

FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-tives"

EAST SHIP HARBOUR, N. S.
 "It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-tives'. For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-tives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches."

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

SKENA LAND DISTRICT—DISTRICT OF COAST, RANGE 4.

TAKE NOTICE that Frederick Bradshaw, of Tonopah, Nevada, occupation mine manager, intends to apply for permission to purchase the following described lands: commencing at a post planted about 200 feet easterly from the northwest corner of Lot 40, Range 4, Coast District; thence north 20 chains; thence west 20 chains; thence south 20 chains more or less to the shore of Surf Inlet, thence following the shore line to the place of commencement, containing forty acres more or less.
 February 18, 1916.
 FREDERICK BRADSHAW.

BABY'S OWN SOAP



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. 4-4-13
 Albert Soaps Limited, Montreal.

TORONTO METHODISTS USE PLAIN LANGUAGE

Toronto, June 8.—In the following resolution the Laymen's Association of the Toronto Methodist Conference in session in the Carlton Street Methodist Church yesterday, condemned in plain straightforward terms the graft and corruption committed in connection with the administration of public affairs:

Whereas the conduct of public business throughout our Dominion has in the recent past disclosed instances of greed and dishonesty that are startling in their number and extent:

Whereas, although nearly all this wrong-doing has been individual in its character and without individual excuse, it appears to be largely the expression and outworking of systems, which, if not publicly cultivated, have at least been publicly tolerated as part of our national life;

Whereas, especially at this particular time, when demands for a high plane of living and sacrificial devotion, private and public, social and national, are so emphatic and so insistent, and when any plundering of public resources or crippling of public efficiency seems the more acutely treasonable, a heart-searching of the Christian Church would seem to be in place to discover, if possible, how far it may have become responsible for the unwholesome conditions by inadequate conception and distorted exemplification of Christian life and duty;

And whereas, further, in so far as the present war may be regarded as a chastisement of the so-called Christian nations for their defections, hope for relief must have, as a fundamental requisite,



All filmy garments requiring extra care—woollens and flannels should be washed with

LUX

LUX dissolves readily in hot water—gives a rich, foamy, cream-like lather and coaxes rather than forces dirt out of clothes. LUX softens hard water so that it cannot harm the daintiest garments or hands, and if anything, it refines the original softness of both. LUX is the pure essence of soap in flakes and

LUX Won't Shrink Woollens—Price 10c.

Made in Canada by Lever Brothers Limited, Toronto.

a return to whole-hearted obedience;

This Layman's Association hereby requests the conference to consider the setting apart of a day at an early date for humiliation and prayer and such provisions for organizing and directing its exercises that it may be anticipated as a day of great spiritual regeneration.

SUN AND TIDE

Saturday, June 17.
 Sun rises.....4:16 a. m.
 Sun sets9:4 p. m.
 High water ...1:46 a. m. Ht. 22.5
 Low water ...8:36 a. m. Ht. 0.1
 High water ...2:56 p. m. Ht. 19.5
 Low water ...8:46 p. m. Ht. 6.5
 Captain J. McGee, M. M. S.A.

FISHERMEN ATTENTION!

THE SELIG SPOON

Is Now on the Market Ask your Dealer for It, and See that You Get It.

It Gets Them Every Time

MINERAL ACT

NOTICE TO DELINQUENT PARTNER TO J. A. ROGERS,
 TAKE NOTICE that, whereas I have caused to be done the assessment work for the year 1915 on the mineral claims known as "Ladybird No. 4" Mineral Claim, situated in Cascade Creek valley, north of Silver Lake, in the Stewart, B. C., Mining District; and the "Stumpy" Mineral Claim, situated on the east side of Cascade Creek at the head, in the said Stewart Mining district, and have paid for said assessment work the sum of \$200.00; unless you pay to me the sum of \$100.00 for your share of the said assessment work together with the costs of this advertisement, I shall, at the expiration of ninety days from the date hereof, apply to the Mining Recorder at Stewart, B. C., to have your interest in the said "Ladybird No. 4" and "Stumpy" Mineral Claims vested in me in pursuance of the provisions of the "Mineral Act."
 Dated at Prince Rupert, B. C., this 5th day of November, 1915.
 A. LUND.



2,000,000 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.

