

SEVEN YEARS TORTURE

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



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-tives". I took this grand fruit medicine and it made me well. I am grateful to "Fruit-a-tives", and to everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-tives", 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-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

HONOURABLE BOB HAD PREVIOUS EXPERIENCE

(Continued From Page One.)

changed a little. The Hall of Fame and the Court of Honor, likewise the members' rooms and the parliamentary offices would be in the centre, and the two Houses in the wings, but outwardly the Phoenix would present the same old chaste, unruffled calm.

The committee on Phoenixes was very tender toward this plan which was both economical and effective, and the Liberal members of the committee were especially pleased that they had been invited in to take part in a purely national undertaking, from which party politics would be excluded—namely, the recreation of a fine roomy Phoenix with modern conveniences which would adequately represent the dignity of Canada as a great self-governing state. Their idea was that the Phoenix would be restored as cheaply as might be consistent with good work, and that this country would not be burdened with extravagant expenditures at a time when it was groaning under taxes which were the outcome of our war obligations.

This happy state of mind lasted all session, but after the session was over and the legislators had scattered, things began to happen which robbed them of their dream. The Liberal members of the Committee found that they were not being consulted as much as they might be. Several autopsies on the Phoenix were held at which no Liberal members were present. Among others the Hon. Charles Murphy decided that he was not wanted, and dropped out accordingly. It became plainer and plainer that the Hon. Bob was intending to handle the Phoenix all by himself. This was his

chance to spend money. He wasn't going to let Sam have all the glory of throwing millions to the birds—at any rate not when he had a bird of his own to blow the coin on. A Phoenix in hand is worth two in the bush.

The Honorable Bob knows as well as the next man that more money can be spent on hatching a new Phoenix than in refeathering an old one. Besides, he had had experience in handling Phoenixes before. There was the Phoenix at Winnipeg, for example—a Phoenix that involved a million and a quarter graft, caused four cabinet ministers to be indicted for conspiracy, put several public officials on the grill for accepting bribes and doctoring specifications, brought the contractor within smelling distance of the penitentiary, and wrecked a government. Some Phoenix, eh! And yet a mighty poor Phoenix at that. A Phoenix according to the architect's report, with its feet in the mud instead of on a bed of rocks as they ought to be. A profitable Phoenix, however, to a few people.

Such is the story of the Winnipeg Phoenix, and such threatens to be the story of the Ottawa Phoenix for it has been practically decided that we are to have an entirely new Phoenix that will cost anywhere from seven to ten million dollars, instead of an old one refurbished that would cost four millions. The Department of Public Works has made its contract with P. Lyall & Son along these generous lines. The contractor is to have eight per cent. on all he spends, take all the time he likes and be paid twenty per cent. yearly for depreciation of his plant. It's a safe guess that the job will last long enough to pay the contractor the top-market price for any old junk that he cares to use as plant, not to mention his eight per cent. profit

on an unlimited expenditure. There is no telling just how far these bird fanciers will go.

All of which is to say that we have seen the last of our beautiful old Phoenix on Parliament Hill. It will not rise from its ashes. We shall have instead a new Phoenix that will eat millions till its eyes bulge. The feed bill for our Phoenix for the next few years will keep us humping because a young growing Phoenix always eats more than one that has attained maturity.

As if that were not bad enough, stories have been deliberately set afloat which cast discredit on the old Phoenix—that it had the pip, the blind staggers, and other ailments known to Phoenixes. And yet it was a sturdy old Phoenix, plenty of life in it even now, if what the Ottawa correspondents say be true. For example, there was the new fire proof wing, the west wing, the liver wing so to speak of the venerable. The Phoenix destroyers couldn't pull that wing apart, they had to blast it with dynamite.—H. F. Gadsby.

WANTED

Experienced Bridge men, Track men, Tracklayers and General Construction Laborers to join the 239th Battalion, Overseas Railway Construction Corps.

Drafts leaving Vancouver, B. C., for Valcartier, P. Q., weekly.

Be attested and forward papers to Vancouver, and transportation will be arranged at once.

Send all communications to: Officer commanding, 239th Battalion, C. E. F., 175 Cordova St., W., Vancouver, B. C.

Sterling THE ENGINE REFINEMENT

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.

BRAID'S IDEAL BLEND COFFEE

Here is a Coffee an Ideal Blend and an Ideal Value.

No More, No Less - \$0.40 per lb.

AT THIS PRICE THERE IS NO BETTER COFFEE OBTAINABLE. OTHER COFFEES THAN BRAID'S SOLD AT GREATER COST HAVE NONE OF ITS FINE QUALITIES.

At All Good Grocers

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

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



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 those will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumisden 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

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THE DEPARTMENT OF AGRICULTURE

THE DEPARTMENT OF FINANCE