

HIS HEART BADLY AFFECTED

"Fruit-a-tives" Soon Relieved This Dangerous Condition

632 GERRARD ST. EAST, TORONTO.
"For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my Heart and I had pains all over my body, so that I could hardly move around. I tried all kinds of Medicine but none of them did me any good. At last, I decided to try "Fruit-a-tives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-tives" to anyone suffering from Indigestion".

FRED J. CAVEEN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

WANTED

Experienced Bridge men, Track men, Tracklayers and General Construction Laborers to join the 239th Battalion, Overseas Railway Construction Corps. Drafts leaving Vancouver, B. C., for Valcartier, P. Q., weekly. Be attested and forward papers to Vancouver, and transportation will be arranged at once. Send all communications to: Officer commanding, 239th Battalion, C. E. F., 175 Cordova St., W., Vancouver, B. C.

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.

Per instructions use Mathieu's Syrup of Tar and Cod Liver Oil. These are useful also to chase the flu and other ailments when accompanied with the use of all products. 4-1-13



TROUBLE WITH THE DECEASED.—(Cartoon by Sam Hunter in the Toronto World, Conservative.)

J. E. Davey

Teacher of Singing and Voice Production.

PHONE BLACK 217.

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, fliers, edgemens, fellers, laborers and anyone having a knowledge of lumbering will be welcomed to the ranks.

Eider-down comforts. Pillows sheets and blankets. See Tite's large assortment.

TAMPERING WITH LIGHTING SYSTEM

(Continued From Page One.)

if the tampering with the wires was the sole cause of the trouble in certain districts. He wanted to know if the system was in good shape.

Mr. Kennedy explained that the first reason for the street lighting going dead was the trouble he mentioned. He went into technical details as to how the system was affected. He said that the contact of the wires caused an increased pressure to be thrown on certain lines which caused the rectifier tubes to blow out. They had two go out in a week. They got another and the day it was put in place it also blew out. He was planning to do away with these entirely by adopting the nitrogen lamp which is now being used in most big cities. By doing away with the arc lamps the city would be saving a considerable sum of money. He was getting started on the change when the storm broke.

Ald. Casey wanted to know wherein lay the benefit of the change. He thought it was a step backward.

Mr. Kennedy explained that this system was used in Vancouver and all the other big cities on the coast. He said that the nitrogen-filled lamp was infinitely superior to the magnetized arc lamp in that it saved so much in operating costs. Including the saving in tubes, etc., he believed it would make a difference of \$1,200 a year. As regarded lighting, the nitrogen lamp was superior to the present type in every way.

Ald. McClymont said that the public was not aware of the real causes of the trouble and that Mr. Kennedy's explanation was satisfactory.

Ald. Nelson said that people on the street had been talking of the matter and in some quarters political capital had been made out of it. It had even been hinted that there was a scheme to put the system out as a blow to municipal ownership. He had also heard it attributed to the fact that the council had kept the staff down.

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.

Leather chairs and rockers. A substantial gift. Big discounts at Geo. D. Tite's.

MINERAL ACT

Rivermouth Fractional mineral claim, situated in the Skeena Mining Division of Cassiar District.

Where located:—At the head of Allee 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.

ADR. 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!

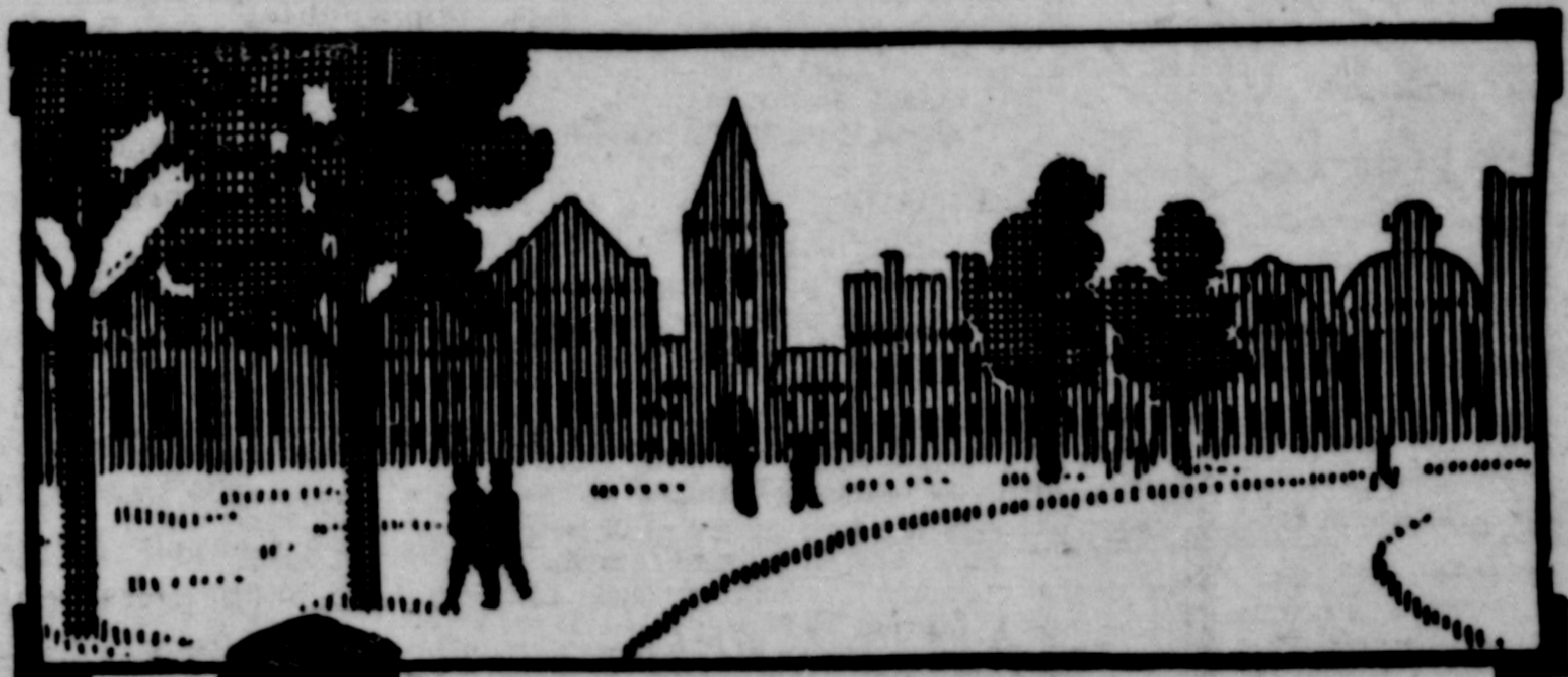
Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

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



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.

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 will save you and give from additional miles. 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

For Sale Only by

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