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FLOUR

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VANCOUVER

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PURIT

AFTER seeing a batch of hig. gold. n-crusted, snowy have baked from PURITY

FLOUR, you will, indeed, be

proud of your cooking-abilityand proud of your wisdom in

deciding to pay the little extra

VILL.

THE UNION ADVOCATE

THE POWER OF SYMPATHY. flothers Too Often Form a Habit of Constant Beproof.

Although conscious of the power of everpathy, many loving but overtired wheres not only forget to show affec-tion but form a habit of constant re-read. Naturally enough, the child-read unless exceptionally callous to their surroundings, become sullen one eventful. How can they realize that the nagging is an expression of antions affection?

There is sound psychology in the stement that if you believe a man honest he will be henest; that if cust a young man he will prove sorthy; that if you praise a an trust a young man he will prove trustworthy; that if you proise a child he will deserve praise. Benja-mir West's mother kissed her boy when he showed his drawings to her; and the boy, when grown to man-heed, said that her kis, made a painter of him

A RAVENOUS INDUSTRY.

How the Paper Makers Are Destroying the Forests of the United States.

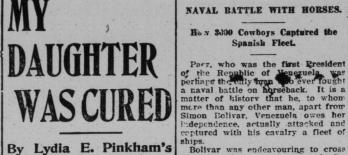
The forests of the United Stater now cover 550,000,000 acres, or about one-fourth of the area of the country. Forests publicly owned contain one-fifth of all timber standing. The tim-ber privately owned is not only four times that publicly owned but at is generally more valuable. Forestry is not practised on 70 per cent of the forests publicly owned and on less than 1 per cent. of the forests privately owned, or on only 18 per cent. of the total area of the for-ests.

The original forests of the United States contained timber in quantity and variety far beyond this upon any other area of similar size in the world. They covered \$50,000,000 acres with a stand of not less than 5,200. 000,000,000 board feet of merchantable timber, according to present standards of use. There were five great forest regions—the northern, the southern, the central, the Rocky Mountain and the Pacific. The original forests of the United the Pacific.

The present rate of cutting is three times the annual growth of the for-ests of the United States. The great pinerles of the Lake States are near-ing exhaustion and great inroads have teen made upon the supply of valu-able timber throughout all parts of the country.

the country. The heavy demands for timber have The heavy demands for timber have been rapidly pushing the great cen-tres of lumber industry towards the South and West. In consequence, the State of Washington has led for sev-eral years in lumber production, fol-lowed in order by Louisiana. Texas, Mississippi, Wieconsin and Arkansas in 1908 the production of yellow pine lumber amounted to eleven and one-quarter billion feet; the Douglas fit of the Nerthwest held second place, with three and two-thirds billion feet; while white pine came third, with three and one-third billion feet. The annual cut from the forests, in-cluding waste in logging and in manu-facture, is 20,000,000,000 cubic feet ci wood.

There is used in a normal year 90. 060.000 cords of fire wood. 40,000,000. 090 board feet of lumber, 118,000,000 bewn ties, 1,500,000,000 staves, over



Spanish Fleet.

old out in this internet in the gradoots. It being night, the stanish fleet were taken outle un-ware. The cowboys wriggled from their or dles to the docks of the ves-sels, loting their mounts swim back to shore. Having thus cut off their own retreat. It was a question of wi

THE EDIBLE CRAS

omething of the Curious Life of This Half Fish Half Animal.

gunboat was captured.

By Lydia E. Pinkham's Vegetable Compound

Baltimore, Md.—"I send you bere-with the picture of my fifteen year old daughter Alice, who was restored to health by Lydia E. Pinkham's Vegeta-ble Compound. She was pale, with dark circles under ber eyes, weak and irri-tabl. Two different do: ors treated her net called it Green sickness, but she grew worse all the ime. Lydia E.Pinktime of the second seco

Hundreds of such letters from moth-ers expressing their gratitude for what Lydia E. Pinkham's Vegetable Com-pound has accomplished for them have been received by the Lydia E. Pinkham Medicine Company. Lynn, Mass.

Young Girls, Heed This Advice. Young Girls, Heed This Advice. Girls who are troubled with painful or irregular periods, backache, head-ache, dragging-down sensations, faint-ing spells or indigestion, should take immediate action and be restored to health by Lydia E. Pinkham's Vege-table Compound. Thousands have been restored to health by its use.

Write to Mrs. Pinkbam, Lynn Mass., for advice, free.

