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MIRAMICHI ADVANCE

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BUSINESS NOTICE

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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

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E. A. STRANG

EDITORIAL NOTES.

The railroad between Talien-wan bay and Port Arthur, the Chinese harbors acquired by Russia on the straits of Peohili, was opened last week. It is the southern terminus of the line now building from the Trans-Siberian railroad through Manchuria to the gulf of Pechili. Port Arthur is Russia's new naval station and Talien-wan is to be exclusively a commercial port free to all the world. Plans for the breakwaters and other harbor improvements at this new business centre and for the city of Dalny, which the Czar has ordered to be built, are all prepared and the expenditure thus far authorized is $8,750,000. The agreement between China and Russia provided that the port of Talien-wan should be maintained for the benefit of all who reside in or trade with the Far East, and in his order of August last the Czar declared that it was to be absolutely a free port. In that proclamation the Czar said: "We have succeeded in attaining our historic aim, a rapprochment between the peoples of the West and East." The fact that her great European ports are on land-locked waters whose outlets to the ocean are in foreign hands has affected Russia's trade policy profoundly. So eager is Russia to produce herself all that her people consume that she maintains a heavy import tax upon many articles of which the home supply is still very inadequate. It is only recently that the Government has decided to admit free for a limited period some classes of agricultural machinery that are sorely needed and are not yet produced in the country.

A diametrically opposite policy is pursued in eastern Siberia, whose vast mineral and agricultural resources require machinery and other aids which European Russia cannot yet supply. Vladivostock is one of the freest ports in the world. Only a few articles like petroleum and alcoholic products are required to pay duty. But Russia does not expect always to maintain open doors on its Pacific coast. The year 1909 has been fixed as the limit of the free trade policy on the Asian coast of the empire, the idea being that the development of Russian and Siberian manufactures and the completion of the Trans-Siberian railroad will by that time enable the home manufacturers and farmers to produce everything that is needed for the further development of the vast domain of the Czar. Meanwhile Russia is securing a firm hold upon the Chinese market and commercial rivalry cannot deprive her of her geographical advantage in developing this field. But the policy of the open door which the Czar himself has announced for the port of Talien-wan will prevail throughout the entire region and competition will not be stifled by the fact that Russia is China's next-door neighbor.

TEETH OF PAPER.

This is the Very Latest Thing in the Dentistry Line.

Paper teeth are the latest thing in dentistry. For years some substance has been sought for which could replace the composition commonly employed for making teeth, and a fortune awaited the man who was lucky enough to hit upon the right material. Although paper has some disadvantages, they are small compared to its many qualifications, and paper teeth are likely to be used exclusively — at least until a more perfect material is found.

Up to this time china has been used almost entirely, but it presents so many disadvantages that dentists always have been on the lookout for some other substance which could replace it. Not only does china not resist the action of saliva and turn black, but china affects the nerves of the jaws.

People who wear false teeth often complain of suborbital neuralgia, and this is put down by many dentists as being caused by the heat or cold acting on the china or porcelain. Porcelain or mineral composition also is liable to chip or break, and for these reasons has never been satisfactory.

The paper teeth are made of papier mache, which is submitted to a tremendous pressure until it is as hard as required. Their peculiar composition renders them cheap, and the price of a set of which will go down considerably owing to the new invention.

The color of the papier mache can also be made to vary, which is an important point, as no two sets of teeth are identical in color, some teeth having a strong yelowish cast, while others are bluish white. In order, therefore, to obtain the right tint the coloring matter has only to be introduced into the mixture before the tooth is cast in order to match the other teeth exactly. It is in this particular that china teeth often fail to appear natural, their color differing from the other teeth in the mouth and showing that the tooth is artificial.

GIRLHOOD CHARM.

