

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes indigestion, loss of appetite and disturbed stomach. It may produce headaches and sleeplessness. It may irritate the kidneys and bring on pain in the back, rheumatism, gout, and rheumatic pains. It is the chief cause of eczema—and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cure auto-intoxication or self-poisoning—as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price 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 Syrup of Tar and Cod Liver Oil. It is especially good for children and gives relief after a few days. See a box of 10 bottles. 4-1-12

Salvation Army.

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

OFFICER BLUFFS HUNS WITH EMPTY REVOLVER

A captain with his left arm slung, and a German officer's helmet in his haversack, one of the wounded landed at Southampton, had an interesting story to tell of a successful piece of bluff:

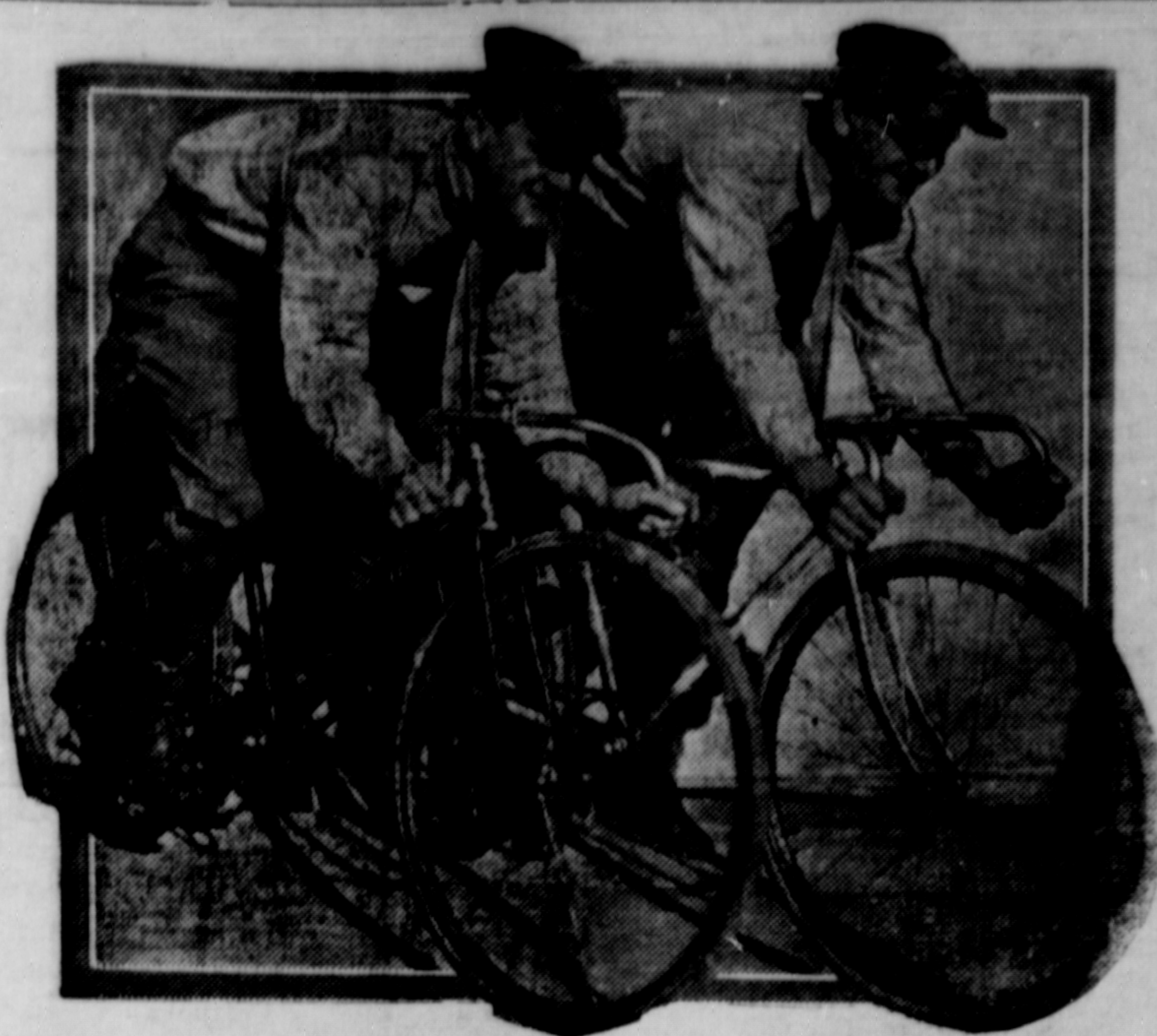
"Oh, I'm a fraud; oughtn't to be here at all. There's nothing the matter with me but a bullet through my arm. And, anyhow, logically, I suppose I ought to be dead, or a prisoner with the Huns. We took a trench northwest of Pozieres, you know, and our chaps hurried on to the second line without orders. No doubt they thought they'd cleared the front line. I tried hard to get out after them, but it was an awkward place, with a high, shaling bit of parados; and you'd hardly believe how important your left arm is till you try a job like that without it. My elbow was broken, you see.

