

### ASK THIS HALIFAX NURSE

She Is Willing to Answer Letters from Women Asking About Lydia E. Pinkham's Vegetable Compound

Halifax, Nova Scotia.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I keep to hand. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

#### Could Not Sleep Nights

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it and I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACHO, Box 12, Dublin, Ontario.

### Here and There

"Barring accidents, we are in for the greatest wheat crop in the history of Canada," says Andrew Kelly, of the Western Flour Mills. Mr. Kelly thinks the prairie wheat crop this year is off to the best start it ever had.

The first lot of Scottish boys enrolled as farm apprentices for Canada arrived recently on the Canadian Pacific Liner "Metagama." They were brought out under the auspices of the British Immigration and Colonization Association in co-operation with the Canadian Pacific Railway.

Canada's progress in the world of letters is illustrated by the fact that there is a Canadian literary section as one of the features of the Canadian pavilion at the British Empire Exhibition at Wembley. It presents French-Canadian and English-Canadian literature from the earliest dates down to 1924.

Ten conventions, comprising almost 3,000 delegates, will be held in Montreal between now and August 31, according to an announcement by the Montreal Tourist and Convention Bureau. It is hoped to obtain the 1926 Kiwanian Convention for this city which would mean that some 7,000 Kiwanians will visit Montreal next summer.

The Crystal Gardens, the splendid new pleasure resort for the city of Victoria, B.C., will be opened at the end of June and will form one of the unique attractions of that city. It will be both a winter and summer garden and possesses a salt water swimming tank, claimed to be the largest on the continent. Citizens of Victoria are already using the Gardens prior to its official opening.

Screening at the Capitol Theatre, Montreal, of the scenes through which the University of Montreal across-Canada trip and the similar journey of the Teachers' Federation of Canada will pass, attracted a large and appreciative audience. The film was a revelation of the beauty of Canadian cities and scenery. The University of Montreal trip will start from that city July 7 and will return July 28. The trip of the Teachers' Federation will commence July 20 and will conclude August 10.

Frank W. Ashby, secretary of the Manufacturers' Association of Australia, a recent visitor at Banff, said he found Canada to have a most delightful climate and "cities which are more modern than our own." Mr. Ashby said the impression in Australia had been that Herschell Island and Baffin's Bay were linked up municipally with Montreal and Winnipeg, and thought that the best way to correct these geographical misconceptions was to encourage more tourist travel from other parts of the Empire.

That 44 beer now selling in the Province of Ontario had met with approval and was considered quite satisfactory by people of the province was the statement of Premier G. Howard Ferguson prior to his departure recently for England on the Canadian Pacific Liner "Empress of Scotland." Mr. Ferguson will endeavor to interest British and foreign capitalists in the industrial development of Ontario.

### LACK OF PUBLICITY IN GT. BRITAIN

"The discovery I made while in England this summer as to the scarcity of Maritime and Eastern Canadian forms of publicity seems to have been fully endorsed by the British newspaper editors who were here last week," remarked R. E. Armstrong, the representative of the Saint John Board of Trade.

Having a strong desire in my heart to give out the fullest information respecting the agricultural, industrial, shipping, tourist and general advantages, possibilities and attractions of this section of Canada, I made appeals before going overseas to both the City Council and the Provincial Government to be supplied with an abundance of literature along these lines, but while both bodies were sympathetic they were unable to fix upon any publications before my departure. I took a few hundred copies of Saint John information Bulletins and New Brunswick folders with me and distributed them at the Wembley Exhibition and also with various representative organizations, such as the Canadian High Commissioner's office, the Canadian Chamber of Commerce, Thos. Cook & Sons, and several newspapers and magazines in London, with the Canadian Immigration Agent and other parties in Liverpool and likewise with representative bodies in Manchester. Special articles were supplied a number of daily newspapers, but while they thanked me for the information forwarded them, the only paper that seemed able to find room for any of these articles was the Manchester Guardian.

"It was impressed upon me that the Maritime Provinces should be represented in London either by separate agents or by one agent of a broad and active type, and that these agents should be kept well supplied with informing literature, photos, maps and samples of the Maritimes' natural products. Distribution of publicity of this character throughout England, Scotland, Wales and Ireland, as well as throughout Scandinavian districts should be most helpful to this section of Canada. "I think it was most satisfactory that the visiting English newspaper editors were given a close inspection of our farm and forest areas, as well as of our cities and ports. It evidently impressed them with the fact that the Maritime Provinces are not only nearer to Great Britain than most other Canadian sections, but that our farming areas and opportunities are of the same general type as the British farmers are familiar with.

"It would seem advisable that frequent delegation visits from the Motherland should be made to these Maritimes, so as to closely acquaint all Britishers with the fine forms of our farm products, with the advantages of our cities and ports and with the pleasurable tourist facilities we have at our disposal in the summer season. One of the most delightful regions in this Province to be visited is that of the glorious Saint John River. The other day, while traversing the Bay of Belleisle on board the "Hampton" and calling at half a dozen piers, it was most charming to note the fine character of the numerous farm products that were being shipped by the neighboring farmers. They included apples, potatoes, carrots, cucumbers, pumpkins, squashes, sweet peas, berries, beautiful bouquets, also eggs, poultry, fresh beef, veal and pork, as well as other products. If Great Britain and the West Indies and the United States want good farm products they certainly could not get better than these Maritimes can provide, nor could they find more attractive residential regions than they possess."

