

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

ROCHON, P. Q., JAN. 14th, 1915.

I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try "Fruit-a-tives". I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with "Fruit-a-tives".

I consider that I owe my life to "Fruit-a-tives" and I want to say to those who suffer from indigestion, constipation or headaches—"try Fruit-a-tives" and you will get well". CORINE GAUDREAU.

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

Salvation Army.

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

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 especially 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.

FAMOUS GOLD SHIP HAS IGNOMINIOUS END

Sourdoughs will learn with regret that the steamer Portland, which has been beached at Katala since she was wrecked in 1910, is to be broken up for old metal. The Portland was the vessel which arrived at Seattle nineteen years ago with the first great cargo of gold from the Yukon, which inaugurated the most romantic and greatest gold rush the world has ever seen.

The Portland seems to have been built for excitement as she began her career in 1885 as the Haytian Republic, and at once started to furnish copy for the newspapers, as she was seized for carrying contraband to the rebels in Hayti. When the United States government forced her release, an attempt was made to sink her as she left the harbor of Port au Prince, and the marks of this brush were still visible when she came to this coast in 1889.

She was chartered as a cannery boat and as a passenger steamer for a time and later it was said that she became a carrier of contraband Chinese and opium, at which she succeeded until seized by the government at Portland. She was then named the Portland and traded between all points be-

Worth a Guinea a Box

as a remedy for the evil effects of quick eating, over-eating and strenuous living. The medicine that meets this need—that tones the stomach, stimulates the liver, regulates the bowels—is



Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25 cents.



SIR RABINDRINATH TAGORE

The Hindu poet and Nobel Prize winner who left San Francisco almost immediately on his arrival because of a reported plot to assassinate him. He cancelled lecture engagements and left the city under guard of detectives. He also left behind him in San Francisco two fellow countrymen, in jail.

between Panama and the Aleutian Islands, until she became one of the fleet of the old Alaska Coast Company, one of the concerns which grew into the Admiral Line, and in which service she remained as a popular freight and passenger carrier until her unfortunate wreck in a heavy snowstorm in November, 1910, in the harbor of Katala.

All that remains of the famous gold ship, in the south, is the hardwood wheel taken from the pilot-house after the wreck and presented to Dr. F. B. Whiting, a popular Alaskan pioneer.

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. APR. 2

Prince Rupert Land District—District of Coast, Range 8.

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 Smaby, agent.

Dated May 13th, A. D. 1916. AUG. 13

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. WILLISGROFT Prince Rupert, B. C.

BABY'S OWN SOAP



The purity and fragrance of Baby's Own Soap have made it a universal favorite. Its use is beneficial to any skin.

Albert Soaps Limited, Montreal.

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, BFGONIA 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.

MINERAL ACT

Notice to Delinquent Partners.

To G. W. Maxwell and Charles Nicholson.

TAKE NOTICE that whereas I have done and caused to be done assessment work on the Wolf Mineral claim, situated at the head of Alice Arm, Observatory Inlet, in the Skeena mining division of Skeena district, assessment work for the years 1913, 1914, and 1915, and have paid for said work and recording same, the sum of \$307.50. Unless you pay me the sum of \$231.50, for your share of the said assessment work, together with the cost of this advertisement, I shall, at the expiration of ninety (90) days from the date hereof apply to the mining recorder at Prince Rupert, B. C., to have your interests in the Wolf mineral claim vested in me, in pursuance of the provisions of the mineral act.

Dated at Prince Rupert, B. C., this 10th day of February, 1916.

J. E. STARK

LADIES

You are especially invited to inspect the busy kitchen of

The Arcade Cafe

(Next to Killas Confectionery)

BEST OF THE MARKET
BEST OF COOKING
BEST OF SERVICE

Killas & Georgalas

Proprietors
PHONE 456 PHONE 456



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 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

Royal Reserve

The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

A Real Lever Stimulation

GOLD WATCH FREE.

A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world as a huge advertisement. Now is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Guards, or Gent's Alberts, sent carriage paid to wear with the watch, which will be given Free (these watches are guaranteed five years, should you take advantage of our special offer to tell your friends about us and show them the beautiful watch. Don't think this offer too good to be true, but send 25 cents to-day and win a Free Watch. You will be amazed—WILLIAM & LLOYD, Wholesale Jewellers (Invt. 141) 26, Cornwallis Road, London, W., England.

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 ad- Carbonvoid is a just drop in the move all carbon. The largest companies in the world use it. THE ALLIES ORDERED IN JUNE 238,000 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.

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 those will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.