

HIS HEALTH IN A TERRIBLE STATE

"Fruit-a-tives" Healed His Kidneys and Cured Him

HAGERSTOWN, ONT., AUG. 26th. 1913.

"About two years ago, I found my health in a very bad state. My kidneys were not doing their work and I was all run down in condition. I felt the need of some good remedy, and having seen 'Fruit-a-tives' advertised, I decided to try them. Their effect, I found more than satisfactory.

Their action was mild and the result all that could be expected.

My kidneys resumed their normal action after I had taken upwards of a dozen boxes, and I regained my old-time vitality. Today, I am enjoying the best health I have ever had."

B. A. KELLY

"Fruit-a-tives" is the greatest kidney remedy in the world. It acts on the bowels and skin as well as on the kidneys, and thereby soothes and cures any kidney soreness.

"Fruit-a-tives" is sold by all dealers at 50c. a box, 5 for \$2.50, trial size 25c. or will be sent on receipt of price by Fruit-a-tives Limited, Ottawa.

MILITARY HONORS FOR VICTORIA MAN

Victoria, May 12.—Lance Corporal A. C. Guthrie, of this city has been recommended for military honors for conspicuous bravery near Ypres. The particular act which will receive official recognition was his attention to three wounded men under a heavy fire.

According to eyewitnesses of the deed, Guthrie, was lying in a place of comparative safety from a murderous shell-fire, when a shell landed in a dugout in which three men were sleeping, with the result that all three were wounded, one so severely that he was unable to move.

Guthrie saw them, and leaving his shelter, went to the dugout, on which shells were dropping, and after dressing the wounds of two of the men carried the third to safety.

Lance-Corporal Guthrie, who was in Victoria for several years prior to the outbreak of hostilities, is a son of Dr. Cowan Guthrie, of Leith, Scotland. He was employed for some time in the purchasing department of the C. P. R. and joined the 88th Fusiliers in March, 1914. He is a good shot, and was always well spoken of by his officers as a smart soldier. He left here as a private and has been promoted during recent fighting.

Guthrie is the first from Victoria to be recommended for military honors.

Another member of the 7th

Sunlight Soap



cuts Monday's labor clean in half.

The Sunlight way is so easy—just note. First you soap the garment; then roll it up to soak. After a while you rinse it thoroughly and the dirt drops out like magic.

Why scrub, and rub, and wear and tear the clothes when the gentle strength of Sunlight Soap will do the work with never a hurt to fabric or hands.

Try it once—this Sunlight way.

At all grocers

Battalion has been recommended for the Distinguished Service Medal. This is Private Clifford Field, and the recommendation is based on the plucky manner in which he stuck to one of the wounded officers of his battalion. He is now in a hospital at Bromley, suffering from comparatively slight bullet wound and bronchitis, consequent upon gas-poisoning. He says that the one effect the asphyxiating gases had upon him and many of his comrades was to render them speechless for some days. Before they were assailed by the gas, he and half a dozen comrades, including an officer, were blown bodily some distance by a German shell, but none of them were seriously hurt.

It was when they got into the gas-zone that the Canadians began to drop like ninepins and lie where they fell.

"The Germans squealed just like pigs," he says, "when we got into the wood after them with the bayonet."

TAKE NOTICE that William Watson, of ems, B. C., occupation Contractor, intends to apply for permission to lease the following described lands—Commencing at a post planted on the northerly limit of the Right-of-Way of the Grand Trunk Pacific Railway Company, and about 35 chains southwesterly from Mile 54, east from Prince Rupert, B. C.; thence north 80 chains; thence west 80 chains; thence south 46 chains, more or less, to the northerly limit of the Right-of-Way of the Grand Trunk Pacific Railway Company; thence northeasterly along the northerly limit of the said Right-of-Way to point of commencement; and containing about 10 acres, more or less.

WILLIAM WATSON. Dated December 26, 1914. 25-85

MINERAL ACT. Certificate of Improvements. NOTICE.

Starlight, Homestake No. 1, and Sunrise Mineral Claims, situate in the Skeena Mining Division of Cassiar District.

Where located: On the North Shore of Granby Bay between Bonanza and Falls Creeks.

TAKE NOTICE that I, George R. Naden, Free Miner's Certificate No. 50355B, acting as Agent for Thomas McHostie, Free Miner's Certificate No. 80348B, and James L. Hatch, Free Miner's Certificate No. 79396 B, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claims.

And further take notice that action, under section 37, must be commenced before the issue of such Certificate of Improvements.

Witnessed this 15th day of March, A. D. 1915.

GEO. R. NADEN.

NOTICE TO DELINQUENT CO-OWNER.

TO HENRY JOHNSON, or to any person or persons to whom you may have transferred your interests. Take Notice that I, the undersigned Co-owner with you in the "Gold King No. 1" and the "Hastings" Mineral Claims, situated at the head of Hastings Arm about three-quarters of a mile from the beach, in the Skeena River Mining District, Province of British Columbia, have done the required amount of work on the above mentioned claims for the year 1914, amounting to \$100, in order to hold the same under section 24 of the Mineral Act, and if notice you fail or refuse to contribute your portion of such expenditures, together with the costs of this advertisement, your interest in the said mineral claims will become the property of the undersigned under Section 4 of the Mineral Act Amendment Act of 1900.

