

Wisdom Of Youth

Out of the mouths of babes and sucklings come much unconscious wisdom. Witness the following answers given by Moose Jaw school children to questions asked in their recent examination papers: "Define the word infinite."

A.—Infinite means a small baby. "What is the meaning of the word Dissenter?"
A.—One who suffers from dysentery "Who is the Governor-General of Canada?"
A.—A.G. Hawkes "What is America's national song?"
A.—Barney Google. "What could be more illuminating than the last answer"

WOMAN COULD NOT WORK

Made Strong and Well by Lydia E. Pinkham's Vegetable Compound

St. Paul, Minn.—"I took Lydia E. Pinkham's Vegetable Compound for a tired, worn-out feeling and painful periods. I used to get up with a pain in my head and pains in my lower parts and back. Often I was not able to do my work. I read in your little book about Lydia E. Pinkham's Vegetable Compound and I have taken it. I feel so well and strong and can do every bit of my work and not a pain in my back now. I recommend your medicine and you can use this letter as a testimonial."—Mrs. PAUL MASER, 801 Winslow St., St. Paul, Minn.

Just another case where a woman found relief by taking Lydia E. Pinkham's Vegetable Compound. Many times these tired, worn-out feelings and pains about the body are from troubles only women have. The Vegetable Compound is especially adapted for just this condition. The good results are noted by the disagreeable symptoms passing away—one after another.

Lydia E. Pinkham's Vegetable Compound is a Woman's Medicine for Women's Ailments. Always reliable.

FOUND VALUABLE BLACK PEARL IN A CLAM

Mrs. Clifford Moller of Moncton is the possessor of a valuable pearl which she had the good fortune to find in a clam on Monday morning last. Mrs. Moller picked the clams at Point du Chene on Sunday last, and while opening them at her home on the following day she made the rare and valuable find. The pearl, which is a very large one, being three-quarters of an inch over, has been shown to local jewellers and pronounced very rare and valuable. While the pearl is jet black yet in looking at it from various angles it throws off various beautiful shades. Mrs. Moller intends having the pearl submitted to the pearl experts in some of the larger cities to ascertain its true value. Some have placed the value of the gem as high as \$1,000.

YOU CAN GET RID OF DYSPEPSIA

By Taking the Fruit Treatment In the Form of "Fruit-a-lives"

You can get rid of the pain; the heavy, uncomfortable feeling; the bilious attacks, headaches and constipation that accompany this trouble. The Fruit Treatment—which is the intensified juices of apples, oranges, figs and prunes combined with tonics—will always relieve Dyspepsia. Mrs. Thomas Evans, Everett, Ont., says: "I have been troubled for years with Dyspepsia, Liver and Kidney Disease from which it was impossible to get relief until I took 'Fruit-a-lives'. Thanks to their wonderful results, I am free of these ailments and am in normal health again." This is the kind of proof that convinces. The Fruit Treatment—"Fruit-a-lives"—is sold by all dealers at 25c. and 50c.—or sent postpaid by Fruit-a-lives Limited, Ottawa, Ont.

WHITE BREAD IS ALLY OF CANCER

Eminent Surgeon in Britain Advocates Wholemeal Loaf

London, July 28.—The case for wholesome bread is unanswerable and undeniable" says the Weekly Express. "Long ago the Daily Mail marshalled facts and arguments to prove that white bread is made of flour from which some of the nutritious elements have been withdrawn. White bread, like very white and polished rice has been deprived of valuable constituents which are able to nourish and stimulate the human system. Wheat and other cereals are ideal foods when left in their natural condition; they become debilitating and dangerous when all the husks have been extracted."

"The Bulgarian peasant enjoying his rye bread, the Highland crofter with his oat cake, is, or was better nourished than the modern well-to-do Englishman with his elaborately whitened loaf which the miller and the baker have converted from the staff of life into an agent of destruction."