The woman who keeps the simplicity of her girlhood, its generous impulses and quick sympathies, and who adds to her gifts the enlargement of study and the crown of experience, is always at her best and never past it. When the exterior attractions of form and color diminish and depart, as they mostly do, the radiance of our inner illumination will more than compensate their departure. But, in order that this should be so, her moral must equal her intellectual gain. She must be willing to learn, not only her own powers, but her own defects also, and to court the good influences which can help her to escape from delusions of sense and the fatal tyranny of self-consciousness. She must discard the petty measures of vanity and self-seeking, and learn to love her race, her country, and the humanity which she should help to adorn.

HE DOUBTLESS WAS.

Henderson—Why did you invite Jackson to spend Sunday with you? It nearly broke his heart when you married Mildred Wilkins.

Williamson—I know it. I thought if Jackson came up and saw how Mildred and her mother rule things in the house over which I am supposed to preside, he would be rather glad for himself, after all.

On the Farm.

PRACTICE AND THEORY.

The principal drawback and hindrance to agricultural thought, profit and progress, is a lack of union and sympathy between scientific theory and the every-day practice of the farm. As yet there is a wide gulf between the teacher of agricultural science and the working farmer, and our farmers are especially lacking in appreciation of the great value to them of the scientific teacher. They are sure that the facts which environ them are the same as those which surround the teacher. Isolation on the farm compels the farmer to be independent and self-reliant. He can depend on no one but himself for the soundness of his judgment or a hand to execute it. He thinks that very much of what is done at experiment stations, taught at agricultural colleges, or related in dairy and farm papers, is nothing but theory.

When our farmers evidence a disposition to respect what science is patiently doing for them, and become more studious and intelligent, they will make more money. But something must be done to close up this gap between the farmer and what agricultural science has to offer.

God said: "Let there be light." The average farmer of this country does not yet squarely believe in that principle as an aid to himself and his farm. He has too little sympathy for agricultural education. This is seen in the fact that as a class, he spends thousands of dollars to educate his children to be lawyers or doctors, where he spends one dollar to especially fit them to be intelligent farmers. But few farmers believe that there is such a thing as a science of agriculture. The great mass do not believe that the thing we call farming can be taught to their children from books or schools.

The difference between successful and unsuccessful men in all callings is not luck, but rather judgment and energy. Good judgment is an act of the mind, and one must have a mind well stored with sound knowledge, and well trained to use it in order to exercise the best judgment.

Ideas govern. Wrong ideas or lack of right ideas govern us as rigidly as the best of ideas. Good sound thought, correct ideas of theory and practice must take the place of unsound ones, or there can be no improvement in the productiveness and profit of our soil or animals.

The farmer of Holland with land that is worth from $180 to $500 per acre, produces milk at less cost per gallon that the average Canadian farmer. The Dutch farmer is a hard student of all the latest and best ideas in economical production. He sends his sons and daughters to the dairy schools and so keeps himself in touch with all the better ideas.

The vast extent to which the organization of trusts has attained means simply that the men who represent these varied interests have learned to co-operate for mutual benefit. Like every other social power and privilege it can be carried to an extent where it amounts to a conspiracy against the general welfare. When that time comes the people will cope with it successfully.

But there is a limit in all this that the farmers should take to heart. Except in dairying and to a small extent in fruit growing this great lesson is utterly unheeded. Co-operation for the farmer does not mean the formation of some gigantic stock concern which will end in a game of "freeze out." Every instinct of reason and experience bids us avoid such schemes as we would the plague. But in the broader sense and logic of their necessities, and not the necessity of some promoter, farmers should study co-operation.

The agricultural mind of this country must come to a better comprehension than it has had of this chain of causes for the decline or enrichment of a country. We must settle down, practically and hard, to the conclusion that we must commence with the child if we are going to make good farmers, for without good farmers the country will soon go to destruction.

For our own sake as farmers, and for the sake of our country, we need to be constantly agitated and aroused in this direction.

TREATMENT OF MILK FOR BOTTLING.

If milk is from a healthy cow that has wholesome food, pure air and water, and the milk carefully drawn in a pure atmosphere, we may reasonably expect the intercellular spaces in the milk to contain nothing objectionable to the organs of smell or taste. Considerable animal heat is of course present at first, but this passes off quickly during the cooling of the milk. Indeed, if obtained in the manner just described, milk may be bottled and submerged in ice water, before it becomes fairly cold, with the very best of results.

