

STRICKEN IN THE STREET

Completely Restored To Health By "Fruit-a-lives"

382 St. VALERIE ST., MONTREAL.
"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 100 pounds. Then several of my friends advised me to try "Fruit-a-lives", I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise "Fruit-a-lives" enough". H. WHITMAN.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.



Royal Reserve
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.

BALANCE SHEET OF RED CROSS SOCIETY

The following is the balance sheet of the Red Cross Society of October 2nd, 1916.

Credits.	
Membership dues: Ordinary	376.00
Life	25.00
Teas and sales of flowers	564.94
Donations	3,534.77
Home cooking exchange	1,794.02
Red Cross buttons	3.40
Carnival of Allies	2,851.32
British Red Cross Soc'y.	447.42
Total	\$9,566.87
Debits.	
Wool for socks	756.37
Prisoners of war	1,100.00
Hospital supplies	73.55
Head Office	6,450.00
General Expense	47.44
Bank of B. N. A.	1,129.51
Total	\$9,566.87

Prince Rupert, Oct. 6, 1916.

I beg to report that I have examined the books and records, and have verified the cash balance of the Canadian Red Cross Society, Prince Rupert, B. C., for the period from October 21, 1915, to October 2, 1916, and in my opinion the above balance sheet, and accompanying statements represent a true and correct accounting of the funds received by the Society for this period. I have found the records well and accurately kept and have received from the officers all the information and explanations I have required.



Helen Holmes in "The Girl and The Game" at the Majestic tonight.

(Signed) G. L. MUNROE, Auditor.

DOUBLE FEATURE SHOW AT MAJESTIC THEATRE

There is a big double feature show at the Majestic tonight and Thursday when Helen Holmes is presented in the sixth episode of "The Girl and The Game." This installment is entitled "Helen's Wild Ride" and is one of the most thrilling of this exciting series of remarkable pictures. This daring young actress is a prime favorite with Majestic audiences.

The other big item is "Her Shattered Idol," a four-act drama featuring Mae Marsh, one of the

most popular and clever of the stars of the screen. There is also a Mutual Weekly of the latest happenings throughout the world. A very fine musical program has been arranged and there should again be a crowded house.

SUN AND TIDE

Thursday, October 12th.
Sun rises.....7:21 a. m.
Sun sets.....5:59 p. m.
High water...1:42 a. m. Ht. 20.7
Low water...7:43 a. m. Ht. 5.5
High water...1:39 p. m. Ht. 22.2
Low water...8:18 p. m. Ht. 2.6
Captain McGee, M. M. S. A.

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.

Sterling THE ENGINE 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.

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, 35c large bottles.
J. L. MATHIEU CO., Prop.,
Sherbrooke, P.Q.

Ship your **FREE** FURS
Our Trappers Guide Supply Catalog and Price List. Write today, address to JOHN MALLAM LIMITED
"Desk E. 18" TORONTO



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.