"My orderly was with me. He'd got pipped through the shoulder outside the trench. While I squatted there I heard a scuffling underground, just round the other side of the traverse I was leaning on. Took a look round the other side, and found a Boche officer—the first I'd seen—just appearing at the mouth of a dug-out, feeling his way out. I could see the spikes of helmets behind him. So there it was. My revolver was empty. My orderly had lost his rifle away outside the trench. Awkward, wasn't it?

"Well, of course, I pointed my revolver at the Boche officer. One does that instinctively, I suppose. And to my surprise he said in English—'Don't shoot!' I said I'd shoot the lot of 'em if one of 'em moved. 'You sit perfectly still. Sit right down where you are, Mister Boche, and I'll take you to England, but if you move you'll get six service bullets, and my men will come along and bury you in your dug-out.'

Sat Down Like Lambs.

"They sat down like lambs, I managed to whisper to my orderly, round the edge of the traverse, to get forward somehow, and bring some men; and first of all to find me a rifle and bayonet, or a bomb, or a tooth-pick, or some blessed thing better than



"Billy" and "Art" Spencer, professional bicycle riders enroute to their home in Newark, N. J., "Art" Spencer, former Canadian and American champion, has had considerable luck since jumping to the pro-ranks.

an empty revolver. 'Now do be careful Mister Boche,' I said to the officer. 'I'm a conscientious objector when I'm at home, and I hate killing like the devil' (I don't know for the life of me what made me tell him that.) 'But I shall be bound to give you six bullets if you hudge one inch, and they're clumsy big brutes these service bullets; they make a devil of a hole at close quarters; worse than two or three rifle bullets.'

"'We're not moving,' said the Boche. He seemed a bit sulky, I thought. So we sat and waited. My orderly had gone, and nothing seemed to happen. I felt for my pipe with my left hand; but it was no go. That arm was out of the business. 'Got anything to smoke?' I said to the Boche, and as he moved I saw the risk, and told him pretty sharply to put down the rifle he carried. 'Over this way, please gently now, along the ground; careful!' I told him. And so I got a first-rate weapon. Seems incredible I shouldn't have thought of that before, doesn't it? That's why I say I ought, logically, to be dead.

"After a long time, my orderly got back with three men and a corporal, and then I ordered the Boches to march out, without their weapons. There were twenty two of 'em altogether. I thought my empty revolver was rather a good joke, so I told the Boche officer about it; but he only scowled and growled; and after that he was sulkier than ever, so we had no more talk."—Scotsman.

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. WILLISROFT 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. APT. 2

Prince Rupert Land District—District of Coast, Range 2.

TAKE NOTICE that the Pacific Mills, Limited, of Vancouver, B. C., occupation pulp and paper makers, intend to apply for permission to purchase the following described lands:—Commencing at a post planted at the southeast corner of Lot 299 on the west shore of Cousins Inlet, thence west 40 chains, thence south 20 chains, thence east to shore, thence northeasterly along shore to point of commencement, containing 65 acres, more or less.

