

# 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.

# 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 brochures and Mathieu's Syrup of Tar and Cod Liver Oil, please send a few cents for postage and a box of 100 papers.  
4-1-13

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

# TORONTO CONSERVATIVES SHOW PARALYSIS OF FEAR

(Continued From Page One.)

we know how that worked out. It's no good canvassing round the neighborhood to find out how things are going. We know that already."

## "Made a Noise Like a Coyote."

Sergt.-Major Parkes, Returned soldier, was enthusiastically applauded. He declared that when the soldiers overseas heard that Ontario had gone dry they "made a noise like a coyote," and when they heard that Mr. Dewar had been elected in Southwest Toronto they "hadn't a word to say."

"What do they think of Sam Hughes?" asked a voice in the audience.

"He gets a lot of guff," retorted the soldier, amid laughter.

President Rooney proposed dispersing with the National Anthem but there were persistent cries for "McCausland." Ex-Ald. Jas. McCausland, who was greeted with cheers, said the difficulty was that Conservatives were timid about publicly confessing their dissatisfaction with their leaders at Ottawa and Queen's Park, but true friends of the party should speak out. He was disappointed that not a member of either the Dominion or the Provincial House representing Ward Six had turned up at the meeting, as they had always done heretofore.

"Are they afraid they will be asked questions?" proceeded Mr. McCausland. "Party affairs are in such a condition that they evidently don't think very well of them, and stay away to save their faces. I agree with Mr. McNichol that our friends at Ottawa and Queen's Park, too, are out of touch with the ranks of the party."

"The party needs reorganization. It lacks enthusiasm. The Provincial Premier says he'll stick, and I suppose he will. He'll stick and we'll fall. The endorsement of the Conservative leaders is no use to any candidate now. It's a drawback with the people—that much was shown in Southwest Toronto."

Root Out Railway Board.  
Mr. McCausland said that he wanted to leave the vexed temperance question to one side al-

together in discussing Provincial affairs. Two great big grievances that must be dealt with if the party were not to fall Provincially as well as Federally were the Ontario Railway Board, which must be rooted out, and matters affecting Sir Adam Beck (cheers) and the Hydro-electric enterprise.

## Government Not Backing Beck.

"That McGarry bill has got to be dealt with," continued Mr. McCausland, amid applause. "It's no good trying to tell us of the Conservative party that things are satisfactory between Sir Adam Beck and the government. We know better and the public know better."

"Why not be honest enough to hold a caucus or convention? Things are in such condition today that unless the two governments listen to the voice of the people, accept criticism and undertake reform at once and effectually we will fall in Ontario as we will fall in the Dominion."

## Tory Line is Broken.

Dr. McIntosh regretted that facts compelled him to agree with much Mr. McCausland had said. He had been a life-long Conservative and worker for many years. "Any sympathetic understanding between Ottawa, Queen's Park and the rank and file of the Conservative party," said he, "is conspicuous by its absence, which is much to be deplored. We have already seen the painful results in the Southwest Toronto by-election. It is no use poking our heads in the sand. Our political enemies have broken through our lines and scattered our forces, not because they were the stronger, but because of lack of leadership and despotic action both at Ottawa and Queen's Park."

## Liberals Gaining Daily.

"They hold all the gains they have made. They are making more every day, and unless we do something to gain new strength we can never hope to repeat the

victories of 1911. The enemy is pretty well loaded now for the next Dominion and Provincial elections. If we are to hope to make a respectable showing at all we must wake up and re-establish among the people of our party the confidence they have lost."

"We have lost sheep by the hundreds, and we must either give up or do something to bring them back to the fold. The Conservative party is off the track. We've got to do something to get it back again."

President Rooney did his utmost to stay the discussion and the later speakers, with the exception of Ald. Fred McBrien, avoided the discussion. Mr. McBrien's chief plea was that "the Conservative party was the only loyal party—the only party that is really loyal."

## MINERAL ACT

NASTURTIUM, IRIS FRACTION, BELLIS FRACTION, GENTIAN, BLUE BELL FRACTION, COSMOS FRACTION, THISTLE FRACTION, MARIGOLD FRACTION, LILAC FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACTION, MINERAL CLAIMS situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Island, Province of British Columbia, and lawfully held by Ikeda Mines Limited.

TAKE NOTICE that I, John A. MacInnis, solicitor for Ikeda Mines Limited, free miners' certificate No. 70354 B, intend after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder for a certificate of improvements for the purpose of obtaining a Crown Grant to the above claims.

AND FURTHER TAKE NOTICE that action under Section 85 of the Mineral Act must be commenced before the issuance of such certificate of improvements.

Dated this 31st day of May, A. D. 1916.  
JOHN A. MACINNIS,  
Solicitor for Ikeda Mines Limited.

HIGHEST PRICES PAID FOR SECOND HAND GOODS OF ALL KINDS BOUGHT AND SOLD  
HARD TIMES SATISFIED WITH A SMALL PROFIT  
Try 828 3rd Ave., Or Phone Red 268



# 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—RESIST  
If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.  
THE AYLMER CONDENSED MILK CO., LTD.  
AYLMER, ONT., CANADA

# Sterling

THE ENGINE OF 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) Householders, 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 convene 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.

# 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 "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 will save you \$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.**