

Simple Herbs Cure Serious Troubles

MANY of the diseases of womanhood may be prevented with care. Unusual excitement—menstrual irregularities—disturb the delicate balance of woman's sensitive nerves, and upset her whole system. At the first indication of nervousness or any irregularity, take

Dr. Wilson's HERBINE BITTERS

It's safe and certain—purely vegetable—regulates kidneys and bowels—overcomes headaches, indigestion, stomach trouble—purifies the blood—tones up and invigorates mind and body.

At most stores, 25c. a bottle; Family stores, 50c. a bottle; or by mail, \$1.00 a bottle.

The Braxley Drug Company, Limited
St. John, N.B.

BECAUSE THEY FIND SATISFACTION HERE

Many of the most particular families in Newcastle buy their meats and groceries regularly at this store. To satisfy our customers in every respect is our first consideration. And we do satisfy them by selling them the best and freshest Groceries, Meats, and Fruits; by charging low prices, and by according every customer fair and courteous treatment.

We would like you to become one of our satisfied customers. In this store you will find a carefully selected stock of groceries, fresh meats in variety, and the season's range of vegetables and fruits.

You can telephone your order. Our delivery system insures prompt service.

H. S. MILLER
GROCERIES, MEATS, ETC.
Cor. Caspary and Pleasant St.
Telephone 22

J.D. KENNEDY
LADIES' and MEN'S
Fine Tailoring

Embodying Style, Workmanship, Service and Value.

CLOTHING CLEANED AND PRESSED

next door to Miramichi Hotel
12-13, Newcastle N.B.

The Winter Term OF THE FREDERICTON BUSINESS COLLEGE OPENS ON Monday, Jan. 7, 1918

Pamphlet giving particulars of our courses of study, rates of tuition, etc., will be mailed to any address on application.

Address:
W. J. OSBORNE, Principal
FREDERICTON, N.B.

J. A. CREAGHAN, LL.B.
Barristers, Solicitors, Notaries

21-4 MONEY TO LOAN
Morrison Bldg., Newcastle

GEO. M. McDADE, LL.B.
Barrister-at-Law
Solicitor, Conveyancer, Etc.

BENSON'S BOOKSTORE
WATER ST., CHATHAM, N.B.

W. J. DUNN
NORWICH

Plans to build from 25 to 1000 sq. ft. houses. Designs in accordance with the latest plans and specifications. Plans will be submitted to you.

NEWCASTLE, N.B.
Phone 100-27

UPPER CANADA MAGAZINE PRAISES NEWCASTLE PRINTER

Printer and Publisher, of Toronto, Highly Praises Work of R. A. N. Jarvis of The Union Advocate

Under a heading, "R. A. N. Jarvis, Printer, has made Progress"—Printer and Publisher, a monthly Magazine, devoted to the Printing Industry, and published at Toronto, in its March issue says:

Eastern Canada assuredly has many very good typographers—men who have studied printing as an expression of thought, intention and desire in every serious way. But many of these men have emerged from the obscurity which is apt to envelope all men who do little or nothing to lift themselves up and out of their enshrouded state.

One of the compositors of Eastern Canada, by which is meant the Maritime Provinces, who has endeavored to do superior work, and who has succeeded notably, is Robert A. N. Jarvis, now business manager of the Union Advocate, Newcastle, N. B., and who probably owes his present honorable and responsible position to the quality of initiative possessed by him, and to purposeful preparation for higher service. Concerning Mr. Jarvis's history, Printer and Publisher provides the following sketch:

Mr. Jarvis was born at Fredericton in 1891. He began his career as a printer in that city at the age of 13. After a period of wandering, after the manner of printers, but

wandering upward all the time, he became manager of the Union Advocate, Newcastle. Later he went to



R. A. N. JARVIS
A Typographer of Eastern Canada who has done creditable work, and examples of whose work are shown on this and the opposite page. Mr. Jarvis is now manager of the Union Advocate, Newcastle, N. B. His advancement has been due to his spirit and decided ability.

Ontario, working as foreman in the office of the Warrent Echo. In 1912 he returned to the Union Advocate, with which paper he has remained, eventually to become its business manager. The printing end of the business appeals to him strongly, and as a consequence, Mr. Jarvis has developed the job printing end of the Union Advocate to a very satisfactory degree.

Mr. Jarvis, still in his mid-twenties, is a real citizen, and gives much time to local affairs and to local war activities. His brother, William C. Jarvis, is foreman of the Fort Fairfield (Me.) Review. Printer and Publisher reproduces several examples of typographical work done by Mr. Jarvis in this issue.

It would be saying too much of his work to describe it as perfect. Masters like Harry W. Leggett and Joe W. Short, of Ottawa, will find much lacking in it, yet it is hoped much to commend. Mr. Jarvis's work is shown for the encouragement of other compositors in better circumstances than he was and is for self-improvement.

Mr. Jarvis says: "I am one of the younger class and have all to learn yet. You know that in a country weekly office we never have very much time or type and here I have only one

straight series of type and that is why it is used in almost everything. Also the variety of work to do is never very great, but it is a source of satisfaction to me to be able to sell my work at from 15 to 25 per cent higher than my competitors and never hear a complaint."

Printer and Publisher has at various times shown examples of work done by Mr. Jarvis, and has pleasure in showing more. In the light of Mr. Jarvis's comments, his work takes on added interest.