**Make Your Own SOAP and Save Money!**  
All you need is waste fats and

**GILLETT'S PURE LYE FLAKE LYE**  
Full Directions With Every Can  
YOUR GROCER SELLS IT!

### Unmarked Lobster Being Sold, Charge

In connection with statements recently made by the canned fish section of the Maritime branch of the Canadian Manufacturers' Association as to the extent of illegal lobster fishing in northern New Brunswick and Prince Edward Island, the most recent charge brought to the notice of the Department of Marine and Fisheries on behalf of the canners is that merchants are selling canned lobsters unlabelled and contrary to the law.

The regulations require that every can of lobster sold for domestic use must bear a label indicating the name of the packer thereof. Lobsters intended for export are not required to be so labelled. In view of the charge made on behalf of the canners every possible effort will be made by the department to locate the merchants who are engaged in this illegal traffic.

### MARITIEMS TO LURE OLD COUNTRYMEN

That there are splendid opportunities in the Maritime Provinces for Old Countrymen with a little capital, desirous of going in for farming in a smaller way than usually in the west, appears to be the general opinion of the British press who are touring Canada from coast to coast as guests of the president of the Canadian Pacific Railway, E. W. Beatty, with a view to studying Canadian conditions at first hand. All the members of the party appeared to have been impressed also with the similarity, as they termed it, of the country in the Maritimes to that of some parts of the Old Country at least. For this reason, among others the pressmen were inclined to see considerably more attraction for Old Country people to that part of Canada.

**Put Real Mustard in Your Kit**

Right at the top of the list of camping necessities is a tin or two of real Mustard.

Men who fish and men who shoot know what a spiciness and flavour mustard freshly mixed with cold water, adds to the ham, bacon, fowl, venison and other good things they eat in camp.

COLMAN-KEEN (Canada) Limited  
103 Amburst Street  
MONTREAL 27C

**Colman's Mustard**  
aids digestion

### Here and There

The first batch of last winter's furs brought from the Far North by the steamer "Distributor," from Aklavik, has arrived at Edmonton, Alta., and is valued at approximately \$1,000,000. Good catches of furs were reported throughout the north.

Sockeye salmon fishing around Vancouver, B.C., for the first three weeks of the current season, while not as active as last year, has, so far, resulted in fairly good catches. The latest reports indicate a catch to date of 55,000 cases, which is 2,000 cases less than last year.

While the members of Dean Sinclair Laird's party of school teachers from Ontario is returning East from their tour of the country the party of British teachers, who landed in Canada recently, is now travelling through the West on a special Canadian Pacific train to gain knowledge of the country and information concerning its resources.

Construction of the half million dollar storage and power dam on the Muskoh River, authorized at its last session by the Ontario Legislature, has been commenced. The proposed work is designed to control the flow from the Muskoka Lakes basin and will enable the linking up of power development in that district with the Eugenia-Severn system.

Passenger traffic over Western Lines of the Canadian Pacific Railway to date this summer has been particularly heavy, and a large number of special trains and special cars being operated for British, Canadian and American tourists. Lake side and summer tourist travel to the annual exhibition at Saskatoon and other Western points required the operation of special trains.

Construction of one of the largest and most modern departmental stores at Winnipeg, Man., by the Hudson's Bay Company will be proceeded with immediately, according to an announcement by Mayor Webb of that city. A start upon the company's building programme here was assured, stated Mayor Webb, with the passing of a by-law by the City Council providing for a memorial boulevard flanking the Hudson's Bay property.

During the first half of August two important Ontario railway towns celebrated their Old Home Week and held pageants illustrative of their local histories and industrial activities. These were North Bay and Smith Falls, both of which held C.P.R. Days and were the meeting points for thousands of railroad men, who assisted in the pioneering work of the districts. The Old Home Week at North Bay marked the graduation of that town to full-fledged cityhood.

**MURINE**  
Keeps EYES  
Clear, Bright and Beautiful  
Write Murine Co., Chicago, for Eye Care Book

Children Cry for

**Fletcher's CASTORIA**

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

Constipation Wind Colic  
Flatulency To Sweeten Stomach  
Diarrhea Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*  
Proven directions on each package. Physicians everywhere recommend it.

**The Man with Money**

THOSE who have saved are able to buy, and the man with money in the bank is always ready for any opportunity or emergency.

Determine to save a certain sum—say \$100. That accomplished, save a second \$100, and you will soon have \$1,000 in the bank.

Ask for our booklet, "The Measure of Your Income." It will help you.

**The Royal Bank of Canada**

Newcastle Branch Thomas Clarke, Manager

HOW THE MONTHS WERE NAMED

January gets its name from Janu-	July from Julius; August from Augustus; September from septem—seven; October from octo—eight; November from Novem—nine
February from Februa—purification	December from decem—ten.
—a Sabine word; March from Mars	
April from aperio—open; May from	

**Silence That Is Not Golden**

The merchant, who fails to "speak up" lets a lot of golden sales slip past his store. This lost business goes either to his competitor down street or, by mail order route to the big city stores.

People are often surprised to find that the goods they bought "unsight unseen" from a catalogue can be seen and examined in the local store!

Tell your buying public what you have—ADVERTISING in "The Union Advocate" will invite the whole community to your store. And—

**Most Folks Shop Where They Are Invited to Shop**