"Attention has again been emphatically directed to this important subject. Mr. Ellis Barker has brought together a mass of evidence which tends to show that cancer is the result of autotoxins generated within the system. For this self-poisoning improper diet is mainly responsible. A person may eat a great deal of food and yet be inadequately nourished if the food is of the wrong kind. There must be a sufficient supply of vitamins to maintain the functional balance and promote resistance to disease. Otherwise the road lies open to various grave maladies, of which cancer is the worst."

"This is a view which has received the endorsement of Sir Archibuthnot Lane, the eminent surgeon who holds that the eating of white bread favors the onset of cancer by lowering the bodily health and general vitality. White bread contains few vitamins. Wholemeal bread holds them in large quantities, for they are stored in the husks and outer integuments of the grain, which the steel rollers and sieves of the mills have crushed out and winnowed away. Other distinguished medical and surgical authorities have expressed the same opinion. They justify the old slogan: 'Eat Wholemeal Bread.'"

"That is the way to ward off cancer and other disease. Science has not yet found out how to cure these; but this simple and sensible regimen may prevent them from developing."

"There is then, a rapidly increasing demand for wholemeal bread. It is not being met as it should be in all parts of the country. Every obstacle seems to be placed in its course by those who are interested in the production and consumption of the deadly white loaf. Flour merchants, millers, bakers are all against the reform so imperatively needed."

Apple Crop Looks Better Than Last Year

An official report on the apple crop of New Brunswick states that the drop was very heavy on account of the drought the rains coming too late to stop it. The drop is continuing and the final yields may be seriously reduced even yet.

Early varieties promise much better than last season but 1923 was a remarkably poor year. Yellow Transparent, Crimson Beauty, Duchess Dudley and Wealthy promise a full crop which would be fifty per cent better than 1923.

Later varieties also promise better than last year but not so well as the early varieties. McIntosh, Fameuse, Alexander, Wm. River, Canada Baldwin and Milwaukee promise a fair crop, or twenty-five per cent better than 1923.

Other winter varieties will be light to medium in yield. Bishop, Pippin, Tecumseh, Ben Davis, Golden Russet, Northern Spy and Bethel are in this class.

The tent caterpillar which, in some seasons has caused serious damage has given scarcely any trouble this summer. Scab is showing up badly in some localities however. This is a remarkable fact as weather conditions have not been those which usually favor scab. Unsprayed orchards are suffering the more heavily.

Leave It Alone

A young woman recently undertook to have her hair subjected to some process of glorification which, contrary to her wishes turned out to be anything but. Another young woman, reading yards of rejuvenation rubbish, sought to change the face that nature had provided her, the result being that now she is compelled to wear a heavy veil in public.

Both victims of scientific beauty culture were awarded substantial damages. But it is questionable if the money saved them for the loss of what cannot be replaced. The moral is: Don't tamper with nature unless prepared to accept grave penalties.

The person seeking quick relief for ailments, either physical or legal, is fortunate if he or she doesn't regret the stupid economy that seeks out the quack or the cheap-jack instead of the qualified professional of recognized standing.



Children Cry for Fletcher's CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

Constipation Wind Colic
Flatulency To Sweeten Stomach
Diarrhea Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Dr. H. Fletcher*. Proven directions on each package. This is everywhere recommended.

"Child's Eyelids Inflamed Stuck Together and Bled"

Mr. E. P. Kimball, Entwhistle, Alta., writes: "Our little girl from birth was troubled with inflamed eyelids and in spite of several remedies, grew worse until at the age of sixteen months her eyes could not be opened after sleep without bleeding, a waxy discharge sticking the lids together and adhering with great tenacity. The child's grandmothers were consulted by mail, and both responded with a little sample box of Dr. Chase's Ointment. These were used as directed, and lasted until we could obtain a further supply from Edmonton. Improvement was very marked from the first application. The waxy discharge was easier removed and did not reappear. Inflammation subsided and has not returned."



Dr. Chase's Ointment

60 cts. a box, all dealers or Edmanson, Bates & Co., Ltd., Toronto

Assuring Your Business

A policy of advertising is a policy of life assurance, and the protection thus secured is well worth its annual cost.

Old customers die or move away—they must be replaced.

