

Smoke OLD CHUM

The Tobacco of Quality



Sealed Package
(which keeps the tobacco
in its original condition) **15¢**
also in 1/2 lb. tins

GORMAN BROKE WORLD'S RECORDS AGAINST TIME

In trials against time Charles Gorman United States National and International outdoor champion broke both the rink records for the 440 yards and half mile; covering the former distance in 37 2-5 seconds which is one fifth faster than the world's indoor record made by Peppy McLean at Cleveland 1915. The half mile was skated by Gorman in 1:19 4-5 the former local indoor record being 1:21 2-5 held by Bart Duffy: St. John former Maritime champion. It is understood that Gorman's records do not hold good as they were not made in competition.

A CANDID OPINION

Another reader says: "I have no use for the 'Advocate.' Its no good anyway, and the staff you have in it is not worth reading and it is not worth five cents. I wouldn't buy it at all only I want to see what you have in it."

Don't Dose a Cold --Use Vicks

External Treatment With Vaporizing Salve Is Best

Mr. Alex McDougall, Box 655 Regent St., North Sydney, Nova Scotia, writes: "I had a bad cold in my head. I tried many remedies, but had no relief until I used Vicks. It is also the best salve I ever used for a cold in the chest. Put some Vicks VapoRub on your chest, cover with a flannel and you have a sure remedy. For a cold in the head, melt a little VapoRub, and inhale the vapors. In a short time your cold will be gone."

Vicks VapoRub is an externally applied vaporizing salve. While it acts like a liniment or plaster, it is also inhaled as a vapor, and so gets into the throat and lungs immediately. The cold is often broken up overnight.

Vicks is the modern direct treatment for all cold troubles, the successor to goose grease, camphorated oil, liniments, poultices and plasters.

Used for croup and children's colds, Vicks gives remarkably quick results and also avoid nauseating internal dosing. Just as good for adults and for skin inflammations, such as cuts, burns, bruises, bites, stings.

At all drug stores, 50c a jar. For free test size package write Vicks Chemical Co., 344 St. Paul St., W. Montreal, P.Q.

Although Vicks is new in Canada it has a remarkable sale in the States. Over 17 million jars used yearly.

RUNNING A NEWSPAPER

Running a newspaper is not all beer and skittles and anybody who thinks it is should try for two weeks to run a paper and please everybody. This paper is not out to please anybody; so consequently it is a good deal easier for us to get away with a policy of this nature than it would be to get away with a policy of pleasing everybody. We have certain definite objects and aims and each week we are placing these before our readers. It is gratifying to us to receive so much approval from the many friends who continually are congratulating us on our stand.

HEALTHY CHILDREN ALWAYS SLEEP

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax.

The Tablets are sold by medicine dealers or by mail at 25 cts a box from The Dr. Williams' Medicine Co., Brockville, Ont.

PROGRESSING FAVORABLY

The many friends of Mr. Fred W. Copeland the well known C.N.R. locomotive engineer who has been confined to his home for the past week as a result of an accident at the C.N.R. Roundhouse recently will be pleased to learn that he is making favorable progress towards recovery.

DELIGHTFUL WEATHER

The month of February was noted for its clear bright winter weather; not too cold but brisk and fair. Several days of last week were decidedly mild with the snow melting each day.

Promotes warmth,
comfort,
and is energy
**SCOTT'S
EMULSION**

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's 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 orders, 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

SATISFACTION

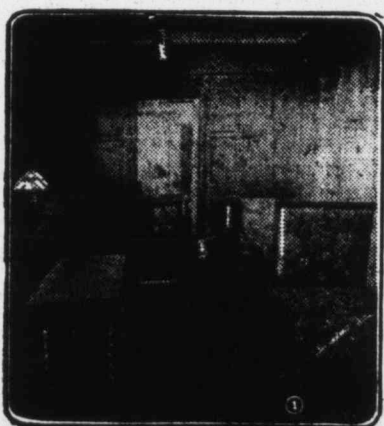
A seemingly low price for an article is always attractive, but unfortunately frequently misleading. How often is heard the remark—"I would rather have paid a little more and got the quality I wanted."

As a matter of fact that "little more" was necessary to obtain the better quality. Good goods require a higher price to be good.

There are cheaper teas than "KING COLE"—but would you be satisfied with their quality?



Prince of Wales a Canadian Rancher



This photograph of the Prince was taken on his first visit to the Dominion. To the left is seen a picture of his ranch, and above it is an interior view of one of the suites aboard the Empress of France, bottom right.

HIS Royal Highness the Prince of Wales will for a month or so become a simple Canadian rancher. That he will travel incognito on his coming to Canada does not mean that he will travel in disguise but that he will not take part in official functions or make official visits, and when approached with regard to his stay in the Canadian Dominion he has always stated that his time will be fully taken up by the affairs of the E. P. ranch.

The Prince of Wales exhibits a deep and marked interest in the ranch he purchased near Calgary on his memorable tour of the Dominion, and his desire to visit it is but a fresh indication of the importance he attaches to it and the work it is doing. Immediately after purchasing the ranch, and before returning to England, the Prince made arrangements for the shipment of some of the best stock in the British Isles to the Canadian West. Thoroughbred horses came from the Royal stud, short-horns from the King's farm, shropshire sheep from the Duke of Westminster's estate, and hardy, Durham cattle from the Devon moors. The latest importation consisted of a thoroughbred stallion and four mares, the finest obtainable in the British Isles. "Will Somers", which heads the stud at the E. P. ranch is a handsome five-year old which at three years was the winner of several English classes.

Thus the Prince has demonstrated that his purchase of the ranch was not a matter of sentiment or commercial profit, but a genuine desire to foster the breeding of better livestock in the West. His efforts have been eminently successful. At all provincial exhibitions the animals from the High river ranch are attractive features, and last Fall, shorthorn cattle, constituting the first commercial sales the ranch has effected, commanded top prices.

Cattle from the E. P. exhibited at the stock show at the Calgary Stampede were heavy prize winners, and sheep and horses from the same ranch created an unparalleled standard.

The Royal rancher has planned to arrive at Quebec on September 12th on the Canadian Pacific steamship "Empress of France". The palatial liner, 18,000 tons, which was the flag ship of the 10th Cruiser Squadron on Northern patrol duty during the War is the most up-to-date vessel of its type and is most suited to the accommodation of its distinguished passenger. Reconstructed after the war, this ship is one of the most magnificent yet, comfortable vessels in operation. Its service is held the record for its large and comfortable suites and cabins, spacious promenade decks, numerous and excellently appointed public rooms and service facilities make the Empress one of the most popular ships in the Canadian Pacific fleet.