T. H. COVERT, Co-Owner. Dated at Prince Rupert, B. C., January 1914.

CANADIAN RED CROSS SOCIETY

Needs more funds to care for wounded Canadians at the front. Will you help? Leave at this office or send to Dr. Jas. W. Robertson, Chairman Red Cross Society, Ottawa. tf.

OUT OF TOWN

We pay particular attention to out-of-town orders and carry all kinds of sash-doors and moldings; also plate and sheet glass. Our plant is equipped to carry out any kind of work. Write us for full information and advice.

KNIGHT & HICKEY, Contractors and Builders
P. O. Box 448—Phone Green 200

MATHEU'S NERVE POWDERS

For Headache and Neuralgia. Causes no drowsiness or dizziness. The powder is white and is soluble in water.

Write to-day. Address: JOHN HALLAM LIMITED, TORONTO, Desk 512.

Why Endure Headaches?

—One trial will convince you that a sure and safe remedy for any headache is at your service in

MATHEU'S Nerve Powders

18 in a box, 25c. Sold everywhere. If your dealer does not sell them we mail box on receipt of price, 25c.

J. L. MATHEU CO. Props. SHERBROOKE, P.Q. 6-5-Q.

A Real Lever Stimulation GOLD WATCH FREE.

A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world as a huge advertisement. Now is your chance to obtain one. Write now, enclosing 35 cents for one of our fashionable Ladies' Long Guards, or Gents' Alberts, and carriage sold to wear with the watch which will be given free. These watches are guaranteed five years, should you take advantage of our marvelous offer. We expect you to tell your friends about us and show them the beautiful watch. Don't think this offer too good to be true, but send 35 cents today and claim a Free Watch. You will be amazed—WILLIAMS & LLOYD, Wholesale Jewellers, Dept. 14-1, 50, Cornwallis Road, London, N., England.

Coughing scatters germs — Stop it

Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure.

The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is especially due to its great value as a permanent lung and bronchial healer.

Sold everywhere, 35c large bottles.


J. L. MATHEU CO., Prop., Sherbrooke, P.Q.

ANYONE CAN DYE THEIR CLOTHES WITH DYOLA

The Dye that colors ANY KIND of Cloth Perfectly, with the SAME DYE.

No Chance of Misting. Clean and Simple. Ask your Druggist or Dealer. Send for Booklet. The Johnson-Richardson Co. Limited, Montreal.

Buy A Dozen Tins of B. C. MILK



From your grocer today. If you are not satisfied, the grocer will refund your money. B. C. MILK has helped to REDUCE THE HIGH COST of living in many a household. It is produced right in OUR OWN PROVINCE and has

The Natural Flavor

Royal Reserve The Whisky of Quality



Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

BABY'S OWN SOAP



The purity and fragrance of Baby's Own Soap have made it a universal favorite. Its use is beneficial to any skin.

Albert Soaps Limited, Montreal.

FIRE ALARM SYSTEM

CIRCUIT NO. 1.

Box 12—5th St. and 3rd Ave.
Box 13—6th St. and 3rd Ave.
Box 14—8th St. and 3rd Ave.
Box 15—Junction of 1st, 2nd and 3rd Aves.
Box 16—1st Ave., between 8th and 9th Sts. (Knox Hotel.)
Box 17—1st Ave. and 7th St. (Central Hotel.)

CIRCUIT NO. 2.

Box 22—3rd Ave. and 3rd St. (Post Office.)
Box 23—3rd Ave. and McBride St.
Box 24—1st Ave. and McBride St.
Box 25—2nd Ave. and 2nd St.
Box 26—2nd Ave. and 6th St.
Box 27—O. T. P.

CIRCUIT NO. 3.

Box 31—5th Ave. and Fulton St.
Box 32—Borden and Taylor Sts.
Box 34—7th Ave. and Fulton St.
Box 35—9th Ave. and Comox Ave.
Box 37—8th Ave. and Dodge Pl.
Box 38—6th Ave. and Thompson St.

CIRCUIT NO. 4.

Box 41—4th Ave. and Emmerson Pl.
Box 42—5th Ave. and McBride St.
Box 43—5th Ave. and Green St.
Box 44—6th Ave. and Basil St.
Box 45—7th Ave. and 8th St.
Box 181—7th Ave. and Young St.

Empress Jams

Are strictly a B. C. Product. Right from the delicious, fresh picked, sun ripened fruits of the Fraser Valley and Vancouver Island, to the purest of Cane Sugar.

Every step in the producing and manufacturing of the delicious Jam contributes to the prosperity of B. C. It will satisfy the most exacting.

SOLD BY ALL GROCERS
In 1-lb. Glass Jars and 4-lb. Tins

THE EMPRESS MANUFACTURING CO., LTD.
Vancouver, B. C.

Empress Jams

Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsays Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

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Sailings for GRANBY, SIMPSON AND NAAS SUNDAYS AT MIDNIGHT

For Further Particulars Apply to
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AGENCY ATLANTIC STEAMSHIPS

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