



**Headache**

Recurring headaches usually come from an exhaustion of the nervous system, and they do not disappear until the vigor of the nerve cells is restored by such up-building treatment as Dr. Chase's Nerve Food.

Temporary relief by use of powders is often obtained at an enormous expense to the nervous system and the general health.

Get the nerves right and the headaches will not return.

Mrs. W. J. Pearse, Nunn St., Cobourg, Ont., writes:

"My system became run-down and I suffered greatly with pain in my head. This was so severe that I would have to bind a cloth tightly about my head so that I could get my work done. A friend advised the use of Dr. Chase's Nerve Food, and after taking the first box I found quite an improvement in my condition. I continued using them until I had taken about seven boxes, and they strengthened and built up my system splendidly, completely relieving the pain in my head."

Dr. Chase's Nerve Food, 50c a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

**The Only Remedy Says This Doctor**

"The treatment of skin diseases (eczema) and diseases of the scalp is known to be difficult," writes Dr. W. L. Randolph. "However, there is one remedy that is known to be entirely dependable in this distressing and troublesome disease. I refer to D. D. D. Prescription."

If you have never tried D. D. D. for skin disease, whether a small spot, or whether one of the dreaded forms—the torment of eczema—the hard scales of psoriasis—get a bottle at once on our guarantee that if it doesn't relieve you your money will be refunded. \$1.00 a bottle. Try D. D. D. Soap, too.

**D. D. D.**  
THE LOTION FOR SKIN DISEASE

C. M. DICKISON & SONS  
Druggists  
Newcastle N. B.

KINDLY REMIT YOUR SUBSCRIPTION TO THE ADVOCATE

**Pashas Without And Within**

If Mustapha Kemal Pasha stole a shipload of lumber from one of John Bull's merchants, the whole British Empire would be on tip toe to see who gave Kemal his first trouncing.

We like to see our national friends and enemies draped becomingly in flags and bunting. We seem to recognize antagonists only when they have been passed upon by a Cabinet Council. Then commences the flood of telegrams: "Every man and every last dollar"; "Count on the whole battalion"; and much more of a like and worthy sort.

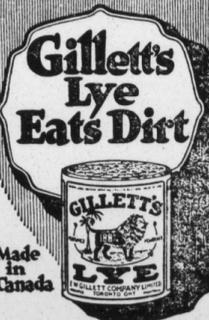
Meanwhile, a hundred Kemal Pashas work vast mischief to the economic life of this Dominion. They wear no uniforms, they trouble no Foreign Office. They raise no alien flags. The pillage they do pay perpetual dividends of misery. But because these evil forces are not rigged out in the uniforms of foreign tyrants, we fill up our days with turning furrows and laying bricks and thank the Lord that Canada has nothing to worry over.

Well, Canada as regards her forest problems can free her mind from worry only by shutting off her intelligence. The heaviest drag on the process of Canada has not been a National Debt but a neglect of the natural resources. The needless sacrifice of whitepine by fire in Ontario and Quebec alone would unquestionably have matched the present provincial debts. The squandering of timber through unobstructed fires in the prairie provinces has doubtless been equal to the bond issues of the three administrations. Month after month the reckoning of forest fire losses would astound and stir to action any board of directors of a private company, but leaves untouched that peculiar Company of Citizens in charge of forest assets valued at several billion dollars. Why is it so?

The Canadian citizen is no dullard. He is accustomed to act promptly on what is put up to him as a "public issue." But we are not a nation of

**Household Necessity**

Make Gillett's Lye your household assistant. Use it for making soap for washing dishes for cleaning sinks for washing greasy pots and pans. It cleans and disinfects.



Made in Canada

political or economic students. We wait for the newspapers to tell us what the "issues" are. Sometimes we pick up a hint from our politicians. That is why the American contingent is so readily swayed by propaganda. An issue not backed by organized propaganda is elbowed out of the main road by issues that are. This may explain why the great basis politics—the sane conserving and developing of the great natural resources, for example—have had to give away in legislative halls to less important but more emotional issues of social reform, road construction and the import tax on mouse traps. Inaction by our governments on the really vital matters is a precise barometer of public opinion. Until public opinion on forest preservation takes on the glow of an evangelistic cause, we will continue to take our seats about the arena of blazing forests with the same unconcern that we apply to 34 cents worth of Rodolph Valentino.

The Canadian Citizen owns eighty five per cent. of the forest area. And does not know it. The Canadian Citizen being the forest owner is the responsible forest conservator. He does not know it. The Canadian Citizen is a personal trustee for his grandchild's forest inheritance. He does not know it. The Canadian Citizen as forest owner, holds in his hands the responsibility for the greatest industrial expansion that lies in the path of this nation. But he is unaware of it.

The moment the simple convincing facts of his partnership in the profits and penalties of forest management are put in possession of the Canadian Citizen, the jubilee of forestry will be at hand.

