

FAMILY DOCTOR'S GOOD ADVICE

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

ROCHESTER, 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-lives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-lives'."

I consider that I owe my life to 'Fruit-a-lives' and I want to say to those who suffer from indigestion, constipation or headaches—'try Fruit-a-lives' 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-lives 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 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 further information write to the
publishers—these are useful also to those who
have and please attach self-addressed
label. Box 100, St. Paul, Minn.

4-1-13



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 Simulation
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 Quartz, or Gents' Quartz, or Gents' Quartz, 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 marvelous offer. We expect you 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.—WILLIAMS & LLOYD, Wholesale Jewellers (Dept. 14), 40, Cornhill Road, London, S. England.



GOLD GUINEAS FROM MINT FOR GIRLS OF CHRIST'S HOSPITAL

Following an old custom, which even wartime does not affect, the girls of Christ's Hospital who visited the Mansion House on St. Matthew's Day received gifts of coin fresh from the mint. Sixteen girls received a guinea each. The custom dates from the days of Edward VI.

SEPTIC POISONING CURED BY SALT WATER

A revolution in surgical treatment has been introduced by a British doctor. The new method is called "saline irrigation," and a newspaper writer describes its manner of application as he witnessed it at a military hospital.

Lying comfortably in bed was a soldier with a severe shrapnel wound on the knee. The bed-clothes that covered the upper part of his body were arranged in the ordinary way, but below the clothes were raised by a "cradle," so that the wound was quite removed from any possibility of contact with the coverings.

All the time as he lay there,

salt water trickled gently from a glass tube on the wound, running day and night without ceasing, and all the time carrying off the poison from the wound and helping to heal it.

The saline solution—it is nothing more than warm water with five to ten per cent. of common salt in it—comes from an ordinary Thermos flask suspended above the bed, with a rubber tube conveying the fluid to the small glass tube.

After three or four days of irrigation, most septic wounds become clean and healthy. The salt penetrates to the seat of the poisoning and carries it off. War Cry.

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 3.

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 269 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 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.

**BABY'S
OWN SOAP**
Best for Baby Best for You
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.



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

SUBSCRIBE FOR THE DAILY NEWS

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 "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 \$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.