

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Dr. J. C. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Dr. J. C. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

Notes and Comments

THE NEW BATTLESHIPS

In its engagement with the German battle-cruiser Sir David Beatty's squadron gave a demonstration of the value of high speed in ships of the greatest gun-power. The British battle-cruiser mounts as powerful guns as the best super-Dreadnought battleship, and has, in addition, the speed of the fastest cruisers. For a running sea fight, such as a modern engagement mostly will be, the battle-cruiser is the ideal ship. The Bluecher, which steamed 24 knots, was abandoned by her fast consort in their rush to get away from the British 30-knot battle-cruisers. The fact that they, though damaged, were able to escape in a three-hour's run, indicates the high saving of

speed. The British battleships to be completed this year are all as fast as the Bluecher, though they are armed so heavily that no ship could safely attack them. The ships that will be delivered to the Admiralty during the year of 1915, according to a statement made in an English newspaper from available government records, are as follows: Queen Elizabeth, Warapite, Valiant, Barham, Malaya, each of 27,500 tons, 25 knots speed, and mounting eight 15-inch guns and sixteen 6-inch guns.

Resolution, Ramilies, Revenge, and Royal Sovereign, each of 29,000 tons, 22 5-knots speed, and mounting ten 15-inch guns and sixteen 6-inch guns. Canada, of 28,000 tons, 23 knots

speed, mounting ten 14-inch guns and sixteen 6-inch guns.

Those great ships, which will be by far the most formidable fighters in the world, will have their own part in the life of battle. Specifier vessels will need all their speed to get out of the great range of these vessels' tremendous gun-power.—Mail and Empire.

CARING FOR WAR VETERANS

While the British people of today have had no previous experience in war of the kind being waged in Europe and throughout the world, they are facing its problems with calmness, prudence and efficiency. With literally millions of men under arms and withdrawn from their usual employments and with many difficulties to confront the government, the opposition and indeed all classes of the community have set themselves earnestly to work and risen to the occasion with unity of spirit and sentiment that proved their worthy descendants of the Britain of the past. They are determined, too, that the scandal will be avoided of leaving the heroic men who are fighting the nation's foes in the field to return with their honors only to meet with ingratitude and neglect.

Colonel Charles Leather has outlined in The London Daily Express a practical scheme for securing that all soldiers whose places have not been kept open will be provided with suitable employment. He proposes that each county shall look after its own men and with that object in view County Sussex has been divided into districts and an agent, voluntary where possible, has been appointed to each district. His duty will be to prepare a list of all workmen, who can be employed after the war and to arrange that labor shall only be obtained through the organization. The labor exchanges of the government board of trade are expected to cooperate with the county organization and Colonel Leather also suggests other methods of recognizing and assisting the needs of maimed and disabled soldiers.—Toronto World.

A CANADIAN BOOM FOR 1915!

For many years the balance of trade has been a serious subject of discussion in the annual debate on the budget in the House of Commons. Naturally the greatest amount of attention has been given to this topic by opposition speakers, whether Conservative or Liberal, for the balance

Made-in-Canada Slogans

When we purchase goods "Made-in-Canada" Canadians get the goods. Canadians keep the money in circulation. Canadian labor is employed. And Canadians are not called upon to support the families of the unemployed.

When we purchase foreign made goods Canadians get on y the goods. Canadians do not get the money for circulation. Foreigners get the Money. And foreign labor is employed while Canadian workmen are idle.

of trade has been against us for many years, and it has been a favorite device of government critics to try to persuade the people that the administration has been to blame for it. As a matter of fact the causes underlying the adverse balance of trade which Canada has regularly experienced for at least a decade are quite beyond the control of any government however wise, far-seeing and patriotic it may be.

For the fiscal year ending March 31st, 1913, we imported \$298,860,335 more goods than we exported. Considering that our total trade for that year, including imports and exports, aggregated about \$1,100,000,000, it is clear that the adverse balance of trade was exceedingly heavy. During the fiscal year 1913-1914 there was a marked tendency toward a more even adjustment of our imports and exports. The trade balance against Canada for the year ending March 31st, 1914, totalled \$171,748,569. To these figures must be added the steady stream of money which goes out of the country year after year to pay interest on our national debt, municipal and industrial borrowings. Sir Frederick Williams-Taylor estimates that the currency of Canada is depleted by these interest payments by no less a total than \$120,000,000 per year.

