

THE ONLY MEDICINE THAT HELPED HER

"Fruit-a-lives" Again Proves Its Extraordinary Powers

ROCHON, QUE., March 2nd, 1915.
"I have received the most wonderful benefit from taking 'Fruit-a-lives'. I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-lives' and it was the only medicine that really did me good. Now I am entirely well—the Rheumatism has disappeared, and the terrible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a-lives'." MADAME ISABEL ROCHON.
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 headaches use Mathieu's Formula
Pain-killers—these are useful also to chase the
fever and pain which often accompany
colds, and loss of all power.
4-1-13

GOING DOWN



OUR SHIP IS SURE IN SORE DISTRESS AND THERE'S NO REPLY TO OUR S.O.S.—Cartoon from
London Bystander.

NAVAL RECRUITING COMMITTEE FORMED

(Continued from Page one.)

who had spoken had shown very clearly the circumstances in which the people of Canada found themselves. He felt certain that citizens would assist in every way possible to carry out the recruiting scheme outlined. He promised

his heartiest support.

Rev. Canon Rix said that the war would have been fought out and lost but for the navy. We have our liberty and our privileges because of the fact that the navy was ready. He felt that there would be no difficulty in getting the 5,000 men asked for.

Lieut. Julien then explained the methods of the committees, which are centralised in Vancouver for British Columbia. He asked the citizens to appoint a committee, which would appoint a delegate to headquarters. He said that he would aid that committee to the best of his ability and that they had only to make their wishes known to have them attended to. He felt that if 25 men from Prince Rupert were transferred to the North Sea they would form the nucleus of a navy here. They would imbibe the spirit of the navy as our soldiers had done the spirit of the trenches.

M. J. Hobin, seconded by T. D. Pattullo, moved that the committee consist of Judge Young, J. H. McMullin, Canon Rix, Fred Peters and L. M. de Gex. This carried unanimously.

Geo. P. McColl

GROCE

Has Moved into the Hart Bldg.

NOW READY FOR BUSINESS

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. 94,095B, 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



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

Royal Reserve

The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

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 will save you and give you additional miles. dry powder you tank. Will re-

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

For Sale Only by

Geo. L. Clayton, - Prince Rupert, B.C.



The Poor Man's University

"JONES knows more about motor cars than any other man I know," said a man to his friend. "He has obtained his knowledge chiefly from motor car advertisements, and the catalogues and booklets circulated through them."

"All I know about photography," declared a well-known amateur, "I have learned from the men who advertise cameras, plates, papers and films."

Advertisements have been well called "The Poor Man's University," but other than poor men have been schooled thereby.

Much of what the average individual knows concerning personal and domestic hygiene, modern office methods, books and authors, electricity, precious stones, investments, and almost everything else, he has learned from advertisements.

Advertisements have stimulated our intelligence, added enormously to our knowledge, and given us aspirations which have raised us to higher levels of thinking and living. Advertising is indeed "The Poor Man's University."

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.