

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives", is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 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, Frack 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.

MAJOR PECK TELLS OF HIS EXPERIENCES

16th Canadian Scottish, France, Nov. 25, 1916. My Dear Bishop Du Vernet: Nothing has ever been as much gratification and pride to me as to have had the honor of leading the first contingent that left Prince Rupert to engage in the greatest of the wars of the world. Nothing will ever be a grander memory than to know that those men have been of such a nature as to measure up to the standard of the bravest and best warriors that ever fought upon this ground that has for centuries been the battlefield of Europe.

At different times I have written accounts of stages of history of the men I led. I think the first was an account of their training in B. C. up to the period they left there. The second was an account of their experience in England. The third was a history of their entry on the field of war up to the fierce and sanguinary action at Festubert. Some day I hope to write the last chapter, for now those who have not given up their lives for their country are scattered and a very, very few are left in the battalion (the 16th) with which I have been so long associated.

It is not easy to write a history for publication containing the history of these men. The subject is so grand and noble, and part of it is so sad that one feels oneself unable to find words to do justice to the subject. However, it would be most unfair to neglect to record for the benefit of the citizens of Prince Rupert this fine story of heroism and devotion of the men who have been under my command.

The last summer was a time of innumerable trials and vigorous

Liver Sluggish?

You are warned by a sallow skin, dull eyes, biliousness, and that grouchy feeling. Act promptly. Stimulate your liver—remove the clogging wastes—make sure your digestive organs are working right and—when needed—take

BEECHAM'S PILLS

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

warfare. Several months were employed in holding a part of the line in the terrible Ypres salient during which time occurred the famous recapture of the trenches on Mount Sowel, an action that took a terrible toll of our bravest and best, but in which the Canadian troops behaved with such dash and gallantry as to win the praises of the best generals on the Allies' side.

After that we were moved to the Somme where in a series of brilliant actions, the British lines were advanced a great distance. The magnitude of that vast offensive is almost beyond the power of words to describe.

However, we are now at a much quieter part of the line where trench warfare is normal. The fall has not been so bad as regards weather as last fall was, but it has been "some" fall for all that.

I must tell you about Canon Scott whom you know, and who is one of the grandest figures of the war among our Canadians. He is the Senior Chaplain of the First Canadian Division, and has done worlds of good, and is loved, respected and admired by all ranks. He is indefatigable in his labors for the men, and is entirely callous to danger, going to the worst places of danger to help and cheer the men. No night is so dark, no way too long, for the Canon to come up and bury the fallen. Many a night I have stood beside him in the darkness and dimness and listened to him read the service over the shattered remains of some grand Canadian hero; lying there in the bottom of the shallow grave, the great coat around him and a sand bag over the dead face.

Canon Scott lost his son on the Somme in another division. He went away back there to find the grave. He finally did in a shell hole one night. When he was guided to the place he told his guide to go back to a place of safety. Then he dug down until he found a hand, which was his son's, and his signet ring still on his hand.

What a pathetic and yet what a noble sight, to see this devoted old man digging away in the darkness in this bullet-swept area, with an occasional shrapnel breaking round him, his heart breaking within him, to find his beloved son, and say over his body the last sad services of love and religion. Still he keeps up a brave face and says the Germans may kill his son but cannot break his spirit. Nevertheless one can

LAND ACT

PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST, RANGE III. TAKE NOTICE that Pacific Mills, Limited, of Vancouver, British Columbia, occupation, pulp and paper makers, intend to apply for permission to purchase the following described lands: Commencing at a post planted on the north bank of Koeve river, about one-quarter of a mile up-stream from the shore of Pitt-Mugh Sound; thence north twenty chains, thence east twenty chains, thence south to river's bank, thence along shore in a westerly direction to point of commencement and containing forty (40) acres, more or less. Dated June 10th, 1916. Sept 6 PACIFIC MILLS, LIMITED, by "Mark Smaby," Agent.

Prince Rupert Land District—District of Coast, Range 8.

TAKE NOTICE that the Pacific Mills, Limited, of Vancouver, B. C., occupation pulp and paper makers, intend to apply for permission to purchase the following described lands: Commencing at a post planted at the southeast corner of Lot 299 on the west shore of Cousins Inlet, thence west 40 chains, thence south 20 chains, thence east to shore, thence northeasterly along shore to point of commencement, containing 65 acres, more or less. PACIFIC MILLS LIMITED, Mark Smaby, Agent. Dated May 13th, A. D. 1916. AUG. 13

LAND ACT

VANCOUVER LAND DISTRICT—DISTRICT OF COAST, RANGE 2. 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 2, 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.

see there is a great grief tearing the sinews of his soul.

So much for Canon Scott, Canon, poet, and supreme war hero. I cannot begin to tell you about all the men you know, or to recollect where they are, or what has happened to them, except to say that what are not in Heaven are doing their duty, steadily, stolidly and sterlingly.

Two men I want to speak about, because I heard their relatives were asking, that is, J. McDonald (late of P. Burns), and one of the Wearmouth boys. They are probably reported as missing, but I fear it is worse—the worst. They were coming out of the trenches, after one of the most hellish shellings for four days that a battalion ever stood up against—our battalion held this line with a loss of many men—in an area of vast destruction so colossal that the imagination cannot conceive it, nor words describe it. Well a great high explosive shell burst into the trench obliterating everything about it, and I am afraid the lives of these two grand, good soldiers. Nothing more could be learned about it.

With sincere respect, Yours very truly, C. W. PECK, Major.

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.

"Here's Where I Protect My Nine Dollar Investment."



Shoes are up 80% to 100% in price—and going higher. Rubbers cost practically the same as before the war. A good pair of shoes runs away with as much money as five to ten pairs of equally good rubbers.

Yet one of these pairs of rubbers, worn when needed, will make a pair of shoes last half as long again—perhaps twice as long—for nothing destroys shoe-leather like getting wet.

So the money spent in rubbers is returned several times over in the saving of shoes alone, and again in the prevention of colds and worse, with the attendant expense and danger.

Beyond these personal advantages, wearing rubbers is a patriotic duty. Leather is growing scarcer, while its need for the soldiers is as great or greater than ever. Every pair of shoes we save, by releasing that much leather, helps a bit toward winning the war.

Don't merely smother your cough

CURE IT Mathieu's Syrup of Tar and Cod Liver Oil not only promptly arrests coughing, but thanks to its tonic and strengthening properties it helps the system to throw off the cold and thus effects a permanent cure. It is this quality which has won for it the largest sale of any cough and cold remedy in Canada.

35c. large bottles, everywhere. J. L. MATHIEU CO., Prop., SHERBROOKE, P. Q.

If your child is feverish Mathieu's Syrup (Paracetamol), the wonderful headache cure, will promptly stop the fever and clear the child's head, heart and lungs. Best of all, it's safe.



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."

Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife inspects 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. dry powder you tank. Will re-freeze 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.