

THE WONDERFUL FRUIT MEDICINE

Thousands Owe Health And Strength To "Fruit-a-tives"

"FRUIT-A-TIVES", the marvellous medicine made from fruit juices—has relieved more cases of *Stomach, Liver, Blood, Kidney and Skin Troubles* than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuritis, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-tives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-tives" tones up and invigorates the whole system.

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



ON OVERSEAS SERVICE.—Santa Claus: "I'm loaded up worse than ever since I began to make tracks for the C. E. F."—Cartoon by Shields in the Toronto Telegram.

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 especially 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.

FROM FAR AND NEAR

"Big Jim" Macdonell has been appointed Lieut.-Colonel and has also been recommended for the D. S. O. "Big Jim" is now in command of the 1st Canadian Pioneers.

Ex-Premier Asquith has asked permission of the King to decline the offer of an earldom and the Order of the Garter. Mr. Asquith still intends to devote his energy and ability to the interests of the people in the House of Commons.

The Presbyterian Anti-Church Unionists in Toronto have decided to issue a weekly newspaper in the interests of the preservation of the Presbyterian Church.

Washington is taking cognizance of the fact that the Japanese navy is building a new type of battleship larger, swifter and more powerful than anything proposed by the United States navy.

The White Pass and Yukon Company are to have two steam-

ers built in Vancouver. One of the vessels will operate between Caribou and Taku while the other will be for a daylight service on Lake Atlin. The boats will be built in sections and assembled in the north.

Last week, five inches of snow fell in twenty-four hours in Vancouver. Several telephone and trolley wires came down and there were many near "short circuits" on the lighting system, causing the lights to blink and give unsatisfactory illumination.

Reports from London state that there are rumors of an important post for Sir Max Aitken. He is a frequent visitor at the war office, where he has been occupied with the war film business.

Arrangements have been completed for the construction of a floating drydock at Vancouver. It will be a two-section dock of a capacity of 18,000 tons. It will also include a shipbuilding and repair plant.

The Westholme Lumber Company has failed in its appeal against the judgment of Mr. Justice Murphy, arising out of a claim for damages against the city of Victoria for the cancellation of a contract for the construction of Sooke Lake waterworks. The company wants permission to appeal to the Privy Council.

The new mace for the Canadian House of Commons, to take the place of the mace destroyed in the fire, is now completed. It is beautifully executed and is similar in design to that of the British House of Commons. It is being presented to Canada by Sir Charles Wakefield, Lord Mayor of London, and Sheriffs Touche and Sheard, all of whom are well acquainted with the Dominion.

SUN AND TIDE

Wednesday, December 13th.

Sun rises.....	9:3 a. m.
Sun sets.....	4:17 p. m.
High water ..	3:57 a. m. Ht. 18.2
Low water ...	9:40 a. m. Ht. 9.4
High water ..	3:23 p. m. Ht. 19.2
Low water ...	10:11 p. m. Ht. 5.1

Captain McGee, M. M. S. A.

A Real Lever Simulation

GOLD WATCH FREE.

A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world as a huge advertisement. Now is your chance to obtain one. Write now, enclosing 50 cents for one of our fashionable Ladies' Long Guards, or Gentle Alberts, and receive paid to you with the watch, which will be given free (these watches are guaranteed five years, should you take advantage of our marvelous offer. We expect you to tell your friends about us and show them the beautiful watch. It's yours to-day and you can't lose. You will be amazed.—WILLIAM S. LLOYD, Wholesale Jewellers (Ink 14), 20, Cornhill Road, London, E. C.

BE PATRIOTIC—WEAR RUBBERS

British Government Has Given You Rubber at Low Price, So You Can Wear Rubbers and Overshoes to Protect Your Expensive Shoes.

Before the war a cow cost sixty dollars; now a cow's hide costs as much. This means expensive shoes—the same quality as before with a price fast approaching double that formerly paid.

"What's to be done?" asks the man or woman in moderate circumstances.

"Buy Rubbers and Save your Shoes" is the answer the British Government gives.

The British Government has put the price of rubber down so that you may benefit. Think of this and think of the rise in the price of other staple articles. Then, be patriotic and wear rubbers—rubbers made from British Government rubber—and save your shoe leather from winter's snow and fall rains. 22

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 placed 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.

MINERAL ACT

Certificate of Improvements NOTICE

Silver Bow Mineral Claim, situate in the Skeena Mining Division of Cassiar District. Where located:—At the head of a branch of Lime Creek about four miles from the beach on the south side of Alice Arm.

TAKE NOTICE that I, George R. Naden, Free Miner's Certificate No. 94996B, acting as agent for Thos. McHostie, Free Miner's Certificate No. 69991B, and James L. Hatch, Free Miner's Certificate No. 87966B, 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 24th day of March, A. D. 1916

GEORGE R. NADEN.



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

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 from additional miles. Will re-charge from cylinders. From dry powder you tank. Will re-charge from cylinders. From dry powder you tank. Will re-charge from cylinders. From dry powder you tank.

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.