

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Cow's Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

See "Womanhood" the glory of an nation.

SMOKE TACKETTS T&B PLUG



Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 30th August 1918 for the conveyance of His Majesty's Mails, on a proposed Contract for four years, 4 and 2 times per week on the Bokeston Rural Route, No. 2 commencing at the pleasure of the Postmaster General.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Parkers Ridge and Bokeston, and at the office of the Post Office Inspector, H. W. WOODS, Post Office Inspector, Post Office, St. John, N. B. June 4th, 1918

S. S. "Max Aitken"

Until further notice the Tize Table of the above steamer will be as follows:

Leave Redbank every morning (Sunday excepted) at 8.45 A.M.

Leave Newcastle for Chatham, 11 A.M.

Leave Chatham for Newcastle, 12.15 P.M.

Leave Newcastle for Chatham 1.45 P.M.

Leave Chatham for Newcastle, 3 P.M.

Leave Newcastle for Redbank, 4.15 P.M.

On Saturdays will return from Redbank to Newcastle in the evening.

Calling at all intermediate points between Redbank and Chatham including Nordin, Bushville, and Douglastown.

Information regarding Freight and Passengers rates will be furnished by the Captain.

All freight must be delivered 15 minutes before Steamer is scheduled to leave.

Commencing Saturday July 6th. Every Saturday will be Excursion day from Chatham, Douglastown, Newcastle and Nelson, to Redbank at intermediate points.

Leave Chatham at 2 p. m. and Newcastle at 4.15 p. m. Returning to Newcastle at 8.30 and Chatham at 9 p. m.

Fare for Round Trip 50c.

Children from 8 to 12 yrs. 35c. from all points. Tickets good for date of issue only.

Evening Sail Every Saturday evening the people of Newcastle will have an opportunity of having a sail to Chatham and return. No steamer at Chatham and Newcastle.

Tickets 50c.

Newcastle Steamboat Co. Ltd.

The Women's Realm

Millerton Lady Delights N. S. Audience

Miss H. A. Frank Soloist at Large Gathering at Liverpool N. S.

(Liverpool Advance) The Opera House last Monday evening was the scene of one of the largest and most enthusiastic gatherings it has ever held when two returned Nova Scotian heroines occupied the platform in the interests of the Red Cross Campaign.

Long before the opening of the meeting the large auditorium was filled, a gratifying sign of the patriotism and spirit of the people of Liverpool, and the ovation tendered the returned heroines was as enthusiastic as could be desired.

The stage was attractively decorated with flowers and Red Cross emblems, the work of the local Red Cross, while young lady members wearing the Red Cross uniform performed the duties of ushers.

Mr. George McClellan was the efficient chairman of the occasion, introducing the speakers, Colonel Ford and Lieut. "Toby" Jones. On the platform also was Nursing Sister Margaret Drew. The other occupants of the platform were: Major Hendry, Mrs. Frank, who was the soloist of the evening, and Mr. Frank; also two of the uniform clad ushers.

A delightful feature of the evening was the solo singing by Mrs. Frank of patriotic melodies. In the choruses of which the audience was invited to join. The very successful meeting was closed by Mrs. Frank singing "The Star Spangled Banner," the audience paying a tribute to our valued ally by standing, and finally the National Anthem was sung.

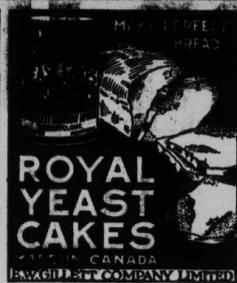
Make Yourself Strong

People with strong constitutions escape most of the minor ills that make life miserable for others. Don't you envy the friend who does not know what a headache is, whose digestion is perfect, and who sleeps soundly at night? How far do you come from this description? Have you ever made an earnest effort to strengthen your constitution, to build up your system to ward off discomfort and disease? Unless you have an organic disease it is generally possible to so improve your physical condition that perfect health will be yours. The first thing to be done is to build up your blood as poor blood is the source of physical weakness. To build up the blood Dr. Williams' Pink Pills is just the medicine you need. Every dose helps to make new blood which reaches every nerve and every part of the body, bringing color to the cheeks, brightness to the eyes, a steadiness to the hands, a good appetite and splendid energy. Thousands throughout the country whose condition once made them despair, owe their present good health to this medicine. If you are one of the weak and ailing give Dr. Williams' Pink Pills a fair trial and note the daily gain in new health and abounding vitality.

