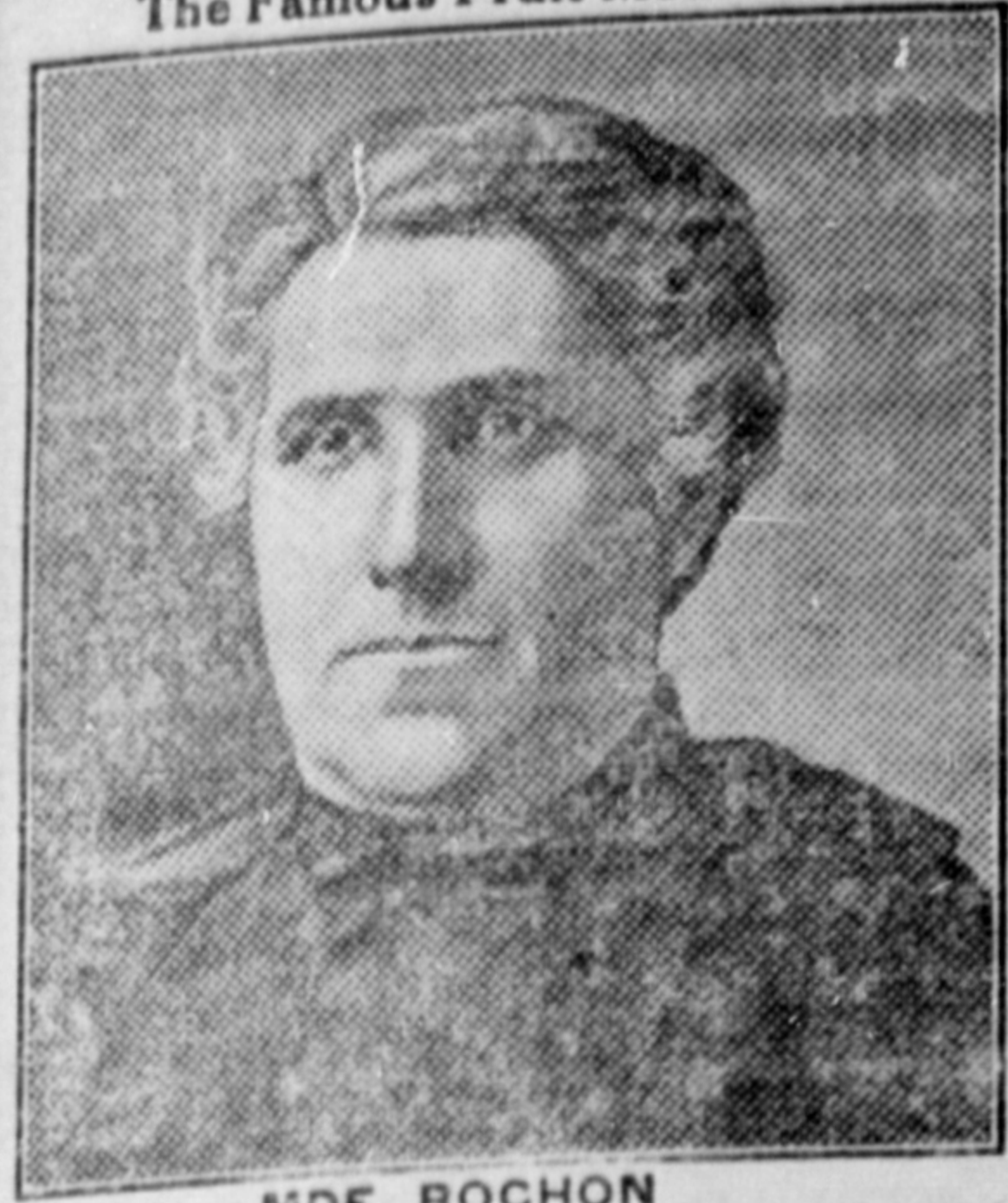


THE JOY OF BEING ALIVE AND WELL

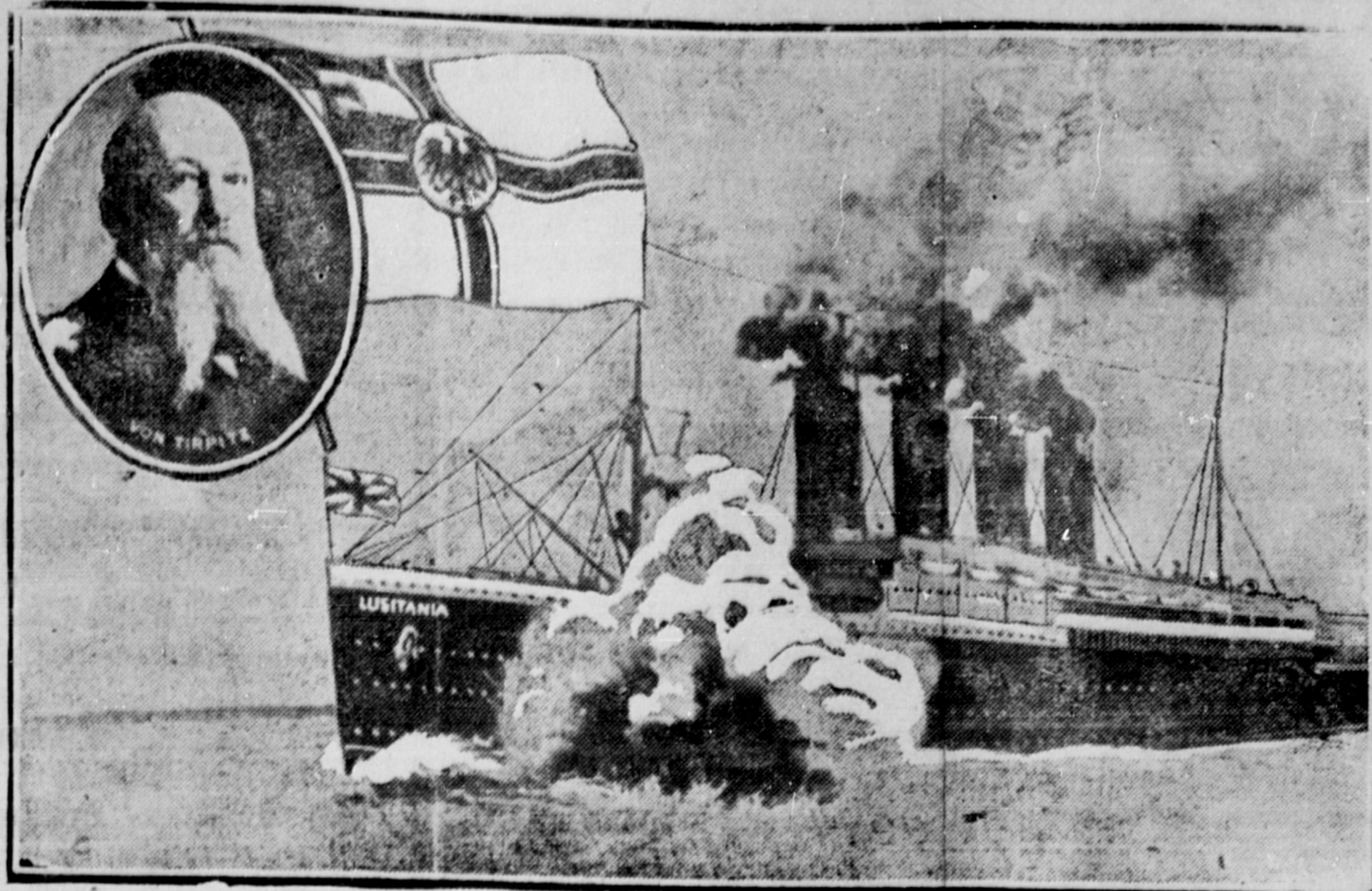
Restored To Health By "Fruit-a-tives"
The Famous Fruit Medicine



MDE. ROCHON
Rochon, P.Q. March 2nd, 1915.
"I have received the most wonderful benefit from taking 'Fruit-a-tives'. I suffered for years from *Rheumatism* and change of life, and I took every remedy obtainable, without any good results. I heard of 'Fruit-a-tives' and gave it a trial and it was the *only medicine that really did me good*. Now I am entirely well; the *Rheumatism* has disappeared and the terrible pains in my body are all gone. I am exceedingly grateful to 'Fruit-a-tives' for such relief, and I hope that others who suffer from such distressing diseases will try 'Fruit-a-tives' and get well!"

