After Suffering Almost Two Years, "Fruit-a-tives" Brought Relief.



MR. WHITMAN 1674 Esplanade Avenue, Montreal.

years. I was in constant misery from my stomach and my weight dropped 'Fruit-a-tives' and I did so. That was eight months ago. I began to improve almost with the first dose. No other and quickly as 'Fruit-a-tives', and by using it I recovered from the distressing Stomach Trouble, and all pain and Constipation and misery were cured. I 'Fruit-a-tives' and now I weigh 208 pounds. I cannot praise 'Fruit-a-tives' H. WHITMAN. 50c. a box, 6 for \$2.50, trial size, 25c.

MINERAL ACT

Notice to Delinquent Partners.

Fruit-a-tives Limited, Ottawa.

TAKE NOTICE that whereas I have done and caused to be done assessment work of Alice Arm, Observatory Inlet, in the Skeena mining division of Skeena dis-1914, and 1915, and have paid for said work and recording same, 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 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.

### BIOLOGICAL STATION FOR PRINCE RUPERT

The Canadian Fisherman, in its current issue, states that Prince Rupert, which is rapidly becoming the fishing centre of British Columbia, should have a biological station equipped for research work, with an aquarium attached and a small permanent scientific staff in charge. It states that representation should be made to the Federal government by the Board of Trade and public bodies, and that an initial expenditure of \$25,000 would be justified in the light of what Prince Rupert is purity and salinity of the water now and will be as a fishing port.

"Research, getting the facts of "In 1912, I was taken suddenly in life habits of fish, and instrucwith Acute Stomach Trouble and tion by reports, lectures and an dropped in the street. I was treated information bureau are the two by several physicians for nearly two principle functions of a biological station. Research work, on its down from 225 pounds to 160 pounds. economic and scientific side, is Several of my friends advised me to try the main objective, but with it should go popular instruction and stimulation of interest in medicine I ever used acted so pleasantly | biology, which can be afforded only by a well-equipped and scientifically maintained aquarium. The aquarium in Battery Park is completely recovered by the use of one of the sights of New York the ends of the earth.'

The article states that the in- February 18, 1916. creasing demand for fish makes To G. W. Maxwell and Charles Nicholson. it imperative that science should be brought to bear on every phase on the Wolf Mineral claim, situated at the of the industry and likens a iological station to the experitrict, assessment work for the years 1913, mental farm. It concludes thus: 'Prince Rupert is ideally located situate in the Skeena Mining Division of \$307.50. Unless you pay me the sum of for a great national biological station. It is on the main lines the head of Alice Arm on "Middle Creek." of travel by rail and water across hereof apply to the mining recorder at the continent, and also across the world. The varied richness of Pacific Ocean fauna and flora are for the purpose of obtaining a Crown Grant unequalled in Britain. The different types of fish and marine plants are easily accessible, the



are recognised, the tides show amplitude and climatic conditions are right. With such unique ad- TO J. A. ROGERS, vantages, a biological station caused to be done the assessment work could be established at Prince Rupert that would be to the West- situated in Cascade Creek valley, north of ern Hemisphere what that station at Naples, Italy, is for Europe, stuated on the east side of Cascade Creek the gathering place for biologists of all nations."

SKEENA LAND DISTRICT-DISTRICT OF COAST, RANGE 4.

TAKE NOTICE that Frederick Bradshaw, Mining Recorder at Stewart, B. C., to have of Tonopah, Nevada, occupation mine man- your interest in the said "Ladybird No. 4" ager, intends to apply for permission to and "Stumpy" Mineral Claims vested in me purchase the following described lands: Commencing at a post planted about "Mineral Act." and has awakened interest in fish 200 feet easterly from the northwest corner of Lot 40, Range 4, Coast District; day of November, 1915. life and fish food in the United thence north 20 chains; thence west 20 States. An aquarium at Prince chains; thence south 20 chains more or less to the shore of Surf Inlet, thence At all dealers or sent postpaid by Rupert would bring tourists from following the shore line to the place of commencement, containing forty acres more or less.

