

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it. But it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS F. ELSASER, Hillcrest Farm, Webbwood, Ont.

Another Nervous Woman Finds Relief
Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I looked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon became well."—Mrs. CHARLES BEELER, 601-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.



Extract from a letter of a Canadian soldier in France.

To MRS. R. D. BAMBRICK:
The Rectory, Yarmouth, N.S.

Dear Mother:—

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping invited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,

Rob.

Manufactured by the

Minard's Liniment Co. Ltd.

Yarmouth, N.S.

WATCH VANCOUVER GROW

In the year 1900 the total number of vessels entering the port of Vancouver was 3,469. In 12 years the number had increased to 9,382 and in the year 1922 the number of vessels had increased to 16,641 while the gross tonnage had increased from 1,120,000 in 1900 to 2,649,000 in 1912 and 2,344,000 in 1922. Similarly the ocean shipping lines regularly operating in and out of the port of Vancouver in 1900 were 7; 1912—12; and 1922—42.

HANGED FOR MURDER AT MONTREAL

Wilfrid St. Onge Paid the Death Penalty

Montreal March 25—Wilfrid St. Onge was hanged this morning at 7:49 a.m. for the murder of Nestor Gavrilovitch a cobbler whom he shot on the street near his shop on the night of April 1 1923. The hanging was performed without a hitch.

"Good day—thank you good bye forever." With these words upon his lips the condemned man walked to the scaffold and the trap was sprung eleven seconds after he had left his cell. The attitude of indifference that he had assumed from the day that he was sentenced to die was maintained to the end.

St. Onge slept till midnight and arising asked for his chaplain the Rev. Father Lessard who spent the rest of the night in prayer with him, and accompanied him to a scaffold. Upon the trap as the black cap was about to be adjusted by Hangman Mills over his head he was heard to say in a steady voice: "God forgive me for any harm that I have done."

Life was pronounced extinct 12 minutes after the bolt was shot by the prison doctor.

Two minutes before the short procession started for the scaffold St. Onge requested that his prayer book be given to the governor of the jail on which he had written in the fly leaf: "I leave this prayer book to the Hon. Nap Seguin as a mark of gratitude and affection. Given March 25 1924."

The writing did not show the least bit of nervousness and was scribbled in a firm, boyish hand. The boy's parents were unable to see him last night owing to the mother of the condemned boy being prostrated with grief. St. Onge was twenty-one years of age.

The murder took place April 1 1923 when Wilfrid St. Onge and two other men held up Gavrilovitch in his shop in the East End of the city.

While making their getaway after

FIVE YEARS' AGONY ENDED

When He Took "Fruit-a-lives" For Rheumatism

The Medicine Made From Fruit
There can be no doubt that "Fruit-a-lives" is the long sought remedy for Rheumatism and Lumbago. From all over Canada come letters testifying to this fact.

Mr. John E. Guilderson of Parrsboro, N.S. writes: "I suffered badly with Rheumatism for five years—tried different medicines—was treated by doctors in Amherst—and here at home—but the Rheumatism came back. In 1918, I saw an advertisement for "Fruit-a-lives" and took a box and got relief, so I took them for about six months and the Rheumatism was all gone and I have never felt it since." 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

Having obtained only \$1.12 the bandits were pursued by the cobbler. St. Onge shot him dead according to the Crown witnesses. One of the hold up men Trudeau turned King's evidence and it was on his statements that St. Onge was convicted as the man who fired the fatal shot. The third man was never found and the defence attempted to prove that the missing man was the one that did the shooting.

The murderer was tried twice the first time having ended in a disagreement. An appeal against sentence in the second trial was thrown out by the superior court. Last minute appeal was made to the Hon. Nap Seguin for a commutation of sentence and this was refused.

SCOTT'S EMULSION

A cough is a warning that you need SCOTT'S EMULSION

Most Valuable Shares in World

Joseph Trueman Mills who died recently in an English country village left to the surprise of his neighbors and England generally some twenty millions of dollars. He lived in such a modest and inexpensive fashion that the secret of his possession of such wealth did not go beyond the border of his own house if English newspapers are rightly informed; and he therefore escaped the prominence which other wise would have been his.

His ownership of many shares in the New River Company was another surprise. There are only 72 shares outstanding and their value may be judged from the fact that the last share sold, back in 1897 brought £125,000. If that price still holds these are the most valuable shares in the world. How many the defunct millionaires owned is not stated. The New River Company was formed in 1609 to dig a canal to supply London with water. King James I. held half the shares whose capital value was £100 each and his successor, Charles I. exchanged them in 1631 for an annuity of £500. The water monopoly of the New River Company and other private concerns lasted until 1904 when the New River Company was 380 years old. Seventy-two of the shares were bought out by the Government for £7,034,000.

Here and There

The annual tobacco yield in the United States has a value of over \$250,000,000.

A regular air service between Sweden and England has been decided upon and will be established shortly. The terminals will be Malmo and London with intermediate landings in Hamburg. Only six hours will be required for the flight.