This also is the proper method of chilling pasteurized milk, which we prefer to bottle at a temperature of not less than 110 degrees F. It is surprising how rapidly a bottle of hot milk will cool down in a tank of ice water at 50 degrees F. Water cools bottled milk faster than air, even though the latter be 20 degrees colder than the water. Chilled in this manner, i.e., in stoppered bottles, milk loses its heat without any replacement of air between the molecules and is therefore certain not to have been contaminated during the process.

SHEEP IN WINTER.

One of the advantages in keeping sheep is that they do not need an expensive building as a shelter. A shed open on one side suits them as well as a tight barn, and even better, as they require considerable ventilation. But it should be so arranged that both rain and snow can be kept out of it, for the sheep should not get their fleeces wet in cold weather. It takes too long to get it dry again, and the whole body gets chilled, reducing vitality, even if they do not take colds to set them coughing and running at the nose. Nor should water be allowed to run into the shed from outside. A sheep will not lie down in the mud or on wet straw. Keep the inside of the shed dry and well littered with clean straw and the sheep will be healthy and thrive well, even on moderate feed.

PROPER FORM OF A DAIRY COW.

She should possess a long, thin head, large nostrils for plenty of air, great breadth between the eyes, high forehead, a bright, clear eye, sound teeth, thin neck, deep through the chest with large lung capacity, long and large backbone for plenty of nervous force, broad hips, high pelvic arch, thin thighs, well apart, giving plenty of room for a good udder. She should be deep through the flanks, with plenty of store room for food. The udder should be well developed, running well up behind and well forward on the body, with large milk veins, teats set evenly on the four quarters and of good size. A cow with these points well developed indicates that she is descended from a line of dairy cows and will rarely prove a failure if properly handled from birth up.

TO RIDE A BICYCLE WITH EASE

An English Physician Says the Back Should Be Well Arched.

At this stage in the development of cycling, after the bump-backed "scorcher" has been the target of censure and ridicule for years, it is astonishing to find a physician of prominence who will advocate the doubled over position as the one not only most advantageous for the application of power, but also best from a hygienic point of view. This is, however, just what Dr. H. Campbell does, and he is by no means apologetic about it. He advances his argument, backed up by physiological facts, in a way that is convincing. Dr. Campbell is an Englishman, who has written a treatise on "Respiratory Exercises in the Treatment of Diseases." In it he says:

"One of the advantages of cycling is that it renders possible a great deal of outdoor exercise without fatigue. How are we to explain the wide difference between it and the natural mode of progression? There are, I suggest, two chief reasons: In cycling, (a) the legs have not to support the body, and (b) the vascular column is shortened.

"a. The legs, having no work to support can devote themselves entirely to that of propulsion, whereas, in walking and running much of the energy expended by the muscles of the lower extremities is spent in supporting and balancing the body. Even the mere act of standing involves a considerable expenditure of muscle and energy, both by the leg and trunk muscles; while, in cycling, not only are the leg muscles wholly free from the work of support and balance but the trunk muscles are largely relieved from the latter function if the

PROPER SITTING POSTURE

be assumed.

"What do I mean by the proper sitting posture? If a person sits so as to ride at ease, he should hunch the back somewhat, since this involves much less expenditure of muscle energy than the bolt upright position. This is one reason why the back should be well arched in cycling.

"b. There is something incongruous in an animal, built on the longitudinal plan standing and progressing on one end of its long axis. Yet this is what man is, and what he does, and it places him at a two-fold disadvantage; first, in the matter of progression, it leaves him with but two legs to walk with, and the muscles of these two, as already observed, have to expend a great deal of their energy in balancing the body, which, from its upright position is more difficult to balance than in the case of the quadrupeds; second, the height of the blood column is increased, the influence of gravity in the circulation being correspondingly increased.

