

THE BLESSING OF A HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-TIVES".



MR. MARRIOTT
73 Lees Ave., Ottawa, Ont.,
August 9th, 1915.

"I think it my duty to tell you what 'Fruit-a-tives' has done for me. Three years ago, I began to feel run-down and tired, and suffered very much from *Liver and Kidney Trouble*. Having read of 'Fruit-a-tives', I thought I would try them. The result was surprising. During the 3 1/2 years past, I have taken them regularly and would not change for anything. *I have not had an hour's sickness since I commenced using 'Fruit-a-tives'*, and I know now what I haven't known for a good many years—that is, the blessing of a healthy body and clear thinking brain".

WALTER J. MARRIOTT.

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

LAND ACT

Prince Rupert Land District—District of Coast, Range 3.

TAKE NOTICE that the Pacific Mills, Limited, of Vancouver, B. C., occupation pulp and paper makers, intend to apply for permission to purchase the following described lands:—Commencing at a post planted at the southeast corner of Lot 289 on the west shore of Cousins Inlet, thence west 40 chains, thence south 20 chains, thence east to shore, thence northeasterly along shore to point of commencement, containing 65 acres, more or less.

PACIFIC MILLS LIMITED,
Mark Smaby, agent.
Dated May 13th, A. D. 1916. AUG. 13

ALDERMEN DEBATE ON CITY PATRONAGE

In passing the patronage list for the past six months at the city council last evening, Ald. Casey remarked upon the fact that McRae Bros., had received more business than any of the other printing firms, while there were other items which he did not understand.

Mayor McCaffery stated that requisitions had been passed by the council for each item.

Ald. McRae said that many of the items had been passed while Ald. Casey was away staking water claims. It was difficult to see just on what basis Ald. Casey made his statement, as, figured from any reasonable standpoint, he contended that McRae Bros. did not get their full share. For instance, they employed more than double the number of men than all the other firms put together, while they also paid two trade licenses and also were much heavier ratepayers than all of the others. He also pointed out that the total included stationery and printing, while none of the other concerns handled both. He moved that the two distinct lines be kept separate in future.

Ald. Dybhavn said that so far as he could see the distribution was quite fair. He was aware that there were many lines of stationery which could only be procured from McRae Bros.

The Mayor said that he had spoken to Mr. Johnson on this matter and had been assured that in many instances it was a case of getting it at McRae's or sending out of town.

Ald. Casey said that his chief object in raising the point was in order that the purchasing agent might realize that he was not in any way bound to purchase as much as possible from this firm

simply because a member of the firm was an alderman.

Ald. McGlymont figured out from the statement that one firm which employed only one man got \$84 worth of business, while the business going to McRae Bros. figured out at \$38 per man employed.

Ald. Barrie said that each firm should have an equal share. He thought that McRae Bros. got too much of the business.

Ald. McRae asked him to show how he figured this out, and invited him to use figures instead of his imagination.

Ald. Barrie said that he could not see why the number of men employed had anything to do with it.

BEST QUALITY DOMESTIC LUMP COAL

\$9.50 per Ton — Cash or Delivery
Money Back If Not Satisfactory

UNION TRANSFER CO.
333 2nd Ave. Phone 38

NAVIGABLE WATERS PROTECTION ACT

R. S. C. CHAPTER 115.

The Surf Inlet Power Company Limited hereby gives notice that it has under Section 7 of said act deposited with the Minister of Public Works at Ottawa and in the office of the District Registrar of the Land Registry District at Prince Rupert, B. C., a description of the site and the plans of wharves and power house proposed to be built at the head of Surf Inlet, Princess Royal Island, in front of Lot 40, Range 4 Coast District, B. C.

And take notice that after the expiration of one month from the date of the first publication of this notice the Surf Inlet Power Company Limited will, under Section 7 of the said Act, apply to the Minister of Public Works, at his office in the City of Ottawa, for approval of the said site and plans and for leave to construct the said wharves and power house.

Dated at Vancouver, B. C., this 29th day of May, 1916.
THE SURF INLET POWER COMPANY,
May 9th, 1916. JY12

FIRE ALARM SYSTEM

CIRCUIT NO. 1.

- Box 12—4th St. and 3rd Ave.
- Box 13—4th St. and 3rd Ave.
- Box 14—4th St. and 3rd Ave.
- Box 15—Junction of 1st, 2nd and 3rd Aves.
- Box 16—1st Ave., between 8th and 9th Sts. (Knox Hotel).
- 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.
- Box 24—1st 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 Comor Ave.
- Box 37—8th Ave. and Dodge Pl.
- Box 38—5th Ave. and Thompson St.

