

## RHEUMATISM WAS MOST SEVERE

Dreadful Pains All The Time Until He Took "FRUIT-A-TIVES".



MR. LAMPSON

Verona, Ont., Nov. 11th., 1915.

"I suffered for a number of years with Rheumatism and severe Pains in Side and Back, from strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended "Fruit-a-tives" to me and after using the first box I felt so much better that I continued to take them, and now I am enjoying the best of health, thanks to your remedy."

W. M. LAMPSON.

If you—who are reading this—have any Kidney or Bladder Trouble, or suffer with Rheumatism or Pain In The Back or Stomach Trouble—give "Fruit-a-tives" a fair trial. This wonderful fruit medicine will do you a world of good, as it cures when everything else fails.

50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price 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 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 bottles and Mathieu's Formulae—these are useful also to check the heat and pain which often accompany colds, the flu or influenza.

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## ANOTHER INEFFECTIVE BORDEN COMMISSION

(Continued From Page One.)

keep on investigating to the end of the chapter. It hopes to be investigating when it goes out of office. The main thing is that its friends shall have plenty of time to make money at the public expense. Consequently the Borden government could die investigating. It probably will. It certainly couldn't survive an attempt to act on what it finds out. The few friends it has left belong to the privileged classes who make the cost of living what it is and they certainly wouldn't stand for any spasms of conscience on the part of a government that owes its existence to them.

In fact the Borden government has to be very careful to keep these powerful but peevish persons quiet. One of them was planted in the very midst of the Economic Commission so as to head off any mischief in that direction. This commission—one of the eighty-six appointed by the Borden government—has been running for over a year but it hasn't reported yet. It may be doubtful whether it ever will report. If it did report it may still be doubted whether any real knowledge would be available with the Arch Cold Storage, entrenched in its very bowels. Incidentally it may add to the high cost of living that the Arch Cold Storage has one of the biggest contracts for embalmed beef for the British army placed on this continent. Which goes to show that the laborer is worthy of his hire even if he does perform high public duties ostensibly for nothing.

Many deputations have visited Ottawa to interview the government on the high cost of living and to see what it couldn't do about it. All these deputations got was a hearing and perhaps a soft nothing by way of an answer. It is not the intention of the Borden government to interfere with its friends making hay while the sun shines. Moreover the sun is going to shine for the Borden government's food-monopolizing friends as long as the Borden government remains in office. All the government's friends, shell makers, horse chanters, the Alli-



At the Westholme Theatre tonight only.

sons, Garlands, Fosters and the like have been allowed to do well. Why discriminate? Why put a crimp in the food manipulators? On the contrary, lay on Macduff and damned be he who first cries halt, enough.

Enemies of the high cost of living will not take much comfort of the fact that the committee which is to investigate, and, if possible, to slay the monster, consists of three cabinet ministers—Mr. Crothers, Mr. Rogers and Mr. Doherty, none of whom is personally interested in the subject.

Mr. Crothers is the Minister of Labor, but he has never known labor's hardships and vicissitudes. He is a lawyer to whom the cost of living is nothing more than an academic question. Hunger has never pinched the Hon. Thomas—God forbid that it should—and he has, I am instructed, no little mouths to feed. The Trades and Labor Congress, by the way, doesn't seem to fancy him as minister of Labor. They treat him more like a culprit than a cabinet minister. Perhaps that is the reason they treat him that way. What I mean to say is that labor treats him that way because being a culprit and being a cabinet minister in the Borden government are one and the same thing. At any rate the labor men don't like his interpretation of the Industrial Disputes Act. His tendency, so they say, is to work it against them.

The Hon. Bob Rogers has enough laid by for his old age, so that the high cost of living has no terrors for him. Faced with the high cost of sirloin steak Bob would probably say "Why not eat chicken?"

As for the Hon. Charles Doherty, he draws two pay envelopes, one as a cabinet minister of Canada, the other as a superannuated judge of the High Court of Quebec. The high cost of living can never daunt him—he is doubly armed.—H. F. Gadsby.

### 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.

## Sterling THE ENGINE REFINEMENT

### 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.



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 Flag 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

## 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

Carbonvoid puts the "GO" in Gasoline:

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

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