

# AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all 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 299 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

### PARLIAMENT BUILDINGS GRAFTING LAID BARE

(Continued From Page One.)

lowest tenderers he knew there were lower ones?"

"He had the other figures. I don't know what took place between him and the minister."

"What other conversation took place?"

"He said he would see the committee."

"What committee?"

"The patronage committee."

"What did he tell you when he came back?"

"That Hayward & Dods were the choice of the patronage committee, or words to that effect."

"Some of these patronage committeesmen saw you at times, you said?"

"They did."

"What were the names of these public servants who took such an interest in these matters?"

"I don't remember. I did not know them. They would mention the name of Price."

In other words, the public works department and the contractor conspired to hoodwink the people of British Columbia by a false record as all political four-flushers have done since the time of Machiavelli. And Mr. Bowser's well-trained brigade of stump speakers, in their eloquent effusions, always declare without a blush that Messrs. Brewster and Macdonald were unable to disclose anything questionable in the house. The deputy minister of public works knew that the Victoria firm was the highest bidder. He talked the matter over with the minister and then consulted the patronage committee, of which the untiring Mr. Price is the guiding spirit. It was decided without much ado that the firm in question should get the contract without regard to the

### DOUBLE FEATURE AT WESTHOLME THEATRE

The Westholme presents another double feature program for tonight with William Addison Lathrop in "The Meddler," a three-act drama of society and Robert Leonard and Ella Hall in the fifth episode of "The Master Key."

The lighter side of the program is well taken care of with "Elevating Father," a two-act L. K. O. comedy, and a comedy-drama entitled "Turtle Doves." Mr. Harvey has recovered from his recent illness and hopes to be able to take his place in the orchestra, when the national series will be continued. Charlie Chaplin in "I a. m." is coming on Friday.

amount of its tender, and as the contractor stated elsewhere in his evidence, it was awarded on May 2nd. Notwithstanding this, the contractor wrote on May 20 to the minister of public works, informing him that this firm was "the lowest tenderer and subject to his approval, would receive the contract," while the deputy minister, knowing that the contract had been already awarded to the highest tenderer, "approved" of the contractor's decision. In this way was the record falsified to hide from the public view a transaction entirely worthy of the machine, though small in its way.

The public may well ask how many crooked deals of the same kind, the inevitable fruits of machine government and the spoils system, have been covered from the public gaze in the same way in the last ten years. The patronage list has been a multiple-headed monster with a vast number of hungry mouths, and how considerable amounts of the public funds those insatiable maws

### CONSTANCE COLLIER AT THE MAJESTIC THEATRE

Constance Collier, who proved such a great attraction in "The Tongues of Men," is the star at the Majestic tonight and tomorrow in "The Code of Marcia Gray." Suddenly deprived of refinement and luxury by the cowardice of her husband at a crucial moment, Marcia finds solace in Orlando Castle, her former sweetheart and her husband's friend. It is a story entirely out of the usual and, as Constance Collier is no ordinary actress, and is supported by a strong cast, the play is something not to be missed.

The rest of the program is of the usual high standard and the music will again be a special feature.

have devoured will never be known until a more searching enquiry is conducted under the aegis of a Liberal government. The case we have mentioned is only one of many on the same contract, equally reprehensible. This is the system which has characterized the expenditure of public money in this province for ten years, on buildings, roads, streets, bridges, contracts large and small. The system has grown under fostering influences to extensive proportions, and ramifications difficult to follow.—Sun.

### SKENA 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.



## This Superior COFFEE

As its name implies is a blend of four special coffees.— It has a splendid body and will produce a rich, strong, and invigorating cup of coffee.

AT ALL GOOD GROCERS \$0.45 per lb.

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.

### 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.

# 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

## 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.