PACIFIC MILLS LIMITED, Mark Snaby, agent. Dated May 13th, A. D. 1916. AUG. 13

MINERAL ACT

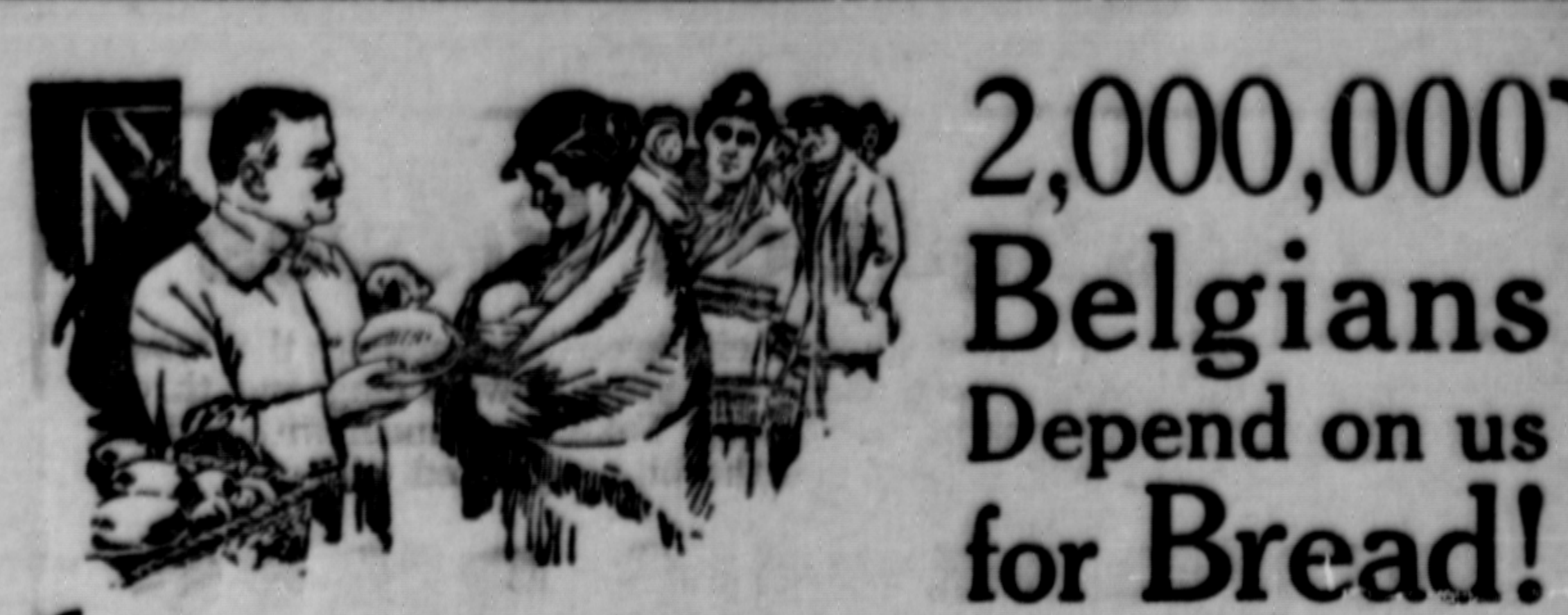
NASTURTIUM, IRIS FRACTION, BELLIS FRACTION, GENTIAN, BLUE BELL FRACTION, COSMOS FRACTION, THISTLE FRACTION, MARIGOLD FRACTION, LILAC FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACTION, MINERAL CLAIMS situated in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte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

TAKE NOTICE that I, John A. MacInnes, 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. MACINNES, 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

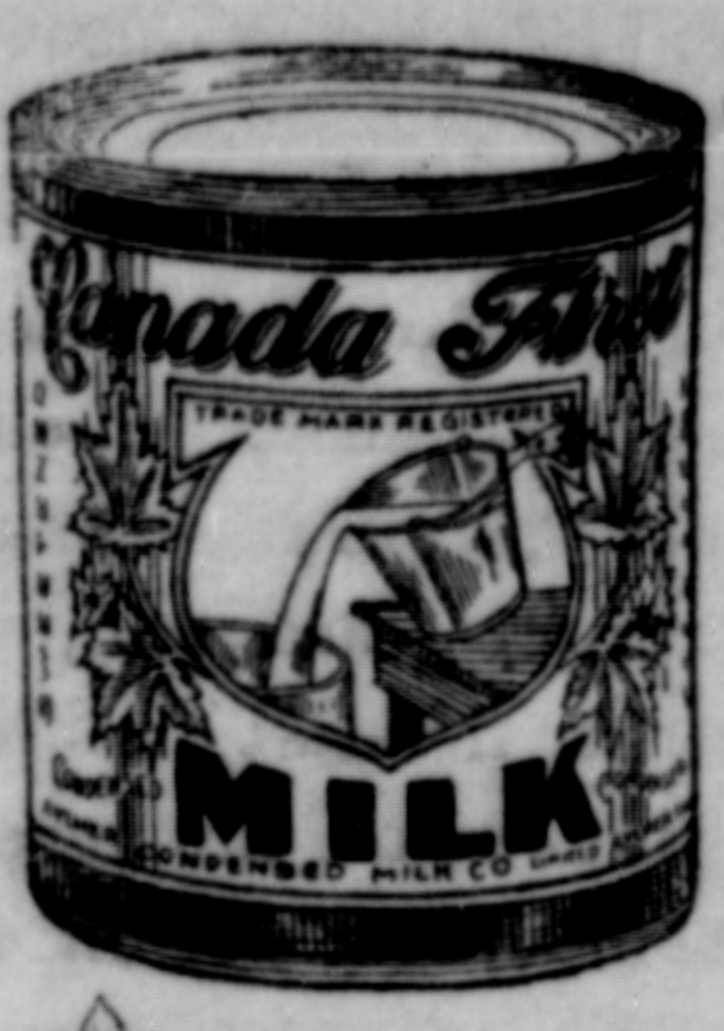
so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance 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, 50 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 BROKER FOR THIS CANADIAN OWNED CANADIAN BASE 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 "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 400 to 500 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.