

# FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-tives"

EAST SHIP HARBOUR, N. S.  
"It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-tives'. For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-tives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches".

Mrs. MARTHA DEWOLFE.  
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.



The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

Salvation Army.  
Public meetings, Tuesday, Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.



## 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.

## Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsays Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

Manufactured by

RAMSAY BROS. & CO., LTD.  
Vancouver, B. C.

## Let Us Save You Money on your Gasoline or Distillate

We guarantee to save you 25 per cent. on gasoline or distillate and upkeep and free any motor from CARBON troubles. A seven ounce box of Carbonvoid is equivalent to 50 gallons of gasoline. Every box of Carbonvoid \$15 in gasoline 400 to 500 ad- Carbonvoid is a just drop in the move all carbon The largest companies in the world use it. THE ALLIES ORDERED IN JUNE 288,000 CARTONS. Previous order 250,000 cartons. Fully guaranteed or your money refunded. Mailed anywhere on receipt of \$1.50

Carbonvoid puts the "GO" in Gasoline

For Sale Only by  
Geo. L. Clayton, - Prince Rupert, B.C.

## PRIZE WINNERS IN FAIR COMPETITIONS

(Continued From Page One.)  
—1st, Mrs. W. Adams; 2nd, Mrs. D. McD. Hunter.  
Ketchup Sauce, 1 glass jar—1st, Mrs. D. McD. Hunter; 2nd, Mrs. D. H. Morrissey.  
Tomato Ketchup, 1 glass jar—1st, Mrs. Morrissey; 2nd, Mrs. A. L. Ford.  
Tomato Chutney, 1 glass jar—1st, Mrs. Morrissey; 2nd, Mrs. Jarvis H. McLeod.  
Apple Jelly, 1 glass jar—1st, Mrs. H. Atkins; 2nd, Mrs. D. McD. Hunter.  
Marmalade, one glass jar—1st, Mrs. D. McD. Hunter; 2nd, Mrs. Morrissey.  
Best pot of Jam, any variety—1st, Mrs. Jarvis H. McLeod; 2nd, Mrs. D. McD. Hunter; 3rd, Mrs. J. C. K. Sealy.  
Strawberries, 1 glass jar—1st, Mrs. W. H. Kirkpatrick; 2nd, Mrs. C. Larkin.  
Raspberries, 1 glass jar—1st, Mrs. W. E. Williams; 2nd, Mrs. D. McD. Hunter.  
Cherries, 1 glass jar—1st, Mrs. J. Smith; 2nd, Mrs. D. McD. Hunter.  
Plums, 1 glass jar—1st, Mrs. C. W. Homer; 2nd, Mrs. Adams.  
Pears, 1 glass jar—1st, Mrs. C. W. Homer; 2nd, Mrs. M. M. Stephens.  
Pickled Pears—Mrs. D. McD. Hunter.  
Best collection of not less than 5 varieties of preserves and pickles—1st, Mrs. D. McD. Hunter;



GRAVE OF MAJOR G. M. HIGGINBOTHAM.—These pictures, taken at Newington, Shorncliffe, England, show the last resting place of Major Higginbotham, of the 1st Canadian Contingent. The cross was erected pending the construction of a permanent monument. In the lower picture are shown, left to right, Major Mitchell, Major Heron, Col. Barker, the Vicar, and Major Eric Armour.

2nd, Mrs. Pringle; 3rd, Mrs. D. H. McDonald.  
Best pound home-made candy—1st, Mrs. A. L. Ford; 2nd, Mrs. D. McD. Hunter.  
Huckleberries, 1 glass jar—1st, Mrs. R. O. Jennings; 2nd, Mrs. D. McD. Hunter.  
Blueberries, 1 glass jar—1st, Mrs. D. McD. Hunter; 2nd, Mrs. Adams.  
Cranberries, 1 glass jar—1st, Mrs. D. McD. Hunter; 2nd, Mrs. C. W. Poole.  
Wild Currants, 1 glass jar—1st, Mrs. E. Hillman; 2nd, Miss D. Tovey.  
Wild Raspberries, 1 glass jar—1st, Mrs. D. McD. Hunter; 2nd, Miss D. Tovey.  
Best collection of wild fruit, not less than three varieties—1st, Mrs. D. McD. Hunter; 2nd, Mrs. E. Hillman; 3rd, Miss D. Tovey.

## 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.

## MINERAL ACT

Rivermouth Fractional mineral claim, situated in the Skeena Mining Division of Cassiar District.  
Where located:—At the head of Alice Arm, adjoining the Rivermouth and Cariboo mineral claims.  
TAKE NOTICE that I, G. R. Naden, Free Miners' Certificate No. 94,096B, acting as agent for Carrie Pratt, Free Miners' Certificate No. 93,917B, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.  
And further take notice that action, under section 85, must be commenced before the issue of such Certificate of Improvements.  
Dated this 23rd day of December, A. D. 1915. Apr. 2.

## Coughing scatters germs —Stop it

Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure.

The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is specially due to its great value as a permanent lung and bronchial healer.

Sold everywhere, 50c large bottles.

J. L. MATHIEU CO., Prop., Sherbrooke, P.Q.

See Mathieu's Syrup of Tar and Cod Liver Oil in all drug stores and health food shops. It is the best of all cough syrups.



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.



## CANADIAN WOMEN SHOULD KNOW THIS—

"CANADA FIRST" Milk is the BEST Milk sold by Your Grocer. The Government Bulletin No. 305 tells the story—IT COSTS THE SAME.

ASK YOUR GROCER FOR THIS CANADIAN OWNED CANADIAN MADE PRODUCT—INSIST

If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.

THE AYLMER CONDENSED MILK CO., LTD.  
AYLMER, ONT., CANADA

## 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.