

TWO LONG YEARS HE SUFFERED

"Fruit-a-tives" Made Him Feel
As If Walking On Air

ORILLIA, Ont., Nov. 28th. 1914.
"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. One day I saw your sign which read 'Fruit-a-tives make you feel like walking on air.' This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."

DAN McLEAN.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives 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.

February 18, 1916.

FREDERICK BRADSHAW.



Royal Reserve
The Whisky of Quality
Aged in Wood 8 Years before bottling
GUARANTEED BY THE GOVERNMENT OF CANADA
Demand the Brand

GERMANY TIGHTENS GRIP ON BULGARIA

That Germany is still pursuing her old policy of taking firm hold wherever possible in a commercial and political way as well as from a military standpoint is instanced by the following extract from a letter by the Swiss correspondent of the Tribune de Lausanne, writing from Germany:

Germany is working steadily to tighten her grip on Bulgaria, and to exploit that unhappy country for her own political and commercial profit. German schools are being opened in all Bulgarian towns and in as many of the larger villages as possible. They will be staffed both by Bulgarian and German teachers, but the German language will be an obligatory subject in all of them.

Special attention will also be devoted to German history, German social legislation, German literature, and other subjects likely to arouse in young Bulgaria intense admiration and sympathy for Germany. All these schools are subvented by the German Government, and the fees are nominal, and attractive prizes are freely distributed among the different classes, making the German schools more acceptable than the Bulgarian State schools, which they are intended to supplant so far as the upper and middle classes are concerned.—Chronicle

AID TO PRISONERS

The prisoners of war sale on Friday in charge of Mrs. G. A. Woodland and Mrs. J. H. McMullin realized the sum of \$25. The committee wishes to thank those ladies for their work; Mrs. Peter Black for flowers, won by C. H. Orme; Mrs. William Manson for a spearing paddle donated by



LONELY SENTRY IN FLANDERS

An official photograph showing a British "Tommy" on sentry duty in Flanders, silhouetted against the sky.

the Bella Coala Indians (not drawn for); Mrs. Hull for sweet peas, won by J. B. Roerig; C. H. Orme for a picture, won by Miss Keiller, and the following for donations: Mesdames G. R. Naden, J. H. McMullin, Besner, H. E. Tremayne, R. L. McIntosh, de Gex, Hull, Dowling, Frizzell, Vickers, Eggert, J. Carroll, William Millar, William Turnbull, Allison, Melior, Wilmot, Hutchinson, Patmore, A. L. Ford, Vance, Cade, Munro, Geo. Kerr, M. M. Stephens, Miss Pickett and a friend, 25 cents, and the News and Journal for advertising. The public are also thanked for their support. Ladies will kindly note that the demand for home cooking is still larger than the supply and that more dainties can be disposed of.

SUN AND TIDE

Wednesday, July 19th.

Sun rises 4:32 a. m.
Sun sets 8:48 p. m.
High water ... 4:14 a. m. Ht. 20.0
Low water ... 10:26 a. m. Ht. 2.8
High water ... 4:49 p. m. Ht. 20.0
Low water ... 10:59 p. m. Ht. 2.8
Captain J. McGee, M. M. S. A.

LAKELSE HOT SPRINGS HOTEL

—IS NOW OPEN TO GUESTS—

One of the largest Hot Springs in America, circumference 300 feet—Temperature of Water, 180 d. Fahr.

Excellent Trout Fishing in Lakelse Lake.

Phone Connections with Terrace. RATES: \$2.50 per day.

For further particulars, apply to J. BRUCE JOHNSTONE, Manager.

BEST QUALITY DOMESTIC LUMP

COAL

\$9.50 per Ton — Cash on Delivery

Money Back If Not Satisfactory

UNION TRANSFER CO.
333 2nd Ave. Phone 36



This Superior COFFEE

Is sold by the following well known Prince Rupert Dealers at

One Price Only, \$0.45 per lb.

At the following well-known dealers:

LYNCH BROS.
FULLER & McMEIKIN
G. P. McCOLL
3RD AVE. CASH MARKET
FULTON CASH MARKET
A. FERGUSON

MILLER-PHILLIPS
MUSALLEW GROCERY CO., LTD.
T. BRAMLEY
CAVENAILE & HANNAN
SPURR'S CASH MARKET
LIPSETT, CUNNINGHAM & CO., LTD.

CANADIAN FISH & COLD STORAGE CO., LTD.

Stewart & Mobley, Ltd., Wholesale Distributors, Prince Rupert.

WM. BRAID & CO., DIRECT IMPORTERS, VANCOUVER - B.C.



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.

Advertise In The Daily News.

Three Mighty Forces Close Linked

Have you ever noted how an audience yawns in the face of an uninspired speaker?

On the other hand, have you noted how an audience will lean forward and grasp the chair arms when the speaker reveals enthusiasm?

Enthusiasm is the buoyant expression of truth. To impart belief in anything, a man must believe it deeply himself. We call such a man an enthusiast.

This applies to the written word also—particularly to advertisements. When the manufacturer really believes in his wares, his enthusiasm will almost inevitably find expression in Advertising. And enthusiasm will be contagious—his audience—the readers of the newspaper—will, figuratively speaking, "lean forward and listen intently."

To be convincing an advertisement must convey an unmistakable impression of enthusiasm. This it will only do when the article advertised has inherent worth.

Thus we have:

Sincerity -- Enthusiasm -- Advertising:
Three mighty forces, close-linked.

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 the 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