

## Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food.

It is not how much you eat, but how much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

### THE UNION ADVOCATE A WEEKLY NEWSPAPER

Established 1867

Advertising rates quoted upon request.

R. A. N. JARVIS,  
Manager.

THURSDAY, MARCH, 21st, 1918

#### ANOTHER GOOD OFFICER LEAVES

The departure of Chief of Police and Prohibition Inspector Frederick Lucas, who leaves to accept a more lucrative position with the Dominion Government, removes from Newcastle a good, capable, fearless officer whom it will be hard to replace. He did good work under the Scott Act, and under the Prohibition Act made it very difficult for anyone to violate the law.

May his successor be as satisfactory.

#### HELP THE HOSPITAL

March the eighth was Hospital Canvass day in Moncton and about one thousand dollars was collected for that institution. Everywhere the lady collectors were most courteously treated and their appeals met with a generous response. Too much assistance cannot be given to hospitals. A good hospital such as we have in Newcastle is one of the greatest blessings a town can have. The Miramichi Hospital has, during the short term of its existence, proved itself of the greatest value to the county and has so far fully realized the expectations of its benevolent founder and its energetic management. Thoroughly equipped and always at work, the hospital is under great expense, and some such movement as that which succeeded so well on behalf of the Moncton Hospital might with propriety be tried once in a while in Newcastle and vicinity. While the hospital's endowment is considerable and its revenue fairly large, yet a special effort would be in order at any time.

#### RUSSIA AND ROUMANIA YIELD

At the All-Russian Congress of Soviets, meeting at Moscow on the 14th instant, it was decided by a vote of 453 to 30 to ratify the peace treaty with the Central Powers, signed at Brest-Litovsk on the 13th instant.

This treaty cuts off from Russia the following territories: Finland, 143,000 square miles, with 3,500,000 people; Estonia and Livonia, 26,000 square miles, 2,250,000 people; Poland, 44,000 square miles, 12,000,000 people; Courland, 10,000 square miles, 1,350,000 people; Lithuania, 82,000 square miles, 9,000,000 people;

Ukraine, 200,000 square miles, 34,000,000 people; Bessarabia, 17,000 square miles, 2,500,000 people; and Armenia, about 25,000 square miles, 2,000,000 people. Finland is also to get Russia's Arctic Coast near Norway, the only coast she has on the North ice-free the year round. This will include at least 10,000 square miles more. Russia's total losses will thus be about 557,000 square miles, all of which except about 100,000 square miles of northern Finland is land of the very best quality, with a population of 66,500,000. Russia will be left with 8,000,000 square miles and 110,000,000 people, but of this the vast area of Turkestan, with 1,500,000 square miles and 10,000,000 people is almost completely Mohammedan and apt to declare at any moment for annexation to Turkey. Siberia, with 5,000,000 square miles and 10,000,000 people, mostly Russians, is in anarchy, while Russia's protectorates of Outer Mongolia and Northern Manchuria will probably revert to China, the rightful possessor of Manchuria and the most natural protector of Mongolia.

Russia is left with no ocean coast but on the White Sea and Arctic, only one province at the head of the Gulf of Finland and another on the Sea of Azov through which to communicate with the outside world, and the gates to all these avenues will be in German hands. Further, Russia must, for a term of years, afford the central powers the most favored nation commercial treatment, and pay a huge war indemnity.

The cession of Armenia and the declaration of the independence of Persia and Afghanistan opens a road from Germany to India far north of the British at Bagdad and Jerusalem, and shorter and safer than the Bagdad or Suez route. Rumania, deserted by Russia and surrounded by foes, has also been forced to yield. She yields her oil fields to Hungary and her lands south of the Danube to Bulgaria, and becomes an ally of the Central powers. It appears she may be granted, in compensation, the Russian province of Bessarabia, whose people are largely of Rumanian stock.

#### Sudden Death of Well Known Minister

Rev. F. C. Simpson, minister of the Presbyterian Church, at Bridgetown, N. S., died on Sunday as he was preparing for the service. Rev. Mr. Simpson had no pronouncement of illness but some time ago his physician had told him he was threatened with cerebral trouble. His wife who survives, is a sister of William Duff, member elect of the house of commons from Lunenburg and of the wife of Rev. J. A. McLaughlin of Dartmouth. Deceased came to Nova Scotia from Hull, England. He was then a member of the Methodist church but he entered the Presbyterian college, Halifax, was admitted to that church and became one of its ministers. Two children survive: William, a lieutenant in the depot battalion at Halifax, who has been overseas; and Miss May, on the staff of the immigration department at Halifax.

Rev. Mr. Simpson was well known in the Miramichi Presbytery, having been the beloved and successful pastor of St. Mark's Church, Douglastown, for several years. Along with Mrs. Simpson and children, he was a general favorite. He left Douglastown about five years ago to take a position with the Presbyterian Witness. Afterwards he returned to the more active work of the church. The bereaved family have the sympathy of many friends.

Watch for "The Fighting Trail" next week.

