

Eat more Bread and Better Bread

Few of us eat enough of the "Staff of Life."

Make your Bread from

**PURITY FLOUR**  
More Bread and Better Bread



## Target Tips and Hunting Hints by Alfred P. Lane



### A New Questions and Answers Department of Interest to Shooters

Readers are reminded that this column is open to questions should be sent to me in care of the Sporting Editor, and to discussions by the readers on anything connected with hunting or target shooting.—A. P. L.

A. B. D., East Holden, Me.  
In your reply to T. M. B. New Kensington, Pa., you say that length of barrel does not increase the efficiency. I have always been told that the longer barrels give more room for the powder to burn, and to get the utmost power out of a given charge of powder, a barrel is necessary that is long enough for ALL the powder to burn in the barrel. Kindly explain WHY a short barrel is as efficient as a long one.

Ans. There is one way to test the velocities given by various lengths of shotgun barrels properly, and that is by means of the electric chronograph—a very expensive and delicate machine; also, even with nearest ammunition, variations in velocity occur between successive shots when fired under identical conditions as much as as much as forty feet per second. It is therefore necessary to fire a long series of shots and take an average. Experiments made in this way with the various lengths of barrels using modern smokeless powder shells show a variation due to barrel length of about one foot per second per inch which if you consider the variation which occurs between different shots fired from the same barrel, especially as the shorter barrels handle so much easier. The length of barrel has no effect at all on the pattern. A 26 inch full choke barrel will shoot just as close at all ranges as a thirty-two inch barrel.

L. W., Oak Harbor, Wash.  
I would like to know which one of these two shotguns shoots the stronger, a 12 gauge full choke pump gun or a 12 gauge full choke automatic shotgun.

Ans. The automatic shotgun shoots just as hard and close as the pump gun and double gun for the simple reason that in the autoloading gun the shell remains locked in the chamber until the shell head stops pressing against the breech block. The barrel and breech block recoil, locked together, about a quarter of an inch during the time the shot charge is passing through the barrel. In the double barrel or pump gun, the whole gun recoils instead of just the block and barrel.

2. What is meant by "full choke?"  
Ans. The term "full choke" is applied to barrels that will put at least 70 per cent. of their charge in a thirty inch circle at forty yards. This is accomplished by boring the barrel with a constriction at the muzzle.

J. H. M., Geneseo, Ill.  
1. Is a target pistol more accurate than a target revolver? If so, why?

Ans. The target pistol is more accurate than the target revolver mainly because the bullet starts in the rifling as soon as it leaves the cartridge, whereas in the revolver there is necessarily a short space which the bullet must travel in the cylinder, which is not rifled, before it passes into the barrel.

2. What length of barrel is best for accurate shooting?

Ans. It doesn't make much difference. The popular length for pistols is 10 inches; for revolvers 6 to 7½ inches.

W. B. G., East Bakersfield, Cal.  
1. Would be glad to have you advise the approximate range of: Colt Automatic, 45 cal., 5 inch barrel, and Colt Automatic, 38 cal., 6 inch barrel.

Ans. The ballistics are: Colt Auto (Gov't Model) 45 cal., muzzle velocity, 800 ft. sec.; muzzle energy 327 ft. lbs.; weight of bullet, 230 grains. Colt Auto, 38 cal., muzzle velocity, 1,075 ft. sec.; muzzle energy, 336 ft. lbs.; weight of bullet, 150 grains.

2. Does the 38 cal. automatic make a good target gun, 6 inch barrel and does the "kick" in this gun amount to anything?

Ans. Personally, I prefer the 45 Gov't Colt Auto for target work as it is better balanced. Both models

## Canada At War

### CANADA TO CARE FOR HER BRAVE SOLDIERS AS THEY COME HOME

LOUGHEED COMMISSION  
Government to Give Consideration to Every Phase

Two Special Classes

Care for soldiers back from the performance of their duty at the front is not the least of the war obligations of Canada. The most that Canadians can do for those who have risked their lives in the trenches is not too much. The Dominion Government knows this, and is leaving nothing undone in providing for the future welfare of the men who come home.