A very pleasant social gathering took place in the assembly room of the Methodist church when the young ladies of the circ'e entertained the members of the congregation. A large number attended and all spent a pleasant evening. Games and music helped to pass the time pleasantly and a dainty lunch was served. It is planned to give social evenings at frequent intervals during the coming winter so that the members of the congregation may become better acquainted.—Campbellton Graphic

A stray match or eigar butt thrown against a wood case filled with straw on Water Street did some damage to our nice new sidewalk opposite B. sce's store on Walk opposite Distess and Wednesday. The brigade prompt-ly turned out and extinguished the blaz: before any damage was done We can't afford to destroy our foot paths already .--- Campbellton Grapl ic.

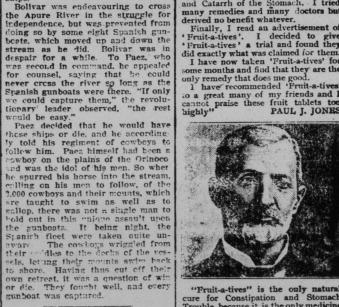
The engagement has been announced of Mabel Louise, daughter of Rev. J. M. and Mrs. Suther Re G. P. Tattrie, B. D., of the same place, the marriage will take early in November.

Wednesday, November 1, 1918



Until I took "Fruit-a-lives"

SARNIA, ONT., Feb. 5th, 1970. "I have been a sufferer for the past g years with Constipution, Indigestion and Catarrh of the Stomach. I tried many remedies and many loctors but derived no benefit whatever. That is an advertisement of Fruit-a-tives'. I decided to give the store of the store of the store that is an advertisement of Fruit-a-tives'. I decided to give that an advertisement of Fruit-a-tives'. I decided to give that was claimed for them. Thave now taken 'Fruit-a-tives' for the store of the store the store of the store of the store the store of the



"Fruit-a-tives" is the only natural cure for Constipation and Stomach Trouble, because it is the only medicine in the world that is made of fruit juices and valuable tonics. Hundreds of people have been cured, as if by a miracle, by taking "Fruit-a-tives", the famous fruit medicine. Soc. a box, 6 for \$2.50, trial size, 25c. At dealers, or sent on receipt of pice by Fruit-a-tives Limited, Ottawa.

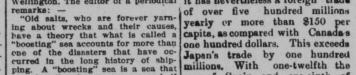
WHAT SMALL COMMUNITIES CAN DO

It is really marvellous what small nations and small communities can do to build up trade and make themselves ruch and pros-perous. Take the cases of Belgium, Holiand and Switzerland. The first with its eight millions of people and wonderful foreign trada, and the second with its six millions and equally wonderful commerce, have been the marvels in this regard for a long time. Both, however, have extensive colonial empires and are blessed with a scacoast and an unusually fertile soil, Belgium having large coal measures besides. Vith coal measures besides.

Things may be coming your way the besides. With the careful that they do not come with such force as to carry you away with them. There are tides and tides. Some are natural, some are super-natural and some are dangerous, he-cause they move with a force which is too strong for our character and will. "Beware of uncontrolable cir-cumstances". This was an expres-sion which first fell from the lips of Wellington. The editor of a periodical remarks: of over five hundred millions

The edible crab is obliged to moult r cast off its shell meny times during to life. This moulting ar pears to be n unpleasant ordeal to pass, for the rabs often die during the act. When is escape from the carapox or shell, ut also from the hard covering of their regs, delicate mouth-parts, and even rultet — turning themselves inside tut, as it were — it is not surprising that they perish during the ordeal. The crab crawls up into some se-cluded nook or cove in shallow water the moult, out of the way of its hard-shelled relatives, for the helpless, rewly-moulted, or soft-shell crab, if found, is devoured by them, as well as by several species of fishes. For-tunately for the crab, the soft cover-ing hardens rapidly, and in a few hours it has a new and strong armour, and it then goes fearlessly out into deep water.

Boosting.



admit, too, that we are justified in the pride in milling this superb flour.

it costs to procure such high-class flour. You will

PURITY FLOUR "More bread and better bread"



PURITY FLOUR is milled exclusively from the best West-ern hard wheat-the world's finest. Morethanthat, PURITY FLOUR consists entirely of the high-grade portions of the wheat. The low-grade portions are separated and excluded during the PURITY process of milling. Such high-class flour, of course, expands more in the baking. It makes "more bread and better bread."

It makes lighter, flakier pastry, too, if you just take the pre-caution to aid more shortening. On account of its unusual strength PURITY FLOUR, for best results, requires more shortening than ordinary flour.

Progressive dealers, everywhere, sell PURITY FLOUR and take pride in recommending it.

