

THE TONIC THAT BRINGS HEALTH

"Fruit-a-lives" Builds Up The Whole System

Those who take "Fruit-a-lives" for the first time, are often astonished at the way it builds them up and makes them feel better all over. They may be taking "Fruit-a-lives" for some specific disease, as Constipation, Indigestion, Chronic Headaches or Neuralgia, Kidney or Bladder Trouble, Rheumatism or Pain in the Back. And they find when "Fruit-a-lives" has cured the disease, that they feel better and stronger in every way. This is due to the wonderful tonic properties of these famous tablets, made from fruit juices.

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



The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

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.

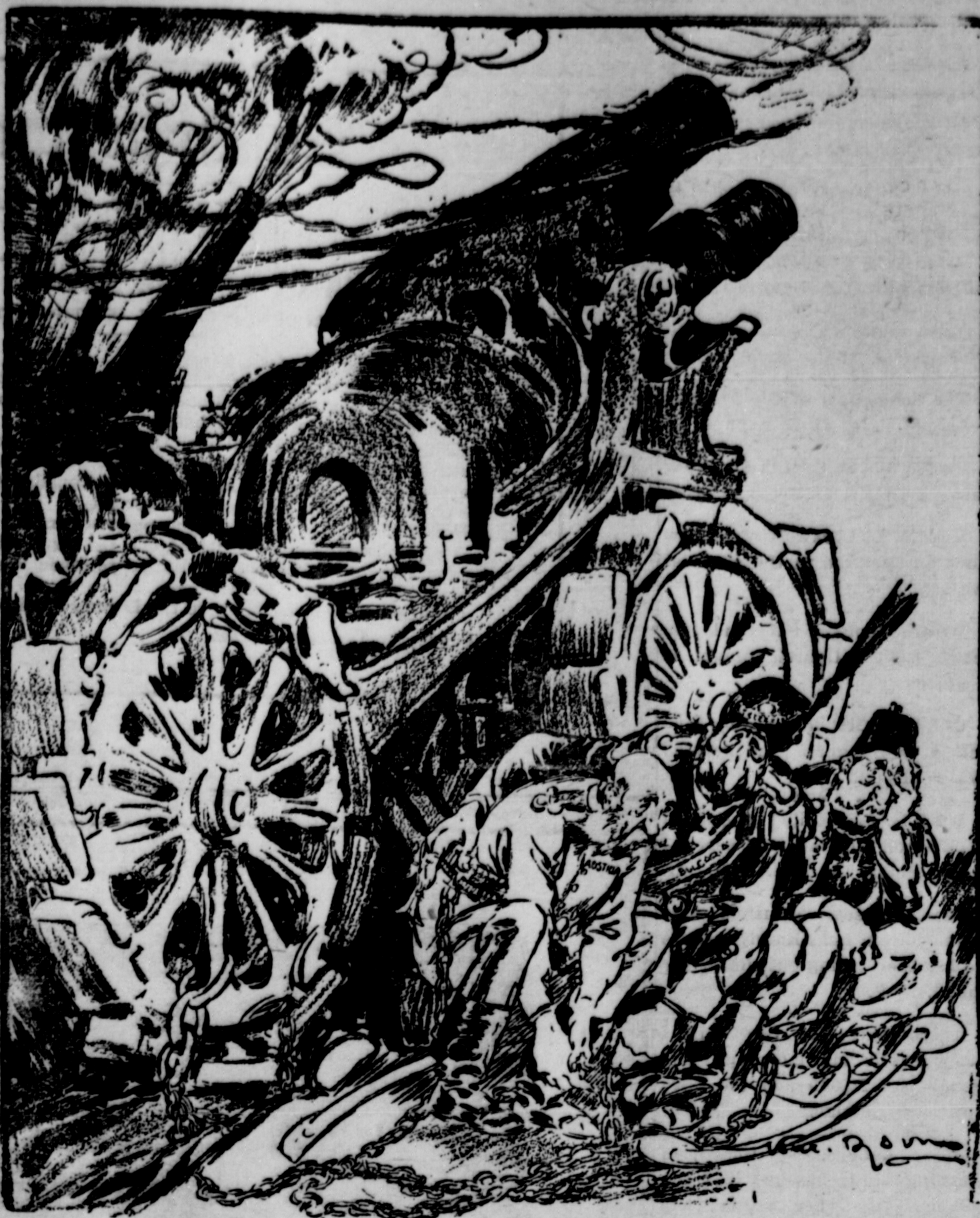
Sold everywhere, 35c large bottles.

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

For bottles see Mathieu's Service Station—these are supplied also to clubs, hotels, and public officials, after arrangement with the 5c box of 50 bottles.

Salvation Army.

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



"THE WAR WEARY." "—and German gunners were found chained to the gun." Frequent news item. "IT IS NOT ONLY GERMAN GUNNERS WHO ARE CHAINED TO THE GUN."—Chronicle.

STRIKING TESTIMONY TO LAURIER'S POLICY

(Continued From Page One.)

tory. Thus the Australian unit of the imperial navy has already justified its existence."

As emphasizing the need of local units of the British navy in the waters of the Pacific, Mr. Myers pointed out that at the outbreak of the war the Canadian Pacific coast was absolutely unguarded, save for the Canadian light cruiser, the Rainbow. He

expressed his strong opinion that Canada, Australia and New Zealand should each possess a naval unit of its own, manned by its own people, under its own control, and, in time, built in its own ironyards. These three units would pass automatically, on the outbreak of war, under the control of the British admiralty, thus forming part of "One Arm under One Brain."

Appeal to National Spirit.

"Such a navy scheme," said Mr. Myers, "would appeal to the national spirit, and would in time create a strong naval spirit—which surely should be an indispensable component of the national sentiment of any island peoples—and would also help to anticipate the international possibilities of, say, a generation hence. As an outpost of empire in the Pacific, which ocean is likely to be the theatre of international rivalry and conflict in future, New Zealand should prepare herself for such an emergency. It is true that a nation with a million inhabitants only can make but a small beginning, but that small beginning should be made, as an earnest of her intention to play a full part in the imperial scheme."

For further explanation of his ideas on the subject, Mr. Myers said there would naturally have to be an interchange of officers with the British navy, and not only armaments and munitions, but also training, drill and discipline would be of the same type and standard, and modelled on those of the British navy.—Sun.

Half-price for graniteware and other kitchen goods—these lines to be discontinued—Wallace's.



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.

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 "Ramsay's 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 will save you and give from additional miles. 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.

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 6 1-2 in., 25 Horse Power.
- 6 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

W. E. WILLISROFT Prince Rupert, B. C.