

## THE HORRORS OF CONSTIPATION

**Bowels Almost Paralyzed**  
"Fruit-a-tives" Relieved

St. Boniface de Shawinigan, P.Q.  
February 8th, 1914.

"After suffering with terrible Constipation for over 2 years, 'Fruit-a-tives' relieved me. While a student at Berthier College, I became very ill and was forced to leave. Severe pains across the abdomen continually tortured me and my digestion became paralyzed. Some one advised me to take 'Fruit-a-tives' and at once I felt a great improvement. After taking four or five boxes, I was completely relieved and have never had any return of this trouble."

MAGLOIRE PAQUIN.  
50c. a box, 6 for \$2.50, trial size 25c. At dealers or Fruit-a-tives Limited, Ottawa.



The purity and fragrance of Baby's Own Soap have made it a universal favorite. Its use is beneficial to any skin. 4-4-13  
Albert Soaps Limited, Montreal.

A Real Lever Simulation

### GOLD WATCH FREE.



A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world. It is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Guards, or Gent's Watches, and you will be given a Free (these watches are guaranteed five years), should you take advantage of our marvelous offer. We expect you to tell your friends about it and show them the beautiful watch. Don't think this offer too good to be true. It is sent 25 cents today and earn a Free Watch. You will be amazed—WILLIAMS & LLOYD, Wholesale Jewellers (Dept. 141), 86, Cornwallis Road, London, N., England.

## NEW STRIKE ON SUNRISE GROUP

Word came down from the Sunrise this week that the boys have uncovered another shoot of ore that was described by an old mining man as the biggest silver-lead showing in the district. It was only a short time ago that a carload was shipped from this property and since then the men have been taking out ore and stripping. It was while doing the latter work that the new ore was discovered. It is on the old vein which is about four feet wide and the new shoot is two and a half to four feet wide for the full length of the cut—about sixty feet. The ore is very high grade, samples of the new strike can be seen in the Herald office. The probability is that a couple more men will be put on and an effort made to get out several carloads before the snow flies. The second car this season is now well under way and the pack train is likely to start packing in a day or so.—Omineca Herald.

## "A Dollar In Time, Saves Nine"

**A** VISIT to The Bank of British North America for the purpose of depositing part of your earnings, becomes a pleasant and profitable habit, when once you have acquired it.

The dollar you use to open an account in the Savings Department in turn saves others, as the habit of saving grows.

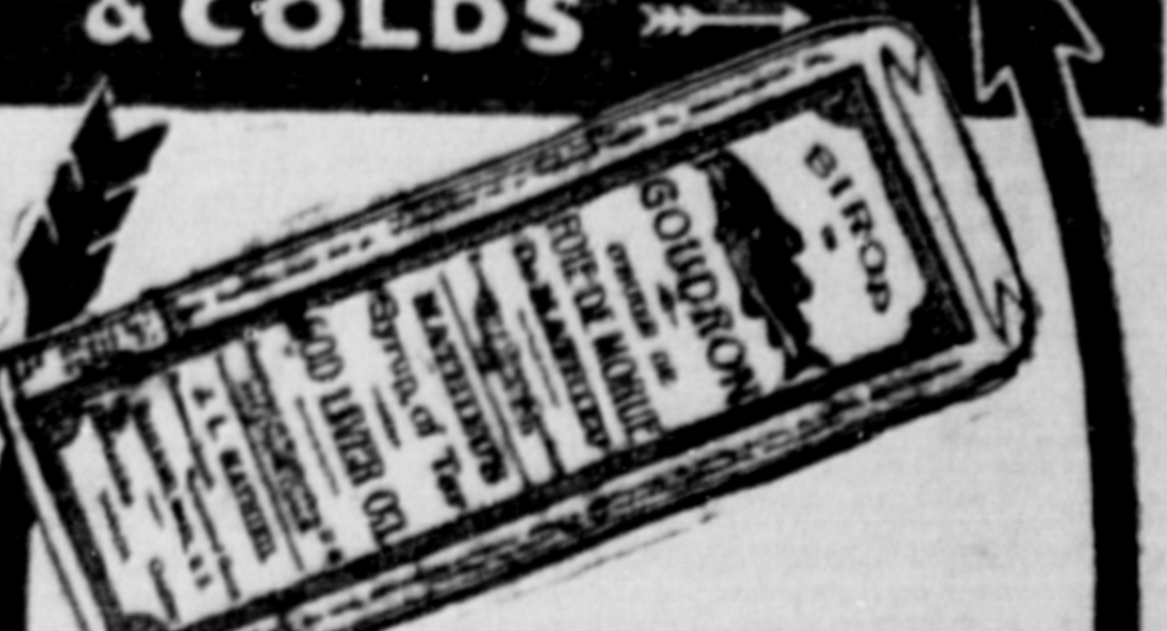
**THE BANK OF British North America**  
78 YEARS IN BUSINESS.  
CAPITAL AND SURPLUS \$7,984,000.  
**PRINCE RUPERT BRANCH**  
P. MARGETTS, Manager.

