clogs of Lancashire

There is something remarkable, says the Christian Science Monitor, in the Lancashire clog when it has the streets to itself, and this was evidenced in no small degree only lately before hours of labor were shortened, say about 5.45 a.m. There is nothing more indicative of the solid character of the Lancashire people than the sturdiness and the self-denial of the clattering crowd who earn their breakfast before they eat it.

In all the Lancashire manufacturing towns, one sound more than any other betokens the opening of a working day. From five o'clock onward, as the men and women turn out for the mills, the pavements ring with a sharp metallic clatter. It is the clang of many ironshod clogs. And in the evening, when the mills are "closing," the streets again resound to the music of what Webster describes as an "overshoe with a thick sole of leather or wood for wet weather." "Into Lunnun aw'll walk wi' mi clogs on mi feet," says some boaster in a ballad.

None but a Lancashire man would have so spoken, for the clog is a peculiar institution of the mill folk. Yorkshire, it is true, has borrowed the idea from her neighbor, but still the clog is endeared by an intimate association with all that marks the Lancashire breed. To a lover of old things it is sad to be told that the clog is dying out. There are those who say that before many years it will be as obsolete as the crinoline, though there have been threats of a return of the latter in a mixture of feminine follies and fancies.

Happily these are croakers' prophecies. Many generations to come will doubtless hear, as we do now, the familiar noise awakening a thousand homely thoughts and memories.

And yet in many parts of Lancashire the clog is losing ground before its victorious enemy, the boot. Time was when clogs were generally worn; boots were an expensive luxury, only to be indulged in, if at all, on the Sabbath. Nowadays, boots have become cheaper in comparison with clogs, and the honest clog suffers from modern competition. Another potent factor is the superior respectability of the boot, which confers an elegance on its wearer unknown to the demonstrative clog.

But the old cloggers do not despair for they say that the clog is peculiarly suited to the conditions of mill life. It will stand the wear and tear of flagged floors, and it is not ruined by heat and grease as is the delicate boot. People wear it because their fathers did before them, which is, perhaps, the most hopeful consideration. It is believed that the clog was first introduced into Lancashire when the Flemish weavers came to Bolton in the year 1337, thus establishing the clog as well as the cotton trade of Lancashire.

Like his brother, the shoemaker, the clogger figures in literature as a ripe philosopher and critic of his kind. He is Lancashire in essence. He is wise and he gives generously of his wisdom to all comers. His little shop is hung with rows of finished clogs which make the customer bow his head. Behind the counter—if he is in good business—there will be three or four journeymen busy cutting and stitching the uppers. More often the clogger is master and workman in one.

The place is like the old-fashioned cobbler's shop, which existed before the boot factories had come into being. The clogger of to-day works with the same tools as did the earliest cloggers. His is one of the gradually diminishing number of hand industries. Machinery has been tried for shaping the wooden soles, but it cannot supplant the delicate skill of the craftsman.

There is more variation in the shape of clogs than in generally imagined. Customers are measured for them, as they are for boots, and niceties of form are carefully followed in curving the sole. There are the garden clog, the Wellington clog, the dancing clog, the laundry clog, imitation Dutch sabots, the butcher clog, the washing clog, and many others. The finished soles pass into the shop, where the top leather is firmly fastened and the iron rim nailed on.

In working-class Lancashire almost every one stamps cheerfully about in clogs. There are clogs in the shop windows with a tiny rim of iron, hardly bigger than a doll's shoe. It would seem that the wearers love the sound of the clanking iron, for if the iron comes off the heel they run to the clogger's without delay. These mill girls enjoy "the clackety clack of their heels," as one clogger put it.

The biggest expression of the clogger's art is the "Sunday clog." This piece of decoration often bears an elaborate pattern on the front. Sometimes there is a streak of red paint along the sole to give it a dashing appearance, and as a finishing touch there may be three small pearl buttons stitched in a rakish row on the side.

Heligoland as Bird Sanctuary.
It is practically agreed that the island of Heligoland, late German naval base in the North Sea, has but two possible uses: the one it served in the World War, or as a sanctuary for the millions of migratory birds that have long utilized it as a temporary resting place. Since it will never be permitted to revert to the German state, there seems to be little in the way of making it a bird refuge. The proposal is made by British ornithologists, and has American support.

Children Cry for Fletcher's

CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

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