

TOOK THE ADVICE OF HIS FRIEND

Stomach Trouble and Rheumatism Relieved By "Fruit-a-tives"



MR. L. LABRIE

594 Champlain St., Montreal.

"I have been restored to health by taking 'Fruit-a-tives'. For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I became very weak, had frequent dizzy spells and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints and my hands swollen.

A friend advised me to try 'Fruit-a-tives' and from the outset, they did me good. After I had started the second box, I felt I was getting well and I persevered in the treatment. I can truthfully say that 'Fruit-a-tives' is the only medicine that helped me.

LOUIS LABRIE.

"FRUIT-A-TIVES" is the famous medicine made from fruit juices.

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

BIG INSPECTION TRIP ON G. T. R. HAS BEGUN

Montreal, Oct. 21.—The officials in the maintenance, operation and construction departments of the Grand Trunk Railway today began an inspection trip over the company's lines. A special train left Toronto carrying the railway men. An observation car, specially constructed for this trip, is on the rear of the train and it is fitted with electric indicators and other appliances for recording the decisions of the experts as they journey over the line.

Mr. H. R. Safford, the chief engineer of the Grand Trunk, is accompanied on this trip by the engineer of maintenance of ways, the general superintendents of divisions, track supervisors, inspectors of bridges and buildings, signal engineers, track foremen and others. Each division on the system will be carefully scrutinized and records kept of the results.

The honor of having track station buildings, etc., in the highest state of perfection is being eagerly contended for by the railway men in the various parts of the Grand Trunk's territory and the close inspection to which every mile of the company's lines are being subjected, insures the right of way being kept in the best possible condition.

Safeguard Your Family

Good Pastry is Nourishing Food



Ogilvie's Royal Household Canada's Best Flour

Salvation Army.

Public meetings, Tuesday, Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.



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 A1 and the flour—ROYAL STANDARD.

AT YOUR GROCER'S

Vancouver Milling & Grain Co. Ltd. Vancouver, New Westminster, Nanaimo, Victoria.



A beautiful complexion —how to insure it—

The regular use of Lifebuoy Soap insures a healthy, clean glowing skin. And because it is healthy, your complexion will be clear and velvet like.

The mild carbonic odor vanishes after use, leaving a sense of utter cleanliness.

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LIFEBUOY HEALTHY SOAP

Sterling Marine Motors

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

—HEAVY DUTY—

FISHERMAN'S ENGINE

2 Cyl.—5 1-2 in. by 7 in., 12-15 Horse Power.

4 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

Do your remodeling with a first-class engine.

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W. E. Williscroft, Phone Blue 508, or D. Brown, Electrician, Phone 383.

Palace Of Sweets

The choicest stocks of ORANGES, 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.

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A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world as a huge advertisement. Now is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Quartz or Gents' Alberta, sent carriage paid to you with the watch, which will be given free (these watches are guaranteed five years), should you take advantage of our marvelous offer. We expect you to tell your friends about us and show them the beautiful watch. Don't think this offer too good to be true, but send 25 cents today and win a Free Watch. You will be amazed—WILLIAMS & LLOYD, Wholesale Jewelers (Dept. 14) 30, Cornwallis Road, London, N., England.



The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

The Housekeeper is Right

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

What does she do?

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.

DR. 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.

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

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They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

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