You can get these pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WHAT WOULD YOU DO? If you were a beautiful American debutante and received a proposal of marriage from a fine young foreign nobleman, would you hesitate? If you were an unprotected girl and heard that your home had been wrecked in a sudden war, would you dare to hurry back to the heart of danger? If you found your mother and sister slain and your brother blinded in a hopeless battle, would you have the womanhood to bear up under it? If the debonair foreign nobleman came along and still showed he loved you, would you forgive him for being an invader? If you had a chance to serve your country by pretending to be a traitor, would you consider it? If your true American lover's sister was ruthlessly executed before your eyes, would you ruin your country's plans by betraying your sympathies? If you were finally discovered and could purchase safety and a life of ease by wedding a barbarous foe-man, would you prefer to choose a miserable death? Mary Ward has to decide all these and other momentous questions in J. Stuart Blackton's soul-stirring spectacle, "Womanhood, The Glory of a Nation," starring Alice Joyce in the role of Mary Ward and Harry T. Morey which is at the Happy Hour Thursday August 8th.

BUILT A FIRE A man was fined in the Yarmouth police court a few days ago for interfering a party of crew. The crew were unable to haul the heavy load, then he bent them unmercifully and then built a fire under the



POTATOES INSTEAD OF WHEAT

The Government has asked us to eat potatoes this Summer and less bread, because their starchy substance makes them a good nourishing wheat substitute. When plenty of potatoes are served at a meal, we can afford to omit wheat altogether. Here are a group of new and appetizing ways which will vary the monotony of boiled, mashed, and baked, and give a new touch to the menu.

Potato Haffles
2 cupfuls boiled rice potato, 1 cupful milk, 2 teaspoonfuls baking powder, 1 cupful flour, 3 eggs, 1 tablespoonful melted butter substitute, 1 teaspoonful salt.
Beat eggs until light, add potatoes (which have been boiled, rice and allowed to cool), butter substitute, salt and milk, then flour sifted with baking powder. Bake at once on a hot, well greased waffle iron. Serve with maple syrup.

Swedish Potato Balls
2 cupfuls mashed potatoes, salt and pepper, few gratings of nutmeg, potato flour, parsley, 1 teaspoonful butter substitute, 1 egg yolk, 1 tablespoonful grated cheese, white sauce.
Pare and boil the potatoes until tender, mash them and season well with salt and pepper, nutmeg and butter substitute; add beaten egg yolk and cheese and mix thoroughly. Mold into balls about the size of walnuts, roll in potato flour and drop into boiling salted water. Cook about 10 minutes, drain and put in a serving dish, pour white sauce over top with a sprinkling of chopped parsley.

Savory Mashed Potatoes
6 medium-sized potatoes, 6 tablespoonfuls butter substitute, 1 teaspoonful salt, 1 small onion, chopped, 1/2 cupful cream or milk, few grains paprika.
Boil the potatoes, drain and mash, add butter substitute, cream or milk salt, pepper and salt beat in the chopped onion lightly. This will be found a great change from the ordinary mashed potato.

Stuffed Potato
6 medium-sized potatoes 1 teaspoonful butter substitute, 1/2 cupful milk, 1 cupful grated cheese, salt and pepper, paprika.
Scrub potatoes and bake until soft, cut them in halves with a sharp knife and remove cooked potatoes to a bowl. Mash and add the butter substitute, milk, 1/2 cupful of grated cheese and salt and pepper to taste. Beat with fork until light and creamy and refill potato skins. Dust the top with remainder of grated cheese and sprinkle with paprika. Return to oven until crisp and brown on the top. This makes a fine luncheon dish.

WMLL YOU HELP?
Owing to War conditions the Union Advocate staff has been greatly reduced and although every effort is made to gather all the news, we know we come very short of hitting the mark, and would appreciate very much the thoughtfulness of any of our readers, who will send us any item of interest that may occur and which, perhaps The Advocate, would not be able to otherwise obtain.