Old customers are subject to the influence of temptation—they may be induced to divide their custom—to do some of their shopping at a competitor's.

New comers to this community will shop with you—become regular customers—if they are invited to do so.

Your competitor's advertising is an influence which must be offset if you are to maintain your trade.

Not to advertise regularly to the readers of the UNION ADVOCATE is to leave your business unprotected.

A WORD TO THE PUBLIC

It is no sign of weakness to follow the lead of advertising. You owe it to yourself to get the most for your money, the best goods and the best service. And if you find that your inclination is to shop where you are invited to shop rather than to continue to be a customer of the shop which never solicits your good-will you need have no compunctions of conscience.

Shop Where You are Invited to Shop

Compare these Accounts

Savings Bank Account No. 711			
DATE	DEBIT	CREDIT	BALANCE
1919			
Jan 1		50.00	50.00
Feb 1		1.00	51.00
Mar 1		1.00	52.00
Apr 1		1.00	53.00
May 1		1.00	54.00
Jun 1		1.00	55.00
Jul 1		1.00	56.00
Aug 1		1.00	57.00
Sep 1		1.00	58.00
Oct 1		1.00	59.00
Nov 1		1.00	60.00
Dec 1		1.00	61.00
1920			
Jan 1		1.00	62.00
Feb 1		1.00	63.00
Mar 1		1.00	64.00
Apr 1		1.00	65.00
May 1		1.00	66.00
Jun 1		1.00	67.00
Jul 1		1.00	68.00
Aug 1		1.00	69.00
Sep 1		1.00	70.00
Oct 1		1.00	71.00
Nov 1		1.00	72.00
Dec 1		1.00	73.00
1921			
Jan 1		1.00	74.00
Feb 1		1.00	75.00
Mar 1		1.00	76.00
Apr 1		1.00	77.00
May 1		1.00	78.00
Jun 1		1.00	79.00
Jul 1		1.00	80.00
Aug 1		1.00	81.00
Sep 1		1.00	82.00
Oct 1		1.00	83.00
Nov 1		1.00	84.00
Dec 1		1.00	85.00
1922			
Jan 1		1.00	86.00
Feb 1		1.00	87.00
Mar 1		1.00	88.00
Apr 1		1.00	89.00
May 1		1.00	90.00
Jun 1		1.00	91.00
Jul 1		1.00	92.00
Aug 1		1.00	93.00
Sep 1		1.00	94.00
Oct 1		1.00	95.00
Nov 1		1.00	96.00
Dec 1		1.00	97.00
1923			
Jan 1		1.00	98.00
Feb 1		1.00	99.00
Mar 1		1.00	100.00
Apr 1		1.00	101.00
May 1		1.00	102.00
Jun 1		1.00	103.00
Jul 1		1.00	104.00
Aug 1		1.00	105.00
Sep 1		1.00	106.00
Oct 1		1.00	107.00
Nov 1		1.00	108.00
Dec 1		1.00	109.00
1924			
Jan 1		1.00	110.00
Feb 1		1.00	111.00
Mar 1		1.00	112.00
Apr 1		1.00	113.00
May 1		1.00	114.00
Jun 1		1.00	115.00
Jul 1		1.00	116.00
Aug 1		1.00	117.00
Sep 1		1.00	118.00
Oct 1		1.00	119.00
Nov 1		1.00	120.00
Dec 1		1.00	121.00

Both started five years ago with \$50. One has remained dormant through neglect, the other shows a substantial balance gained by regular deposits of \$10 a month—a sum most people squander monthly on trifles.