Ramsay's Empire Cream Sodas

In 2-lb. Tins

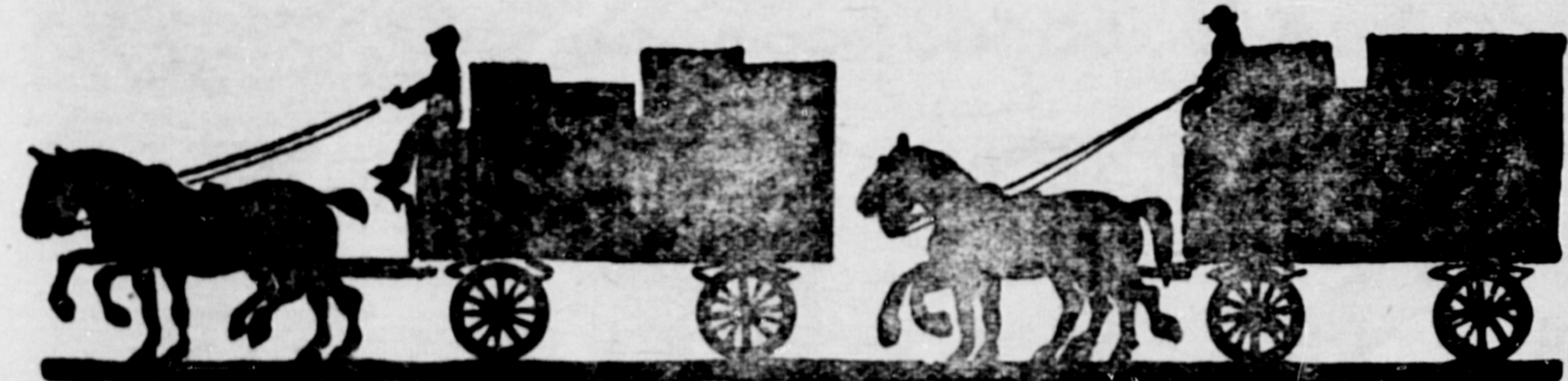
Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife inspects upon "Ramsays Empire" when buying Soda Biscuits.

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.



The Tale The Wagons Tell

My office window faces a street, close to the railway freight sheds.

All day long a steady stream of trucks and lorries lumber by—loaded with boxes, barrels and bales.

One truck I noticed the other afternoon was particularly interesting. No two boxes were the same, and stencilled on the end of each was the name of some well-known product—soap, tobacco, socks, breakfast food, cocoa, port, tea, chocolates, perfumery and baking powder.

Gathered there in prosaic wooden boxes were the results of thousands of hand's labor in all parts of the world.



The cocoa had been grown in Brazil, shipped to Bristol, transhipped to Montreal and finally distributed from Toronto.

The tea was gathered by swart-skinned natives of the romantic island of Ceylon; from sunny Portugal the luscious, big grapes had been gathered years ago, fermented, bottled and branded with a famous name; from Egypt had come the cotton and from South America the dyes that entered into the product finally stamped with the brand of a well-known hosiery.

There, behind that obviously prosaic truck-load of freight was the whole romance of modern commerce—the skilled production, the universal demand for food, drink and raiment, and the world-wide distribution of the things we use every day.

And then I speculated why we use these things every day, instead of some other things; and that brought me plump back to my own job of advertising.

The names of some of the boxes on the lorry were known everywhere to-day, but had been unknown a few years ago; and I saw then more clearly than ever before that Advertising is really a great channel digger. It is like the Panama Canal. You can sail from Montreal to Vancouver now, around the Horn. You can get there, but it is going to take months. A year or so from now you will sail through the Panama Canal and chop the journey to less than half. A new channel will have been dug.

The great names in commerce to-day are those of the manufacturers who have let modern advertising steam-shovel a channel across the isthmus of distributing difficulties.

The great names in the commerce of to-morrow will be those of men who widen and dredge this channel so that the greater traffic may pass smoothly and quickly from the source of production to the homes of the consumer.

If you are doing a local business talk over your advertising problems with the Advertising Department of this newspaper.
 If you are doing a provincial or national business it would be well for you to have counsel and assistance of a good advertising agency. A list of these will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.

Production and Thrift

"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 fulfillment 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 and resources—men, munitions, food, money. The call to all is to produce more and more. It may be necessary to work harder. The place of those who enlist must be taken by those at home, men and women, old and young. The more we produce the 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—

In this war-time all labour should be directly productive or should be assisting in production. Make it as efficient as possible. If your labour is on something that can be postponed, put it off till after the war and make your labour tell now. Making war is the first business of all Canadians. Efficiency in labour is as important as efficiency in fighting.

LET US NOT WASTE MATERIALS—

Begin at home. The larger portion of salaries and wages is spent on the home—food, fuel, light, clothing. Are any of these things being wasted? \$20.00 a year saved from waste in every home in Canada will more than pay the interest on a war debt of \$500,000,000.

LET US SPEND OUR MONEY WISELY—

Are you spending your money to the best advantage? What do you think of extravagance in war time? Tens of thousands of Canadians are daily risking their lives for us at home. Is it not our duty to be careful and economical? Canadian dollars are an important part of the war equipment. Make them tell. Have a War Savings Account. Buy a War Bond.

THE GOVERNMENT OF CANADA

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THE DEPARTMENT OF AGRICULTURE

THE DEPARTMENT OF FINANCE