

## EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont. — "I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it." — Mrs. NELSON YOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.

## Management Of House Plant

Windows opening to the south are usually preferable to those with western outlook. During the winter days the latter will receive but little sun, and that too horizontal. Windows looking to the east may be occupied by a few plants, and are, in fact, for palms, ferns and similar shade-loving sorts, desirable.

Where it is difficult to obtain a suitable compost an admixture of street-sweepings with fresh garden loam will answer; but if only a small amount of soil is needed it will be wiser to buy some prepared compost from a florist.

Pots used, unless new, should be soaked and scrubbed. Never use pots too large; a small plant growing in a great quantity of soil will not remove much water by transpiration.

For seedlings or rooted cuttings the pot is loosely filled with sifted soil, and the plant placed in a finger

hole made in the centre. The soil is then pressed into place and well watered.

Before re-potting, remove a quarter inch or so of surface soil, thus disposing of any weeds or slime. Next, place an inch or half an inch of compost in the bottom of a pot, put in a plant, and add enough soil to fill the space. Then furnish a slight covering of fresh surface. The soil-level should be from half an inch to an inch below the edge of the pot. The hole at the bottom must not be clogged; it is necessary to provide drainage. Pots up to four-inch need not have the hole shielded. Above this size, an inch or two of broken pot might be placed in the bottom and covered with sphagnum or rough sod, to keep the soil from washing down and filling the spaces.

Through lack of food a plant sometimes does not make good growth. So long as the roots have not become bound it need not be re-potted; indeed, this would offer a needless check. Scrape away the surface soil down to the roots and replace by a rich soil containing twenty-five per cent of ground bone. Provided the plants have proper drainage water should be applied until it runs through the bottom. Too frequent watering is often a cause of non-success; it will wet the surface soil so much as to keep the air out. The soil becomes sour and the water does not penetrate to the roots of the plant—the only place where it will do good.

Dwelling air is usually dry—a condition inviting to the red spider. Dryness may be increased by evaporating water in the room and by syringing foliage on bright days. Thickly-leaved plants may be sponged off with water containing whale oil soap. Also, give a little ventilation on pleasant days.

At night plants do best in a temperature 10 of 15 degrees lower than they need during the day. Most species used in the house require no more than 50 or 55 degrees F., at night, and they will not suffer if the thermometer falls to 40 degrees, though such a temperature maintained for a good while would check growth.

Frozen plants should be thawed out slowly. Remove from direct sun-rays and keep at a temperature of 35 to 40 degrees until thawed. If cold water is used the temperature must not rise above this. Water at 50 or 60 degrees will probably harm plants more than if they are allowed to thaw themselves out.

Fitness of plants for house purposes may be largely determined from structure and general appearance. Those with thick leaves and a small, glossy surface are but little affected by a dry temperature; while plants with small, thin leaves quickly dry up.

Deciduous plants that show bare stems in winter are the least decorative. All plants need rest, but those which rest during the summer should be chosen: begonias, abutilons, callas, cyclamen, geraniums, heliotrope and Chinese primroses; also the flowering bulbs; hyacinths, tulips, narcissi etc.

## Henry Ford Possible Presidential Candidate

Henry Ford continues to be the mystery of the political situation in the United States. The latest development, the circulation of petitions in a number of states having residential primaries, to put his name on the ballot as a third party candidate, has increased the already plentiful speculation as to what figure Mr. Ford will, cut in the 1924 campaign.

Democratic voters may want Mr. Ford but it is certain most of the leaders are opposed to him.

As for Republicans, they have no expectation that Mr. Ford will become a seer for the Republican nomination against Mr. Harding. Some of them express doubt whether Mr. Ford wants to run for President

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at all, but on the other hand interesting stories are told of the activities of some of his business representatives and agents in his behalf.

The movement to run Mr. Ford as a third party candidate, unless he sits down on it and refuses to have anything to do with it, is likely to become formidable. It is commanding the support of some extremely active Progressive leaders in the middle west.

What the politicians in the two old parties would like to know is the effect of Mr. Ford making a race as a Progressive. He would command a large vote which would be drawn from both parties. It is probable it would draw more heavily from the Republicans than from the Democrats and it is conceivable that it might indirectly help to elect a Democratic President. For this reason, the developments on the movement to put Mr. Ford's name on the ballot as a third party or independent candidate will be awaited with painful anxiety by leaders of the old parties.

## Registration System Now In Force

Fredericton, N. B., April 30—Inauguration of the system of registration of all persons entering the forests in New Brunswick on and after May 1st until November 1st is expected to result in as many as 50,000 certificates being issued during the six months' period.

