To 60 On Taking "Fruit-a-tives" Because They Did Her Good

ROCHON, P. Q., JAN. 14th, 1915. "I suffered for many years with terrible Indigestion and Constipation. 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 "Fruitatives" and I want to say to those who suffer from Indigestion, Constipation or Headaches-'try Fruit-a-tives' and you willgetwell". CORINE GAUDREAU. 50c. a box, 6 for \$2.50, trial size, 25c. Atall dealers or sent postpaid by Fruitstives Limited, Ottawa.

WANTED

Experienced Bridge men, frack men, Tracklayers and General Construction Laborjoin the 239th Bat-Overseas Railway Construction Corps. Drafts leaving Vancouver,

B. C., for Valcartier, P. Q., Be attested and forward papers to Vancouver, and transportation will be aranged at once.

end 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 infamed mucuous membranes and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stope coughing, and soon, thanks to its tonic properties, effects permanent cure.

The wonderful popularity of Mathieu's Byrup of Tar and Cod Liver Oil is specially ue to its great value as a permanent lung and bronchial healer.

Sold everywhere, 35c large L 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.

Biscuits.

crispness.



THE FLOATING CITADEL .- Uncle Sam: "I tell yeh, Woodrow, we don't need no other bulwarks than this here old hat."-Cartoon by Shields in the Toronto Telegram.

month now, I think you will find

speculators must be living in

Sir Geo. E. Foster must be "A

man without a vision," if the only

thing he could see worth com-

menting on during his trip

through Northern British Colum-

bia was a rocky lot for which a

man paid \$18,000. If he failed to

see the enormous resouces in

minerals, timber, fish and argi-!

cultural lands, the magnificent

harbor with its possibilities as a

naval base, the outlook for the

port as a great commercial cen-

tre, as the nearest Pacific port to

the Orient, having the best dry-

dock and shipbuilding plant on

the Pacific, then I say, if he failed

to see all this, he is not the man

who should be Minister of Trade

and Commerce. No wonder the

people of this part of Canada are

looking forward anxiously to the

time when the "Man with a vis-

ion," who conceived and carried

into execution the building of the

G. T. P., shall once again control

If Sir Geo. E. Foster wished to

the price paid for a lot in Prince

cost of excavating, according to

official returns was over \$27,000.

Corner lots are usually considered

to be worth at least one-third

more than inside lots.

have cost him over \$50,000.

absolutely the worst offender in

Yours truly,

LAND ACT

OF COAST, RANGE S.

LEO STANLEY BURDON.

G. R. NADEN.

illustrating his text?

NOVEMBER 8, 1916.

portant member?

\$11,000.

1 100 feet.

the destinies of our Dominion.

Prince Rupert.

BUYER DID BETTER THAN THE GOVERNMENT that some other people than

(Continued From Page One.)

look up the returns of the fish caught in adjacent waters and shipped through this port, having increased from approx. 100,000 lbs. per month two years since to approx. 2,000,000 lbs. per

to Succeed

Throw off the handicap of petty ills that make you grouchy, listless and depressed. Get at the root of your ailments—clear your digestive system of impurities, put it in good working order-keep it healthy with

PILLS

They act promptly on the stomach, liver and bowels, removing waste matters and purifying the blood. Not habit forming, never gripe, but leave the organs strengthened. To succeed in life, or work, first have a healthy body. This famous remedy will do much to

Help You

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25 cents.

Wear Those Comfortable Old Shoes This Winter

And Show Your Patriotism and Thrift-Inexpensive Rubbers or Overshoes Will Protect Your Feet

The spectacular rise in leather prices has a significance far beyond its painful effect on our personal expenses—it is becoming a serious matter for the Government and our soldiers at the Front.

The war is using up leather much faster than it is being produced. The reserve, particularly of high-grade leather, is steadily diminishing. If the soldiers are to have plenty for shoes and equipment, and if the Government is to be able to procure it at prices within reason, civilians must economize on it to the limit.

This is the reason well-worn shoes are no longer a discredit, but an honor—an evidence that the wearer puts patriotism before pride, thrift before vanity.

Fortunately the prevailing low prices of rubbers and overshoes make this practicable. In most cases they cost little more than before the war, and a very small expenditure for either will protect the old shoes perfectly through the winter, keep the feet dry and comfortable, and guard the wearer's health. Many are following the sensible course of getting a pair of rubbers or overshoes to exactly fit each pair of shoes, for rubbers that conform closely to the shoes they cover wear much longer as well as look neater.

This is one of the rare cases where virtue brings its own reward, for in addition to the very considerable money saving, what is there that affords such solid comfort as a well-worn pair of shoes?

> Saving Shoe-Leather Is a Public Service as Well as a Private Economy

illustrate his remarks by citing NAVIGABLE WATERS PROTECTION ACT. R. S. C. Chapter 115.

Rupert, why did he not draw his The Grand Trunk Pacific Railway Comhearers' attention to the purchase pany hereby gives notice that it has under Section 7 of the said Act deposited with made by the Dominion governthe Minister of Public Works at Ottawa ment, of which he is such an im- and in the office of the District Registrar of the Land Registry Office, District of Prince Rupert at Prince Rupert, a de-The lot which Sir George cites scription of the site and plans of warewas a corner in the centre of the house proposed to be built in Prince Rupert Harbor at Prince Rupert, British Cocity, 35 by 100 feet, and the price lumbia, in front of waterfront Block "G" paid was \$18,000, while the cost according to registered plan of the townsite of the said city of Prince Rupert deof excavating was estimated at posited in the aforesaid Land Registry Office as No. 923.

