After Suffering Almost Two Years, "Fruit-a-tives" Brought Relief.



MR. WHITMAN

382 St. Valier St., Montreal. dropped in the street. I was treated by several physicians for nearly two years. I was in constant misery from my stomach and my weight dropped down from 225 pounds to 160 pounds. Several of my friends advised me to try 'Fruit-a-tives' and I did so. That was eight months ago. I began to improve medicine I ever used acted so pleasantly and quickly as 'Fruit-a-tives', and by using it I recovered from the distressing Stomach Trouble, and all pain and cannot perceive the correct direc-Constipation and misery were cured. I tion in which to send their torcompletely recovered by the use of pedo. 'Fruit-a-tives' and now I weigh 208 pounds. I cannot praise 'Fruit-a-tives' H. WHITMAN. enough".

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa. A Real Lever Simulation



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'THE DAILY NEWS'

### HOW FAST STEAMERS COMBAT SUBMARINES

It is the surprise attack which in nearly every case enables a submarine to torpedo a hostile ship. Captain Turner, of the Lusitania, for instance, might have avoided the torpedo fired at his ship by the German submarine had he known of its proximity, but a brief glimpse of a periscope was the only warning he received before the liner was struck. There are several manoeuvres by means of which a ship can trick a submarine. Several! vessels have diverted torpedoes by swinging round their stern second vessel has an excellent until it points in the direction of opportunity of ramming the subthe under-sea craft. In this way marine, which can be located by "In 1912, I was taken suddenly ill the wash of the propellers has its tell-tale periscope.—Tit Bits. with Acute Stomach Trouble and deflected the torpedo from its course, and it has sped harmlessly past its mark. Another successful ruse is to stoke up the furnaces of a ship chased by a submarine, and thick black smoke belches from its funnels and enalmost with the first dose. No other velops the vessel in a protective shroud. In this way the submarine gunners are confused, and

> A speedy ship which follows an erratic, zigzag course presents a poor mark to a submarine. When torpedo is dispatched against a fast-travelling vessel it is directed to a point just ahead of its WEPAY mark, and the craft literally runs into the death-dealing device. This obviously cannot happen, FORRAW however, if a ship is swinging rapidly from side to side, and alternately pointing the narrow expanse of its bows or stern to JOHN WALLA the under-sea marksmen.

Ships in many cases now travel in pairs. A submarine seldom attacks a vessel if it is not alone, for it can only attack one at a time, and whilst it is launching a torpedo at its first mark the

Three quarters

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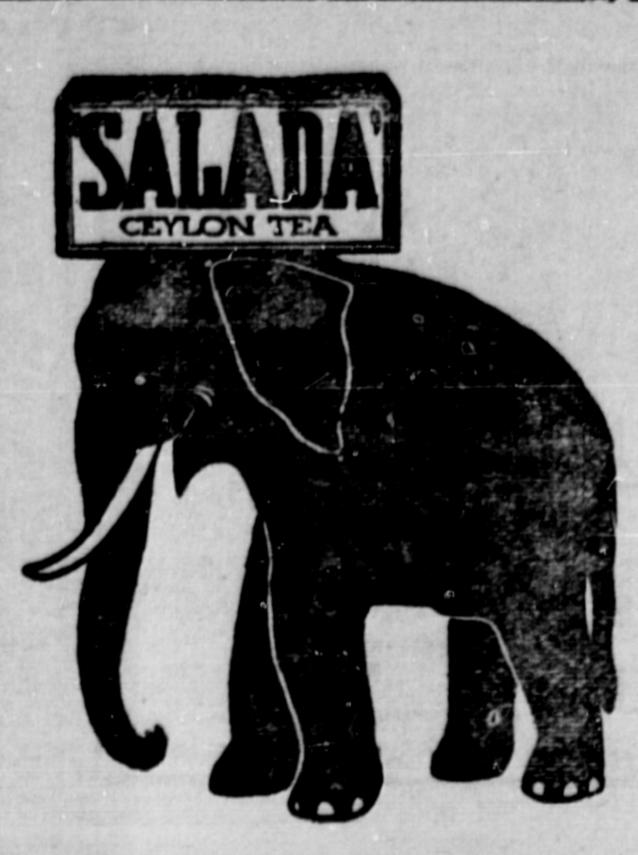
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### FROM THE ORIENT TO YOUR TEA - TABLE

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LAND NOTICES

Skeena Land District. Queen Charlotte Islands Land District-Graham Island.

TAKE NOTICE that I, Grant Thorburn, Prince Rupert, hotel man, intend to for the Province of British Columbia for heense to prospect for coad and pechains; thence north 80 chains to point of commencement; containing 640 acres. more or less.

Dated the 16th day of March, 1915, at the northwest corner.

GRANT THORBURN. 119-140

Samuel Horner, Agent.

Sheens Land District. Queen Charlotte Islands Land District

TAKE NOTICE that I, Samuel Horner, of Vancouver, prospector, intend to apply the Province of British Columbia for a li cense to prospect for coal and petroleum: Starting at a post planted two miles west of the southwest corner of Section 7 Tewnship 9; thence east 80 chains; thence north 80 chains; thence west 80 chains; thence south 80 chains to noint of commencement; containing 640 acres, more or

Dated the 16th day of March, 1915, at the southwest corner. SANUEL HORNER.

## THE UNION STEAMSHIP CO., OF B.C., LIMITED

S. S. VENTURE

Sails for Granby, Naas, Port Simpson, Mondays 11 a. m. Vancouver, Seattle, Victoria, Tuesdeys 8 p. m.

S. S. CAMOSUN Sails for Port Simpson, Grandy, States. S. CAMOSUN art, Friday 7 a. m. July 23, Aug. 6, 20. Sails for Port Simpson, Granby, Stew-Sails for Massett Saturday Midnight, July 24, Aug. 7, & 21. Sails for Refuge Bay Skidegate, Jedway, Ikeda, Monday 7 p. m., July 26th, August 9th, and 23rd. ... ... ... Sails for Surf Inlet, Namu Vancouver, Wednesday 8 p. m., July 28th, August 11th and 25th.

JOHN BARNSLEY, Agent, SECOND AVE. PHONE 568 AGENCY ATLANTIC STEAMSHIPS

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Empress Jams



## Make Monday Ironing Day

ET Sunlight Soap do your washing Monday morning and you can do the light ironing Monday afternoon.

The rub, rub, rub at the board has no place in the Sunlight way—so with the hardest part of washing cut out you'll feel like making it a good day's work by doing at least part of the ironing.

Follow the directions that cut your work in half and remember there's nothing in Sunlight to injure fine fabric or dainty hand. A \$5,000 guarantee backs this statement.

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