It will thus be seen that last year our supply of gold would appear, on the face of it, to have been impoverished to the extent of about \$309,000,000. As a matter of fact no such impoverishment took place, as we were busy borrowing from the English markets throughout the whole of 1913-14. Competent authorities estimate that our borrowings for that year amounted to about \$350,000,000. And our experience in 1913-1914 was but a repetition of what had been going on for years and decades. Had it not been for our heavy borrowings abroad, averaging in recent years about \$30,000,000 per month, the comparatively small supply of gold in Canada would have been long since absolutely depleted.

But now that it is no longer possible to place ordinary Canadian loans in the English markets on any large scale, what is the outlook for the future? How are we to provide against the drain which an adverse trade balance makes on our gold supply? The answer to this is that while there are no means in sight to offset the adverse trade balance, there is a way to meet the situation, namely, by making the adverse trade balance disappear. This can be done by a general national effort to promote the "Made-in-Canada" movement. Last year we bought \$400,000,000 worth of goods in foreign countries which we have the industries, the plant, the capacity, and the resources to produce in this country. The removal of the adverse trade difficulty is therefore in our own hands. As a matter of fact, since the outbreak of war and the dislocation of trade resulting therefrom, the discrepancy between our exports and imports has been gradually disappearing. That is we have been importing less from abroad and buying more at home.

The balance of trade will not be as heavily against us for the present fiscal year as it has been at any time since 1907. The change is being brought about because of the growing tendency on the part of Canadians to purchase and use Canadian-made goods in preference to those of foreign manufacture. The more quickly and completely this tendency develops, the more promptly will Canada emerge from the present worldwide economic depression. If during the next six months, a strong general movement should become manifest in this direction, and Canadians should keep even half the money at home that has been going abroad to purchase articles which might as well be produced in this country, the year 1915 would be marked by one of the greatest industrial booms that Canada has experienced at any time since the inception of the national policy.—Sydney Post.

THE ALLIES' FORWARD MOVEMENT

It is said that the Allies' reinforcement by nearly five million fresh troops, are preparing to launch a great forward movement against the German forces in the western war theatre. Late winter or early spring will witness this great offensive campaign, which is believed will mark the beginning of the final stage of the war.

10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a still barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

ROD AND GUN

The contents of Rod and Gun for February include Sentries of the Wild by H. Mortimer Batten; A Brush with Polar Bears in the Hudson Straits of Northern Canada; The One Eared Wolf by H. C. Haddon; Rolo the Pup by Alberta; The National Transcontinental Game Land of Northern Quebec; and other stories. The Gun and Ammunitions department occupies ten pages of reading matter this month and other departments are well maintained. This well known Canadian sportsman's publication is issued at Woodstock, Ont., by W. J. Taylor, Limited, Publisher.

ARE YOU RUN DOWN?

Nervous, tired, have no self confidence, afraid something is going to happen without any reason for thinking so; don't sleep nights—

Then Take REZISTOL!

It will make you feel fine immediately 25c. 50c and \$1.00 a bottle

CASTORIA For Infants and Children.

The Kind You Have Always Bought Bears the Signature of *Dr. J. C. Fletcher*

WOMAN IN TERRIBLE STATE

Finds Help in Lydia E. Pinkham's Vegetable Compound.

Cape Wolfe, Canada.—"Last March I was a complete wreck. I had given up all hope of getting better or living any length of time, as I was such a sufferer from female troubles. But I took Lydia E. Pinkham's Vegetable Compound, and today I am in good health and have a pair of twin boys two months old and growing finely. I surprised doctors and neighbors for they all know what a wreck I was.

"Now I am healthy, happy and hearty, and owe it all to Lydia E. Pinkham's remedies. You may publish this letter if you like. I think if more women used your remedies they would have better health."—Mrs. J. T. Cook, Lot No. 7, Cape Wolfe, P. E. I., Canada.

Because your case is a difficult one, and doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the obstinate ills of women—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of suffering women. Why don't you try it if you need such a medicine?

Beaver Flour

The Original Blended Flour

Always the same in Strength and Flavor.

THE wheat is blended before being ground. That is, exact proportions of Ontario winter wheat and the stronger Western wheat, are ground together. This means that "Beaver" Flour is always uniform in strength and quality. You can depend on it for all your baking. 176

DEALERS—Write us for prices on Food, Canned Goods & Cereals. The T. H. Taylor Co. Limited, Chatham, Ont.