"In particular, as Leonard Hill has shown, there is a tendency for the blood to gravitate to the splanchnic area when the erect posture is assumed, and I cannot but think that the fatigue of standing and walking is largely due to this tendency. It is normally counteracted by the contraction of the splanchnic arteries, by the pressure of the firmly contracted abdominal muscles on the splanchnic veins, and by the negative intrathoracic pressure, and in cycling it is much reduced, and for at least three reasons: 1. The mean distance between the head and feet is diminished, and here we have an additonal reason why the body and head should incline well forward; 2. the splanchnic veins are compressed by the rhythmic flexions of the thighs on the abdomen, and this compression is increased by the forward attitude; 3. the aspiratory action of the thorax is increased, owing to the increase in mean size, this occurring in all active exercises. That the forward attitude tends to contract the chest is an altogether fallacious notion."

NOT A GENERAL'S EGG.

The freshness or eggs is carefully graded in this country, but our distinctions are surpassed in delicacy by those long since in vogue among the British residents in India.

Soon after Arthur Wellesley, afterward the Duke of Wellington, was appointed a major-general for his great services in India, he happened to stop in Calcutta. At breakfast the hero was served with boiled eggs. He took one, broke the shell, and dropped it with an air of disgust.

Laurell, he cried to his valet, what do you mean by giving me a bad egg?

The valet hurried to his master, and examined the egg with the utmost seriousness.

I entreat your forgiveness, said he, but it's all a mistake. The stupid servant has gone and given you an aide-de-camp's egg by mistake.

ONE OF THE SYMPTOMS.

As no one, unless it might be some crusty old bachelor, could suspect a young wife of sarcasm, we must assume, after reading the story below, that politicians, like poets, are born and not made.

My dear, said a young wife to her husband, the baby has been trying to talk again.

What was he talking about?

I think it must have been politics. He started very calmly, but in a few minutes he was as angry and red in the face as he could be. It is perfectly wonderful how he takes after you.

ACROSS THE DIVISION FENCE.

First Lady—I'd lick ye in a minute only I wouldn't dirty my hands on ye!

Second Lady—Course you wouldn't. You'd clean 'em!

The riot call was sent in about three minutes later.

The Home

HOME DYEING.

These dyes are much cheaper than the package dyes, and are excellent for carpet rags. Use only earthenware, tin, brass or cooper. Use nothing but soft water. All goods should be clean and put into the dye wet. Dry in the shade. These directions are all for cotton.

Scarlet: For 1 lb of goods, take cream of tarter 1-2 oz., cochineal half oz, muriate of tin 2 1-2 oz. Boil the dye, put in the goods and stir for ten or fifteen minutes, after which boil 1 1-2 hours. Wash in clear water.

Blue: For 2 lbs of goods, take 1 oz of Prussian blue and half oz of oxalic acid. Pulverize together and dissolve in hot water sufficent to cover the goods, which are to be worked in the dye until the desired shade, then wrung and thoroughly rinsed in alum water.

Yellow: For 6 lbs. of goods, use 4 oz of bi-chromate of potash, 3 oz of sugar of lead. Dissolve, separate in enough water to cover the goods. Have them both hot, and dip first in one, then the other, until the desired shade. Rinse well in clear water.

Orange—Dip yellow rags in strong lime water; or color the yellow rags red.

Green: Color yellow rags blue.

Copperas: For five or six lbs, dissolve half lb of copperas in sufficient water to cover the goods. Drain and rinse in lye water. Do not get discouraged over the color, as the effect cannot be seen at once.

Brown: For 6 or 7 lbs of goods, half lb of catechu in 4 gals of water, and boil until it is dissolved. then add 1 oz of sulphate of copper. Stir well. Put in the goods and boil awhile. Wring out and then work for half an hour in a hot solution of 3 oz of bi-chromate of potash. Work from this in a hot soapsuds. This is an absolutely fast color, for I have colored children's faded calico and gingham aprons and washed them repeatedly, without any apparent effect.

