

THE TONIC THAT BRINGS HEALTH

"Fruit-a-tives" Builds Up The Whole System

Those who take "Fruit-a-tives" for the first time, are often astonished at the way it builds them up and makes them feel better all over. They may be taking "Fruit-a-tives" for some specific disease, as Constipation, Indigestion, Chronic Headaches or Neuralgia, Kidney or Bladder Trouble, Rheumatism or Pain in the Back. And they find when "Fruit-a-tives" has cured the disease, that they feel better and stronger in every way. This is due to the wonderful tonic properties of these famous tablets, made from fruit juices. 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.



WHERE THE SOLDIERS' KIDDIES FEED.—This photograph shows the children of some of the Glasgow women workers in munition plants being given a light supper in a creche recently opened to look after them. This creche looks after the babies of soldiers whose wives are working on ammunition, for the modest sum of 12 cents a day, providing tea and breakfast and a comfortable cot with care and attention during the night.

RED CROSS SALES HIGHLY SUCCESSFUL

The Red Cross sale last Friday, in charge of Mrs. Carmichael and Mrs. Steen, realized the sum of \$43.70, in spite of very bad weather conditions. The society thanks these two ladies for their splendid work and also all others who contributed to the success of the sale. Mrs. A. Smith gave a worked bureau scarf, which was won by Mrs. Moxley; Mrs. Allison, a cake, won by Mr. W. Enright; Mr. George Sutherland, a duck, won by Mrs. McClymont, and Mr. Phillips, of Miller, Phillips, Company, a pair of rabbits, won by

Miss Olive Monroe. The following articles, left from last week went as follows: Mrs. Meehan, a piece of China, to Mrs. Stillwell; Mrs. Deasy, Massett, lace for tea cloth, won by Mrs. George Wilson, the picture, "Only a Scrap of Paper," to Mrs. Woodland, and the worked shoes, given by Mr. Hoffman, to Mr. C. Graham.

The following sent donations of food or money:—Mrs. R. Walker, Mrs. Smith (Digby), Mrs. R. L. McIntosh, Mrs. Mobley, Mrs. Bowness, Salvation Army, Mrs. J. B. McDonald, Mrs. Doherty, Mrs. Otto Nelson, Mrs. Besner, Mrs. Kergin, Mrs. W. S. Fisher, Mrs. D. Sutherland, Mrs. Vance, Mrs. Lord, Mrs. D. G. Stewart, Mrs. Kilpatrick, Mrs. Parkin, Mrs. Ritchie, Mrs. Carmichael, Mrs. Steen, Mrs. G. Hill, Mrs. G. H. Munro, Mrs. Dowling, Mrs. R. Smith, Mrs. de Gex, Mrs. McNicholl, Mrs. Wright, Mrs. D. Hunter, Mrs. Fuller, Mrs. Benson, Mrs. Hal Peck, Mrs. Lindsay, Mrs. Morrissey, Mrs. T. H. Johnston, Mrs. Eggert, Mrs. Wrathall, and Mrs. Patmore.

Mrs. Holtby is thanked for a donation of \$2 to the sale held on Dec. 22nd, which appeared in the list under another name by mistake. Mr. Hal Peck is also thanked for a load of Christmas trees and Private Maynard, who is leaving for the east, the ladies cannot speak too highly of. He has rendered invaluable help at the Red Cross rooms and the good wishes of the ladies follow him.

"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". Greether 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 IN BUSINESS.
CAPITAL AND SURPLUS, \$7,884,000.
PRINCE RUPERT BRANCH
W. J. SMITHERS, Manager

Salvation Army.

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



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—1918
If you want whiter cream, chit "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	Hose	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., SHELBORNE, P.Q.

12 years sold in British Columbia's Maritime Provinces, the wonderful benefits of this syrup have been proved beyond doubt. It is the only cough and cold remedy in Canada.

Baby's Own Soap



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.



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

WESTHOLME THEATRE

"Peg O' The Ring," the serial which is running at the Westholme, enters upon another stage tonight. This week's installment contains a great circus stampede scene and there is lots of excitement. Flora Parker De Haven, one of the brightest stars of the movies, appears in "The Secrets", a highly interesting drama.

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 52 chains, to this post, containing in all about 45 acres. LEO STANLEY BURDON.

NOVEMBER 8, 1916. F. 6.



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.