BELGIAN RELIEF

Urgent Relief to the Inhabitants of Large Sections of Belgium is Greatly Needed at Once—Canada Will Do Her Share—New Brunswick Must Help.

The Belgian Relief Committee in St. John is prepared to receive gifts of money, food and clothing to be forwarded to Belgium for distribution by British and Belgian authorities. Cash gifts should be sent to Mayor Frink, chairman and treasurer of the fund.

The committee appeal to clergymen, churches and organizations of all kinds and to private individuals to co-operate with contributions and in organizing sales and entertainments. A depot for receiving food and clothing has been opened in the new Pettigill warehouse, Water street. This committee will be glad to receive clothing of all description, new or old, for men, women and children, blankets of wool or cotton, and food of non-perishable nature that can be transported to Belgium.

Shipments from outside points to the Belgian Relief Committee will be handled by the railways free of charge. Information as to the plans of the committee will gladly be furnished any desiring to assist by the secretary, G. E. Barbour, St. John N. B. Telephone Main 216.

The local Branch of the Red Cross Society will receive all contributions to the Belgian Fund at the Town Hall on Tuesday evenings.



SEALED TENDERS addressed to the undersigned and endorsed "Tender for Coal for Departmental Dredges for Nova Scotia and New Brunswick," will be received at this office until 4:00 P. M., on Monday, March 1st, 1915, for the supply of coal as mentioned in form of tender.

Forms of tender can be obtained at this Department and at the office of Mr. J. K. Blenkinsop, Supt. of Dredges, St. John, N. B. Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures.

Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Honourable the Minister of Public Works equal to ten per cent (10 p.c.) of the amount of the tender, which will be forfeited if the person tendering declines to enter into a contract when called upon to do so, or fail to complete the work contracted for. If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

By order,
R. C. DESROCHERS,
Secretary,
Department of Public Works,
Ottawa, February 1st, 1915.
Newspapers will not be paid for his advertisement if they insert it without authority from the Department.—711919.

Full Staff of Trained Teachers. The Best Courses of Instruction. Individual Attention given each Student. Our Best Advertisement—the Success of our Graduates. Students can enter at any time CATALOGUE TO ANY ADDRESS



S. KERR, Principal

Hides and Fur

Do not let your Hides and Fur go Cheap. I am paying big prices GIVE ME A CALL.

JOHN O'BRIEN

43-6mos. NEWCASTLE, N. B.

NEW STOCK—A new line of Wedding Stationery has just been received at The Advocate Job Dept. Also Ladies, Misses and Gents cards.

Synopsis of Canadian Northwest Land regulations

Any person who is the sole head of a family, or any male over 18 years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-agency for district Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties: Six months residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister. In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3 per acre.

Duties: Must reside upon the homestead or pre-emption six months in each of six years from date of homestead right (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price \$3 per acre. Duties: Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.

By order,
N. P. — Unauthorised publication of this advertisement will not be paid for.

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little stomach, liver and bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad, has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.

OVER 65 YEARS' EXPERIENCE

PATENTS

TRADE MARKS DESIGNS COPYRIGHTS &c.

A person needing a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. HARRISON & PATENT, 501 Broadway, New York City. Send free. (Closest agency for securing patents. Patents taken through Munns & Co. receive special notice, without charge, in the Scientific American.) A handsomely illustrated weekly, largest circulation of any scientific journal. Terms for Canada, \$4.75 a year, postage prepaid. Sold by all newsdealers. MUNN & CO. 363 Broadway, New York. Search Office, 605 F St., Washington, D. C.

Straight Talks to Women

About the Home and Other Things

EDITED BY Dorothy Richmond FOR THE UNION ADVOCATE

Highly bred horses, pigs, dogs, chickens and cattle are fed with the utmost care and thought—their food being usually prepared with strict regard to the best physical results. Do you not think that your children are entitled to an equal consideration?

It is a safe to say that not one mother in a hundred, understands, or makes any effort to understand, the proper methods of feeding her children.

And it is because of this fact that there are so many scrawny, undeveloped and enfeebled children.

A strong, robust and sturdy child—up to the right size for its age—is a rarity, and the reason is, that children are given either not enough to eat or too much of the wrong kind of food.

