

HEALTHIEST ONE IN THE FAMILY

No Sign Of Dropsy And Kidney Trouble
Since Taking "FRUIT-A-TIVES"



HATTIE WARREN
Port Robinson, Ont., July 8th, 1915.
"We have used 'Fruit-a-tives' in our house for over three years and have always found them a good medicine. Our little girl, Hattie, was troubled with Kidney Disease. The Doctor said she was threatened with Dropsy. Her limbs and body were all swollen and we began to think she could not live. Finally, we decided to try 'Fruit-a-tives'. She began to show improvement after we had given her a few tablets. In a short time, the swelling had all gone down and her flesh began to look more natural. Now she is the healthiest one in the family and has no signs of the old ailment. We can not say too much for 'Fruit-a-tives' and would never be without them."

WILLIAM WARREN.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

Prison Reform

The old theory of treatment for prisoners was to take away all their comforts and to treat them with the utmost severity. There is a better way. Prison reform has come surely but slowly. It has followed the development of Christian principles in the minds of men. Not all prisoners are equally blameworthy. They should not be treated in the same way. The road back to manhood should be made plain and as easy as possible. A man, even in prison, should have a chance to take a step toward manhood and character. When he takes it, he should be recognized and encouraged. Then the next step will be easier. Every step increases the protection of society. Imprisonment is a method of giving a compulsory opportunity for a man to move in the right direction. It is of importance to the state that he have that opportunity.

Well—what are you doing in your community for the prisoners? Do you ever visit the jail, the workhouse, the prison? What noise did you do then look around? What did you do for the men? Open any communication, leave any papers, open the door to any employment, establish any personal relationship? What shall these men do when they go out? Paul and Silas sang at midnight when they were in prison. That was because they had clear consciences. They were in prison for doing right. But the men in prison today are there for other reasons. They do not sing! What hope is there for them? In a society dominated by Christ's teachings what larger chance ought they to have?—Ex.

Lieut. Col. H. F. McLeod, M. P., for York Co., N. B. has been made a full colonel. An honorary colonelcy has been bestowed upon Rev. Dr. Chown, superintendent of the Methodist church in Canada.



Ripe Cherries
and
Lantic Sugar

make delicious and economical preserves
Order LANTIC SUGAR by name in original packages

2 and 5-lb Cartons
10 and 20-lb Bags

PRESERVING LABELS FREE—Send red ball trade-mark for book of 54 printed gummed labels to

Atlantic Sugar Refineries Ltd.
Power Bldg., Montreal

W. C. T. U.

On Thursday 13th inst., at the regular meeting of the W. C. T. U., the following committee was appointed to conduct the management of the new reading room lately started. Mesdames Allingham, McCullum, Gough and Wyse. Their first work is to arrange for a debate to be held next week, a notice of which will be found in another column.

The following have donated books, etc.:
Mrs. B. White—5 books—loaned.
Mrs. Allingham—2 books and a large bundle of illustrated papers and some pictures in sepia.
Miss Leard—5 books, upwards of 40 periodicals, and writing material.
Miss Mitchell—a number of copies of "East and West," and some Lesson Helps.

Mrs. T. J. Jeffrey read two very helpful papers at the last Mother's Meeting of the Society.
They were as follows:
Mother's Meetings
Mother's meetings should be restful, practical and inspiring. These meetings are intended to bring out all the best thoughts on child culture and child raising; to show the necessary characteristics of the mother to develop the inward and outward influences which make or mar symmetrical character and to inspire both mother and child with loftier aspirations and higher ideals.

Every community has its mother-mothers with anxious, burdened, questioning hearts. What more blessed mission than to plan meetings where the best thoughts and highest ideals are imparted, where heart can commune with heart, and where all can unite in one earnest helpful ambition to make the home what it is intended to be—a miniature heaven upon earth making every day beautiful as we pass along.

