Advises The Use Of "FRUIT-A-TIVES",
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"In my opinion, no other medicine in the world is so curative for Constipation and Indigestion as "Fruit-a-tives". I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis - with nasty Headaches, belching gas, drowsiness after eating, and Pain in the Back. I tried pills and medicines of physicians, but nothing helped me. Then I was induced to try "Fruit-a-tives", and now for six months I have been entirely well.

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LAND ACT

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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 269 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

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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!

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Belgian Relief Fund

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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!

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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."

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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.

roduction and Int

" 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 altimately 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 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-

ductive or should be assisting in production. Make it risking their lives for us at home. Is it not our duty make your labour tell now. Making war is the first | tell. Have a War Savings Account. Buy a War business of all Canadians. Efficiency in labour is as | Bond. important as efficiency in fighting.

LET US NOT WASTE MATERIALS-

Begin at home. The larger portion of salaries and resources men, munitions, food, money. The and wages is spent on the home food, fuel, light, call to all is to produce more and more. It may be clothing. Are any of these things being wasted? necessary to work harder. The place of those who \$20.00 a year saved from waste in every home in Canada will more than pay the interest on a war debi of \$500,000,000.

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Are you spending your money to the best advan-tage? What do you think of extravagance in war In this war-time all labour should be directly pro- | time? Tens of thousands of Canadians are daily as efficient as possible. If your labour is on something | to be careful and economical? Canadian dollars are that can be postponed, put it off till after the war and an important part of the war equipment. Make them

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