#### Weak, Anaemic Girls

Can Regain Good Health Through Dr. Williams' Pink Pills

Bloodlessness is the trouble of many girls, who ought to be full of life and good spirits. Instead they are pale, their lips have no color, they have no appetite, their digestion is poor, and if they walk fast, either in the street or going up stairs they are so tired and out of breath that their hearts beat as if so burst. Almost always such girls are thin, flat-chested and sallow, with nothing attractive about them. If they do not get better they will have a cough in the winter and then, not unoften, consumption, that most hopeless of all diseases will develop. No girl should be like this. She should be plump, rosy-checked and full of life, able to talk fast and to stand exertion without being breathless and palpitating. To be in this healthy, happy condition she must have plenty of good, rich, red blood as it is only through the blood that the body can be healthy. And the only medicine that will keep the blood supply rich and red and pure is Dr. Williams' Pink Pills. Their effect upon a pale, weak girl who gives them a fair trial is wonderful. They improve the appetite, backaches and headaches disappear, the glow of health tinges the cheeks, the eyes sparkle, and the step becomes light and elastic. Thousands of girls throughout Canada owe their health and attractive appearance to Dr. Williams' Pink Pills and do not hesitate to say so. Miss Jennie Beck, Beamsville, Ont., says: "I suffered for two years from anaemia, and gradually grew very ill. Previously I had been strong and robust, but grew pale and a mere shadow of my former self. I tried several medicines, and while some seemed to give me temporary relief, I soon grew worse again. As the months went by, I began to despair of getting better, when my mother happened to read an advertisement of Dr. Williams' Pink Pills and suggested that I should try them. By the time the first box was finished I knew they were helping me, and I continued the pills for nearly three months, using in all nine boxes, when I was restored in every respect to my old time strength. This was several years ago, and as I have not since had any return of my trouble, I cannot speak too highly of Dr. Williams' Pink Pills as a permanent cure for this trouble, and I strongly recommend them to all anaemic girls."

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

#### JUNIOR HOCKEY

The first match game between the Hustlers of the Presbyterian C. S. E. T. and the "Unionists" of the Comrades union C. S. E. T., played on the 13th instant, resulted in a

#### "CASCARETS" WORK WHILE YOU SLEEP

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—Take Cascarets tonight.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

## Beautiful Spring COATS and SUITS

They have arrived at last, the New Northway Suits and Coats and are now on display in our Ready-to-wear dept.



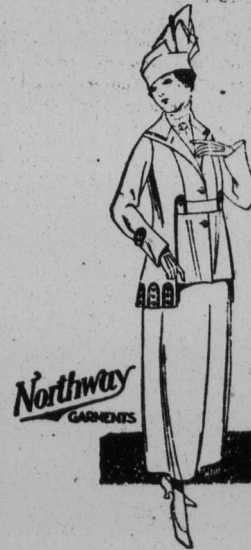
#### Northway Garments

Are absolutely correct in style—They are beautifully tailored and guaranteed to hold their shape till the garment wears out.

#### Creaghan's

Stands for fair prices which will satisfy.

COATS priced .... \$15. to \$30.  
SUITS " .... \$25. to \$35.



**J.D. Creaghan & Co.**  
LIMITED

victory for the Unionists by a score of 3 to 9. Robert Comeau refereed.

The line-up was:

Unionists	Hustlers	Point	Centre
Russell O'Donnell	Rex Murray	Frank McMichael	Austin Carke
		Charlie Dickson	Willie Russell
		C. P.	R. W.
		Willis Petrie	Cecil O'Donnell
		Jack Sproul	Frank McAuley
		Rover	L. W.
		Fred McCormack	Hammond Atkinson
		Emery Travis	Jack Corbett

## Rubber Footwear

Men's Lumbermen's Rubbers with 7 inch leather Tops. Six inch all Rubber with the tough red soles, and the four inch all Rubber in the Cheap Grade

Boys' and Youths' in the four inch height, that will wear well and are perfectly waterproof.—Men's and Boys' ordinary Rubbers of the Best Quality.

**G. M. LAKE, - - Newcastle, N. B.**  
THE HARNESS AND SHOE-PACK MAN

Save Horse Power by hauling on good roads and save Worry by having what you want when you want it.

#### WE HAVE IT!

Start the Big Drive this Spring right and load up at The Stothart Mercantile Co., Ltd.

IN STOCK TO-DAY—Fertilizer, Slag, Handplaster, Cement, Pitch, Tar, Roofing and Building Paper, Nails, Flour, Feed, Calf Meal, Cornmeal, Cracked Corn

FEED WHEAT SEED WHEAT

Unloaded the last car of the original grade of

BEAVER FLOUR

**STOTHART MERCANTILE CO., LTD.**  
PHONE 45 NEWCASTLE

## BAMBOO BRIER BLOOD BUILDER

A Great Spring Tonic to Clear the Blood And Enrich The System

A LARGE BOTTLE FOR \$1.00

CALL AND EXAMINE OUR STOCK OF EASTER CARDS & BOOKLETS

**DICKISON & TROY,**

DRUGGISTS and OPTICIANS

C. M. DICKISON  
Optician

JOHN B. TROY  
Druggist

## Cod Liver Oil Emulsion

A reliable remedy for Coughs and Colds and general debility, Emulsion of pure Norwegian Cod Liver Oil, pleasant, palatable and readily effective. PRICE 60c.

**Morris Pharmacy**