Character Building
It is so hard to understand when you are young and impulsive that every act, every word, every thought is building character. Teachers and parents have told you that whatever you do now will make the character you must bear all your life, and yet, in spite of all their teaching it is hard in youth to realize how much stronger and greater are all the abstract things than the concrete and material. When we are young it is hard to believe that the things which we can't see are of far greater importance and of more lasting endurance than the things we can feel and look at. It is hard to realize that love and hate and friendship and virtue and truth and honor are all more real, more enduring, than money or furniture or houses and land, but they are. Houses and land and furniture are things belonging to the body and made for the use of the body, and are of no value when the body dies. But love and goodness and virtue and friendship are of the spirit and go right on living through eternity. Character lives in the friendship ships we have made, in the love we have given and the influence we have upon the world. Only good characters live. The evil characters die when the body dies or very soon after. Look at the influence left by her late Majesty Queen Victoria, Abraham Lincoln, Francis Willard and Florence Nightingale and hosts of other great men and women—we don't remember them by what worldly possessions they had. It's their characters that have been the legacies they left behind influencing the world for all time.

Character is what we are and all we are. While it is true that your early habits are largely responsible for the character you will have in later years and that you will carry with you into eternity, it is also true that character building never stops. Thought has much to do with the formation of character. As a man thinketh so is he. Sow a thought you reap a deed. Someone has said your character is what you are while your reputation is what folks think you are but it is not true. One's character and reputation are never far apart. You may be able to deceive people for awhile, to seem something you are not, but it will not be for long and when you are found out the character will take on twice as black a hue as if it had been seen for what it was.

To be bad is calamity enough but to be a hypocrite is detestable. The only reputation worth having is that of being sincere and earnest and true. To live truly is to be always growing, always developing, always forming character, always building more stately mansions, passing as St. Paul says from glory to glory accepting our responsibilities and making the most of them, cultivating our talents, whether one or many, taking advantage of our opportunities, loving work and people, doing our very best and awaiting results in calm security and trust. This is building character.

W. C. T. U. Meetings
The meetings of the W. C. T. U. are held the second Thursday of every month, at 3.30 p. m., in Mitchell hall. Election of officers in August.

6572 Members in I. O. G. T. in N. S.
The I. O. G. T. Grand Lodge of N. S. met in Truro, July 4th and 5th. A membership of 6,572 was reported.

Make your FENCEPOSTS ROT-PROOF

DID you know that the ordinary good fence post which you are accustomed to replacing every four or five years could be made to last 20 years? Creosote treatment does it. And Grade One Liquid Creosote Oil brings this advantage right to your door because it is creosote in such form that the average home owner and farmer can use it.

**Barrett's
Grade One
Liquid
Creosote Oil**

The biggest point about Creosote Oil is that you can apply it by brushing or dipping. No cumbersome, closed cylinder method, but a simple, cheap, cylinder method, just as simple as dipping. It penetrates deeper than any other preservative. Some of the best results have been obtained with this wonderful preservative on all wood work exposed to earth or dampness.

Carritt-Paterson Mfg. Co., Limited
Hull, N. S. St. John, N. B. Sydney, N. S.

The British Columbia Elections

The British Columbia provincial election is to be held on September 11th, with nominations on August 2nd. The Conservatives have been in power in the province since 1903, and at present hold all the seats in the legislature but four, two of the members being Socialists, and two Liberals. The hard times following the war struck British Columbia with great severity, and likewise the provincial government, which last winter lost two bye-elections, one in Vancouver and the other in Victoria. The trend is now in the direction of improved trade and industrial conditions, and this fact, as well as the notable weakness of the Liberal party in the coast province, renders the result of the bye-elections less conclusive of the probable outcome of the coming contest than it might otherwise be. The most formidable opposition to the Bowser government does not come from the Liberals but from an influential section of the Conservatives, headed by Sir Charles Fihbert Tupper. On the whole the political situation in British Columbia is such a complicated and puzzling one, that the progress and outcome of the approaching campaign will be followed with considerable interest in all parts of Canada.—Sydney Post.

Parcels to Soldiers
A correspondent asks for information regarding the best and cheapest way to send parcels to Camp Valcartier and to the front. Parcels can be sent by parcel post at the following rates:—To Valcartier—Ten cents for first pound and six cents for each additional pound; limit, eleven pounds. To England—Twelve cents a pound, up to a limit of eleven pounds. To France—Twenty-four cents for first three pounds, thirty-two cents for from three to seven pounds. Parcels should be done up securely, preferably in tin boxes, wrapped with cotton cloth and addressed in indelible ink. For additional safety they may be registered.

