REST-and a cup of Tea

Of very great benefit to health, doctors tell us, is the habit

of completely relaxing for a while during the afternoon

even if only for a few minutes.

LLOYD GEORGISM

Judging by the tone of the Press the entire world is deeply interest ed in the electoral struggle now going on in Britain. The fight is around the actions and peace policy of one of the ablest Premiers the Empire has ever produced

Lloyd George was emphatically England's war Premiert Not only during the years of the terrible struggle which ended in the defeat of Germany, but during the years since the Armistice he held the reins of power, and his task has been no easy one. As a war Minister, the h earts of the people were with him, but as a peace Minister he seems to have fallen short, the arrows of discontent and dissatisfaction have been aimed at him and he felt the wounds severely enough to cause him to lay down the public, among them some of Eng land's great men, refused to be any longer a follower of the political doctrines and policy, laid down by what Law, a worthy political foe. Their they now term "Lloyd Georgism".

such portions of news and despatches not fully in accord. as reach the columns of our Canadian Press, cannot fail to be somewhat matter of Lloyd George's policy upon bewildered by the speeches of the some of the very serious questions leaders and -candidates in the con which were dealt with, in both foreign flict. Lloyd Geore himself is into and domestic politics during the last the fight-and he is said to love a three or four years. It is well known fight with all the determination and however, that his Irish policy gave a courage, and his wonderful oratory sharp turn to his stability and pop

Wonderful Mealing

Every mail brings proof of the need for Zam-Buk in every home. For anything wrong with the skin-injury or disease -use soothing herbal Zam-Buk. It's the one reliable healer in a hundred emergencies.

BOILS. Mr. E. Hill of Mossley, R. BOILS. Mr. E. Hill of Mossley, R. R. No. 1 Ont. says:—"Every Spring I suffered from boils. I had them lanced but could not get rid until I was persuaded to try Zam-Buk. It is splendid."

SCALDS. Mrs. Smart, 279, Harbison Ave., Winnipeg, writes:—"A pan of boiling water scalded my foot red-raw. Zam-Buk soothed the inflamed surfaces splendidly and ensured speedy healing."

splendidly and ensured speedy healing."

ECZEMA. Mrs. Carmichael, 72, 5th
Avenue, Montreal, writes:—"Hospital
treatment failed to cure my weeping
eczema, but Zam-Buk cleansed and

eczema, but Zam-Buk cleansed and healed my skin thoroughly."

BLOD-POISON. Miss P. Helm, Tidnish River. N.S., says:—"A splinter gave mother a poisoned hand. In one week Zam-Buk removed all pain and festering and brought perfect healing."

ULCEBS. Mr. E. Bingham, Brantford, Ont., says:—"My leg ulcers defied all ordinary ointments. Zam-Buk however quickly subdued swelling and inflammation and healed thoroughly."

SCALP SORES. Mrs. W.A. Fawcett.

flammation and healed thoroughly."

SCALP SORES. Mrs. W. A. Fawcett,
River Glade, N.B., says:—"My baby's
scalp was covered with sores when I got
Zam-Buk. Its effect was simply wonderful. It banished all trace of disease."
PILES. Mr. W. Amey, 42, Lyall
Ave., Toronto, writes:—"I got piles on
active service and couldn't find a cure
until I tried Zam-Buk. It subdued pain
and removed the piles in a few weeks."





"Raw From Eczema **Doctors Do Their Best"**

SAVED FROM AN **OPERATION**

"Fruit-a-tives" Completely Relieved Me

3928 Union St., Vancouver, B.C. "I suffered with all the symptoms of Female trouble, with chronic Constipation and constant Headaches. I had pains low down in the back and sides of the body. A doctor advised me to have an operation.

I started taking "Fruit-a-tives" and this medicine has completely relieved rec of all my misery and suffering. I am free of pain and headaches and the terrible Constipation, and what saved me is the fruit medicine, "Fruit-a-tives."

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

come to the front, as a leader, now groups. But that is Britain's business ports of lumber from the Pacific been necessary to make some modi-Premier of England, and even Lloyd George is compelled to see in Bonar policy in War may have been the Readers of English journals and same, but their policy in Peace, is

We express no opinion upon the ularity in Britain, dividing the country with two camps, one believing in peace at any price," and the other "the sword for rebels". It is

by of remark, however, that now Bonar Law, Balfour, Asquith, Young er, and all the rest of them of whatever political camp, have guaranteed o both the loyalists of the North and the Free Stators of the South-that present guarantees shall not be interfered with, "the Treaty must stand." In fact that question is safely placed, and the Irish Government is left to fight it out, with their brother Irishmen, who are variously known as rebels, irregulars, and republicans.

