

SEVEN YEARS TORTURE

Nothing Helped Him Until He Took "FRUIT-A-LIVES"



ALBERT VARNER

Buckingham, Que., May 3rd, 1915.
For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, bitter stuff would come up into my mouth after eating, while at times I had nausea and vomiting, and had chronic Constipation. I went to several doctors and wrote to a specialist in Boston but without benefit. I tried many remedies but nothing did me good. Finally, a friend advised "Fruit-a-lives". I took this grand fruit medicine and it made me well. I am grateful to "Fruit-a-lives", and to everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-lives", and you will get well".

ALBERT VARNER.

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

KEENA 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.

FREDERICK BRADSHAW.

BOWSER AND HIS MINISTERS ARE GIVEN COLD SHOULDER

(Continued From Page One.)

Sullivan" and "What about Sullivan?"

At this setback, he adroitly switched to agriculture and William Manson, but the audience was absolutely indifferent when not hostile. Even his friends on the platform displayed signs of great uneasiness, each holding his head with one or both hands. H. B. Thomson diverted himself by reading very carefully The Daily News of June 2nd.

Bowser then appealed for another chance to carry on the affairs of the province, but the appeal met with cries of "nothing stirring." He next tackled the Brewster writ but failed to interest anyone as to whether Parliament died on March 14th or June 1st. Everything else failing, he reverted to the "plugging," referring to the "charges made against Macdonald." This statement met with a perfect storm of protest in which the premier was called upon to "take that back." The chairman rose and called for order but was told to go away back and sit down, which he promptly did. Bowser then said that he would leave it to the electorate, which the audience hailed as perfectly satisfactory.

He then tried to strike an optimistic note, saying that things were improving throughout the province but he might as well have been addressing himself to a glacier. He tried eulogising William Manson, referring to the honor conferred upon the district by giving its representative a portfolio. (A voice, "He won't have it long").

When Bowser resumed his seat, there was good natured applause, and the chairman quickly announced the "National Anthem."

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.

No opportunity to ask questions was given and the chairman dared not call for cheers for the premier or William Manson, notwithstanding the fact that they were visiting the district for the first time in their new capacities. It was a most remarkable meeting, its grim silences being much more eloquent of the state of public feeling than its interruptions. None of the speakers was able to make the slightest impression on the audience. What had been done last session and what Bowser promised, failed to awaken a spark of interest. Bowser might as well have been addressing Mount Morse.

Charles Balagno has resumed taking pianoforte pupils. Terms reasonable. Phone Blue 408. If

MINERAL ACT

Certificate of Improvements NOTICE

"Albion" and "Sunbeam" Mineral Claims, situate in the Skeena Mining Division of Cassiar District.

Where located:—About five miles from the head of Alice Arm on "Middle Creek." 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, for the purpose of obtaining a Crown Grant of the above claim.

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

Dated this 16th day of March, A. D. 1916. Je7

WM. T. KERGIN.

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 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.



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.

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.



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.

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 303, 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