

KEEP THEM VIGOROUS
When a child suffers from the slightest exposure and is thin, listless and easily tired, that child ought to receive plenty of

SCOTT'S EMULSION

regularly. It is an essential factor in the health records of thousands of children. Given regularly, with or after meals, it helps keep them in normal weight, vigorous and spirited. Try SCOTT'S for your boy or girl.

Scott & Bowne, Toronto, Ont. 19-31



Experienced mothers say Zam-Buk is best for children's injuries and skin troubles, because:

- It is herbal—no poisonous mineral coloring.
- It is antiseptic—prevents cuts and burns taking the wrong way.
- It is soothing—ends pain quickly.
- It heals every time.
- Just as good for grown-ups.

Sold at all stores and druggists.



Pure Bred Versus Grade Dairy Cattle

The old question "would you advise me to start into the pure bred dairy cattle business", is being asked as frequently these times as ever before and is receiving just as many negative replies as formerly. There are so many factors which enter into the problem that one has to study the question from every angle. Good pure bred cattle of either sex are selling for such good prices now that men who have proven themselves successful with grade stock, cannot afford to continue without pure breeds. We all know of certain grade herds making more money for the owners than some pure bred herds in the same locality, but every community has examples of men in the pure bred business who never should have invested money in live stock.

The most economical and the most satisfactory way for the average farmer to start into pure-breeds is to purchase good females to start with. Care should be taken to see that they are good. They should be healthy, of the proper type, and either proven producers or with proven ancestors. It is better to have only one good cow than several medium quality animals. A comparatively small outlay is necessary when starting in this manner.

It is remarkable how quickly a herd can be built up from a few foundation cows. The dairy herd on the Agassiz Experimental Farm was started by the purchase in December 1911 of twenty-eight grade cows and the following year three pure bred cows. Then in the fall of 1915 two pure bred heifer calves and the next year a pair of two year old heifers also pure bred were purchased. Today there are forty-two pure bred females in the herd including the above and their descendants. As the pure bred herd increased in size we have gradually decreased the number of grades until at present only twenty-one are on hand.

A yearly comparison has been made during the last three years of the five most profitable pure bred cows and the five most profitable grade cows. In each instance the pure breeds have been the more successful from a commercial standpoint. On the average the pure breeds produced 4,476 pounds more milk and 153 pounds more fat per cow per annum, and yielded an average profit over feed cost of \$27.64 more per cow than the grades. After a pure bred herd reaches a suitable size the most money is made by selling the surplus stock for breeding purposes. The Holstein bull, Inka Sylvia Beets Posch 5563, was used as senior sire in the

GUARD AGAINST THE 'FLU

Series Outbreaks of Influenza all over Canada

GOOD HEALTH IS THE SUREST SAFEGUARD

"FRUIT-A-LIVES" Brings Vigor and Vitality and Thins Protectors Against Disease

There can be no doubt that the situation regarding the spread of influenza throughout Canada is one of grave concern. It is quite true that the number of cases does not constitute an epidemic such as caused the suffering and sorrow during the terrible days of 1918. Yet there is no disguising the fact that everyone should be on their guard against the disease.

In Montreal alone, from January 20th to February 21st, three thousand one hundred and twenty-two cases of influenza and 139 deaths from the disease were reported to the Health Department.

If the outbreak had come at the beginning of the winter instead of the end, we might reasonably feel that the very cold weather would check the spread of the disease. But coming as it has, at the end of the winter, there is grave fear that an epidemic may occur. For spring, with its slush and rain underfoot, its dampness and chill, its constant changing from cold to warm and back again, is a prolific source of coughs and colds, pleurisy and pneumonia.

The best protection, in fact, the only safeguard against the 'Flu, is GOOD HEALTH.

Those who are not as well and strong as they should be; those who are "run-down" through overwork or sickness; should build up at once. What they need is a Blood-purifier, a body-builder, a strength-giver, like "Fruit-a-lives", the wonderful fruit medicine.

"Fruit-a-lives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-lives" keeps the skin active, and insures an abundant supply of pure, rich blood. "Fruit-a-lives" tones up and strengthens the organs of digestion, sharpens the appetite, brings restful sleep and renews the vitality of the nervous system. "Fruit-a-lives" contains everything that an ideal tonic should have; to purify the blood, to build up strength and vigor, and to regulate the eliminating organs, so that the whole system would be in the best possible condition to resist disease.

Now is the time to build up your health and strength, not only as a precaution against the ravages of influenza, but also to protect you against "spring fever" and the inevitable reaction which comes with the appearance of warmer weather. Get a box of "Fruit-a-lives" today and let the fruit medicine keep you well. "Fruit-a-lives" is sold by all dealers at 50c a box, 6 boxes for \$2.50, or sent postpaid. Receipt of price by Fruit-a-lives, Ltd., Ottawa.

Do Not Neglect The Bees

The present high price of sugar reminds us that Canada produces natural sugars that are still more valuable than the product of the refineries. Fortunate are those who not only possess bees at this time, but understand them and have supplied their needs.

The early spring months are the most critical period of the year in the life of the bee colony. At the same time, the pressure of spring work of cultivating, seeding, etc. on every fine day on the farm too often leaves the bees forgotten.