FREDERICK BRADSHAW.

MINERAL ACT

Certificate of Improvements

NOTICE

"Albion" and "Sunbeam" Mineral Claims, Cassiar District.

Where located:--About five miles from TAKE NOTICE that I, Wm. T. Kergin of Prince Rupert, B. C., Free Miner's Certificate No. 94035B, intend sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements,

of the above claim. And further take notice that action, under section 37, must be commenced before the issue of such Certificate of Improve-

Dated this 16th day of March, A. D.

WM. T. KERGIN.

MINERAL ACT

Certificate of Improvements

BELLIS FRACTION, NASTURTIUM, IRIS FRACTION, GENTIAN, BLUE BELL FRAC-TION, CROCUS FRACTION, COSMOS FRAC-TION, THISTLE FRACTION, HOLLY FRAC-TION, BIRCH, MARIGOLD FRACTION, PLUM-FRACTION, LILAC FRACTION, FERN FRAC-TION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACTION, ASTER MINERAL CLAIMS, situate in the Queen

Charlotte District; located at or near Ikeda Bay, Queen Charlotte Island, Province of British Columbia, and lawfully held by Ikeda Mines Limited.

TAKE NOTICE that I, John A. MacInnis, solicitor for Ikeda Mines Limited, free miners' certificate No. 70354 B, intend after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder for a certificate of improvements for the purpose of obtaining a Crown Grant to the

above claims. AND FURTHER TAKE NOTICE that action under Section 85 of the Mineral Act must be commenced before the issuance of such certificate of improvements.

Dated this 27th day of April, A. D. 1916. JOHN A. MACINNES, Solicitor for Ikeda Mines Limited.

WATER NOTICE

TAKE NOTICE that R. B. McGinnis, whose address is Alice Arm, British Columbia, will apply for a licence to take and use Afteen second feet of water out of Trout Creek, which flows Westerly and drains into Kitsault River, about 16 miles north of its outlet at Alice Arm, B. C. The water will be diverted from the stream at a point about 500 vertical feet above point of use, near its mouth, and will be used for power and mining purpose upon the land described as Wolf Group of | Mining Claims. This notice was posted on the ground on the 26th day of October, 1915. A copy of this notice and an application pursuant thereto and to the "Water Act, 1914" will be filed in the office of the Water Recorder at Prince Rupert, B. C. Objections to the application may be filed with the said Water Recorder or with the Comptroller of Water Rights, Parliament Buildings, Victoria, B. C., within thirty days after the first appearance of this notice in a local newspaper. The date of the first publication of this notice is November 9th, 1915.

R. B. McGINNIS, Applicant. By H. C. Ingle, Agent.

Worth a Guinea a Box

as a remedy for the evil effects of quick eating, over-eating and strenuous living. The medicine that meets this need-that tones the stomach, stimulates the liver, regulates the bowels-is





## Belgians Depend on us for Bread!

Since shortly after the German invasion, the Belgians have depended for food entirely on the "Commission for Relief in Belgium". Their own store of food, even if not destroyed or pillaged, would last only three weeks—they have had no chance to raise more and the ruthless Germans refuse to supply them!

Backed by the

## Belgian Relief Fund

so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance of bread—but a steadily growing number have no money left.

Unless we are willing to let these hundreds of thousands of women, children and old men starve, they must be fed at the expense of the Belgian Relief Fund. To make this possible someone must contribute nearly \$3,000,000 a month—every month—all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity—for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 59 St. Peter St., Montreal \$2.50 Feeds A Belgian Family A Month.

#### FIRE ALARM SYSTEM

MINERAL ACT

NOTICE TO DELINQUENT PARTNER

for the year 1915 on the mineral claims

known as "Ladybird No. 4" Mineral Claim,

Silver Lake, in the Stewart, B. C., Mining

District; and the "Stumpy" Mineral Claim,

at the head, in the said Stewart Mining

district, and have paid for said assess-

ment work the sum of \$200.00; unless

you pay to me the sum of \$100.00 tor

your share of the said assessment work

together with the costs of this advertise-

ment, I shall, at the expiration of ninety

days from the date hereof, apply to the

in pursuance of the provisions of the

Dated at Prince Rupert, B. C., this 5th

A. LUND.

TAKE NOTICE that, whereas I have

CIRCUIT NO. 1.