The Department of Lands and Forests have had 100,000 copies of the certificates prepared and more than half of that number have already been sent out to the 700 persons who are authorized to issue them to applicants. Fire wardens, county councillors, game license vendors and others who are being authorized to register persons entering the woods are being furnished with supplies of

the blanks and when the system is inaugurated tomorrow the necessary machinery will have been provided.

A similar system of registration has been in vogue since April 1st in the province of Quebec and reports which have been received by the provincial officials here indicate that already salutary results are being obtained. In New Brunswick every effort has been made to have the new regulations thoroughly enforced and all persons who are in the woods on and after tomorrow without being in possession of certificates of registration will be liable to penalties from \$10 to \$100. The only persons exempted from provisions of the new regulations are licensees and owners of timber lands entered upon and their employees, fire wardens, fire fighters, land surveyors, holders of licenses for hunting, fishing and mining and registered guides and those who accompany them.

The new system was given a trial last year in several districts in the province and proved such a satisfactory method for keeping tabs up in the location of parties in the woods that it was determined to put it into general use throughout New Brunswick this year. In the Juniper district alone last year 1,200 persons registered in one month, including persons going on blue-berrying expeditions and everybody else going into the bush and the fact that each had to register served so effectively as a warning of the necessity of care in the protection of the forests that in that district there was almost complete freedom from fires.

Throughout New Brunswick's forest lands at the present time are vast quantities of dead standing timber which has been transformed from a deterrent factor in the event of fire into the worst possible kind of a menace. Thousands of acres of Crown Lands and privately owned timber lands are now a virtual danger zone in which fires will soon become uncontrollable and jeopardize the entire forest resources of the province. Thus it is that more stringent methods than ever before are being taken this year to bring about the greatest measure of protection possible without completely shutting off the vacation opportunities which the wilds of the province afford.

Scores of communications have been received at the Department of Lands and Mines from county councillors and other public officials through New Brunswick seeking information as to the details of the new system of forest travel registration. One feature of most of these communications has been the evident disposition to co-operate in every possible way in a movement which has such a laudable object as its purpose.

## NO MONEY FOR FREDERICTON

The original amount of \$1,500,000 for building under the Housing Act which was given New Brunswick, has all been allotted. Fredericton has applied for \$50,000 but the small amount remaining was allotted elsewhere before the application was made.

## It is Easy Now to have Home-Made Bread



THE Quaker Flour recipes show how easy it is to make bread at home. They are the recipes of home bread makers who use Quaker Flour.

Home bread making with Quaker Flour is always easy and always a success, because Quaker Flour is high in quality and rigidly uniform. It always bakes the same. Send a postcard for our folder of recipes for home-made bread making. It will be sent free.

## Quaker Flour

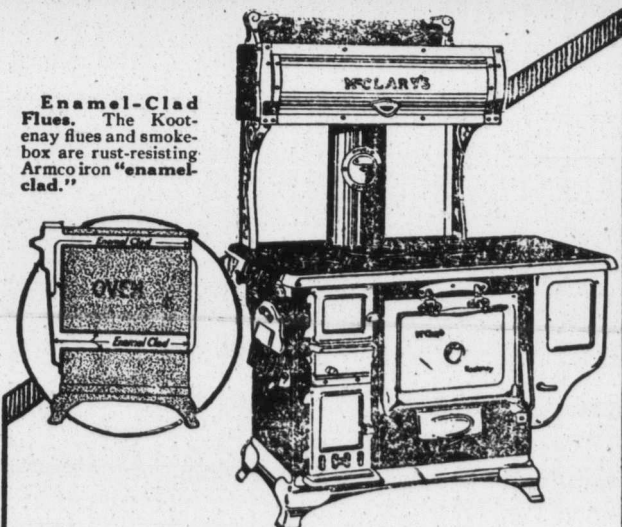
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## The Oven's the Thing

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## Something to Consider

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## CUT IT OUT

If you went into a clothing store and asked for a suit and after you had found something which took your fancy, the clerk said "Mr Smith that is a \$25.00 suit but we charge \$30.00 for it". But if we make any profit in the next 15 or 20 years we will return that \$5.00 to you.

Would you take that suit under those terms? No! you wouldn't. Yet without thinking you may buy a Life Insurance Policy under the same conditions.

When WE sell you a \$25.00 Policy that is all you pay for it. You keep the "Profit" right in your pocket. Cut out the uncertainty. The Ontario Equitable Life and Accident Insurance Co. W. E. RUSSELL, Agent