

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

ROCHESTER, P. Q., JAN. 14th, 1915.
"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-tives'."

I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches—'try Fruit-a-tives' and you will get well'. CORINE GAUDREAU. See 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.

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 and bottles of Mathieu's Syrup of Tar and Cod Liver Oil, please refer to the list and prices which are accompanying this, in a box of 12 bottles.

Salvation Army.

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

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 25¢ in gasoline 400 to 500 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.

FROM FAR AND NEAR

The new crop of navel oranges is 2,600,000 cases greater than that of last year. If the entire crop were put on rail at once it would make a freight train of 900 miles in length.

An investigation into the paper making resources of South Africa has been started. There are vast areas of native grasses in South Africa which are believed to be as valuable for paper making as the esparto grass of Spain.

Halibut sold recently at the wharf in Seattle for 15 cents per pound. The average price in Seattle two years ago was 1 1/4 cents. The Railway and Marine News says that had 15 cents been paid right along there would have been no difficulty in retaining the business in Seattle.

The current number of the United Empire Magazine contains

LAKESEL 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 Lakeless Lake. Phone Connections with Terrace. RATES: \$2.50 per day.

For further particulars, apply to J. BRUCE JOHNSTONE, Manager.

31 Years Older Than The Dominion of Canada

AS the name implies, The Bank of British North America was established long before the Provinces united and became the Dominion of Canada. The sound, progressive management which has made it a power in Canadian finance makes it the bank for your account.

THE BANK OF British North America

79 YEARS IN BUSINESS. CAPITAL AND SURPLUS, \$7,984,000. PRINCE RUPERT BRANCH W. J. SMITHERS, Manager



In "Peg O' The Ring" at the Westholme Theatre tonight.

a very interesting letter from North Borneo, describing the conditions obtaining there. There is not a single practising barrister or solicitor in North Borneo.

Australia and New Zealand are conserving their gold supply and have stopped minting half-sovereigns. Practically all payments are being made in silver and notes. The New Zealand gold coins held in reserve amount to \$30,000,000 as against \$25,000,000 a year ago.

The natives of the Province of Rewa, in the Fiji Islands, have offered the sum of \$7,500 to the British government for the purchase of an aeroplane. The patriotic offer has been gratefully accepted and the army council has telegraphed its thanks to the native chiefs.

In his message to Congress, President Wilson urged military control of all railroads in case of emergency; enforced arbitration and investigation on merits before a strike is begun; delegation of power to the inter-state commerce commission to raise the freight rates to make possible a just operation of the eight-hour law, and legislation to promote vocational and industrial training.

Tacoma Retail Grocers' Association finds that the housewife is partly to blame for the high cost of living. She demands numerous and late deliveries and a service all round which means largely increased expense for the grocer. Grocers are sometimes compelled to spend 10 cents in delivering a loaf of bread which costs them 8 cents and sells at 10 cents. Buying in large quantities was suggested as a means of reducing costs.

