

MISERABLE FROM STOMACH TROUBLE

Felt Wretched Until He Started To Take "Fruit-a-tives"

501 CHAMPLAIN ST., MONTREAL.
"For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent Dizzy Spells, and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints, and my hands swollen. A friend advised "Fruit-a-tives" and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that "Fruit-a-tives" is the only medicine that helped me". LOUIS LABRIE.
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 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 see Mathieu's Review. Dealers—there are useful also to have the full and precise information concerning this, the best of all products. 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

FROM FAR AND NEAR

A. C. Flumerfelt, in a long letter to the Victoria Colonist, suggests that the government should fix a maximum price on all food stuffs, and that exports should cease until Canada's demands are satisfied. He also says that the embargo on labor should be lifted in order that Canada's industries may proceed.

A. J. Prudhomme has been elected to the executive of the Telkwa Board of Trade.

Hon. Frank Cochrane says that he does not know anything about the nickel being sent to Germany. Mr. Cochrane seems to be speaking as a member of the government and not as a gentleman interested in the nickel industry.

Major W. W. Foster, Islands representative in the provincial legislature, has been awarded the D. S. O. for gallantry on the field of battle.

The Griffiths interests in Seattle have purchased the steamer British Columbia, a vessel well

LIQUOR ACT, 1910.

(Section 42.) NOTICE is hereby given that, on the first day of December next, application will be made to the Superintendent of Provincial Police for renewal of the hotel licence to sell liquor by retail in the hotel known as the Northern Hotel, situate at Port Simpson, in the Province of British Columbia.

Dated this 7th day of October, 1916.
ERNEST WOOD RICHARDS, Applicant.

NAVIGABLE WATERS PROTECTION ACT.

R. S. C. Chapter 115.

The Grand Trunk Pacific Railway Company hereby gives notice that it has under Section 7 of the said Act deposited with the Minister of Public Works at Ottawa and in the office of the District Registrar of the Land Registry Office, District of Prince Rupert at Prince Rupert, a description of the site and plans of warehouse proposed to be built in Prince Rupert Harbor at Prince Rupert, British Columbia, in front of waterfront block "G" according to registered plan of the town-site of the said city of Prince Rupert deposited in the aforesaid Land Registry Office as No. 923.

AND TAKE NOTICE that after the expiration of one month from the date of the first publication of this notice, the Grand Trunk Pacific Railway Company will under Section 7 of the said Act apply to the Minister of Public Works at his office in the City of Ottawa for approval of said site and plans, and for leave to construct the said warehouse.

Dated at Winnipeg, Manitoba, this 25th day of May A. D. 1916.
THE GRAND TRUNK PACIFIC RAILWAY COMPANY.
H. H. HANSARD, Solicitor.



COMMISSIONER SOWTON

Commander-in-chief of the Salvation Army in Western Canada, who arrived in the city last evening and who will deliver a lecture in the barracks tonight at 8 o'clock. The title of the lecture is "The Salvation Army in the Great European war." Staff Captain Peacock is visiting this district with the commissioner.

known to all citizens of Prince Rupert. She will be used in the ore carrying trade between British Columbia and Puget Sound.

The British ship Alice A. Leigh has just arrived in Havre, France, after taking 198 days on the voyage from the Columbia River. This is the record slow voyage for the trip.

The Retail Grocers Association of San Francisco is starting a campaign to try and induce President Wilson to put an embargo on the exportation of wheat. The grocers plan to have their customers sign the petition.

Virginia City, famous in the early mining days of the west, is again the centre of considerable attention. The C. E. Jury Syndicate, of Toronto, has taken a bond and option on mining territory in the Jumbo district, known as the West Comstock lode. The district will be tested with diamond drills and, if satisfactory results are obtained, deep shafts will be sunk.

Dr. H. Thacker, Liberal-Labor member of the New Zealand parliament, maintains that the only solution of the high cost of living problem is for the government to take over control of all food supplies. The government alone can deal effectively with the manipulators who are driving prices up.

LUMBERMEN WANTED

The British army requires lumber just as much as it requires munitions and there are many men in Canada who can do their share for the Empire by enlisting in the Forestry Battalions. Sergt. Stokes is at the Red Cross rooms recruiting for a new Forestry Battalion and blacksmiths, teamsters, chaffeurs, sawyers, filers, edgemen, fellers, laborers and anyone having a knowledge of lumbering will be welcomed to the ranks. t.

LAND ACT

PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST, RANGE III.