Peppers can be stuffed with almost anything that is seasoned and savory.

POET'S CORNER

O'CONNELL'S PRAYER

By Michael Whelan.
(Air: "Afton Water")
Flow gently, fair Shannon, amid the green hills,
The state of my country thy sad bosom chills,
The dream of discord in Erin still lives,
The dream that neither forgets nor forgives.

A dark and dense cloud o'er dear Erin I see
That hides the fair face of my country from me,
But God guides the nations, so do not despair.
The fair face of Freedom shall smile on you there.

When I was in Erin I cast off her chains,
In Dublin's dear city they placed my remains,
They laid me to rest amid sorrow and gloom,
A tall, white round tower they built o'er my tomb.

Since then I have prayed for dear Erin on high
And smiled as I saw the dear hour draw nigh
When beautiful Erin a queen should be crowned,
In the white and gold robes of a sovereign be gowned.

When the brave sons of Erin return from the war
And brilliantly shining, behold the bright star
That over their country, north, south, east and west
Shall shine in its splendor on Erin's bright breast.

Thou glorious Great Britain and Erin and France
With Russia, Italia and Greece, shall advance
And joining the Nations far over the seas,
The fair flag of Freedom fling forth to the breeze.

The dark cloud is drifting away from the strand,
The angels of heaven are guarding the land,
My Mary, too, sleeps 'mid your murmuring streams,
Flow gently, sweet Shannon, disturb not her dreams.

Rhodes River, N. B.

Crime Greatly Reduced Under Prohibition

Winnipeg Merchants Testify That Money Formerly Spent in Drink Goes to Stores

Winnipeg Free Press—Manitoba has now experienced one month of prohibition, and the eyes of the Dominion are turned toward this Province watching the operation of the Manitoba Temperance Act. Out of the many beneficial results consequent upon this new law, and which are apparent on every hand, there stand out the following facts with perhaps greater emphasis than any of the others:
The commercialized end of immor-

WOMAN HAD NERVOUS TROUBLE

Lydia E. Pinkham's Vegetable Compound Helped Her.

West Danby, N. Y.—"I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound for nerves and for female troubles and it straightened me out in good shape. I work nearly all the time, as we live on a farm and I have four girls. I do all my sewing and other work with their help, so it shows that I stand it real well. I took the Compound when my ten year old daughter came and it helped me a lot. I have also had my oldest girl take it and it did her lots of good. I keep it in the house all the time and recommend it."—Mrs. DEWITT SINCEBAUGH, West Danby, N. Y.

Sleeplessness, nervousness, irritability, backache, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

ality has been reduced to such an extent that if such conditions continue in the province they will be reduced to a minimum within three months. Only 24 drunks were arrested in June as compared with 261 in the preceding month of May.

There have been only one-half as many convictions in the Winnipeg police court as there were during May.

Just half as many vagrants were convicted during June as May.

The wholesale houses report that collections during June have been for better, and this very desired condition is directly attributable to prohibition.

The hotelmen have surrendered themselves to the new conditions, have fallen into line, and are helping to their best endeavors in the administering of the Act.

No weaknesses in the Manitoba Temperance Act have as yet been discovered, and in all the cases taken to court by the license department convictions have been obtained.

The leading retail merchants in the city declare that money which formerly went in drink is now directed over the counters of the stores and more domestic commodities are being purchased.

Trouble With Aliens at Minto.
Since some interned Germans and Austrians were brought to Minto a few weeks ago from Upper Canada to work in the coal mines there has been trouble. It became so serious last week that troops were sent from St. John. Quiet was restored, and six arrested. These have been sent to the Amherst internment camp.

In St. Andrew's Church.
At the evening service on Sunday the preacher was the Rev. G. F. Scoville, rector of St. Jude's Church, St. John.