Behind the successes of Mr. Jarvis is his spirit. He has had ambition and the will to improve. He has not been content to be discovered, but has contributed by his own enterprise to his proper recognition. Printers, as a class, are an overmodest company, but modesty should not prevent any man from seeking his true level or higher pay. Mr. Jarvis, still a young man, has twice as many years ahead of him as are behind him. One feels safe in saying that his career will continue to be a progressive and expanding one if not as a compositor, then a Manager, and perhaps as a publisher. Printer and Publisher very cordially wishes Mr. Jarvis large success in the years ahead.

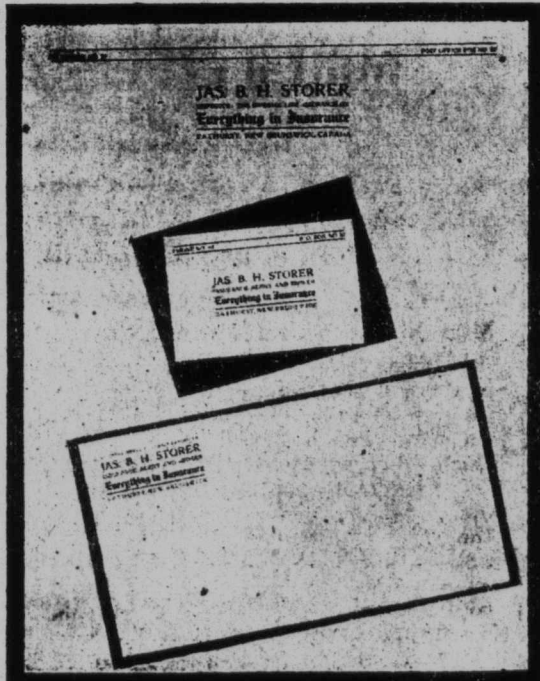
(The Union Advocate is indebted to Printer and Publisher, for the use of the cuts used in connection with this article—Editor.)

INVESTIGATE CHARGE

James H. Friel, K. C. of Moncton has been selected by the provincial government as the royal commissioner to hear the evidence and report upon the charges made against Hon. William Currie, M. P. P. of Restigouche, Speaker of the Legislature, by Hon. J. B. M. Baxter, and based upon an affidavit by a man who formerly was a government scaler.

INTERESTING EXAMPLES OF GOOD TYPOGRAPHY

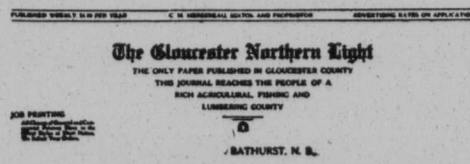
The examples of typography shown on this page are the work of Robert A. N. Jarvis, with the Union Advocate Newcastle, N. B. Mr. Jarvis's work shows the result of careful study of the fundamentals of good typography



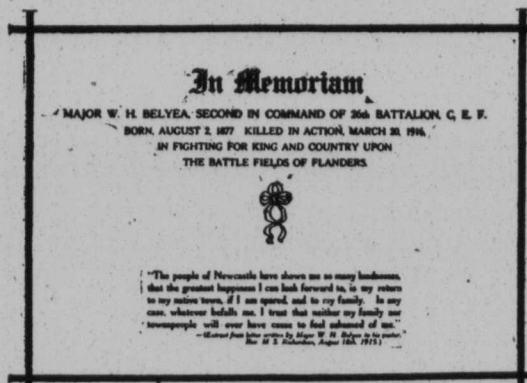
Letterhead, envelope and business card. The three jobs show good judgement and taste. Two colors were used.



Neatly executed group of business cards.



Neatly arranged letterhead.



This "In Memoriam" job was well handled throughout. The front page is types in all shows dignity, and the type masses are well placed.



Series of tickets showing proper printing treatment.

INTESTINAL PARALYSIS

"Fruit-a-tives" Quickly Relieved This Chronic Trouble

589 CASSEBAIN STREET, MONTREAL.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'."

I was a sufferer from these complaints for five years; and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis; with nasty Headaches, belching gas, drowsiness after eating, and pain in the back.

I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well. A. ROSENBERG.

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

Chas. Sargeant

First Class Livery
Horses for Sale at all times.

Public Wharf Phone 61

Estate James McElwee

The undersigned having been appointed Executors of the above estate all persons having claims against the same will get their accounts duly proven. And all parties indebted to the estate are required to make early payment to W. T. Ryan, Boiestown, N. B.

MORRIS O'DONNELL
W. T. RYAN,
71,836.

Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa, until noon, on Friday, the 26th July, 1918, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, 6 times per week on the route Chatham and Tracadie, 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 Office of Chatham, Tracadie and route offices and at the office of the POST OFFICE INSPECTOR.

POST OFFICE INSPECTOR'S OFFICE,
St. John, N. B. June 8th 1918
H. W. WOODS.
26-28 Post Office Inspector.

Mail Contract

SEALED TENDERS, addressed to the POSTMASTER GENERAL, will be received at Ottawa until noon, on Friday, the 26th July, 1918, for the conveyance of His Majesty's Mail, on a proposed Contract for four years, 12 and 6 times per week on the route Gills and Railway Station and Gills and Moran from the 1st October next.

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 Office of Gills and route offices and at the office of the POST OFFICE INSPECTOR.

POST OFFICE INSPECTOR'S OFFICE,
St. John, N. B. June 8th 1918
H. W. WOODS.
26-28 Post Office Inspector.

HOME EFFICIENCY WORK
Last year nearly 100 Girls' Home Efficiency Clubs were organized in N. B. making the total over 200. During the summer they will preserve food. Teachers will visit the clubs during July and August.

THIS IS
T & B WEEK