There are several reasons why the bees are more liable to be neglected than other things on the farm. Hidden away in their hives they do not require daily feeding like other animals. Such attention as they need is in the nature of a surgical operation, and the opening of the hive is not always anticipated with pleasure on account of the risk of receiving stings. Yet on many farms, the bees have been found to pay better than anything else, considering the small amount of capital and labour expended.

The principal danger to avoid at this time of year is starvation. If each colony went into the winter strong, with a good fertile queen and a plentiful supply of stores in the combs, the first examination of the hive had better be deferred until the weather is warm and nectar is being gathered. But if the stores are running short, a cake of bee candy or a comb of honey laid over the combs if the bees are still in the cellar, or if spring is opening, a superficial examination of the hives on the first favourable day, combs of honey from heavy hives being then given to those that are light, may save the loss of colonies and increase the value of the honey crop by many dollars.

A bulletin on the care of bees may be obtained on application to the Central Experimental Farm, Ottawa.

Winter Hard On The Partridge

This winter has been a very hard one on the partridge, which during the close season of the past two years, have shown a wonderful increase. Forest wardens estimate that about half the number of partridge in this area will be killed off this winter as a result of the bad weather conditions. The birds suffered most during the second week in February, when for several days the twigs were covered with a hard coating of ice, and they could not get at the small leaf-buds which form their staple article of diet. A few, also burrowing into the snow to spend the night, found themselves the next morning trapped under the crust. A good nesting season would do much to make up for the troubles of the partridge this winter.



GENUINE ASPIRIN HAS "BAYER CROSS"

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Get genuine "Bayer Tablets of Aspirin" in a "Bayer" package, plainly marked with the safety "Bayer Cross."

The "Bayer Cross" is your only way of knowing that you are getting genuine Aspirin, prescribed by physicians for nineteen years and proved safe by millions for Headache, Neuralgia, Colds, Rheumatism, Lumbago, Neuritis, and for Pain generally. Made in Canada. Handy tin boxes of 12 tablets—also larger sized "Bayer" packages. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company, Ltd., will be stamped with their general trade mark, the "Bayer Cross."

IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look, Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again. Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure. Ask your druggist for a bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

Assessors Notice

The Assessors of the Parish of Newcastle, District No. 1, 2 and 3, having received the Warrants of Assessment for the year 1920, hereby give notice to all Rate payers, to furnish them with a true Statement of all Real Estate, Personal Property and Income, assessable herein, within 30 Days from the date hereof:

The Warrants call for the following amounts.	
County Home	253.00
County Schools	\$497.78
Board of Health	70.62
Support of Pauper Lunatics	154.89
County Contingencies	1757.80
	\$2924.08

C. E. Fish
Wm. Innes
Robt F. Stothart
Assessors

Dated at Newcastle this 20th day of Feb'y 1920



Notice of Legislation

Notice is hereby given that application will be made to the Local Legislation at its next session for an Act authorizing The Board of School Trustees of the Town of Newcastle to issue Debentures to an amount not exceeding Thirty-five Thousand Dollars for school purposes.

Dated this twenty-fourth February, A.D. 1920.

J.E.T. LINDON
9-4 Secretary of School Board

TO SUBSCRIBERS

It is our intention to draw eight drafts on all subscribers who are in arrears to the Union Advocate. Before doing so, we would respectfully request those in arrears, to kindly send in the amount due by them at once. By so doing the necessity of drawing drafts will be eliminated. We have a large amount due us by subscribers, and have repeatedly asked for their remittances. Some have responded, others have not, and we are compelled to take the above measure. It costs money to run a newspaper, and since newsprint has advanced to such a high figure, we must collect our subscriptions which are in arrears. When remitting kindly notice the date of the tag on your paper and not paid up to 1920, compute from late of tag to corresponding month in 1920, at \$1.50 per year, and thus be sure that your remittance is correct.

WRIGLEYS



Here's to teeth, appetite, digestion!

The flavor lasts—and the electrically-sealed package brings

WRIGLEYS

to you with all its goodness perfectly preserved.

Sealed Tight—Kept Right!



Agassiz herd from December 1916 to July 1918. From his service during that period fifteen grade and twelve pure bred females were raised and are in the herd at the present time. Putting the very top most value on the fifteen grade heifers they are worth \$1375.00, while the dozen pure bred heifers are worth just about twice that amount yet they cost no more to raise than the grades. The pure bred male same period were sold for \$100.00 each and up while the grade bulls were sold for veal. Not only is it more profitable to produce pure bred cattle than grade under suitable conditions, but pleasure and interest are much greater.

Received Mons Star

Wilfred McCallum, son of Mr. and Mrs. John McCullam, has received his Mons Star. Accompanying the star is a letter of appreciation for his services. Pte. McCullum enlisted shortly after the war broke out and was five years overseas.

JUST IN

Quebec Hay \$33.00 per ton. Also good blacksmith coal for sale. Phone 162 E. E. BENSON T. F.

HAY

Head quarters for baled hay and straw direct from the farms. Can save you money. ALSO Gasoline, Motor Oil, Flour Feed, Groceries, Confectionery, Drinks, Fruits, Dishes Clothing, Tin and Granite Ware & etc. Write, wire, phone or call when in town. BEAVERS DEPT. STORE, 337 St. Geo. St., MONCTON.

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