CIRCUIT NO. 4.

- Box 41—4th Ave. and Emmerson Pl.
- Box 42—5th Ave. and McBride St.
- Box 43—5th Ave. and Green St.
- Box 44—6th Ave. and Basil St.
- Box 45—7th Ave. and Eberia.
- Box 141—7th Ave. and Young St.

A Real Lever Simulation

GOLD WATCH FREE.



A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world as a huge advertisement. Now is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Grade, or Gents' Alberta, semi carriage said to wear with the watch, which will be given free. Should you take advantage of our marvelous offer. We expect you to tell your friends about us and show them the beautiful watch. Don't think this offer too good to be true, but send 25 cents today and win a Free Watch. You will be amazed.—WILLIAMS & LLOYD, Wholesale Jewellers (Dept. 14), 80, Cornwallis Road, London, N., England.

Sterling THE ENGINE OF REFINEMENT For the finest boats that float

FISHERMAN'S ENGINE

- 2 Cyl.—5 1-2 in. by 7 in., 12-15 Horse Power.
- 4 Cyl.—3 3-4 in. by 5 1-2 in., 25 Horse Power.
- 4 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

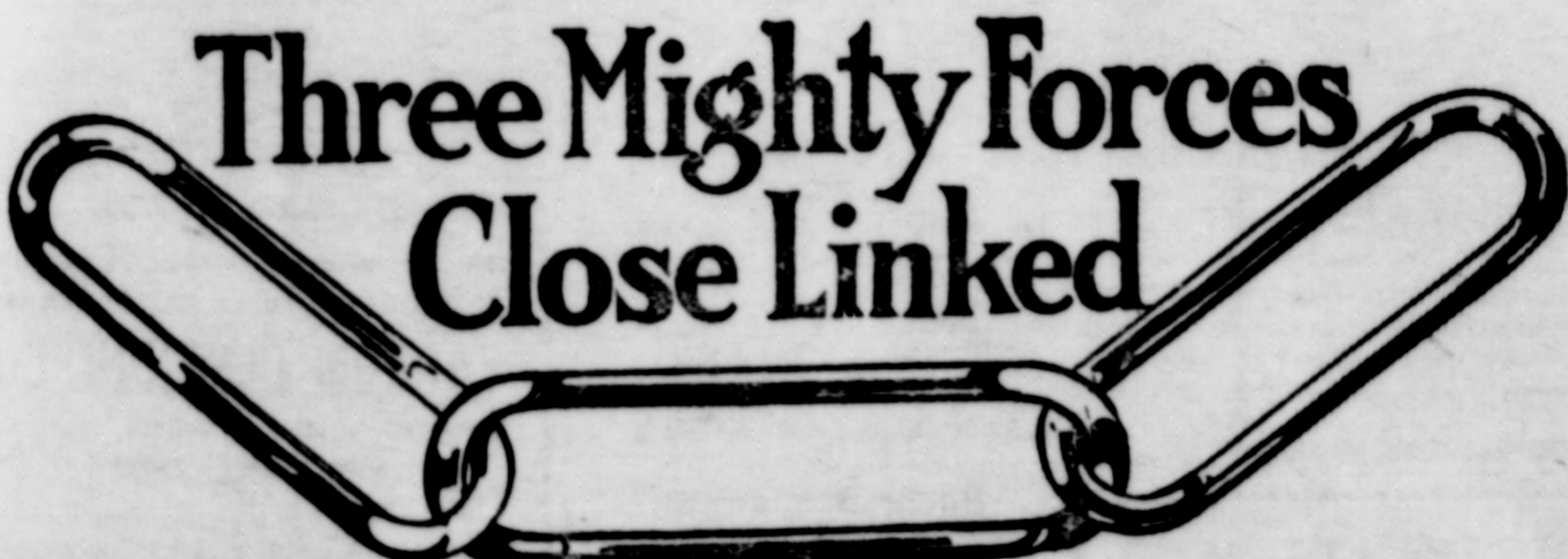
W. E. WILLISCROFT
Prince Rupert, B. C.

CONCRETE CHIMNEY BLOCKS

80 Cents per ft. F. O. B.
Prince Rupert
Concrete Works, McBride St.

Direct From the Plantation to the Cup
Braid's Best Coffee
Start the day right with a steaming cup of delicious coffee—always obtainable when you use **BRAID'S BEST COFFEE**. And in the evening at dinner or supper a cup of this delicious coffee ensures comfort and good digestion.
AT ALL GOOD GROCERS—50c. A POUND
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.



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 those 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 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 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

THE DEPARTMENT OF AGRICULTURE

THE DEPARTMENT OF FINANCE