A child may be a "big eater" and yet, if its food be non-nourishing or indigestible, its health will decline even faster than when it is underfed. If you would have your children grow up to be useful men and women, you must give serious thought to HOW, WHEN and WHAT they eat and be willing to go to the trouble of preparing their foods accordingly, for it is your duty to develop their bodies as well as their minds.

A normal, healthy child of ten or twelve years, should eat, in quantity, as much as an adult, for the reason that it has to not only rebuild the tissues, expended in abnormal, daily exertions, but its daily growth must also be provided for, by wholesome and strictly nutritious foods, and certainly this cannot be accomplished if you starve them, or permit them to stuff themselves, at all hours, with unsuitable foods. I have selected the following foods (ad libitum) as being the most suitable, and of which it is safe to allow children to eat all they want.

For Breakfast.—Oatmeal, Rice, Hominy, Baked Apples, Baked Bananas, Stewed Figs, Raisins, Brown Bread, Whole Wheat Toast, Muffins, Creamed Codfish, Milk, Honey, Molasses, and plenty of Butter.

For Luncheon.—Fish Chowder, Tomato, Omelette, Creamed Potatoes

or Carrots, Corn Bread, Graham Bread, Stewed Prunes and Raisins, Peanut Butter Sandwiches, Canned Fruits, Apple Tapioca, Tomato or Orange and Celery Salads, and always plenty of Milk and Butter.

For Dinners.—Creamed or Vegetable Soups, Rice and Fish Scallops with egg sauce, Stuffed Tomatoes, Macaroni with Tomatoes and Cheese, Baked Minced Steak, Baked Potatoes, Boiled Fish, Lemon Pudding, with liquid sauce, Baked Custards, Stewed Figs with Oatmeal Cookies and plenty of milk and butter.

You will note that I have included very little meat, NO coffee, NO tea, NO white bread (unless toasted) and absolutely NOTHING fried. Should you wish the recipe for any of the above dishes I will publish them in this department upon receipt of written request. Nearly all of these foods are inexpensive and it is only necessary that you take the trouble to prepare them, for they are YOUR children and it is YOUR duty to give them a fair start in life. If they are "puny" don't give them drugs; it is RIGHT FEEDING, SUNSHINE and FRESH AIR they need, and when they get these things, you will soon see the marvelous results. Here are some good recipes, suitable for both children and adults:

CORN CHOWDER.—Empty contents of one can of corn. Peel five potatoes and cut into dice; also dice half pound of bacon. Put bacon into a pan and cook until brown, add one onion sliced fine before it is done. When onion becomes a light brown remove the pan from the fire. Put a layer of potatoes into a good-sized stew pan and sprinkle over it some of the bacon and onion. Then add a layer of corn and a seasoning of salt and pepper; then another layer of potatoes, bacon, onion and corn, and so on, until all the ingredients are used up—the top layer being corn. Pour in a cup and a half of water, place over the fire and let cook gently for half an hour. Heat a pint of milk and thicken with two tablespoonfuls of flour blended with two tablespoonfuls

of butter. Stir until smooth and creamy. Now add this sauce to the chowder with six crackers broken in to pieces. Stir all together, add a little milk or melted butter, and serve very hot.

ESCALLOPED RICE AND CHEESE.—Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, add one cupful of milk and stir over the fire until smooth and creamy. Add half teaspoonful of salt, a quarter-teaspoonful of pepper and three quarters of a cupful of grated cheese and continue stirring until the cheese is melted. Arrange two cupfuls of boiled rice in baking dish, with the sauce in layers, having the top layer of sauce. Sprinkle a few bread crumbs over this and bake twenty minutes in moderate oven.

HOUSEHOLD HINTS

When making fudge, always add the butter last, as it makes it very light and creamy.

Old butter which has acquired a strong taste may be made sweet and fresh by cutting into small pieces and allowed to stand in sweet milk for eight hours; then wash in clear cold water and keep in an earthen jar.

When making lemon pies use one grated potato to each pie instead of cornstarch, and you will find it quite delicious.

Always keep one needle threaded with white thread and one with black thread, and you will save many a stitch in time.

When creaming butter and sugar, warm the mixing bowl before putting ingredients in, and they will become light and creamy in half the usual time.

Spend all the time possible in the sunshine, and always sleep in a well ventilated room. These are Nature's "cure cures" and are infinitely superior to drugs.

Teach your children to be polite AT HOME and then you may be sure that they will be polite elsewhere.