WHEN YOU ADVERTISE YOU WANT

RESULTS

That's What You Expect to Get
when you do advertise
and that's where we come in

No matter what paper you have tried, results are sure if you try

The Union Advocate

THE HOME PAPER OF NORTHUMBERLAND COUNTY

Results have been produced for hundreds of others who have tried our columns, and we can make good for you. There are two vital points in the advertising game. The first is to select the paper YOU KNOW has the largest circulation, and the second is to look after your advertising, changing your ads, at least twice a month in a weekly paper. The Union Advocate circulates to all corners of Northumberland County, which no other paper does, and is read by more people each week than any other paper. Is there any reason then why it should not be a better advertising medium than any other paper? If you have any doubts about the above, the subscription lists are open to interested bona-fide advertisers, why not investigate? Is it not worth your while? The Advocate has nothing to hide, and will be only too pleased to prove to advertisers the truth of the above statements. In these war times, particularly, advertisers want the very best possible results to be obtained from their advertising, and unless they use the paper that reaches the most people, they are not getting full value for the money they are spending each year. The

Average Circulation

of The Advocate each month is steadily increasing. From January 1st, this year, until May 31st, more than 43,000 copies were printed and put in circulation, and this without special editions or extra runs—bona-fide circulation only. Nearly 45,000 circulation in five months! These figures should interest every advertiser and non-advertiser within the radius that The Advocate is covering.

What Results are You Getting?

Are they satisfactory, or do you not think you should be getting more? If you have any doubts, why not investigate, and when convinced, investigate the advertising power of The Union Advocate. This will cost you nothing, and may prove the foundation of a successful business. Country merchants will be wise in taking this matter into consideration. Some have already done so, and have received surprising results.

YOU WILL FIND A TRIAL WORTH WHILE

DON'T FORGET THAT WE HAVE THE BEST JOB PRINTING

plant in Northern New Brunswick, and can handle all kinds of job work from a dodger to the very finest class of color and plain black printing. Every bit of work turned out of our office has that nice fine printed effect—no clumsy work, such as comes from poor presses and old rollers. The work is done by experienced hands and the proper touch and color is given to it. Samples sent to Canadian and American printers' journals of art have been most favorably commented on, which shows that work turned out from this office ranks with the best or it would not receive recognition at all. It goes to show further that only the best grades of stock are used. We are also prepared now to do a very fine class of

EMBOSSING

by which your letter heads, etc., are improved fully 100 per cent. Programs, cards and menus can alike be improved by a little touch of embossing, and the extra cost is not very great. Drop in and let us show you samples of our work. We are the only office in Northern New Brunswick that does this class of embossing.

You Take No Chances

When you order work at this office. You can rest assured that you will receive the best of consideration, whether your order be large or small. We make no discrimination. Prices are the same to everybody, and stock to suit every line of business is carried. Examine your supply and then let us hear from you.

THE UNION ADVOCATE

Phone 23 NEWCASTLE, N. B. Box 359

Saves Shortening

One of the first things you notice, after "Beaver" Flour comes to your house, is that you are using less shortening than you used with western spring wheat flours.

You also notice that the Pie Crusts, Cookies and Doughnuts are lighter and flakier—that the Bread Rolls and Biscuits have a delicate flavour, a delightful, nut-like, homey flavour that is doubly welcome after the tough, almost tasteless bread you used to make with western spring wheat flours.



BEAVER FLOUR

Milled of Blended Wheat

is really two flours in one, for two kinds of wheat are used in blending. "Beaver" Flour contains the choicest Ontario winter wheat, strengthened with western spring wheat.

This gives you the finest pastry flour that can be milled—with the right strength to make a good size loaf of bread or a big pan of snowy Rolls.

More than that, everything made of "Beaver" Flour has a deliciously appetizing, nutlike flavour that is entirely lacking in the strong, western spring wheat flours.

Try it yourself—see how you save shortening—see how you come to depend on the even strength and quality of this famous flour—see how everything tastes so much better. Your dealer should have "Beaver" Flour—or will get it for you.

DEALERS—write for prices on Feed, Coarse Grains and Cereals.

THE T. H. TAYLOR CO. LIMITED, CHATHAM, Ont.