Dove and slate colors are made by boiling in an iron vessel a teacupful of black tea with a teaspoonful of copperas and sufficient water. Dilute this until the desired shade is reached. There is no satisfactory way of coloring cotton black.

FOR YOUR SCRAP BOOK.

Broiled Livers.—Cut each chicken liver into four pieces. Put on skewers, allowing one liver to each skewer. Balance skewers on a broiler and broil over a clear fire five minutes. Remove to serving dish, sprinkle with salt and pepper and spread with butter.

Baked Bananas.—Wipe bananas and loosen one portion of the skin. Place in a shallow pan, cover and bake until the skins become very dark in color and the fruit is soft. Remove from the skins, sprinkle with sugar and serve hot, with sweetened cream.

Cherry Pudding.—Two eggs well beaten, add one cupful of sweet milk, two teaspoonfuls of baking powder, sifted with one cup of flour, a pinch of salt. After beating well, add enough more flour to make a stiff batter. Add as many cherries as can be stirred in. Steam, an hour and a quarter. Serve with liquid sauce.

Chicken Omelet.—Beat the yolks of three eggs until thick; add one-half teaspoonful of salt, a few grains of pepper and three tablespoonfuls hot water. Fold in the whites of the three beaten eggs until stiff and dry. Heat an omelet pan, grease bottom and sides, using in all one teaspoonful of butter. Turn it in the mixture, spread evenly, and cook slowly on top of the range until slightly browned underneath. Put in the oven on center grate to finish cooking. When it is firm take from the oven, fold, and slip out on a hot platter. Pour around it a thin white sauce made by melting one tablespoonful of butter, stir into it one tablespoonful of flour and pour on gradually one and one-half cups of milk. Season with salt and pepper, and add one-half cup cold cooked chicken, cut in dice.

Quickly Made Beef Tea.—Take any desired quantity of steak from the top part of the round, as this has less fat and more juice than any other part of the ox; remove every morsel of fat and divide the meat into small pieces cutting across the grain; put the meat in a dry sauce pan and allow it to sweat for five minutes over a slow fire, stirring occasionally to prevent sticking. This is how all beef-essences are prepared. After sweating for five minutes you will find the meat white in color and surrounded by a very rich, nourishing gravy, which, in cases of great exhaustion may be given in this form. But ordinarily you next pour over the meat its weight of cold water, allowing a pint of water to a pound of beef. Stir until the water boils; it must not boil again, but simmer gently for five or ten minutes, until the juice is drawn out; then strain carefully into a bowl, and if there is a particle of fat on top remove it with a piece of brown unsized paper. In this way you may take off every bit of fat without wasting a drop of the beef tea as is done when using a ladle or spoon. Made in this way you may have strong beef tea in twenty minutes. Don't season until needed.

Tomato Soup.—Cook one can of tomatoes, two-cups water, one-half teaspoonful of pepper-corns, four cloves, one slice onion, one-half tablespoonful sugar, and one sprig parsley twenty minutes, melt one tablespoonful butter, add one and one-half tablespoonfuls flour, add to the tomatoes, cook two minutes and rub through a sieve. Add one-eighth teaspoonful soda and reheat. Serve with croutons.

FRENCH COFFEE MAKING.

The French coffee is reputed the best in the world. It is never overdone, so as to destroy the coffee flavor, which is in nine cases out of ten the fault of the coffee we meet with. Then it is ground and placed in a coffee pot with a filter through which, when it has yielded up its life to the boiling water poured upon it, the delicious extract percolates in clear drops, the coffee pot standing on a heated stove to maintain the temperature. The extract thus obtained is a perfectly clear dark fluid, known as cafe noir, or black coffee. A tablespoonful or two of this in boiled milk would make what is ordinarily called a strong cup of coffee. The boiled milk is prepared with no less care. It must be fresh and new, not merely warmed or even brought to the boiling point, but slowly simmered till it attains a thick, creamy richness. The coffee mixed with this is the celebrated cafeaulait, the name of which has gone round the world.

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