Box 12 -5th St. and 8rd Ave. Box 18-6th St. and 3rd Ave. Box 14 8th St. and 3rd Ave.

3rd Aves. Box 16-1st Ave., between 8th and 9th Sts. (Knox Hotel.) Bot 17-1st Ave. and 7th St. (Cen

Box 16 Junction of 1st, 2nd and

CIRCUIT NO. 2.

tral Hotel.)

Box 22-3rd Ave. and 3rd S (Post Office.) Box 23-3rd Ave. and McBride St

Box 24-15; Ave. and McBride St Box 25-2nd Ave and 2nd St. Box 26-2nd Ave. and 4th St.

Box 27-G. T. P.

CIRCUIT NO. 3. Box 31-5th Ave. and Fulton St. Box 32-Borden and Taylor Sts.

Box 34-7th Ave. and Fulton St. Box 35-9th Ave. and Comox Ave. Box 37-8th Ave. and Dodge Pl.

Box 38-6th Ave. and Thompson St CIRCUIT NO. 4.

Box 41 - 4th Ave. and Emmerson

\* Box 42--5th Ave. and McBride St. \* Box 43-5th Ave. and Green St. \* Box 44-6th Ave and Bastl St. Box 45-7th Ave. and Eberts. Box 141-7th Ave. and Young St.

## 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 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.

Manufactured by

RAMSAY BROS. & CO., LTD. Vancouver, B. C.

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# roduction and Ihri

"TO win the war with the decisiveness which will ensure lasting peace, the Empire will require to put forth its full collective power in men and in money. From this viewpoint it is our true policy to augment our financial strength by multiplying our productive exertions and by exercising rigid economy, which reduces to the minimum all expenditures upon luxuries and non-essentials. Only in this way shall we be able to make good the loss caused by the withdrawal of so many of our workers from industrial activities, repair the wastage of the war, and find the funds for its continuance. It cannot be too frequently or too earnestly impressed upon our people that the heaviest burdens of the conflict still lie before us, and that industry and thrift are, for those who remain at home, supreme patriotic duties upon whose faithful fulfilment our success, and consequently our national safety, may ultimately depend."SIR THOMAS WHITE, Minister of Finance.

> PRODUCE MORE, SAVE MORE. MAKE LABOUR EFFICIENT. SAVE MATERIALS FROM WASTE. SPEND MONEY WISELY.

LET US PRODUCE AND SAVE-

The war is now turning on a contest of all forces | Begin at home. The larger portion of salaries women, old and young. The more we produce the of \$500,000,000. more we can save. Produce more on the farms and in the gardens. Save more and help to win the war.

LET US NOT WASTE OUR LABOUR-

business of all Canadians. Efficiency in labour is as | Bond. important as efficiency in fighting.

LET US NOT WASTE MATERIALS-

and resources-men, munitions, food, money. The, and wages is spent on the home-food, fuel, light, call to all is to produce more and more. It may be clothing. Are any of these things being wasted? necessary to work harder. The place of those who s20.00 a year saved from waste in every home in enlist must be taken by those at home, men and Canada will more than pay the interest on a war debi

LET US SPEND OUR MONEY WISELY-

Are you spending your money to the best advantage? What do you think of extravagance in war In this war-time all labour should be directly pro- | time? Tens of thousands of Canadians are daily ductive or should be assisting in production. Make it | risking their lives for us at home. Is it not our duty as efficient as possible. If your labour is on something | to be careful and economical? Canadian dottars are that can be postponed, put it off till after the war and | an important part of the war equipment. Make them make your labour tell now. Making war is the first | tell. Have a War Savings Account. Buy a War

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