### Until He Used "Fruit-a-tives" The Great Kidney Remedy

HAGERSVILLE, 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. Having seen 'Fruit-a-tives' advertised, I decided to try them. 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 ola-time

B. A. KELLY. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

vitality. Today, I am as well as ever."





EREST LITOVSK IN FLAMES, GERMANS TRY TO SAVE STORES .- One of the famous forts of the Polish triangle occupied by the Germans recently. The Russian troops leave only waste behind them. Germans are shown trying to save stores from the citadel in flames.

#### ARTHUR NOBLE DESCRIBES WORK OF RED CROSS SOCIETY

(Continued From Page One.)

nursing the wounded, Mr. Noble pointed out that only five per cent. of the men who reach hospital in order to gain an invaluable in the trenches. die of wounds. He went on to training in life and limb saving. show that, if every man were He said that much had been 31 Years Older Than The

urged everyone to take advantage of the St. John Ambulance classes

done by subscribers to and workers for the Red Cross, but there was still a great deal of work to be done. He pointed out that from April 26th to July 1st, out of 823 Canadians who went to the front, 623 figured in the casualty lists in one battalion alone, and in the later fighting the proportion was just as great. He believed that in the big battles to come there will be still more urgent need for aid.

In conclusion, he read Major-General Alderson's address to the men of the 1st Canadian Division after twelve continuous days' fighting, in which the general said that his old regiment, the Royal West Kents, had earned a reputation for never flinching, and he was proud to find that his Canadians faced the fiercest onslaught with the same unflinching

Major McMullin tendered a hearty vote of thanks to Mr. Noble for his interesting address.

A collection was taken up and \$33 was subscribed. This sum was handed over to Mr. Noble to use as he thought best for the boys at the front. He expressed thanks, in the name of the boys

trained in first aid a much larger who are with the forces, and inproportion of the men wounded timated that he would purchase would reach the hospital, and cigarettes with the maney, as he found from experience that cigarette is a great solace after sleepless nights and trying days!

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### Sterling Marine Motors

Can be purchased in town. Motor that will give you entire satisfaction. Built for hard work. Guaranteed.

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ROYAL STANDARD

Sometimes a housekeeper requires a quick leavening agent, and finds she has no baking powder.

What does she do?

The Royal Standard Test

Here's where we test the

choicest samples of Canada's

six million acre wheat crop.

We grind them into flour in the

little mill you see on the left of

the picture. Then comes the

supreme test--bread-baking. If

the bread is perfect in every

way we pronounce the wheat

Al and the flour-ROYAL

AT YOUR GROCER'S

Vancouver Milling & Grain Co. Ltd.

STANDARD.

She raises her biscuit by a mixture of cream of tartar and soda, or soda and sour milk. She may not get the proportions quite right, but she knows her food is safe. But does she ever use a mixture of alum and soda? Was there ever a housekeeper who bought alum and soda to make a home made baking powder? Intuitively she feels it would be unsafe.

Then why use baking powder made from alum or the same mixture that the housekeeper would not dare to mix and use in her food?

Alum is alum, whether bought in the drug store or in baking powder.

## B.PRICE'S CREAM BAKING POWDER

is made from pure cream of tartar and contains no alum, lime or phosphate. There is absolute safety in its use.

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prosperity of B. C. It will satisfy the most

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In 1-Ib. Glass Jars and 4-Ib. Tins

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#### CITY OF PRINCE RUPERT

Light and power rates of the City of Prince Rupert and their comparison with the other cities mentioned.

Prince Rupert .... 10 1/2 c max., 7 1/2 c min. Victoria ..... 11c max., 6.875c min. Vancouver ..... 11c max., 6.875c inin. New Westminster . . 11c max., 975c min. Power.

Prince Rupert ..... 6c max, 2 1/2 min Vancouver..........7c max 5.33c min. New Westminster. . . . 7c max. 5.33c min. Prince Rupert absolute minimum rate as is given above, but owing to a different system of rate making in the southern cities, their absolute minimum is not shown. The above minimum rate is based on a consumption of 2,000 K. W. H. per month. Fuller information as to rates can always be obtained from the Light Superintendent

# Ramsay's Empire Cream Sodas

in 2-Ib. Tins

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

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means 四层/程度/研究/1000年1 crispness.

Prove it by buying a tin with your next order.

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