

BEDRIDDEN WITH RHEUMATISM

Felt That He Would Never Walk Again
"FRUIT-A-TIVES" Brought Relief.



MR. LORENZO LEBEC

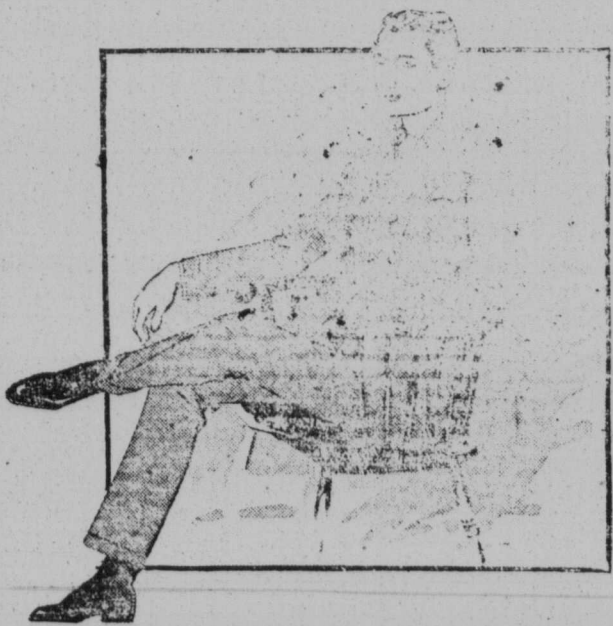
3 Ottawa St., Hull, P.Q.
"Fruit-a-tives" is certainly a wonder. For a year, I suffered with rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine but without getting better; and thought I would never be able to walk again.
"One day while lying in bed, I read about 'Fruit-a-tives' the great fruit medicine; and it seemed just what I needed, so I decided to try it.
The first box helped me, and I took the tablets regularly until every trace of the rheumatism left me.
I have every confidence in 'Fruit-a-tives' and strongly recommend them to every sufferer from rheumatism."
LORD LEBEC.
See a box, 6 for \$3.00, trial size 2c. At all dealers or send postal note on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

CASTORIA
For Infants and Children
The Kind You Have Always Bought
Bears the Signature of *Dr. H. H. Fletcher*

Its ASSAM quality gives it
that rich flavor

RED ROSE
TEA "is good tea"

Sold only in sealed packages



Distinction—with a Difference

"1919" is imprinted in every line of the Fit-Reform Suits and Overcoats for spring. Newness and novelty are blended with happy conservatism.

They are styles of distinction, with that difference which makes them stand out as products of a new season, reflecting a newer and happier period.

Come in and see them.

Fit-Reform

RUSSELL & MORRISON
NEWCASTLE

CASSILIS

Cassilis, March 28.—Mr. William McTavish of Newcastle, spent Friday the guest of Mr. and Mrs. Wm. A. Leach. Wm. Payne of Redbank, spent last Thursday the guest of I. Sutherland. Roland Mullin spent a few days last week the guest of Mr. and Mrs. Arthur Burns has just arrived from St. John.

Robert Chaplin has purchased a new farm tractor. Mr. and Mrs. Jed Blackmore has left for Saskatoon where they intend spending the summer. Joseph D. Blackmore has arrived from the lumber woods. Leroy Wals, of Red Bank spent Friday the guest of Mr. and Mrs. J. Sutherland.

Eugene Chaplin visited friends in South Park Sunday. Joseph Sutherland was the guest of John Mullin Friday.

DOAKTOWN

Mrs. Frank Rose left on Friday evening for New Mills, Restigouche, being called there by the illness of her sister Mrs. Hamilton.

Miss Edna Rose is at present visiting her brother Jack at North Devon.

Miss Minnie Rose is present visiting relatives and friends in Whiteville and Newcastle.

Miss William Rose was the guest of Mrs. Robert Donald, there one day last week.

Miss James Rose who called in on Tuesday last, spent the day with her family.

