

# THE BLESSING OF A HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-TIVES".



MR. MARRIOTT  
73 Lees Ave., Ottawa, Ont.,  
August 9th, 1915.

"I think it my duty to tell you what 'Fruit-a-tives' has done for me. Three years ago, I began to feel run-down and tired, and suffered very much from Liver and Kidney Trouble. Having read of 'Fruit-a-tives', I thought I would try them. The result was surprising. During the 3 1/2 years past, I have taken them regularly and would not change for anything. I have not had an hour's sickness since I commenced using 'Fruit-a-tives', and I know now what I haven't known for a good many years—that is, the blessing of a healthy body and clear thinking brain."

WALTER J. MARRIOTT.

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, 15c large bottles. J. L. MATHIEU CO., Prop., Sherbrooke, P.Q.

### BORDEN GOVERNMENT'S GRIM PRACTICAL JOKE

(Continued From Page One.)

Night, an Independent Conservative Journal, has this to say:—"The mismanagement of our man power in connection with the war has been such that nothing that can be done will ever repair the damage. Muzzling Bourassa would probably be the most effective method of still accomplishing a little something, but, of course, this will not be done. But asking the Liberal leader to share the responsibility of Conservative mismanagement was rather a good idea, the only trouble is the Old Man saw the point of the hook and concluded not to bite."

Still another joke is the tariff—a cruel joke. It was a twenty-five per cent. tariff when the Liberals went out of office in 1911. It is a forty per cent. tariff now—a veritable Rake's Progress. War or no war, it would have been a forty per cent. tariff because the Borden government had to carry out its bargain with its masters, the food profiteers, to deliver the consumer to their tender mercies. And well have they done it—so well that in another year, that is to say at the end of the war, the food profiteers will have about all the money there is in the country. Trust them to keep a good lap ahead of the purchasing value of the dollar. Trust them to lick up all the benefits of high wages to the worker. Trust them to get all there is out of the goose short of actually killing it!

The situation of the worker

### 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.

with a trades union at his back is bad enough, but consider the situation of the unorganized worker, the school teacher, the clerk, the parson, the innumerable wage slaves of desk and counter who are not able to gain their ends by striking and must take what they get or leave it. If the Cold Storage Kings and the other food brigands are allowed to go unchecked these poor fellows will soon be in sight of starvation.

The grimmest joke of all is when a deputation goes to Ottawa to ask the Borden government for measures of relief against the High Cost of Living, and the government suggests that the municipalities shall conduct investigations of their own and when they have found the witch they ought to be done, if anything. The government has or should have four reports on this subject in hand right now. Consequently any proposal to investigate is a stand-off, pure and simple. Go, chase yourself—that is what the government says to the people who complain about the High Cost of Living.

Bakers bread is now six cents a pound. The bakers say they can't do it for less with flour at \$9.50 a barrel. Flour is \$9.50 a barrel because the Borden government's milling friends have it all their own way. The Northwest farmer cannot sell his surplus wheat to the American miller except against a prohibitive duty, and the American miller is similarly impeded in selling his surplus flour to the Canadian consumer.

Meat prices are scandalous and threaten to become more so. The cold storages are firmly entrenched with the Borden government. A cold storage warehouse was burned at Lindsay the other day—one of the many and a small one at that—and a quarter of a million dollars worth of food went up in smoke. That is only one of the food-boards the cold-storagers are laying by so as to create artificial scarcity and famine prices.

Being as close to the cold storagers as the Borden government is it probably knows these facts. That one bank of which the largest cold storage operator in Canada is a director, finances practically all the big packing companies in this country. What would the depositors in this bank say if they knew that their own money was being used to choke them to death? Would they leave their money there or would there be a run on the bank?

Another little fact worth looking into. Not a pound of meat, not a can of peas, not an apple nor an onion, not an ounce of anything can be bought in Canada except at a retail price fixed by the wholesalers. Fruit rots in the shop windows sooner than suffer an abatement of price. There must be combines about. Why not get after 'em.—H. F. G.

### 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. 8

## 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. WILLIS CROFT  
Prince Rupert, B. C.

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

### LAKELSE HOT SPRINGS HOTEL

—IS NOW OPEN TO GUESTS—  
One of the largest Hot Springs in America, circumference 300 feet—Temperature of Water, 180 d. Fahr.  
Excellent Trout Fishing in Lakelse Lake.  
Phone Connections with Terrace.  
RATES: \$2.50 per day.  
For further particulars, apply to J. BRUCE JOHNSTONE, Manager.

### 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!

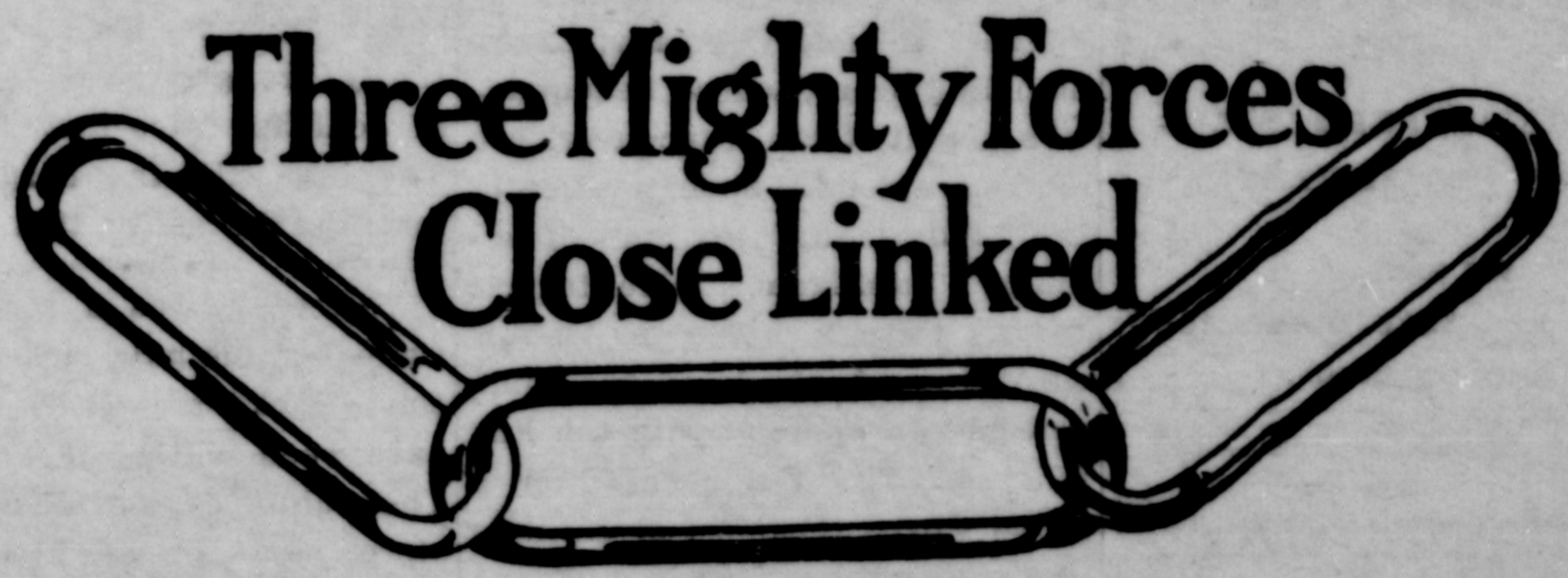
Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

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 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 "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, and give from 1 to 2 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 283,000 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.

## Geo. P. McColl

GROCCER

Has Moved into the Mart Bldg.

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