

First Impressions Are Important

In a world where appearances are valued as indexes to character, *Your Stationery* should represent you worthily—always and everywhere. That atmosphere of character and refinement, which should distinguish all self-respecting correspondence is assured when you place your stationery order with us. If you allow us to furnish your

Letter Heads, Bill Heads, Shipping Tags, Office Forms, Envelopes, Statements, Etc.

they will reflect the dignity and self-respect of the discriminating, and be an excellent advertisement for your business, for a business man may be judged by the quality and style of his printed matter.

The Advocate Job Printing Department

is without doubt the best equipped on the North Shore, and consequently in a position to turn out all kinds of Job Printing *Neatly, Promptly and Satisfactorily*, at very reasonable prices. We are constantly adding new type and material to our already up-to-date equipment, and we have recently put in several of the newest type faces manufactured.

Let Us Prove

to YOU the truth of the above statement by giving us a trial order for any of the above mentioned office requisites, or an order for

Posters or Dodgers, any size Flyers, Circulars, Programs Menus, Display Cards, Business or Visiting Cards, Price Lists, Booklets

in fact, ANYTHING YOU WANT PRINTED Neat, Artistic Two-Color Work a Specialty. Call on us when you need anything in our line. We assure satisfaction. Mail orders receive our careful and prompt attention. Write us for prices.

Yours for Good Service

The Advocate Job Department

Phone 23

P. O. Box 359

Everything in Printing.

Delicate Girls Need New Blood

Rich Red Blood Means Health and Strength

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-of-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitation of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be a great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anaemia appear, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood.

You can get these pills from postpaid, at 50c a box, from the Dr. Williams Medicine Co., Brockville, Ont.

INFORMATION FOR SPORTSMEN

Changes in the Regulations under the Migratory Birds Convention Act affecting the shooting of migratory game birds in certain provinces have recently been authorized by Order in Council.

Under the Order a further closed season throughout the Dominion has been provided for Wood Duck, extending until January 31st, 1924. A similar closed season has been provided for Elder Ducks, (commonly called Sea Ducks, in the Maritime Provinces) except that Elder may be shot in the Yukon and Northwest Territories during the regular open season provided for ducks in those localities.

A restriction has been placed upon the use of "sink boxes" in the vicinity of Tabusintac Lagoon in the Province of New Brunswick prohibiting their use earlier than one hour before sunrise or later than 1 p.m.

The open seasons provided by the Regulations under the Migratory Birds Convention Act for the season 1923-1924 for the Maritime Provinces are as follows:—

Ducks, Geese; Brant and Rails
In Prince Edward Island: September 1 to December 14, both dates inclusive.

In New Brunswick, except the Islands in the Grand Manan group in the Province of New Brunswick: Sept. 15 to December, 31 both dates inclusive.

In the Islands in the Grand Manan group, in the Province of New Brunswick: October 15 to January 31, both dates inclusive.

Ducks and Rails
In Nova Scotia, except Yarmouth and Shelburne Counties: September 15 to December 31, both dates inclusive.

In Yarmouth and Shelburne Counties, in the Province of Nova Scotia: October 15 to January 31, both dates inclusive.

Geese and Brant
In Nova Scotia, except Shelburne and Queens Counties: September 15 to December 31, both dates inclusive.

In Shelburne and Queens Counties

in the Province of Nova Scotia, October 15 to January 31, both dates inclusive.

Shorebirds or Waders, including only the following: Woodcock, Wilson or Jack-Snipe, Black and Golden Plovers and the Greater and Lesser Yellowlegs.

In Prince Edward Island, August 15 to November 30, both dates inclusive, except that on Woodcock and Wilson or Jack-Snipe the open season shall be from September 15 to November 30, both dates inclusive.

In Nova Scotia and New Brunswick: August 15 to November 30 both dates inclusive, except that on Woodcock and Wilson or Jack-Snipe the open season shall be from October 1 to November 30, both dates inclusive.

Lord Beaverbrook Contributes \$100

J. C. Chesley, chairman of the Hill J. C. Chesley, chairman of the Hill Belyea committee, received a letter from Lord Beaverbrook's private secretary, enclosing a contribution of \$100 towards the defraying of Belyea's expenses while in England.

The letter contained nothing more than the purpose for which the contribution was intended.

CHANGE IN CHATHAM DIOCESE

Several changes with shortly take



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 Wind Colic
Flatulency To Sweeten Stomach
Diarrhea 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* Proven directions on each package. Physicians everywhere recommend it.

place in the parishes of Chatham (the parishes of Jacquet River, Rev. diocese. Rev. Fr. Trudell who has Fr. McCarthy at present curate at been pastor at St. Margarets for Renous will replace him at St. some time is being transferred to Margaret's.

INTEGRITY SERVICE

The New Studebaker Special-Six Touring Car

Before you buy any car, see the STUDEBAKER 1924 MODELS

Studebaker presents its complete line of 1924 models with the conviction that they will increase the prestige of the name Studebaker which, for 71 years, has stood for the best in transportation, quality and value of product.

Into these 1924 cars are built every proved feature in design that makes for the comfort, convenience and safety of passengers, and many refinements that further enhance the value of a line of cars already highly perfected.

It is common knowledge in the steel industry that Studebaker uses only the highest grades of the finest steels. And the same is true of the electrical equipment, instruments, bearings, batteries, upholstery, finishing paints, tires and accessories used in Studebaker cars.

It is equally well known that Studebaker, with \$90,000,000 of actual net assets, including \$45,000,000 of plant facilities, is unsurpassed in ability and resources to manufacture economically and give maximum intrinsic value for a given price.

Produced under these favorable conditions, the 1924 Studebakers are distinctly the finest cars and greatest values Studebaker ever offered.

These are not careless statements. They are facts that reflect the honesty and integrity of the manufacturer and its product just as they do the truth of Studebaker advertising.

The public has placed its confidence in Studebaker by accepting these facts, supported by the performance of Studebaker cars in owners' use. That's why Studebaker sales for the past six years have increased progressively each year and sales for the first six months of 1923 of 81,880 cars broke all six months' records.

Studebaker never cheapens quality to meet competition. The name Studebaker stands for satisfaction and service.

Power to satisfy the most exacting owner

MODELS AND PRICES—f. o. b. Walkerville, Ont.—Exclusive of taxes		
LIGHT-SIX 5-Pass. 124" W. B. 40 H. P.	SPECIAL-SIX 5-Pass. 119" W. B. 30 H. P.	BIG-SIX 7-Pass. 124" W. B. 40 H. P.
Touring \$1395	Touring \$1895	Touring \$2425
Roadster (5-Pass.) 1375	Roadster (5-Pass.) 1865	Roadster (5-Pass.) 2550
Coupe-Bld. (5-Pass.) 1775	Coupe (5-Pass.) 2375	Coupe (5-Pass.) 2475
Bedan 2125	Bedan 2950	Bedan 3750

Terms to Meet Your Convenience

The Lounsbury Co. Ltd

Newcastle Chatham Doaktown

THIS IS A STUDEBAKER YEAR

POWER & COMFORT