

TWO LONG YEARS HE SUFFERED

"Fruit-a-lives" Made Him Feel As If Walking On Air

ONELIA, ONT., Nov. 28th. 1914.
 "For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. One day I saw your sign which read 'Fruit-a-lives make you feel like walking on air.' This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. I have good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."
 DAN McLEAN.
 One box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives 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.

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.

Salvation Army. Public meetings, Tuesday Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.

PREMIER BREWSTER OUTLINES HIS PLANS

(Continued From Page One.)

tion and to leave nothing undone to care for the men who come back.

"The adoption and operation of a workmen's compensation law which would do away with the costly litigation which men have been put to in order to obtain just compensation was for years a part of the Liberal platform. This will be one of the matters that early attention will have to be given to, so that our policy may be put into effective operation. The appointment of a board for the administration of the act will be one of the government's first activities.

"In the matter of the extension of the franchise to women, a simple act of justice which has been another of the party's policies, which a recent vote proved the people to be overwhelmingly in support of, our policy and our pledge, which will be implemented, and the women will have their first opportunity for enrollment as voters at the revision of the lists early next summer."

Investigate Elections.

"The government will take such steps as it finds necessary to have investigated every phase of election wrong-doing, with a view to ascertaining the facts in relation to all charges and imposing punishment where guilt is proved, and it will take the earliest occasion to have enacted by the legislature such laws as will effectually prevent all election irregularities or attempts at them.

"In choosing my colleagues I have kept in mind the one requirement of prudent and efficient administration of the people's business in the position of trustees, to which we have been appointed by their voice, and I believe that the cabinet will be approved by them. I have every confidence in the ability and loyalty of the men whom I have chosen to assist me, and the administration of the departments is quite safe in their hands. For them and for myself in the arduous duties which we have before us I ask the forbearance and co-operation of the people."

FROM FAR AND NEAR

Dr. P. Rottenburg, of Glasgow, Scotland, has been successful in a suit against R. P. McLennan and the Bank of Vancouver for the return of \$6,000 paid for stock in the bank. Judgment was given against Mr. McLennan. The court held that fraudulent representations had been made when the stock was sold.

It may be found necessary to close one of the provincial jails in Saskatchewan owing to the falling-off in crime. The abolition of the bar and the reduction in unemployment are given as causes for the decrease.

It is reported that R. J. MacKenzie, son of Sir William MacKenzie, is at the head of a syndicate to mine coal on the eastern slope of the Rockies, north of the Yellowhead Pass. The syndicate claims to have splendid anthracite forty miles from the Canadian Northern Railway and that they will be able to reduce the price of coal in Western Canada when they start shipping.

As a result of the boycott of dear foods, Turkey was forced down to five cents a pound in Pittsburg the other day. The police reserves had to be called out to quell a riot when the hucksters and cold storage men met in conflict.

Health Commissioner J. D. Robertson, of Chicago, is dieting a squad of men to show that the cost of food can be reduced to 40 cents a day. The squad asked for Turkey for dinner the other day but it was ruled out as being too expensive. They got roast chicken instead.

Ambassador Gerard is returning to Berlin carrying final instructions from President Wilson as to the views of the United States regarding the deportation of Belgians.

Seattle is planning to link up its power system with that of Tacoma, the new pole line costing \$100,000, each paying half. There is a counter-proposal that Seattle buy 5,000 kilowatts from Tacoma for a period of three years.

SUN AND TIDE

Thursday, December 7th.
 Sun rises 9 a. m.
 Sun sets 4:20 p. m.
 Low water ... 5:32 a. m. Ht. 9.1
 High water ... 11:29 a. m. Ht. 20.7
 Low water ... 6:25 p. m. Ht. 4.2
 Captain McGee, M. M. S. A.

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

NAVIGABLE WATERS PROTECTION ACT.

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 township 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.



PAYING AN ELECTION BET.

Miss Katie Schmidt, an ice-skater at the Hippodrome, New York, paid an election bet by riding down Fifth Avenue, New York, on an elephant, labelled as in the picture. She had bet that Illinois would go Democratic.

When you think of shoes, think of Wallace's. 288.

LAND ACT

VANCOUVER LAND DISTRICT—DISTRICT OF COAST, RANGE 3.
 TAKE NOTICE that I, Leo Stanley Burdon, of Ocean Falls, B. C., occupation mill secretary, intend to apply for permission to purchase the following described lands: Commencing at a post planted about five chains distant and in a westerly direction from the southwest corner of Lot 31, Range 3, Coast District, thence south 20 chains; thence east 25 chains; thence north 20 chains; thence west 52 chains, to this post, containing in all about 45 acres.
 LEO STANLEY BURDON.
 NOVEMBER 8, 1916. F. 6.

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

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.

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 \$15 in gasoline will save you and give from 400 to 500 additional miles. Carbonvoid is a 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.**

Royal Reserve

The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

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.