MINERAL ACT

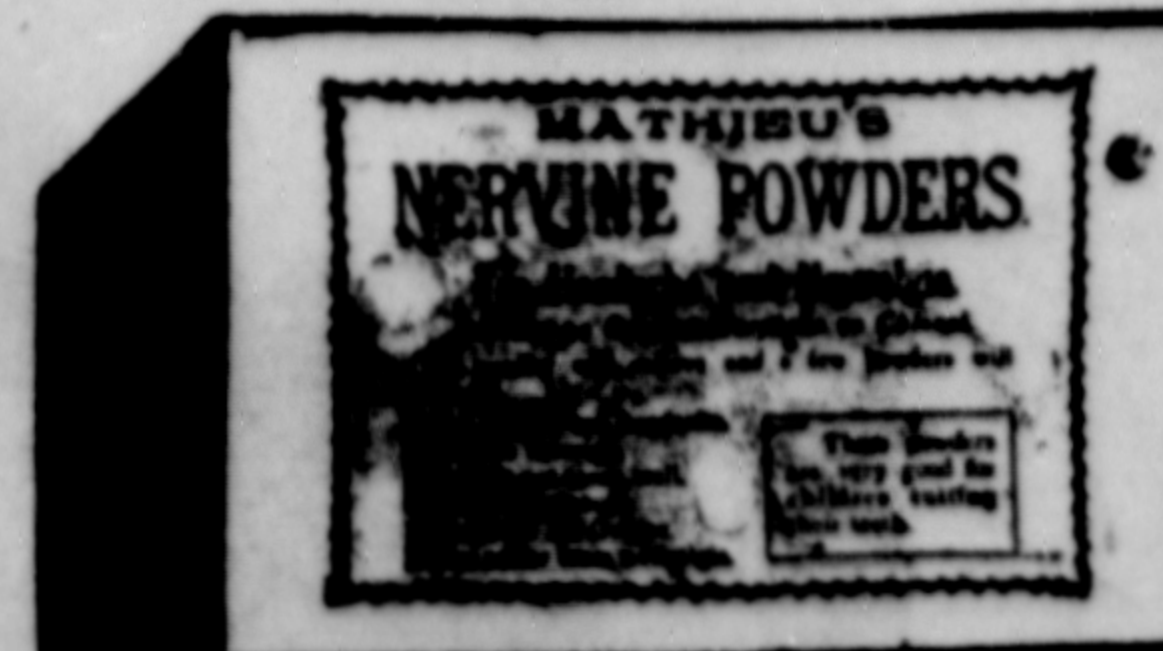
Certificate of Improvements NOTICE

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. 94096B, acting as agent for Thos. McRostie, 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.



Why Endure Headaches?

—One trial will convince you that a sore and safe remedy for any headache is at your service in



ADVERTISE IN THE DAILY NEWS

RED CROSS SALE

Although two bazaars were on last week, Mrs. Pringle and Mrs. Lord turned in \$34.10 to the Red Cross Fund on Friday. The society extends its thanks to those two ladies, also to the public-spirited citizens who did not forget the wounded men in the press of other duties, and to all who sent donations of food or articles to be raffled. Mrs. Deasey, of Massett, gave a silk cushion, which was won by Mrs. Besner; basket of fruit, donated by Mrs. Doherty, won by J. Manson; picture, donated by Mr. Goldbloom, won by Miss Pringle, and two doilies, donated by Mrs. Deasey, won by Mrs. Woodland.

The following sent donations: Mrs. Williseroft; Mrs. W. S. Fisher, Mrs. Baraslow, Mrs. Youngman, Mrs. A. M. Manson, Mrs. John McRae, Mrs. Lindsay, Mrs. McClymont, Mrs. de Gex, Mrs. McNicholl, Mrs. McMeekin, Mrs. Wright, Mrs. Eggert, Mrs. Irwin, Mrs. Homer, Mrs. Woodland, Mrs. J. H. McLeod, Mrs. Dowling, Mrs. Fuller, Mrs. Hunter, Mrs. Williams, Mrs. McIntosh, Mrs. Carss, Mrs. Allison, Mrs. Sinnott, Mrs. Morrissey, Mrs. H. F. McRae, Mrs. Smithers, Mrs. R. J. D. Smith, Mrs. Kilpatrick, Mrs. Craig, Mrs. Jenns, Mrs. Smith (Digby), Mrs. Paterson, Mrs. Douglas, Mrs. Raymond, Mrs. Smith, Mrs. Jennings, Mrs. Lord, Mrs. Pringle and Mrs. Sanderson. Mr. A. B. Evans gave a cash donation.

SUN AND TIDE

Friday, December 15th.
Sun rises.....9:4 a. m.
Sun sets.....4:16 p. m.
High water...5:16 a. m. Ht. 17.7
Low water...11:8 a. m. Ht. 9.7
High water...4:52 p. m. Ht. 17.5
Low water...11:27 p. m. Ht. 6.7
Captain McGee, M. M. S. A.

Good Shoes Need Protection From Wet, Like Good Clothes!

High Price of Shoes, and Low Price of Rubbers and Overshoes, Spreading This Commonsense View

