

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

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R. A. N. JARVIS,
Manager.

THURSDAY, JUNE 20th 1918

OUR STREETS

As economy is everywhere the order of the day it behooves us to exercise an intelligent economy—to not be "penny-wise and pound-foolish." One of the best means to really save time and labor, and thus materially increase the national effectiveness, is to see that our highways are in the best of condition. The leveller and smoother the road the greater the load can be handled over it and the greater the speed attained. These are important items and we commend them to the earnest consideration of the Public Works Committee of our town.

The main highway of Newcastle all the way through the town—from French Fort Cove to the Northwest Bridge—is in a bad condition, and especially that portion between the forks of the Old and New Highways and the Railway Crossing. Very little attention seems to have been given to this road for years, although it is one of the main thoroughfares of the county, no other portion of road carrying so much traffic in spring it is a continuous mudhole and in summer is of very uneven surface, to say the least. Another important thoroughfare which is in bad shape is Jane Street, between the Newcastle-Chatham Head bridge and the C. G. R. Station, especially the lower part of it.

At the close of a rain these streets should be rounded up with the split log drag, and steps should be taken to pave them with something colder than mud. Good streets will encourage the farmers of the prosperous country districts to increase their already heavy business with Newcastle, and will in every way work out to the good of both town and country. Will the Town exert itself to make these two Newcastle thoroughfares a credit to the Miramichi?

TEACHERS' SALARIES

There is now a tendency in New Brunswick, noticed none too soon to, increase the salaries of school teachers, of whom some two thousand are patently telling with considerable success, in the various districts of the province. The town of Sussex, which is smaller than Newcastle and not more than half the size of Chatham, has increased the salary of its schools at a salary of \$2000 a year—double that of Newcastle's Principal and much larger than that of Chatham's—with an annual increase of \$100 promised for the next five years. Backville, in order to hold its Principal for another year, raised his salary by \$500. St. John City has given an increase of \$100 a year to each of its lady teachers who is not a Principal, and many other places are doing likewise. At Fredericton there were nearly 100 less candidates for Teachers'

REGISTRATION NOW GOING ON, ENDS ON SATURDAY

All Over Sixteen Years of Age, Male and Female,
Required to Fill out the Cards

Registration Day is Saturday, the 22nd, instant, on or before which date all residents of Canada must register, in order to provide the Government of the country with the fullest information as to the man and woman power of Canada.

The Sheriff of each County is registrar for that county, and there are many deputy registrars and assistants.

The deputy registrar for the Town of Newcastle is Jas. W. Davidson.

His assistant deputy registrars are: Messrs. John A. Creighton, D. A. Jackson, Charles Morris, D. Ray Morrison, J. H. Drummond, Alken Ingram, Douglas Thompson, R. H. Lockwood, G. W. Thomas, John T. Morrissey, Eugene Connolly, John D. Keane, Walter Amy and Wm. C. Leslie, and the Misses Clare Lawlor, Jennie McMaster, Annie McComb, Margaret J. Dunnett, Jennie M. Fellows, Maud Atkinson, Marjorie L. Davidson, Louise Manny, Lyle McCormack, Margaret Irving, and Ella Gray.

Registration on the 22nd will be in the Armory and Bule School House, from 7 a. m. to 10 p. m.

Joseph H. O'Brien, Deputy Registrar for Douglstown, Nordin, Ferry Road and Back Lots has secured locations for Registration day June 22, at the following places: Douglstown—Associated Lodges Hall and School House; Ferry Road—School House; Nordin—Resident

of J. H. O'Brien. In addition, the school houses at Back Lots have been placed at the disposal of the Deputy Registrar and will be opened on some evening preceding the 22nd. Advantages should be taken of this by residents in that vicinity. The District includes all that territory lying between French Fort Cove and the Dominion Pulp mill. The following Assistants will be in attendance: D. J. Gulliver, Jr.; Simon Driscoll, H. H. Stuart, and Misses Sedie E. Urquhart, Annie E. Morrison, Christina Breen, Mary Carney, Bessie Wood, and Berneta M. Gratton. Registration booths will remain open from 7 a. m. to 10 p. m. on the 22nd. Persons resident in the above districts unable to attend through illness or other sufficient cause should notify J. H. O'Brien, by phone, or messenger, as early as possible.

Attention is called to the fact that no one is exempt from registration because of having reached the age of 60 years. All persons, male and female, 16 years of age or over, whether British subjects or alien, are required to register. Severe penalties are provided for those who fail to do so.

Men registered under the Military Service Act should be careful to bring their papers with them.

It is earnestly desired that as many as possible take advantage of the opportunity to register before the 22nd.

THE LOVELINESS OF THE MUSQUODOBOIT VALLEY

C. G. R. Booklet on the Beautiful District Traversed by Rail and "The Chosen Waters."

The lovely Musquodoboit Valley, whose charm is less familiar to Nova Scotians generally than it deserves to be, is coming into its own, largely by means of the Canadian Government Railways. The first folder to herald the delights in store for summer travellers who take the trip lies on the editorial desk of The Herald. It is a folder upon whose cover of dark green is a dash of vivid warm scarlet—a scarlet map of our scenic province, instantly arresting. It is, as to its exterior, the sort of folder which you would be sure to pick up wherever you saw it, and unfolded between the scarlet and green is description of all pleasures in store for the traveller to the Musquodoboit. At last in spite of its isolation, the fair place of "the chosen waters" as its Indian name signifies, has been found out. Its gemlike beauty spots are disclosed by an appreciative pen to the travelling public—those hundreds who in their summering seek the refreshments of natural God-made beauty and the repose of the primitive haunts which can only be found off the beaten track.