AND TAKE NOTICE that after the ex-The Dominion government pur- piration of one month from the date of chased four lots for a post office the first publication of this notice, the Grand Trunk Pacific Railway Company Will site and paid \$95,000 for 100 by 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 These four lots were inside lots said site and plans, and for leave to con-

and had no alley to the rear. The struct 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.

MINERAL ACT

If the unlucky purchaser of NASTURTIUM, IRIS FRACTION, BELLIS the \$29,000 lot, including esti- FRACTION, GENTIAN, BLUE BELL FRAC-TION COSMOS FRACTION, THISTLE mated cost of excavation, had FRACTION, MARIGOLD FRACTION, LILAC paid at the same rate as the Do- FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACminion government, his lot would TION, MINERAL CLAIMS situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Island, Province Instead of Sir George E. Foster of British Columbia, and lawfully beld by Ikeda Mines Limited.

uttering senile platitudes on the TAKE NOTICE that I, John A. MacInnis, folly of speculation, obvious to solicitor for Ikeda Mines Limited, free miners' certificate No. 70354 B, intend the meanest intellect in Canada, after the expiration of sixty days from after the event, why did he not the date hereof to apply on behalf of the said Company to the Mining Recorder for raise his voice during the mania a certificate of improvements for the purand prevent the government, of pose of obtaining a Crown Grant to the

which he is a member, from being AND FURTHER TAKE NOTICE that action under Section 85 of the Mineral Act must be commenced before the issuance of such the very city which he uses for certificate of improvements.

Dated this 31st day of May, A. D. 1916. JOHN A. MACINNES. Solicitor for Ikeda Mines Limited

LAND ACT

TRICT OF COAST, RANGE III TAKE NOTICE that Pacific Mills, Limited. VANCOUVER LAND DISTRICT-DISTRICT of Vancouver, British Columbia, occupation, pulp and paper makers, intend to apply TAKE NOTICE that I, Lee Stanley Bur- for permission to purchase the following don, of Ocean Falls, B. C., occupation mill described lands. Commencing at a post secretary, intend to apply for permission planted on the north bank of Koeye river, to purchase the following described lands: about one-quarter of a mile up-stream Commencing at a post planted about five from the shore of Fitz-Hugh Sound; thence chains distant and in a westerly direction north twenty chains, thence east twenty from the southwest corner of Lot 31, chains, thence south to river's bank, thence Range 3, Coast District, thence south 20 along shore in a westerly direction to west 52 chains, to this forty (40; acres,

> PACIFIC MILLS, LIMITED, by "Mark Smaby," Agent



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 pessible comeone must contribute nearly \$3,000,000 a month-or month-all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No course 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!

Soud your subscriptions weekly, monthly or is one long one to Local or Provincial Committees, or to the Central Executive Committee, 50 St. Peter St., Montreal \$2.50 Feeds A Belgian Family A Month.

Let Us Save You Money on your Gasoline or Distillate

Ramsay's

Empire Cream Sodas

In 2-Ib. Tine

Have attained their enviable reputation by their superior

quality and uniformity. The most discriminating house-

wife insists upon "Rameays Empire" when buying Soda

frequently and quickly, insuring freshness, which means

Prove it by buying a tin with your next order.

Manufactured by

RAMSAY BROS. & CO., LTD.

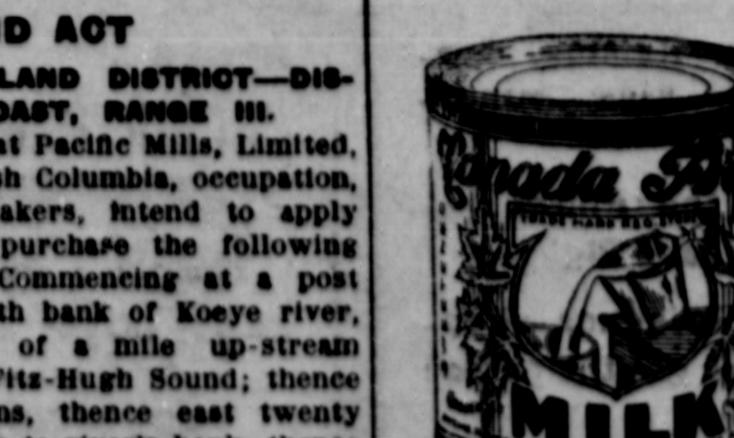
Vancouver, B. C.

They are made in B. C. and your grocer gets his supply

We guarantee to save you 25 per cent. on casoline 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 Carbonvoid 15 in gasoline | Carbonvoid puts the ditional miles.

Carbonvoid is a just drop in the : "GO" in Gasoline : tank. Will refrom cylinders. The largest companies in the world use it. THE ALLIES ORDERED Enlly N 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.



Dated June 10th, 1916.

Sept6



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 CAHADIAN MADE PRODUCT-INSIST If you want whipped cream, chill "Canada First" Evaporated -then whip as with fresh cream.