The Minister of Lands has announced that a Dutch organization has offered to purchase 200,000 acres of land in the Stuart Lake district, British Columbia, for the purpose of colonization by Dutch agriculturists.

The Canadian Pacific is now perfecting plans to aid in the development of the mining industry of Ontario, by placing car ferries on Lake Temiskaming. These ferries will ply between South Lorrain and Ville Marie, and between New Liskeard, Halleybury and other Ontario points, and the Quebec port.

Major-General MacBrien, chief of staff of the Department of National Defence, Ottawa, addressing the members of the Canadian Club at London recently, announced that it is probable that the Canadian Permanent Force of Militia will be established by Order-in-Council on April 1.

Forty-nine automobile cars of Ford machines recently left Windsor, Ont., for Vancouver, B.C., via Canadian Pacific. This was an unusually heavy movement of cars to one city, and another remarkable feature was that all of the automobiles, some three hundred, were for local consumption.

The Canadian Pacific Railway, which in 1899 brought down to the head of the lakes only 25,000,000 bushels of grain, actually brought down 185,000,000 bushels last season. This is equal to the total volume of grain moved by all the railways of the United States combined during the same time to the terminals at Minneapolis, Chicago and Duluth.

The Canadian Pacific Railway within the next few weeks will have sent out to its station agents 11,000 packages of seed and manure, and forty thousand flower bulbs, and later on to its Western station agents 100,000 trees and shrubs. It requires 200,000 bedding plants to fill the beds of the permanent gardens and parks of the company every year.

The crack train of the Canadian Pacific Railway, the Trans-Canada, runs every summer, actually making the trip from Montreal to Vancouver in 90 hours, instead of 92 hours, the schedule run for last year. Previously the 92-hour run was the fastest continental run in North America, and the two hours cut off this time adds to its superiority for travel between the Atlantic and the Pacific.

Seventy-five creameries in Alberta last year produced 17,750,800 lbs. of butter, as compared with 15,417,070 lbs., representing the output of 54 creameries, in 1922; according to the Provincial Dairy Commissioners' report. In addition, the production of cheese has shown a remarkable growth. In 1922, 14 factories produced 931,922 lbs., while in 1923, 13 factories had an output of 1,850,000 lbs., an increase of almost 100 per cent.

The completion of plans for the development of hydro-electric power during the current year will add 900,000 h.p. to the present total of 2,228,000 h.p. already installed in Canada. This additional power will be used in British Columbia to assist the mining and pulp industries, in Manitoba to supply rural needs, and in Ontario for gold mining and other industries. In Quebec the chief developments are in connection with the pulp and paper industries, and farther east, in the Maritime Provinces, for public utility purposes.



Even The Least Skin Irritation—

or any rough patch, soreness or eruption, should be regarded as a possible source of eczema or other painful and obstinate skin disease.

Treat every troublesome place with Zam-Buk. This refined herbal balm (unlike fatty pore-clogging ointments), sinks deep into the skin. It soothes and purifies the whole tissue, drawing out all poisonous and offensive matter; clearing the skin and complexion in a wonderful way.



ZAM-BUK MEDICINAL SOAP

A severe eczema started on my daughter's face and neck. I was unable to get relief in a skin specialist when I heard of Zam-Buk and some Zam-Buk Medicinal Soap. The two-fold treatment had a great soothing and purifying influence. Day by day the sores all gradually healed and within the month my daughter's skin was thoroughly cleared of all impurity.

The Zam-Buk balm is sold at 50c. the box. Zam-Buk Medicinal Soap 25c. the cake, 70c. box of three. Of druggists everywhere, or Zam-Buk Co., Toronto.

SOOTHES, PURIFIES & HEALS

Why Can't We Save?

ONCE again you say this as you find that expenses have eaten up all your income. How is it that other people, with no larger incomes than yours, are able to buy many things you cannot afford?

Perhaps it is because you have no definite plan of allotting your income. Our useful Memoranda Book, which the Manager will be glad to give you, contains Budgets for both families and individuals. It will help you to plan your expenses with something to spare.

A few hundred dollars in the Bank will give you a wonderful feeling of security and independence.

THE ROYAL BANK OF CANADA
THOMAS CLARKE, Manager
Newcastle, N. B.

Give Us Your Order Now

FOR Letter Heads, Bill Heads, Envelopes, Statements, Etc.

All Work Neatly and Promptly Done
Let US Have your next Order.
The Union Advocate Job Dept.

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
Flatulency
Diarrhea

Wind Colic
To Sweeten Stomach
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*
Every direction on each bottle. Physicians everywhere recommend it.

Home Baking is Best

After all, there is nothing quite so good, nothing quite so satisfying as home-baked bread, pies or cakes.

Give your family home baking. Use Quaker Flour and you will get bigger, finer textured loaves, lighter pie crust, better cakes. Quaker Flour is unexcelled for quality. It always bakes the same.

Home made bread is easy if made the Quaker way. Write for our tested recipes. They are free.

Quaker Flour

Always the Same—Always the Best

Every sack of Quaker Flour is guaranteed to give absolute satisfaction.

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