The struggle reveals a wearying and disgraceful story, bringing into sight ruin, and bloodshed, and we heartily join in the prayer of the Cardinal and other eminent clergymen of the Irish Roman Catholic Church, that peace may soon come to unhappy, distracted Ireland, and a stable Government be in power. Let us bear in mind at the same time that there are those who say, the whole sad affair is an outcome of "Lloyd Georgism". They say "he yielded to rebel demands where he should have been firm, and in yielding he struck a blow ag the real unity of the Empire." From that moment Lloyd Georges' power as a safe and stable leader, began to

Other matters have also cropped up. His want of harmony with France, has even led some of the ablest French politicians and political fournals to utter his name with hatred. His resignation from the British Premiership, was hailed with delight, and "we want no more of Lloyd George, and hope never to see him again." is freely the cry of France. This may suit the volatile whimsical natives of La belle France, but we really cannot attach much weight to it, and Lloyd George is sure to survive it. It is too much like "hailing the King of the Jews" with loud "hosannahs", when the whims changed; then shouting 'crucify him." Franc? worshipped Lloyd George, when he was fighting to help save her; but because he cannot agree in peace times, with all her actions and demands, they equip him with horns and the cloven feet-"they want no more of him". In this matter we are rather for Lloyd George, than against him.

The British electorial contest will on be over, a few more days, and we shall know "just what they made of it, in England". Four or five groups are calling for votes of the

elector, and while present indica-The Lumber Situation tions are in favor of a Conservative

Advices have been received from victory, with Bonar Law as Premier, both Eastern and Western Canada to another twist between now and elect the effect that the stocks of lumber tion day, may turn in favor of "Lloyd on hand are not excessive and that Georgeism". Elections "are mighty preparations are being made for a uncertain things", there is nothing larger cut this winter than last. In certain about them, but the result, the prairie provinces the demand for and that sometimes "is queered" men to work in the lumber camps is hen the squabble is over among greater than it has been for some m all-National Liberals, Union years, and camp operators are offer ists, Straight Liberals, Laborites, ing slightly higher wages. In Nova Union Conservatives and Straight Scotia the situation has lately shown Conservatives, it is to be hoped some improvement, and there is rea brighter days will come, and a strong sonable hope that, if the demand stable Government take place and continues at its present rate, manupower. While, as Canadians, we feel facturers may be able to obtain better the honor, of having one of our own prices and so show a fair profit on native sons, as Premier at the heart their operations. In the central pro of Empire-the greatest the world vinces transportation difficulties are has ever known-and we trust he will still being experienced in moving be victorious; yet we are free to say, lumber and pulpwood, but in other that should Bonar Law, not be vic- respects the conditions surrounding torious, we would rather have anoth- the necessity of meeting their prefinds full play in the combat. One er trial of Lloyd Georgism, than take sent liabilities deters them from unsceptre and resign. A large and of our own New Brunswickers has a chance under any of the remaining dertaking fresh commitments. Ex. tory volume, although it has recently

this time not only freshes but makes it event in the day to

KING COLE

A Spoonful of Purity

One uses so little baking powder in comparison with the other materials used in baking that it always pays to use the best.

For making the finest and most wholesome food there is no substitute for ROYAL Baking Powder. It is made from Cream of Tartar derived from grapes and is absolutely pure.

Contains No Alum Leaves No Bitter Taste



MADE IN CANADA

Coast continue to move in satisfac. fications in price.

ACKNOWLEDGEMENT

We wish to acknowledge receipt of remittances from a large number of subscribers to whom we sent statements of amounts due on their Advocate (as well as from those who kindly remitted without our sending them any notice) and to thank them all for their timely response. It enables us in turn to pay ur bills for paper, ink, etc.

There are still a few accounts, however., not yet paid and unless arrangements are made at this office within two weeks from date we will have to proceed to collect them with

THE UNION ADVOCATE



tine dairy cow just outside your kitchen door

Your milk supply couldn't be any sweeter, purer, or more rich and healthful than St. Charles Milk "with the cream left in".

In fact it wouldn't be as rich, because most of the natural moisture is removed from St. Charles Milk, which reduces it to the consistency of cream.

And the supply wouldn't be as convenient, for St. Charles is put up in "a size for every need". Never too much or too little.

A few tins on your pantry shelf ensure an always available supply of fresh milk from choicest dairy cows. Your grocer always has St. Charles Milk—give him your order today.

You'll find the Borden Cook-book a great help. Send for a copy. It's FREE. Address The Borden Company, Limited, Montreal.

Recipes -worth saving

OVSTER FRITTERS:-Drain twenty-five oysters eggs: when light add onefourth cup St. Charles Milk and three-fourths cun water; then stir in a scant pint of sifted flour; beat smooth. Salt and pepper to taste. Stir in oysters lightly, adding one-half teaspoonful baking powder. Combine well, and fry by dropping table-



At its best in

Bordens ST. CHARLES MILK Pure Country Milk With The Cream Left In