

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 and toothache, Mathieu's Syrup of Tar and Cod Liver Oil is specially adapted. It is a sure and safe remedy for all ailments. See a box of 10 bottles.

Salvation Army.

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

BLUNDERING METHODS IN QUEBEC RECRUITING

(Continued From Page One.)

possibility that it might be used as the ground work for some new scheme of taxation which would get at the munition workers' wages. One sure thing is that it hands out twelve additional jobs to twelve district directors of recruiting who are chosen.

Complaint is made by good Conservatives in Quebec that the government uses the most blundering methods in that province. French? Similarly, how is the recruiting officer to catch the habitant if he can't hand it to him in his mother tongue? The place and time to catch Jean Baptiste is the church steps on Sunday morning after eleven o'clock mass. He is there in a receptive mood and the good cure has told him his duty. But you can't catch him if you address him in a language he doesn't understand.

Good Quebecers also say that it would help a lot if Henri Bourassa's seditious newspapers were muzzled, or suppressed by a government which has been quite active in censoring the press in every quarter except where it was needed. Lurking Germanism, alleged or otherwise, has been run to earth by the censorship as far west as the Pacific, and as far east as the Atlantic, and sharply dealt with. Reputable dailies in Montreal and Ottawa have been from time to time annoyed for printing legitimate news of an innocuous character, but Le Devoir, which goes on making a stench right under the official nose, goes untouched. The inference is that Mr. Bourassa has strong friends at Ottawa. He has — some of them in the cabinet.

The loyal Conservatives of Quebec have no desire to take Henri's life, or do anything that would crown him with the partial, but not fatal, martyrdom which he desires, but they do think that it would help recruiting a whole lot in Quebec if LeDevoir was bound over, not to keep the peace perhaps, but at least not to interfere with the wise and patriotic conduct of the war.

Another thing that would help recruiting in Quebec is an assurance from the government that

Oliver Asselin's regiment will be sent to the front. Oliver Asselin is one of those Quebec Nationalists whose peace theories yield the mistakes almost appear as if they were made on purpose. The idea seems to be to make recruiting in Quebec as awkward as possible. What government, these critics ask, that was really in earnest about recruiting in Quebec, would send there recruiting officers who cannot speak the French language? How much chance would the recruiting missionaries have in Toronto if they talked to the people only in to his loyal fervor in a just cause when the war test comes. Asselin, in short, is not too proud to fight. When he stands between love of factional politics and duty to his country it's duty that has the call. Asselin stands for the doctrine of defending Canada's shores even when the circumstances make her frontier as far away as Belgium. He doesn't go back on his old doctrines—he simply has a more competent idea than Bourassa of how far Canada's shores extend. With German submarines nosing their way into American harbors, Canada does not seem to be as far away from the European struggle as some people thought. On the whole, Mr. Asselin thought it was a good plan to raise a regiment for the defence of Canada and to send it where that defence could best be made.

For this thought Col. Asselin and his regiment are now doing penance. It did not suit the Ottawa government with its Nationalist wing to have a Nationalist leader like Oliver Asselin act that way. It put a crimp in the argument they were using in Ontario and elsewhere that no recruiting could be done in Quebec. What kind of story was that when the very Nationalists were tumbling over each other to enlist in Asselin's regiment?

What to do about it? Why, sidetrack Asselin's regiment. Send it to Bermuda. And sent it was to Bermuda, where it is now doing garrison duty, although eager to go to the front. But even in Bermuda there are dangers to encounter. One danger was the purple-faced old governor of the island who saw in these stout French-Canadians a supply of labor committed to him, as it were, by Providence. His bright thought was to employ Col. Asselin's regiment clearing up

brush. He almost got away with it until Col. Asselin heard about it.

"What!" said Col. Asselin, his black eyes snapping, "work my soldiers who stand us in two dollars and a half a day when you can get nigger labor for ten cents! Forget it!"

Which the governor of Bermuda did accordingly. Colonel Asselin was at Ottawa the other day begging again that his regiment be sent to the front.

"Yes," said Secretary McCurdy, "we'll send your regiment, but you must stay behind to raise another."

"I'm not that kind of a colonel," replied Oliver Asselin. "I go with my men."

And there the matter stands. The new Director of Recruiting ought to look into it.—H. F. G.

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. 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—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

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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.

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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.

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.

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. 93,017B, 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. Apr. 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 northwesterly along shore to point of commencement, containing 65 acres, more or less.

PACIFIC MILLS LIMITED, Mark Smaby, agent, Dated May 13th, A. D. 1916. Aug. 13

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.