

HIS HEART BADLY AFFECTED

"Fruit-a-tives" Soon Relieved This Dangerous Condition

632 GERRARD ST. EAST, TORONTO.
 "For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my Heart and I had pains all over my body, so that I could hardly move around. I tried all kinds of Medicine but none of them did me any good. At last, I decided to try "Fruit-a-tives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-tives" to anyone suffering from Indigestion".
FRED J. CAVEEN.

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



Royal Reserve
 The Whisky of Quality
 Aged in Wood 8 Years before bottling
 GUARANTEED BY THE GOVERNMENT OF CANADA
Demand the Brand

CARBONVOID for sale by Lipsett & Cunningham, and Parkin-Ward Electric Co.

The Daily News delivered by carrier, 50 cents per month.



THE ANZACS' POSSUM PERFORMS IN LONDON.

A trained opossum, said to have passed through thirty-two battles in Gallipoli and France, recently visited London and was introduced to various prominent people. He is seen here doing some of his tricks.

 * FROM FAR AND NEAR *

P. Beecher Van Trump, who, in 1870, was the first to ascend Mount Rainier in Washington, has passed away in Binghamton, N. Y.

The erection of a government pulp and paper mill is urged in Washington to provide the gov-

ernment with its print paper at a reasonable price. The United States government uses 30,000,000 pounds of print paper annually.

A committee of housewives and citizens of Portland, Oregon, demand that the city authorities seize all stored up stocks of food-stuffs. It is planned to storm the city body en masse.

The Nation, a London weekly review, throws cold water on the Imperial Conference. It states that the overseas Premiers can do much more effective work by remaining at home.

The Imperial government is recruiting a small company of Canadian boatmen for the freighting of supplies up the Euphrates and Tigris Rivers in Mesopotamia.

Two more Railroad Battalions have been authorized for overseas service. Railroad engineers, some of whom have seen service at the front, will hold commissions.

Owing to the fact that young men eligible for military service have been holding dances in the town hall of Tillsonburg, the municipal authorities will allow no more dances in their buildings until after the war.

Over eight thousand soldiers have been returned to Canada since the outbreak of the war. Over six thousand of these were suffering from disease and other disabilities and only 1,640 had been wounded or gassed.

Captain Brown, formerly pilot on the Camosun, of the Union Steamship Company, has succeeded Captain Dickson as commander of the vessel.

The Ruthenian, Saskatchewan, Presbyterian convention of last Friday was broken up by the throwing of eggs by a disgruntled delegate.

Descriptive price list of Wallace's big sale now being distributed. Phone if you do not get one. H. S. Wallace Co., Ltd.

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 57 chains, to this post, containing in all about 45 acres.

LEO STANLEY BURDON.
 NOVEMBER 8, 1916. F. 6.

"A Little Saving Is A Handy Thing"

MANY a man has lost his chance to become independent by not having the ready money to take advantage of a really big opportunity.

"Fortune knocks once at every man's door". Greeter with a Savings Account, and be ready for what she brings.

One Dollar opens an account in the Savings Department.

THE BANK OF British North America
 79 YEARS OF SERVICE.
 CAPITAL AND SURPLUS, \$7,884,000.
PRINCE RUPERT BRANCH
W. J. SMITHERS, Manager

An Army of Internal Bathers

Over half a million bright, keen, up-to-date Canadians and Americans have found that Internal Bathing is more essential to their well-being than External Baths.

Have found that, taken occasionally at night, they feel like different people the next morning. No more of that bilious, tired, nervous condition—but, having by Nature's own cleanser, antiseptic warm water, removed all the poisonous waste from the Lower Intestine, they awake thoroughly refreshed by normal sleep, with all their functions acting in healthy accord, bright, happy, clear-headed and confident, eager and capable for the duties of the day.

Copper Cliff, Ont., March 2, 1916.

Dr. Chas. A. Tyrrell, Toronto, Ont.

"Dear Doctor,—I have been using your "J. B. L. Cascade" for the past three months, and am convinced that it is the most modern and scientific method of dealing with constipation that has ever been devised, and I will lose no opportunity to promote its use among my friends, as I can speak truthfully and enthusiastically as to its merits.

Yours very truly,

J. A. Durrach,

Wholesale and Retail Men's Wear.

Why not learn more about this rapidly-growing and natural practice? The "J. B. L. Cascade", the original and best appliance for this purpose, manufactured by Charles A. Tyrrell, M.D., is now being shown and explained by Cyril H. Orme, Druggist, corner 3rd Ave. and 6th Street. There also may be obtained free on request, "Why Man of Today is Only 50 Per Cent. Efficient," a most interesting booklet on the subject. If you prefer, write to Dr. Chas. A. Tyrrell, 163 College Street, Toronto, for same.



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, 50 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
 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

FRED STORK'S HARDWARE

710 SECOND AVE

- | | | |
|-------------------|--------------------|---------------------|
| Carpenters' Tools | Builders' Hardware | Ship Chandlery |
| Wire Cable | Steel Blocks | Fishing Tackle |
| Iron Pipe | Pipe Fittings | Rifles and Shotguns |
| Rope | Valves | Ammunition |
| Pumps | Hoss | Paint |
| Stoves and Ranges | Rubberoid Roofing | Corrugated Iron |

"WE SELL NOTHING BUT THE BEST"

FRED STORK'S HARDWARE

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.

Baby's Own Soap



Best for Baby Best for You

After the bath with BABY'S OWN SOAP the skin is smooth, comfortable, and exhales the aroma of freshly cut flowers.

Freedom from skin troubles, explains in some measure the refreshing sleep which "Baby's Own Soap" babies enjoy. Especially for nursery use insist on "Baby's Own".

ALBERT SOAPS Limited, Manufacturers, - MONTREAL - 14-13



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."