

TWO LONG YEARS HE SUFFERED

"Fruit-a-lives" Made Him Feel
As If Walking On Air

OTTAWA, Ont., Nov. 28th, 1914.
"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. One day I saw your sign which read 'Fruit-a-lives' make you feel like walking on air.' This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."

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

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 headaches use Mathieu's Earache Remedy—these are useful also to clear the nose and soothe throat. Always accompany with the use of a postcard.

Salvation Army.

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



Royal Reserve
The Whisky of Quality
Aged in Wood 8 Years before bottling
GUARANTEED BY THE GOVERNMENT OF CANADA
Demand the Brand

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 \$15 in gasoline. 400 to 500 additional miles. Carbonvoid is a just drop in the move all carbon.

**Carbonvoid puts the
"GO" in Gasoline**

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

For Sale Only by

Geo. L. Clayton, - Prince Rupert, B.C.

NATIONAL FISH DAY CELEBRATION YESTERDAY

(Continued from Page two.)

by the introduction to these waters of fish not found here at present. This applied particularly to the haddock, which is plentiful in the Atlantic but not found here. He described the haddock as one of the finest of fish from every standpoint, and one which lent itself to a much greater variety of treatment in the way of packing and preparing than any other fish. He thought that spawn brought into the Pacific would develop splendidly, just as the shad had done in the south, when introduced by the United States government. Today, carloads of shad are being shipped across the continent from the Pacific. In conclusion, he urged the tradesmen and the members of the Trades and Labor Council to adopt "Service" as their watchword for next year. He felt certain that the result would be beneficial to the whole community and to the Dominion of Canada.

Mayor McCaffery, seconded by Mr. G. A. Woodland, moved a hearty vote of thanks to Mr. Johnston for his able address; to the hotel management for the sumptuous luncheon; to the Board of Trade for planning the function and to the many gentlemen who had attended.

In putting the vote, Mr. G. W. Nickerson pointed out how much unity of purpose had accomplished in bringing the fishing industry to Prince Rupert. Every man, woman and child had benefitted from the fact that this city is handling fifty per cent. of the coast fishing business. He called for the same unity in dealing with the northern salmon industry, which is centred in Vancouver and Victoria and none of the benefits of it experienced by Prince Rupert, which is the centre of a large part of it. He urged the people of this city to show their confidence and interest in the fishing industry by investing their capital in it. He had had four years experience of it and it was the only thing which had given a return. A most enjoyable and educative function closed with the singing of the National Anthem.

DR. PRICE'S Cream BAKING POWDER

Pure, Healthful, Dependable

Made from Cream of Tartar

CONTAINS NO ALUM

Made in Canada



The Health and Beauty Bath

is assured when Lifebuoy Soap is used. It keeps the skin radiantly clean and glowing with health.

Lifebuoy is an honest soap—unwrap a cake and smell it. A mild carbolic odor is there—that means an utterly healthy skin. But, the odor vanishes immediately after use.

**LIFEBUOY
HEALTHY
SOAP**

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.

NAVIGABLE WATERS PROTECTION ACT.

R. S. C. Chapter 115.
The Grand Trunk Pacific Railway Company hereby gives notice that it has under Section 7 of the said Act deposited with the Minister of Public Works at Ottawa and in the office of the District Registrar of the Land Registry Office, District of Prince Rupert at Prince Rupert, a description of the site and plans of warehouse proposed to be built in Prince Rupert Harbor at Prince Rupert, British Columbia, in front of waterfront Block "G" according to registered plan of the townsite of the said city of Prince Rupert deposited in the aforesaid Land Registry Office as No. 923.

AND TAKE NOTICE that after the expiration of one month from the date of the first publication of this notice, the Grand Trunk Pacific Railway Company will under Section 7 of the said Act apply to the Minister of Public Works at his office in the City of Ottawa for approval of said site and plans, and for leave to construct the said warehouse.

Dated at Winnipeg, Manitoba, this 25th day of May A. D. 1916.

THE GRAND TRUNK PACIFIC RAILWAY COMPANY.

H. H. HANSARD, Solicitor.

CITY OF PRINCE RUPERT

MUNICIPAL VOTERS TAKE NOTICE

The following classes of voters should be careful to take the necessary steps to register, otherwise their names will not appear on the list.

These steps are:—

- (1) Household, namely, men who have paid Road Tax and are otherwise qualified, must, during October, make the Declaration required.
- (2) Persons holding Trade Licences must also file Declarations during October.
- (3) Persons holding land under Agreements for Sale must also file Declarations, showing particulars of Agreements, before the end of November.
- (4) The City Clerk, in order to convenience voters, will attend every Wednesday and Friday evening during this month, from 7 o'clock until 9:30 o'clock, to take Declarations.
- (5) Voters will greatly facilitate matters if those voting on Road Tax bring their receipts with them, and those claiming to vote on Agreements bring their Agreements with them.

F. PETERS, City Clerk.



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, 60 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.