## There's a Wealth of Goodness

in every package of  
**"SALADA"**  
TEA

Perfectly preserved in the sealed Aluminium package—keeps the goodness in, and the contamination out.

### TO CURE COUGHS & COLDS



**Mathieu's Syrup**  
Of Tar and Cod Liver Oil  
A tonic as well as a cough cure.  
Large bottle 25c. Sold in Canada.

**MATHIEU'S SYRUP**  
OF TAR & COD LIVER OIL

### LAND NOTICES

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

TAKE NOTICE that I, Grant Thorburn, of Prince Rupert, hotel man, intend to apply to the Chief Commissioner of Lands for the Province of British Columbia for a license to prospect for coal and petroleum: Starting at a post planted two miles west of the northwest corner of Section 6, Township 9; thence east 80 chains; thence south 80 chains; thence west 80 chains; 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.

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

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

Dated the 16th day of March, 1915, at the southwest corner.  
112-140 SAMUEL HORNER.



**The Whisky of Quality**

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

**Demand the Brand**

### FIRE ALARM SYSTEM

#### CIRCUIT NO. 1.

Box 12—5th St. and 3rd Ave.  
Box 18—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 4th St.  
Box 27—G. 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—6th Ave. and Comox Ave.  
Box 37—8th Ave. and Dodge Pl.  
Box 38—5th 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—5th Ave. and Basil St.  
Box 45—7th Ave. and Eberts.  
Box 141—7th Ave. and Young St.

## 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.

Manufactured by

**RAMSAY BROS. & CO., LTD.**

Vancouver, B. C.

## 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

## . Read . 'THE DAILY NEWS'

Circulation Guaranteed  
the Largest in Northern  
British Columbia

Largest Circulation means the Best Advertising Medium

THERE IS A REASON

Three quarters of the local Advertising is done in the Daily News

Prince Rupert's Leading Paper!

## . Read . 'THE DAILY NEWS'

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

**S. S. VENTURE** Sails for GRANBY, NAAS, and PORT SIMPSON, Mondays at 11 a.m.

Sails for VANCOUVER, SEATTLE and VICTORIA Tuesdays at 8 p. m.

**S. S. CAMOSUN** Sails for PORT SIMPSON, GRANBY, STEWART, Thursdays at midnight, August 19th, September 2nd, 16th and 30th.

Sails for REFUGE BAY, SKIDGATE, JEDWAY, and IKEDA on Saturdays at midnight August 21st, September 4th and 18th.

Sails for MASSETT Tuesdays, August 24th, September 7th and 21st.

Sails for SURF INLET, NAMU, RIVERS INLET and VANCOUVER at 10 p. m. Wednesdays August 25th and September 8th and 22nd.

## LUMBER

SHINGLES, MOULDINGS, SASH, DOORS

**PRINCE RUPERT LUMBER CO.**

A. J. BURROUGHS, Manager

1st Ave. and McBride St.

PHONE 25

PRINCE RUPERT, B.C.

Branch Yard at Smithers

## MAKE SURE YOU HAVE A Birks' Illustrated Catalogue In Your Home During 1915

As a medium through which you may select gifts suitable for every occasion, you will find our Catalogue of the greatest value.

Birks', Vancouver, is the great gift store of the West. Our Mail Order Department and our Illustrated Catalogue forms a convenient avenue leading to a selection from our immense stocks.

WRITE FOR THE CATALOGUE—YOU WILL NEED IT.

**Henry Birks & Sons, Limited**  
JEWELLERS AND SILVERSMITHS

Granville and Georgia Streets

Geo. E. Trorer, Managing Director

VANCOUVER, B.C.



## Make Monday Ironing Day

LET 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.

## Sunlight Soap

All grocers sell and recommend it