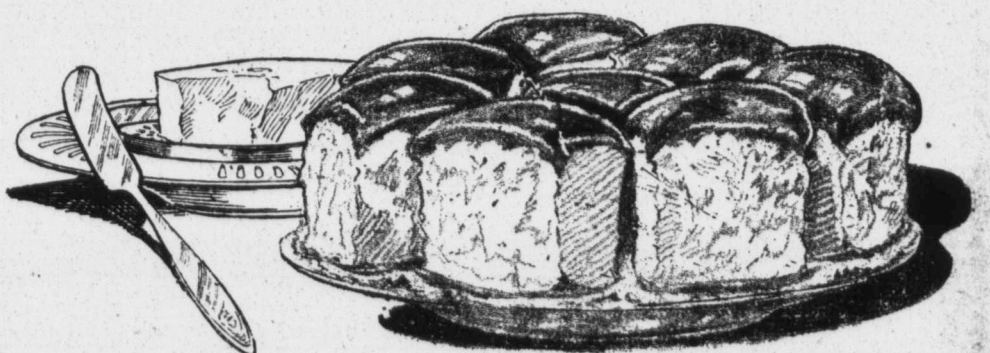
Which is yours?

Savings Bank Account No. 712			
DATE	DEBIT	CREDIT	BALANCE
1919			
Jan 1		50.00	50.00
Feb 1		1.00	51.00
Mar 1		1.00	52.00
Apr 1		1.00	53.00
May 1		1.00	54.00
Jun 1		1.00	55.00
Jul 1		1.00	56.00
Aug 1		1.00	57.00
Sep 1		1.00	58.00
Oct 1		1.00	59.00
Nov 1		1.00	60.00
Dec 1		1.00	61.00
1920			
Jan 1		1.00	62.00
Feb 1		1.00	63.00
Mar 1		1.00	64.00
Apr 1		1.00	65.00
May 1		1.00	66.00
Jun 1		1.00	67.00
Jul 1		1.00	68.00
Aug 1		1.00	69.00
Sep 1		1.00	70.00
Oct 1		1.00	71.00
Nov 1		1.00	72.00
Dec 1		1.00	73.00
1921			
Jan 1		1.00	74.00
Feb 1		1.00	75.00
Mar 1		1.00	76.00
Apr 1		1.00	77.00
May 1		1.00	78.00
Jun 1		1.00	79.00
Jul 1		1.00	80.00
Aug 1		1.00	81.00
Sep 1		1.00	82.00
Oct 1		1.00	83.00
Nov 1		1.00	84.00
Dec 1		1.00	85.00
1922			
Jan 1		1.00	86.00
Feb 1		1.00	87.00
Mar 1		1.00	88.00
Apr 1		1.00	89.00
May 1		1.00	90.00
Jun 1		1.00	91.00
Jul 1		1.00	92.00
Aug 1		1.00	93.00
Sep 1		1.00	94.00
Oct 1		1.00	95.00
Nov 1		1.00	96.00
Dec 1		1.00	97.00
1923			
Jan 1		1.00	98.00
Feb 1		1.00	99.00
Mar 1		1.00	100.00
Apr 1		1.00	101.00
May 1		1.00	102.00
Jun 1		1.00	103.00
Jul 1		1.00	104.00
Aug 1		1.00	105.00
Sep 1		1.00	106.00
Oct 1		1.00	107.00
Nov 1		1.00	108.00
Dec 1		1.00	109.00
1924			
Jan 1		1.00	110.00
Feb 1		1.00	111.00
Mar 1		1.00	112.00
Apr 1		1.00	113.00
May 1		1.00	114.00
Jun 1		1.00	115.00
Jul 1		1.00	116.00
Aug 1		1.00	117.00
Sep 1		1.00	118.00
Oct 1		1.00	119.00
Nov 1		1.00	120.00
Dec 1		1.00	121.00

The Royal Bank of Canada

Newcastle Branch

Thomas Clarke, Manager



Hot Rolls and Butter

The very thought of such a delicacy makes the mouth water. Whether it's Bread Rolls for breakfast, Rusks or Parker House Rolls for Lunch, Cinnamon or Tea Rolls for Supper, they will be better when baked with Robin Hood Flour, light, flaky, nourishing and rich in the flavor of the golden grain. The most appetizing Rolls are easy to bake with unvarying success if you use this "guaranteed flour" milled from selected western hard spring wheat.

ROBIN HOOD FLOUR
Maritime Produce Company
Newcastle Distributors