Here what infinite refreshment, what a feast for eye and spirit and body awaits all comers. To a fortunate few of us it is well known and dearly loved. It is good to know that the C. G. R. has recognized what a wonderful asset it is, and has honored all this unaggressive perfect beauty with its own special folder. There are five pictures which are to the written descriptions of scenery and air and the life of the valley what italics are to black faced type—but which more effectively emphasize than either. Petepewick harbor smiles up at the reader—still, serene, exclusively contrasting with the strenuousness and noises and complex life of city streets—dusty city streets of concrete glaring whitely under hot midsummer suns. There is Martinique Beach. Fathom Harbor, Seal Cove—all suggest holiday times when nature in the valley sings with a voice irresistible and full of the spirit of companionship.

"Let us take leave of haste awhile And loiter with content."—Haltfax Herald

FUNERAL OF THE LATE

DR. F. QUIGLEY
The funeral of the late Dr. Richard F. Quigley took place from the residence of his sister, Misses Mary and Kate, on Sunday afternoon at 2 o'clock. Many persons attended the service in St. Mary's Church.

RAINCOATS

For real service there's nothing can take the place of the raincoat. It serves in rain or shine, always looks well and will outwear any cloth coat made. For the summer rains you will need a new raincoat and we want you to come to this store and see the largest assortment you will find anywhere.

Every coat is specially priced and they are all worth at least 25% more than the market price. These coats are made by the "Dominion" Rubber Co. and we guarantee each coat to give utmost satisfaction.

Ladies Plain Paramattas	\$5.00 to \$7.50
Ladies Plain Poplins	4.95 up
Ladies Tweed Raincoats	6.95 to 18.00
Ladies Black Rubber Coats	7.50 up
Rain Hats to match the Coats	1.00 and 1.25 each
Men's Raincoats in all makes	5.00 to 20.00

J.D. Breaghnan & Co.
LIMITED

WISH TO CONTROL CEMETERY

Foreigners in Rome Urge Italian Government to Take Over Burial Ground Owned by Germany.

War has drawn attention to the fact that the great Protestant cemetery in Rome, where are buried many distinguished foreigners including the poets, Keats and Shelley, is the property of the German government, and the rentals for plots therein are still paid to German agents.

More than a century ago Prussia was the only non-Roman Catholic power represented at the Vatican. Therefore, it was Prussia which obtained the concession for a cemetery to be used for the bodies of those not of the Roman faith, and the property still remains in the hands of the German government.

Prominent foreigners now are urging that the Italian government should take over the cemetery and place it under British protection.

The Serious Side.
The summer is past, the harvest at its end. What have you to show for your work? The days speed quickly, and "going to do it tomorrow" does not get deeds done. "Work today," "do it now," are trite mottoes, but useful admonition.

Cloudy and chilly days come occasionally, reminding one that another season is at its close. What have you gained from your summer days? Is your body stronger, your mind fuller of stored knowledge, your soul grown to wider appreciation of the true things of life? Are you more human, more charitable? Have you a better understanding of the rights and needs of men? What memories have you stored up for future reflection during the long winter nights?

Recreation and entertainment have their rightful place in life, but serious thought must fill the mind or one will not grow. Not to advance means decay, death. To be ever growing is a necessity through life. But to advance, time must be given to the higher things in life. To what end are you speeding? What are your aims, your purposes?

William Had a Peer.
"Good morning, children," said the arithmetic teacher. "How many of you have prepared an original problem in multiplication, as I requested?" Only one hand went up.

"Well, William, you may give your problem and the rest of the class may solve it."
"If my baby sister is a year old now and weighs twenty pounds, and keeps on gaining two ounces a day until she is sixteen years old, and if the price of living doubles again in the next ten years, how much will my sister's graduation outfit cost? Mother says she would like to know."

Was Expecting It.
It was his first time under fire. He had expressed his terror to comrades a few moments before. They had tried to cheer him, and as they rushed into the fray they kept him within their observation. When the enemy opened fire he fell. They quickly bent over him and hastily tried to determine the extent of his injury. No wounds were visible.

"Are you shot?" asked one.
"I—I dunno," he whined with teeth chattering, "but I must be!"

Fuel From Peat.
A company has been formed in Norway for making fuel from peat by the Rosendahl method. The raw material for the new industry will be chiefly peat from the extensive Norwegian moors, but any other material may be used which is sufficiently abundant in the neighborhood of the factory, particularly wood waste. The product is said greatly to resemble English coal.

LEATHER

Wigwam Slippers

At MacMillan Shoe Store

We have them for Women, Infants and Misses
They are light for the warm season and they are cheap

THIS WEEK

We are selling a line of Men's White Canvas Boots with heavy Rubber Soles (not sneakers) \$1.85
They are a good buy for.....

Our Ladies' White Canvas Boots. High Cut, have arrived. We have them in different styles. Ladies' Champagne Canvas Boots with high heel as well.

MACMILLAN SHOE STORE

The safest way to send money by mail is by Dominion Express Money Order.

Tenders For School House

Tenders addressed to the undersigned will be received until Saturday July 6th, for the building of a new school at Aleson Settlement.

District No. 10, North East.
Plans and specifications can be seen at the Can. Geor. Works Office Newcastle or at the home of Frank A. Menzies, Whiteville, on and after JUNE 19th.

The lowest or any tender not necessarily accepted.
By Order of
FRANK A. MENZIES,
BENJAMIN DUNNETT,
CHAS. MULLIN.

Trustees.

This is Straw Hat Time ...

And we have a range that cannot fail to please you. Every new shape is on display in Panamas, Sailors, etc., and you are sure to find the one that will look good, as well as feel cool and comfortable upon your head these warm days.

Drop in and See our Offerings in the Hat Line

Russell & Morrison

MEN'S AND BOYS' OUTFITTERS