



Value of the Plough
Good cultivation is equal to a dressing of a good fertilizer.

Judging a Good Dairy Cow
When it comes to judging a cow for continuity in milk, there is a certain structural form in continuous milkers which should, if properly understood, rarely mislead.

Fancy and Utility
To all observers of poultry conditions it is plain that the fancy helps the utility part of poultry keeping.

Let the Dairy Heifer Mature
A step toward success in building up your dairy herd is in not breeding any heifer until she is nearly or quite two years old.

When Hay is Most Valuable
A vast number of farmers pay but little attention to this in the cutting and curing of their hay.

Where the Cows are Bred to Pay
In Friesland (Holland) nothing but dairying is carried on. The Friesland farmers carry on their business without cereals.

CHEAP FARES TO TORONTO EXHIBITION
In connection with the Canadian national exhibition at Toronto, which will be held this year from August 23rd until September 8th.

Thirteen in History
With the commencement of 1913 old prophecies regarding this year are being revived, notably the one regarding the end of the German empire.

Barley Meal and Maize Meal
The result of an experiment conducted at ten centres in six counties in Ireland to test the relative value of barley meal and maize meal for pigs led to the following conclusion.

Destruction of churches by fire or bomb having failed to accomplish anything for their "cause" the British militant suffragettes are now turning their attention to the burning of school houses.

Ayer's Sarsaparilla
Oldest, Safest, Strongest, Best. Standard Family Medicine. No alcohol. Sold for 60 years.

ACADIA UNIVERSITY, WOLFVILLE, Nova Scotia.
Degrees: B.A., B.Sc., B.Th., M.A., and certificates in Engineering, Architecture, First year in Law, and Theology given as electives in Arts course.

ACADIA LADIES' SEMINARY, WOLFVILLE, Nova Scotia.
A High Grade Residential School. The Aim:—To Prepare Girls and Young Women for Complete Living.

ACADIA COLLEGIATE AND BUSINESS ACADEMY, WOLFVILLE, Nova Scotia.
84th Year. A Residential School for Boys and Young Men with a beautiful location.

THE WEST IN THE EAST.
Curious New Year Festival Among the Lao Tribes of Burmah.

Centenarians of the Nations.
Although scientists assure us that there is no physiological reason why the average healthy man or woman should not live to be a hundred, centenarians are so rare that most people have never seen one.

The Strength of Granite.
Granite is two and two-thirds times as heavy as water. Its specific gravity is 2.63. A cubic yard of granite weighs exactly three-quarters of a ton.

Fingers and Chemicals.
Fingers can be protected against staining by a chemical by coating them with a wax made by melting white wax and adding to each ounce of it while melted a dram of olive oil.

A Spelling Test.
The catch question has often been asked: "How many words in the English language end in dous?"

FARMER'S WIFE ALMOST AWRECK
Restored to Health by Lydia E. Pinkham's Vegetable Compound—Her Own Story.

London, Ont.—"I am a farmer's wife and a very busy woman. Last summer I was taken with severe pains in my back so bad that I could not get up or scarcely move without pain, and my periods were painful. My husband called in a good doctor and I was under his care for some time but he did me little or no good.

One day a friend of mine told me to try Lydia E. Pinkham's Vegetable Compound as she had been greatly helped by it. I began taking it and soon got well, and my periods became natural again. Since then I have had perfect health. In fact I have never felt so well in my life. Lydia E. Pinkham's Vegetable Compound is a medicine many women need. If you think this letter will help other women please publish it."—Mrs. K. C. Yott, Tumbling's Corner, London, Ontario, Canada.

Women who suffer from those distressing irregularities to their sex should not doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

THE PATENTS
60 YEARS' EXPERIENCE
TRADE MARKS
DESIGNS
COPYRIGHTS, ETC.

Scientific American
A handsomely illustrated weekly, the best circulation of any scientific journal. Terms for Canada, \$3.00 a year, postage prepaid. Sold by all newsdealers.

MUNN & CO.
605 Broadway, New York
Branch Office, 25 St. St., Washington, D. C.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of

CASTORIA
900 DROPS
The Kind You Have Always Bought Bears the Signature of

CASTORIA
Promotes Digestion, Clears the Bowels, and Relieves the Sufferings of Infants and Children. NOT NARCOTIC.

CASTORIA
A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness, and LOSS OF SLEEP.

CASTORIA
Facsimile Signature of
The CENTAUR COMPANY
MONTREAL-NEW YORK

CASTORIA
At 5 months old
35 Doses—35 CENTS

CASTORIA
Exact Copy of Wrapper.

IF YOU ARE IN NEED OF PLANED LUMBER
Call at Our Mill. We always have in stock DRY SHEATHING FLOORING CLAPBOARDS

SWEDISH CANADIAN LUMBER CO., Ltd.
NORDIN, N. B.

P. A. FORSYTH
BUILDER AND CONTRACTOR
WHITNEY, N. B.

Contracts Entered into for the Erection, Alteration or Removal of Buildings.

All Work receives careful and prompt attention.

Agent for all kinds of Wood and Metal House Furnishings

Just To Remind You

That The Advocate has the best equipped Job Printing Plant north of St. John, and has the reputation of turning out all work neatly and promptly.

We have added all the latest types and materials, and consequently are in a position to meet the various tastes and ideas of our numerous patrons better than any other office on the North Shore.

Send us your order for Commercial Printing, and you will be convinced of the truth of the above statement.

WRITE US — PHONE US — WIRE US

Miramichi Publishing Co. Ltd.

Union Advocate Office, Newcastle, N. B.