**Oat Hulls A Danger To Live Stock**

Oat hulls contain very little nutritive material for the feeding of live stock and are exceedingly difficult to digest, points out Circular No. 11, just issued by the Seed Branch of the Dominion Department of Agriculture. In fact, the circular goes on to say, feeds containing a high percentage of hulls have not infrequently been blamed for causing injury and even death to live stock. Happily, since the passing of the Feeding Stuffs Act in 1920, the fraudulent use of oat hulls has been gradually checked, and at present few manufacturers take the risk of using them in an unlawful manner. This is proved by a statement in the Circular that the percentage of oat hulls used in samples submitted to the Ottawa feed laboratory from various sources has fallen in the past four years from 59 per cent to

**Lord Carson In Political Game**

Lord Carson, in a letter to friends in Belfast, makes his first political pronouncement in this campaign, expressing the fervent hope that a government will come into power in England which will be thoroughly loyal to the Irish settlement as contained in the act of 1920, as far as the six Ulster counties are concerned, and declaring that he wishes to bring home to the minds of the British electorate that the single aim of the Northern Ireland government is to promote even still closer relations between Ulster and England.

35 per cent. A score of examples are given of the illegal use of hulls in samples taken at random from those received in the ordinary way for microscopical examination at the Ottawa laboratory. These indicate that the practice has not been confined to any one province, but it is gratifying to be told that during the past two years much has been done to protect the public by officials of the Seed Branch charged with the enforcement of this Act.

In brief, the Act limits the classification of feeds to three main groups, namely, commercial feeding stuffs, chops, and mill stuffs, and requires a statement of ingredients to accompany each container of such stuff or "chop" offered for sale. A summary of the Circular, which can be obtained free of cost by application to the Publications Branch of the Agricultural Department at Ottawa, explains that the hulls are generally used either unmixed or mixed with other materials. Unmixed they are usually pulverized, and appear on the market under attractive brand names and frequently without the proper labelling by the Act. Mixed they may occur with more or less ground oats, where they often pass as oat chop, with one or more ingredients as commercial feeding stuffs, in which case their presence should be stated; or with mill feeds, either with or without screenings. When sold in accordance with the Act their use in feeding stuffs is within the law, but when used as an adulterant the seller and the manufacturer are liable to prosecution.

Toronto.—On the evening of September 19th, when yard engine with 17 cars of meat was crossing St. Claire Avenue, at West Toronto, a Willys-Knight touring car ran into the side of the twelfth and thirteenth cars from the engine, breaking both front fenders of automobile. Fortunately, the occupants of the automobile were not injured.

Banff.—Although the official opening of the Banff-Windermere Automobile Road will not take place till Dominion Day next year, the last stretch has just been laid, and the chief engineer traversed the whole 104 miles, from Banff to Lake Windermere, for the first time in a motor car. The time taken was seven hours. The new road provides an important link on the All-Canadian motor trail through the Rockies, and is expected to bring thousands of motorists to Banff from the United States, as it connects with the great Columbia Highway through Spokane to Portland. This season the Canadian Pacific trains to and from the Rockies were heavily laden with tourists. The opening of the Banff-Windermere road will, if possible, make resorts in the Canadian Pacific Rockies more popular than ever, and the number of tourist visitors will be largely increased.

**Children Cry for Fletcher's CASTORIA**

Fletcher's Castoria is strictly a remedy for Infants and Children. Food is specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

**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. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**

Bears the Signature of  
*Chas. H. Fletcher*  
**In Use For Over 30 Years**

**Women should Insist**

No matter what you buy in kitchen utensils, demand that each article carry the SMP trade-mark shown below. SMP Enameled Ware is safe to use; acids or alkalis will not affect it; it cannot absorb odors; cleans like china; wears for years. Tell the storekeeper you want either

**SMP Diamond or Pearl WARE**

Diamond Ware is a three-coated enameled steel, sky blue and white outside with a snowy white lining. Pearl Ware is enameled steel with two coats of pearl grey enamel inside and out.

THE SHEET METAL PRODUCTS CO. OF CANADA LIMITED  
MONTREAL TORONTO EDMONTON VANCOUVER WINNIPEG CALGARY



**PROTECT YOUR VALUABLES**

If kept in your home, fire or thieves may rob you of them.

Our Managers will be pleased to tell you about the protection afforded by a SAFETY DEPOSIT BOX.

**THE ROYAL BANK OF CANADA**

**AFTER EVERY MEAL**

**WRIGLEY'S**

**WRIGLEY'S SPEARMINT**  
THE PERFECT GUM LASTS  
MINT LEAF FLAVOR

Satisfies the sweet tooth, and aids appetite and digestion. Cleanses mouth and teeth. A great boon to smokers, relieving hot, dry mouth. Combines pleasure and benefit. Don't miss the joy of the new NIPS—the candy-coated peppermint tid bit! Chew it after every meal.

Packed Tight—Kept Right

WRIGLEY'S NIPS  
WRIGLEY'S ALL JUICY FRUIT  
WRIGLEY'S DOUBLE MINT

C16

Summer time brings many children back to the old home—among pleasant memories renewed will be the Tea they used in childhood—"RED ROSE."

**RED ROSE TEA** "is good tea"

RED ROSE Crushed COFFEE pleases particular folks.