MADAME ISAIIE ROCHON.
The marvellous work that 'Fruit-a-tives' is doing, in overcoming disease and healing the sick, is winning the admiration of thousands and thousands. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

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POPULAR GERMAN POSTCARD RD—Picture is of a postcard common in Germany, showing the torpedo striking the Lusitania. Germans delight in keeping before them the horrible results of their dastardly means of warfare.

HARRY LAUDER'S RULES FOR SAVING MONEY

After aiding in recruiting, after sending his only son to the colors, after nursing him of wounds so he might quickly return to the trenches, Harry Lauder put \$50,000 of his savings into the newest British war loan, saying: "I am proud today that I am 'mean', as some say, for I have been able to lay my little bit of money out to fight the Germans—and get paid for doing it, too. Yes, 4 1-2 per cent. for fighting the Germans."

You Should Worry If

it were difficult to find a safe and reliable remedy for the ailments due to irregular or defective action of the stomach, liver or bowels. These ailments are likely to attack anyone; likely, too, to lead to worse sickness if not relieved.

Beecham's Pills

are famous the world over, for their power to correct these troubles certainly and safely. They cleanse the system, purify the blood and act as a general tonic upon body, brain and nerves. Indigestion, biliousness, constipation might, indeed, cause you prolonged suffering and expose you to danger if Beecham's Pills

Were Not On Hand

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

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, SKIDEGATE, 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.

His maxims on thrift, once quoted only in raillery, are today circulating in Britain because of the solemn need for economy. "Mither wadna waste, and I should be disgracing her memory if I wasted," is his explanation of his habit, and here are the rules he went by:

1. Behave towards your purse as you would to your best friend.
2. View the reckless money spender as a criminal, and shun his company.
3. Dress neatly, not lavishly. A bank pays a higher rate of interest than your bank.
4. Take your amusements judiciously. You would enjoy them better.
5. Don't throw away your crusts; eat them. They are as strengthening as beef.
6. It is more exhilarating to feel money in your pocket than beer in your stomach.
7. Remember it takes only 20 shillings to make a pound, and twelve pennies to make a shilling.
8. You can sleep better after a

YESTERDAY'S BASEBALL

- Northwestern League.**
Seattle, 5; Tacoma, 3.
Spokane, 4; Vancouver, 1
- National League.**
Pittsburg, 3; Philadelphia, 4.
Cincinnati, 0; New York, 7.
Chicago, 5; Brooklyn, 6.
St. Louis, 0; Boston, 1.
- American League.**
New York-St. Louis game postponed on account of rain.
Washington, 8; Cleveland, 0.
Boston, 4; Chicago, 1.
Philadelphia, 1; Detroit, 11.
- Coast League.**
Los Angeles, 6; San Francisco, 2.
Oakland, 0; Vernon, 3.
Salt Lake, 4; Portland, 3.

hard day's work than after a day's idleness.
9. Always get good value from tradesmen. They watch that they get good money from you.
10. There is as much pleasure in reading a good handbook as a novel.—Boston Transcript.

LUMBER

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In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsay's 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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"So clean and white—"

—I use Sunlight."

"With Fleece as White as Snow"

YOU may wash your choicest blankets with never a fear as to the result if you use Sunlight Soap. They will come from the tub as clean and sweet-smelling as the day they were woven, and they will dry as soft as the fleece on Mary's lamb.

Sunlight saves all the rub and wear and doesn't do the slightest injury to fabric or hands. A \$5,000 guarantee proves the absence of any adulterant or impurity. Ask for Sunlight and you receive satisfaction.

Sunlight Soap

All grocers sell and recommend it