TAKE NOTICE that Pacific Mills, Limited, of Vancouver, British Columbia, occupation, pulp and paper makers, intend to apply for permission to purchase the following described lands. Commencing at a post planted on the north bank of Koeeye river, about one-quarter of a mile up-stream from the shore of Fitz-Hugh Sound; thence north twenty chains, thence east twenty chains, thence south to river's bank, thence along shore in a westerly direction to point of commencement and containing forty (40) acres, more or less. Sept 10. Dated June 10th, 1916. PACIFIC MILLS, LIMITED, by "Mark Smaby," Agent.

Geo. P. McColl

GROCER

Has Moved into the Hart Bldg.

NOW READY FOR BUSINESS

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. WILLISROFT
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, 59 St. Peter St., Montreal

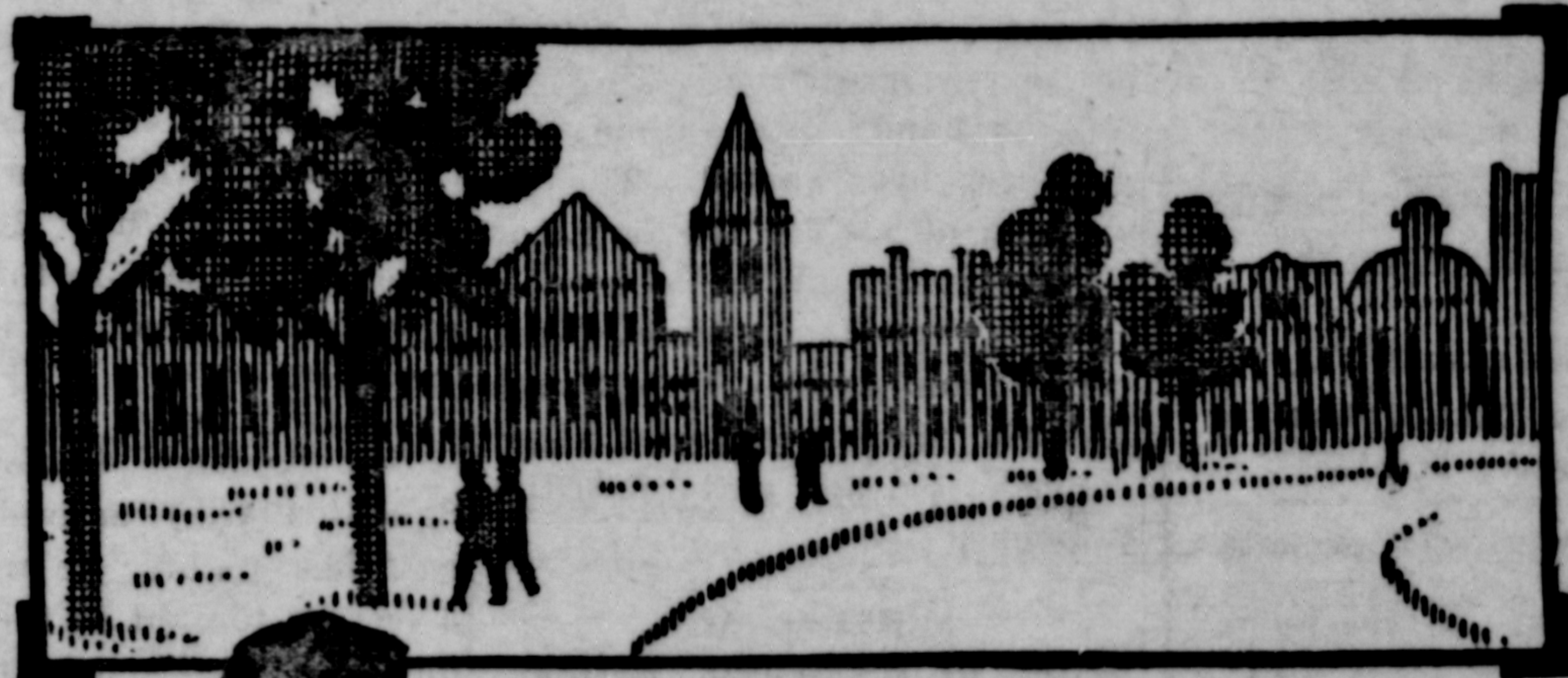
\$2.50 Feeds A Belgian Family A Month.



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 white cream, chill "Canada First" Evaporated—then whip as with fresh cream.
THE AYLMER CONDENSED MILK CO., LTD.
AYLMER, ONT., CANADA



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.

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. Carbonvoid is a dry powder you just drop in the tank. Will remove all carbon from cylinders. 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.