Add PURITY FLOUR to your grocery list right now. 106

Subscribe for

122.000,000 sets of heading, nearly 500,000,000 barrel hoops, 3,000,000 cords of native pulp wood, 165,000. 060 cable feet of round mine timbers and 1,250,000 cords of wood for dis-tiliation

tillation. In 1909 4,002,000 cords of wood were used in the manufacture of paper, c which 794,000 cords were imported from Canada. The demand for puly wood is making a severe drain on the spruce forests, which furnish the principle supply. The Forest Service of the United States Department of Agriculture is conducting investiga-tions to determine what other wood-such as scrub pine, while fir, tupele Agriculture is conducting investiga-tions to determine what other wood-such as scrub pine, while fir, tupele and the like, can be successfully used A larger drain upon forest resource-is made by the demand for railros-ties, of which 123.754,000, equivalen-to three and three-quarters billion boer, feet, were used in 1908. While oak, hitherto the chief source of sur-ply, is not picniful enough to me-this demand indefinitely, and in man-parts of the country the supply of chestnut, cedar and cypress is dwind lirg; however, seasoning and treating methods are being found, largely through the work of the Forest Ser-vice, by which chesper and more picniful woods, such as lodgepole pine in the South, are made fit for use or ties. Timber to the amount of two end one-half billions feet was used on 1907 for mine timbers. A great sav-ing has been effected in the navel stores industry, also largely through the work of the Forest Ser-vice of 'boxing' 'The new system of 'boxing' The new systems insure a larger pro-duct of better quality and prolong the lift of the longleaf pine forests upon which the industry depasets.

1898 B. C. Just arly as SUBSCRIBE

ame, we tending that kind.

men named Mary in England

The Advocate



Know an Auto From Hood to Tires

Expert knowledge of automobile con-struction is essential to car owners and tainty when 'To the owner it means cer-saving in cost of up-keep. To the driver it means a greater demand for his services, a larger salary, and a permanency of position. To both it means knowing if a car is right, and, when not right, exactly what to do and how to do it. All this met

Now to do it. Ait this valuable knowledge is set forth in the Automobile Course of the International Correspondence Schools-the most thor-ough and practical Automobile Course in the world. The subjects covered are: Gas-oline Automobiles, Gasoline Automobile Engines, Automobile Engine Automobile Augune Auxiliaries rs, Electric Ignition, rol Mechanism, Bear-Automobils Tires, Troubles and Rem-Repairs-inf d any au

s has been prepared by recog-actually in the business. In

in about it, and how you can most

reational Currespondence Schools Des our, SCRANTON, PA.

OR THE

curred in the long history of ship-ping. A "boosting" sea is a sca that runs heavily after a steamer, and, if it does not actually "poop" the vessel, yet, by the roll of billow after billow, accelerates its speed to a degree un-guessed by the navigator, upil finally he ship, having unconsciously over-run its course, brings up upon a rock or hidden reef, and is reported at Libyds' as "lost."

Monuments in Queer Places.

Monuments in queer riners. There are Monuments in all solves of cut-of the-way places but one that is really unique is that crocted in a river. It stands in the Parramatics filver, New South Wales, a stream known the world over for the rowing events that have taken place upon it. This monument, which is in memory o. the world-famed rower, Searle, is also unique from the fact that it has been used as the winning-post of the ruces for the world's championship, and is still used as such for local events. etents

The Emperor Gorges Himself.

The "Hortor Gorges Himself. The "Hort Pao" says that an Ame-rican do tor recently visited the palace at Peking to examine the baby Empercr, who, it was found, had gorged himself with a meal of swal-lows' nests (a sort of glutinous mat-erial), and thus provoked a raging thirst. The indisposition yielded easily to the doctor's treatment. The Em-peror sleeps in a gigantic fod, big enough for six people! he rises at six, at once has a meal of rice-gruel or rice, and then goes to pay his respects to the Dowager Lung-yu. port is that of condensed milk to

A sculptor recently product the whose biography it was gentioned in the set of a councisseur, he innumber to the Dowager Lung-yu. A sculptor recently product the whose biography it was gentions in the be regarded architecture as a first nondary art. The son of this the whose after comeidering it with the of a councisseur, he innumber contomy for architecture.

beart of a man is divided into compartments, mostly isolated, mes there is a door between them, or eventhese may

exports surpass those of the Spanish nation by nearly two hundred millions of collars. A large part of this trade consists of manufactured specialties. These are largely made in the homes of the people from materials furni hed by the manufacturers who receiva and pay for the finished product at stipulated rates, no less than 130,000 people being employed in this primitive fashion. The ex-ports exceed \$230,000,000 in value, among the items being, watches; and their parts, \$23,375,000; silk and manufacture of \$32,180.000; cotton embruideries, \$37,675,000; cheese, \$12,000,000; chocolate, . \$7,400,000: machinery, \$14,000,000; cotton manufactures, \$14,365,000: iace edging, embroideries, etc., \$14,000,000. These the remark-able figures iadeed. Another ex-

the value of six millions. The money made from tourist, traffic is estimated to amount to at least a hundred millions a year, there being fully one hundred and sixty millions invested in hotels

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