LEMONS WHITEN AND BEAUTIFY THE SKIN
Make this beauty lotion cheaply for your face, arms and hands
At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.
Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvellous to smoothen rough red hands.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Ayer*

"Ever True" Rebeckah Lodge Officers

Ever True Rebeckah Lodge, No. 65, I. O. O. F., Douglastown, installed the following officers Monday night last, the installing officers being D. D. Pres. Annie Morrison, assisted by following Grand Officers: Miss Jane Beckwith, G. M. Granby, Mrs. Elizabeth Gulliver, G. W.; Mrs. Annie Benn G. S.; Mrs. Laura Anderson, G. Treas.; Mrs. Linda Spurr, G. Chap.; and Mrs. Hattie Craig, G. Guard; Mrs. Margaret Miller, N. G.; Miss Laura Woods, V. G.; David W. Anderson, R. S.; Miss Emma Morrison, F. S.; Miss Margaret Grant, Treas.; Miss Barbara Hutchison, Warden; Miss Sadie Urshart, Concl.; Miss Annie Morrison, R. S. N. G.; Mrs. Elizabeth Gulliver, L. S. N. G.; Mrs. Hattie Craig, I. G.; Mrs. Annie Benn, O. G.; Mrs. Euphemia Henderson, L. S. V. G.; Mrs. Laura Spurr, Chaplain.

Keep Children Well During Hot Weather
Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HOLTVILLE
Holtville, July 24—The weather for the past few weeks has been very wet and the roads are in a bad state, but it has been the making of the hay crop.

The Misses Margaret J. Fowler and Margaret J. Reid were calling on Mrs. Lewis D. Frollich of New York City and her two sons Richard and Everett are visiting at her parents Mr. and Mrs. Jas. A. Fowler.

Mrs. Alice McKay is spending a few days with her cousin Mrs. Chas. Munn.

Misses Anna McKeil and Martha E. Reid was calling on Mrs. George Needle on Monday.

We are sorry to report that our teacher Miss B. P. Flewelling will not be with us next term. She will be missed by all.

Mrs. and Mrs. David Carson are receiving congratulations on the arrival of a baby boy.

Mrs. Jonathan Munn is spending a few days at her former home at Carroll's Crossing.

Mrs. Chas. Flett of Fredericton visiting friends in this place recently.

Mr. Sandy Reid is erecting a fine new residence.

Mr. Allen Munn has moved into his new house.

WMLL YOU HELP?
Owing to War conditions the Union Advocate staff has been greatly reduced and although every effort is made to gather all the news, we know we come very short of hitting the mark, and would appreciate very much the thoughtfulness of any of our readers, who will send us any item of interest that may occur and which, perhaps The Advocate, would not be able to otherwise obtain.

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BEAVER FLOUR Requires Less Shortening

And it makes lighter, flakier Pie Crusts, Tarts, Doughnuts and Cookies than you ever got with Western Spring Wheat Flours.

"Beaver" Flour is milled of blended wheat. It contains Ontario Fall Wheat (famous for pastry making) blended with Western Spring Wheat to add strength.

You save shortening—and you get a flour that is always the same in quality and strength—when you use "Beaver" Flour, the only kind of flour that is equally good for Bread and Pastry.

DEALERS—write us for prices on Feed, Coarse Grains and Cereals. 203 THE T. H. TAYLOR CO. LIMITED, CHATHAM, Ont.

"Canada Food Board Flour Mill License No. 10."

WRIGLEY'S

"Heavy, heavy hangs over your head."

"O, I know what it is, daddy! You held it too close and I smell it—it's WRIGLEY'S!"

"Righto, sonny—give your appetite and digestion a treat, while you tickle your sweet tooth."

Chew It After Every Meal
The Flavour Lasts!
Made in Canada



S. S. CARPATHIA SUNK has itself been sent below the waves. It was torpedoed while outward bound for the United Kingdom last week.

A SUBSTITUTE THAT IS CHEAPER THAN THE WHEAT FLOUR OUR ALLIES MUST HAVE TO WIN THE WAR

LOWEST IN COST
HIGHEST IN FOOD VALUE

OUR WHEAT SAVING RECIPES MAILED FREE ON REQUEST
Western Canada Flour Mills, Co. Limited
Head Office Toronto

Canada Food Board License No. 2-000 Flour 15, 16, 17 and 18.