

A LIFETIME OF SICKNESS

Worn Out, Thin and Miserable Until She Took "Fruit-a-tives"

PALMISTON, June 20th, 1914.
"Stomach Trouble and Distressing Headaches nearly drove me wild. Some time ago, I got a box of "Fruit-a-tives," your famous fruit medicine, and they completely relieved me. To-day I am feeling fine and a physician, meeting me on the street, asked the reason for my improved appearance. I said, "I am taking Fruit-a-tives." He said, "If Fruit-a-tives make you look so well, go ahead and take them. They are doing more for you than I can."

Mrs. H. S. WILLIAMS.
50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

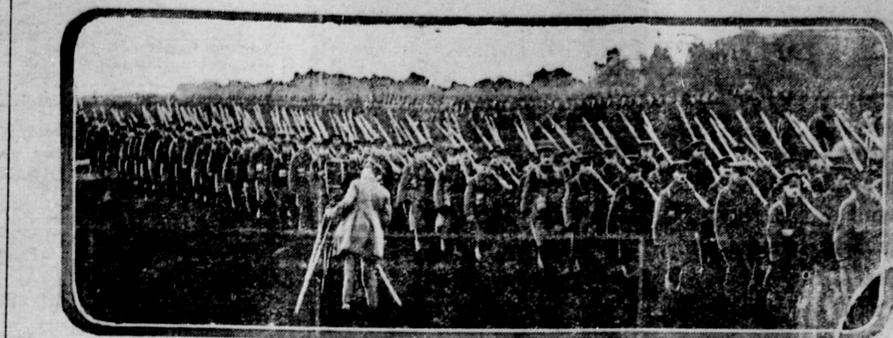
MINERAL ACT

Notice to Delinquent Partners.

To G. W. Maxwell and Charles Nicholson. TAKE NOTICE that whereas I have done and caused to be done assessment work on the Wolf Mineral claim, situated at the head of Alice Arm, Observatory Inlet, in the Skeena mining division of Skeena district, assessment work for the years 1913, 1914, and 1915, and have paid for said work and recording same, the sum of \$231.50. Unless you pay me the sum of \$231.50, for your share of the said assessment work, together with the cost of this advertisement, I shall, at the expiration of ninety (90) days from the date hereof apply to the mining recorder at Prince Rupert, B. C., to have your interests in the Wolf mineral claim vested in me, in pursuance of the provisions of the mineral act.
Dated at Prince Rupert, B. C., this 19th day of February, 1916.
J. E. STARK.



Royal Reserve
The Whisky of Quality
Aged in Wood 8 Years before bottling
GUARANTEED BY THE GOVERNMENT OF CANADA
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CANADIANS REVIEWED IN ENGLAND—Picture shows a battalion of Canadian infantry being reviewed at Bramshott, England, shortly before leaving for the western front.

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Best for Baby Best for You
The purity and fragrance of Baby's Own Soap have made it a universal favorite. Its use is beneficial to any skin. 4-1-13
Albert Soaps Limited, Montreal.

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Our Trappers Guide Supply Catalog and Price List. Write today, address to JOHN HALLAM LIMITED TORONTO "Desk E. 18"

NAPOLEON WAS TOWNSHEND'S MODEL

General Townshend, the gallant British leader at Kut-El-Amara, whom the Turkish commander permitted to retain his sword because of the bravery of his defence, was one of the heroes of the Chitral expedition in 1894, when a small band of British and Indian soldiers held a mountain post against heavy odds until the arrival of a relief company. At that time, Townshend was a lieutenant and this was his first taste of warfare. The exciting experience fired his ambition and he set to work to study strategy and military organisation. Napoleon was his model and every work on the military theories and practices of the great general he pondered carefully, devoting seven hours every day to the task. He visited every one of Napoleon's famous battle fields, reconstructing for himself the disposition of the forces of the battles which decided the fate of nations in the early part of the nineteenth century.

General Townshend was one of the soldiers who believed that, in the event of war with Germany, Britain would not be able to rely solely on her fleet, but must have a large army ready for the field. He always contended that the German attack would be made through Belgium and many times surveyed what he considered would be the probable battle fields and formed his theories and plans of campaign years before 1914.

It was one of the ironies of fate which sent him away up the Tigris to spend months besieged by Turks and Arabs at Kut-El-Amara, when so much of his military training and study had been devoted to the field of the western front.—Ex.

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GOOD WORK GUARANTEED

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Coughing scatters germs — Stop it

Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others. Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure. The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is especially due to its great value as a permanent lung and bronchial healer. Sold everywhere, 35c large bottles.

J. L. MATHIEU CO., Prop., Sherbrooke, P.Q.

For bronchitis and Mathieu's Syrup of Tar and Cod Liver Oil is especially due to its great value as a permanent lung and bronchial healer. Sold everywhere, 35c large bottles. 4-1-13

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MANY a man has lost his chance to become independent by not having the ready money to take advantage of a really big opportunity.

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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.
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Box 25—2nd Ave. and 2nd St.
Box 26—2nd Ave. and 6th St.
Box 27—O. T. P.
- CIRCUIT NO. 3**
Box 31—5th Ave. and Fulton St.
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"Nothing But Leaves" Not Tea Leaves intermixed with Dust, Dirt and Stems but all Virgin Leaves. "SALADA"

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Are strictly a B. C. Product. Right from the delicious, fresh picked, sun ripened fruits of the Fraser Valley and Vancouver Island, to its purest of Cane Sugar.

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In 1-lb. Glass Jars and 4-lb. Tins
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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 "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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—in gleaming silver and china—in the sparkle and absolute cleanliness of all table appointments—is best fostered by the use of Sunlight Soap.

It makes linen as white as driven snow—and never harms a thread of the finest fabric ever loomed. For washing silver and china nothing else can compare.

A \$5,000 guarantee says there is nothing in Sunlight which should not be there—and the kind way it treats your hands is another proof of its purity.

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