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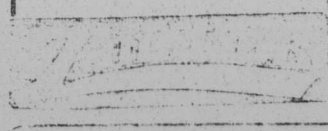


Experienced mothers say
Zam-Buk is best for children's injuries and skin troubles, because:

It is herbal—no poisonous mineral coloring.
It is antiseptic—prevents cuts and burns taking the wrong way.

It is soothing—ends pain quickly.
It heals every time.

Just as good for grown-ups.
Sold at all stores and druggists.



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Canadian National Railways Operating One Hour Earlier

Important Daylight Saving
Change of Time At Two
A. M. Sunday March
30th, 1919

All clocks and watches used in operation of Canadian National Railways were at 2 a.m. Sunday, March 30th, advanced one hour. To prevent confusion and inconvenience to the public the attention of all concerned is directed to the following conditions resulting from the important change of time.

In cities, towns, villages and other municipal bodies do not change their local time to correspond with the new Railway time all concerned should keep in mind that while trains continue to leave railway stations on present schedule each schedule will be operated one hour ahead of present local time. Therefore any municipality whose local time is not changed to correspond with the new railway time passengers must reach railway stations ONE HOUR EARLIER than shown in current folders and public time posters.

Where local time is changed to correspond with the new Railway time the passengers will not experience difficulty looking out of the change.

Station Agents at Toronto, Hamilton, and other points will be glad to assist in any way.

Passengers are advised to check their watches and clocks at 2 a.m. Sunday, March 30th, and advance them one hour.

The change of time will be in effect from 2 a.m. Sunday, March 30th, to 2 a.m. Monday, April 1st, 1919.

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Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Discomfort; alleviating Feverishness arising therefrom, and by regulating the Stomach and Bowels, assuring the assimilation of Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Dr. H. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

Now is the time to
get

**YOUR
PLUMBING
DONE**

Prompt Service Guaranteed Before the
Spring Rush Commences

B. F. MALTBY

Phone - - - Next Post Office

To rapidly regain strength after an attack of Grippe
or any other depressing disease,

VIN MORIN

CRESO-PHATES

is unequalled. It is the salvation of Convalescents, Neurasthenics
and all those suffering from Pulmonary troubles.

On Sale Everywhere. DR. ED. MORIN & CO., Limited, Quebec, Canada.

THE ROYAL BANK OF CANADA

INCORPORATED 1869.
LIABILITIES AND ASSETS
Capital Authorized..... \$ 25,000,000
Capital Paid-up..... 12,911,700
Reserve Fund and Undivided Profits..... 14,564,000
Total Assets..... 335,000,000

HEAD OFFICE, MONTREAL

340 Branches in Canada and Newfoundland

37 Branches in the West Indies

LONDON, ENGLAND: NEW YORK CITY:

Bank Bldg., Princess St. E. C. Cor. William and Cedar Sts.

BUSINESS ACCOUNTS CARRIED UPON FAVORABLE TERMS

SAVINGS DEPARTMENT AT ALL BRANCHES

SAFETY DEPOSIT BOXES

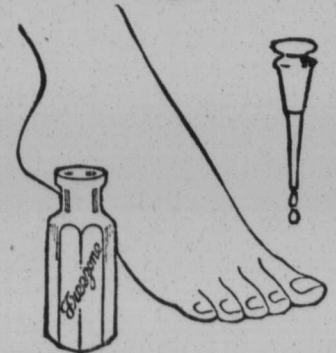
In the Bank's Steel Lined Vault, rented at from \$5.00 per annum upwards. These boxes are most convenient and necessary for all possessing valuable papers such as Wills, Mortgages, Insurance Policies, Bonds, Stock Certificates, etc.

Newcastle, N. B., Branch—E. A. McCurdy, Manager

Call and See our Display of Stationery.
THE ADVOCATE OFFICE

LIFT OFF CORNS!

Apply few drops then lift sore,
touchy corns off with
fingers



Doesn't hurt a bit! Drop a little Frezone on an aching corn, instantly that corn stops hurting, then you lift it right out. Yes, magic!

A tiny bottle of Frezone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation. Frezone is the sensational discovery of a Cincinnati genius. It is wonderful.