Prominent Merchant Restored to Health by "Fruit-a-tives"

BRISTOL, N.B., July 25th, 1914. "I had a stroke of Paralysis in March, and this left me unable to walk or help myself and the Constipation was terrible. Finally, I took 'Fruit-a-tives' for the Constipation. This fruit medicine gradually toned up the nerves and actually relieved the paralysis. By the use of 'Fruit-a-tives' I grew stronger until all the palsy left me. I am now well and attend my store every day." ALVA PHILLIPS.

Fruit juice is nature's own remedy and 'Fruit-a-tives' is made from fruit juices. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.



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S. S. VENTURE

tember 2nd, 16th and 30th.

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

S. S. CAMOSUN Salle for PORT SIMPSON, GRANBY, STEWART,

Salls for REFUGE BAY, SKIDEGATE, JEDWAY, and IKEDA on Satur-

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

Salls for SURF INLET, NAMU, RIVERS INLET and VANCOUVER at

SHINGLET, MOULDINGS, SASH, DOORS

PRINCE RUPERT LUMBER CO.

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

10 p. m. Wednesdays August 25th and September 8th and 22nd.

days at midnight August 21st, September 4th and 18th.

Mondays at 11 a.m.

Salls for GRANBY, NAAS, and PORT SIMPSON,



MUNITION FACTORIES OF TODAY. Picture shows the inside of an English munition factory where women have replaced men in the making of shells. The women are very eager to do what they can, and no diffculty is found in getting a sufficient number to carry on the work, though some little difference in the quality of the work is perceptible.



*** ** * * * * SASKATCHEWAN WHEAT NEW HAZELTON NOTES. *

Miss Iris Graham returned this formation received at Regina it week from a visit to Smithers would seem to indicate that the She was accompanied by Miss average yield of wheat will be Steele, of Vancouver, who had 20 bushels to the acre throughbeen visiting her sister in Smith- out Saskatchewan. Some of the

but send packed down from the Sunrise that it will be general about the and it will be ready to ship in a end of the month.

A gang of eight men are being got ready to go to the Babines to Queen Charlotte Islands Land Districtwork on a property that some Edmonton men have taken over from Blitzen.

Boyd C. Affleck, for Green Bros. Burden Co., is now surveying the troleum: Starting at a post Great Ohio and the Highland Boy tion 6, Township 9; thence east 80 chains; groups on Rocher de Boule moun- thence south se chains; tain.—Omineca Herald.

Palace Of Sweets

APPLES, BANANAS And Other Fruits in Season

Fresh Stock of RAMSAY'S, LOWNEY'S AND HOME-MADE CHOCOLATES

ICE CREAM SODA FOUNTAIN SPECIAL FRUIT SUNDAES

H. KILLAS, Prop. Hart Block, 3rd Ave. and 5th St.

WILL AVERAGE 20 BUSHELS

Regina, August 24.—From ingrain is already ripe and the re mainder is ripening fast. Cutting Another carload of ore is being August 18th and it is expected

LAND NOTICES

Skeena Land District

TAKE NOTICE that I, Grant Thorburn, chains; thence north 80 chains to pote 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 Skeepa 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 the Province of British Columbia for a H cense 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

Dated the 16th day of March, 1915, a the southwest corner. SAMUEL HORNER. 110-140

Coughing scatters germs —Stop it

Coughing increases the irritation of the already inflamed mucnous membranes and is moreover apt to carry sease to others. Mathieu's Syrup of Tar and Cod Liver Oil promptly stops

to its tonic properties, effects a permanent cure. The wonderful popularity of Mathieu T Syrup of Tar and God Liver Oil is specially due to its great value, as a

permanent lung and bron-chial beales. Sold everywhere, 35c large bottles.

L L MATHIEU CO., Prop.



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 le 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-Ib. Glass Jars and 4-Ib. Tins

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

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

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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Protect Your Food

PRINCE RUPERT, B.O.

Branch Vard at Smithere

There is no alum in Dr. Price's Cream Baking Powder. The names of its ingredients, printed on the label of every can, show it to be made from Cream of Tartar, which comes from grapes. No alum baking powder or food containing alum is permitted to be sold in England. To avoid alum read the label and use only

CREAM BAKING POWDER

Made from Cream of Tartar

No Alum