A scheme which will be of benefit to the returning soldier is now being worked out for the benefit of those who are disabled by the war. The scheme is to provide for the future of the men who are unable to follow their former calling, and to provide employment for all.

Months ago the establishment of a number of convalescent homes was arranged by the Dominion Government. These homes are now being established in all the military districts. They afford facilities for the convalescent soldier, and the men who have been wounded at the front.

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the provinces in the training of soldiers for new callings, and that in these facilities are lacking, classes be established and the necessary equipment provided in some of the public buildings in such centres. It is proposed also that the provincial governments provide tuition in agriculture, the cost of which would be paid out of the Disarmament Fund, the local administration of this fund being placed in the hands of the provincial commissions.

There are, of course, two classes of returned soldiers to whom special provision must be made. These are the men who have become permanently disabled, through blindness or otherwise. For such men the state must care. These men have made the greatest sacrifices, and the state rests under a heavy obligation to them. The blind will be cared for in institutions established and equipped specially for them. Canada already has a number of such institutions whose work is of the highest order.

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## FRUIT, THE GREAT PHYSICIAN

Healing Powers of Fruit Proved by "Fruit-a-lives"

The simple juices of apples, oranges, figs and prunes, when transformed into "Fruit-a-lives" will relieve diseases of the Stomach, Liver, Kidneys and Skin.

The truth of this statement has been proved in thousands of cases of Indigestion, Dyspepsia, Torpid Liver, Constipation, Kidney and Bladder Troubles, Skin Diseases, Rheumatism, Neuralgia and Chronic Headaches.

The enormous sales of "Fruit-a-lives," are the best proofs of the value of this fruit medicine.

See a box 6 for \$2.50, trial size 25c. At dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

### Notice of Tender

SEALED TENDERS marked "TENDERS FOR WHARF INTERESTS PARISH OF CHATHAM" will be received at the Department of Public Works (Provincial) Fredericton, N. B., up to TUESDAY, November thirtieth, at twelve noon, for all the right, title and interest of the Province of New Brunswick in the Ferry Wharves situated in the Parish of Chatham in the County of Northumberland.

A certified cheque for 5 per cent. (five per cent.) of the amount of the tender must accompany each tender.

JOHN MORRISSEY, Minister of Public Works. Dated at Fredericton this Fifteenth day of October, 1915. 43-4

### DISTRIBUTION OF SEED GRAIN AND POTATOES

From the Dominion Experimental Farms, 1915-1916

By instructions of the Hon. Minister of Agriculture a free distribution of superior sorts of grain and potatoes will be made during the coming winter and spring to Canadian farmers. The samples will consist of spring wheat (about 5 lbs.), white oats (about 4 lbs.), barley (about 5 lbs.), and field peas (about 5 lbs.). These will be sent out from Ottawa.

A distribution of potatoes (in 3 lbs. samples) will be carried on from several of the Experimental Farms, the Central Farm at Ottawa supplying only the provinces of Ontario and Quebec.

Each application must be separate and must be signed by the applicant. One sample of grain and one of potatoes can be sent to each farmer. If both samples are asked for in the same letter only one will be sent. Applications on any kind of printed form cannot be accepted.

The destruction by fire of the cereal building at Ottawa, which contained grain-elevating machinery and a large stock of seed grain for distribution, may make it necessary to curtail the distribution to a certain extent. We shall fill as many as possible of the applications which conform to the rules; but requests received after the end of December will probably be too late. Seed grain cannot be sent in response to applications (no matter when received) which fail to state clearly the needs of the applicant, his experiences in crop-raising, and the character of the soil on which he intends to sow the seed.

All applications for grain (and applications from the provinces of Ontario and Quebec for potatoes) should be addressed to the Dominion Cerealists, Central Experiment Farm, Ottawa. Such applications require no postage. If otherwise addressed, delay and disappointment may occur.