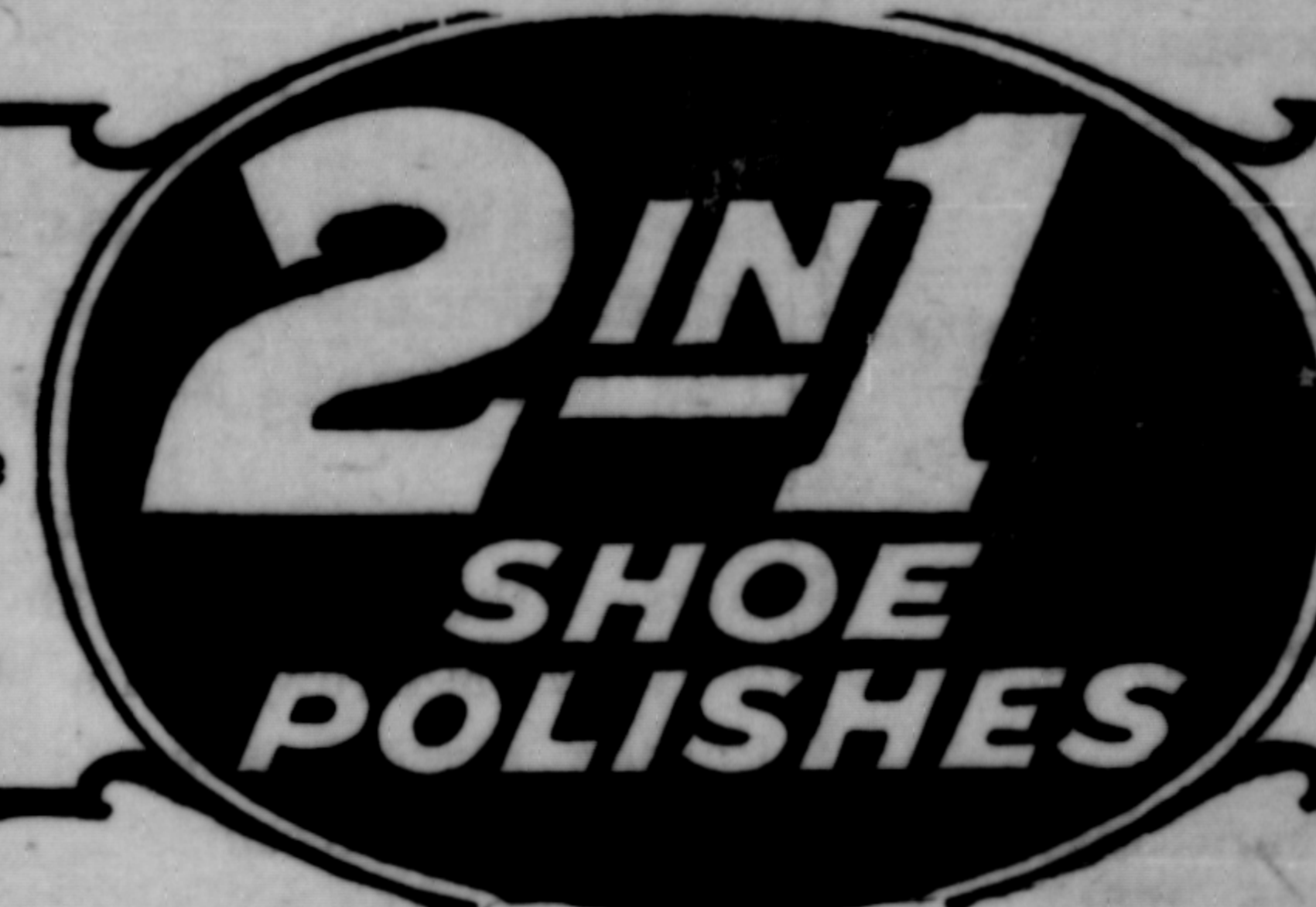
Many a man, and woman, too, who would never think of letting a good suit get damp, will thoughtlessly splash through slush and water with an expensive pair of shoes, caring little so long as the feet do not get too wet.

This treatment takes it out of shoes just as much as it would out of clothes, for none but the heaviest waterproofed leather, unsuitable for general wear, can stand repeated wetting and give more than half the service it should. In these days, with shoes costing two to five dollars a pair more than before the war, no one who is at all in sympathy with the Empire-wide movement for thrift will deliberately continue such waste.

Fortunately, indeed, rubber has not followed the upward trend of almost every other necessity of life, but in the raw state is even cheaper than before the war. So, though labor, fabrics and chemicals cost more, and a war tax is paid on crude rubber as well as on the other materials, rubbers and overshoes, except in a few cases, have not advanced in price. Thus a pair of rubbers, costing perhaps one-fifth as much as your shoes, will practically double their service and save you repair bills. At the same time they will be protecting you from colds by keeping your feet really dry and comfortable in any weather.

Save Costly Shoes and Doctor's Bills by Wearing Rubbers or Overshoes This Winter

Black Tan and White Best for the Shoes



In new patent "Easy Opening Box" 10c Easiest to use



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.