Applications for potatoes from farmers in any other province should be addressed (postage prepaid) to the nearest branch Experimental Farm in that province.

J. H. GRISDALE, Director, Dominion Experimental Farms.

Addressing of Mail

In order to facilitate the handling of mail at the front and to insure prompt delivery it is requested that all mail be addressed as follows:

(a) Regimental Number  
(b) Rank  
(c) Name  
(d) Squadron, Battery or Company  
(e) Battalion, Regiment, (or other unit) Staff appointment or Department  
(f) Canadian Contingent  
(g) British Expeditionary Force  
(h) Army Post Office, London, England

Unnecessary mention of higher formations, such as brigades, divisions, is strictly forbidden, and causes delay.

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

THE UNION ADVOCATE

Phone 23 NEWCASTLE, N. B. Box 359

Yesterday is Dead; Forget It—  
Tomorrow does not exist; Don't Worry—  
Today is Here; Use It!

## WHY WAIT?

Yes, you INTEND to advertise. You fully appreciate the value of advertising. You have seen business built up by good advertising. But YOU intend to wait a little longer before you place that intended ad. in The Advocate. Certainly, you INTEND to advertise, but not until tomorrow, next month or perhaps until the war is over.

Friend, do you realize the people of Northumberland County are a prosperous people who are NOT going to wait until tomorrow, next month, or until the war is over before they BUY? And they will buy from the man they have faith in—the man who advertises in their trusted home paper, The Union Advocate. This paper covers Northumberland County thoroughly. It goes into the home and STAYS there.

Recently we decided to make The Advocate the leader of all papers in the County of Northumberland in the matter of circulation and second to none of any rural paper in the Maritime Provinces. We spared no expense to achieve this end.

So far as circulation is concerned, we have won out. There is not a corner in Northumberland County in which The Advocate does not circulate. As a matter of news—we lead, others follow. We give the biggest dollar's worth of news of any other paper in the county. We give the news first, while it is fresh. We receive weekly, letters, kind, thoughtful letters, commending us upon our work. Hundreds of new names have been added to our lists within the past two months. We expect these new subscribers will bring many more new ones.

Just think, Mr. Advertiser, what this enormous increase in our circulation means to you! You are not in business for your health—you are spending money in advertising for the purpose of getting increased business. As a business proposition, it is up to you to use the paper with the largest bona-fide paid up subscription list, and that paper in Northumberland County is

## THE UNION ADVOCATE

Make up your mind TODAY, and get settled in a good position for the Christmas trade.

## PROMPTNESS

That it pays to be prompt has been proven time and again by The Advocate Job Department, and proof of this can be seen by the following extract from a letter received from a patron in Rexton, N. B. The reader can judge as to whether he is a SATISFIED patron or not:

"Rexton, N. B., 8th Oct. 1915  
The Union Advocate Office,  
Newcastle, N. B.

Dear Sirs:—You are certainly the promptest people I ever tried for auction posters. I received the last order the very next day after sending you the order.

I had a rush on for auctions lately, and I may have some more before the winter. If so, you will get the work.

I am yours truly,  
(Name withheld.)

This is one of many such letters as are being received from time to time at this office, and they bear evidence that wherever a mail order customer of The Advocate is found, you can be sure he is a satisfied one. We endeavor to always give our best attention to orders received by mail, large or small, and while we cannot always be as prompt as in the case above referred to, owing to the heavy run of work always on hand, we make a point of delivering the finished work at our very earliest convenience, by the quickest and cheapest (to the customer) route.

You will find the stock suited to your needs, and a satisfactory cost price. Let us have your next order as a trial—WE GUARANTEE SATISFACTION.

## THE UNION ADVOCATE

Phone 23 NEWCASTLE, N. B. Box 359

Minard's Liniment Cures Garget in Cows.

The Advocate gives more reading for \$1.00 than any other paper in the county.