

TWO LONG YEARS HE SUFFERED

"Fruit-a-tives" Made Him Feel
As If Walking On Air

ORILLIA, Ont., Nov. 28th. 1914.
"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. One day I saw your sign which read 'Fruit-a-tives make you feel like walking on air.' This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."

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

CARBONVOID for sale by Lipsett & Cunningham, and Parkinson Ward Electric Co. tf.

Royal Reserve

The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

A Real Lever Simulation

GOLD WATCH FREE.

A straightforward genuine offer from an established firm. We are giving away watches to thousands of people all over the world as a business advertisement. Now is your chance to obtain one. Write now, enclosing 25 cents for one of our handsome Ladies' Long Chains, or Gentle Shavers, and carriage paid to wear with the watch, which will be given from these watches are guaranteed five years, should you take advantage of our marvelous offer. We expect you to tell your friends about us and show them the beautiful watch. Don't think this offer too good to be true, but send 25 cents today and earn a free watch. You will be secured. WILLIAMS & SONS, Watchmakers Jewellers (Dept. 14), 50, Cornwall Road, London, N. England.

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"

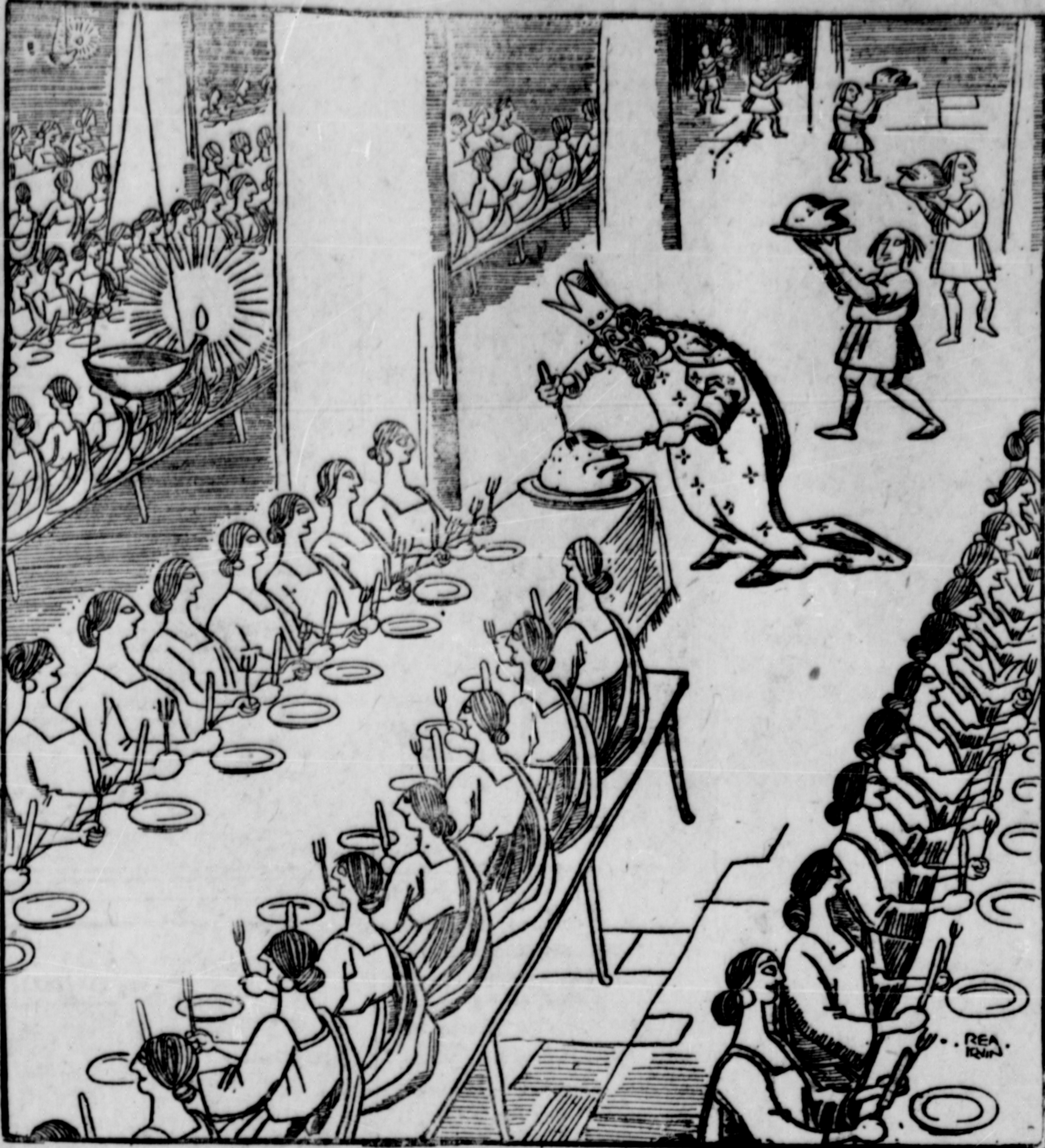
FRED STORK'S HARDWARE

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. 1-4-13



BELIEVE US BROTHER. SOLOMON HAD SOME JOB.
KING SOLOMON CARVES THE TURKEY FOR HIS BETTER HALVES, IN 900 B. C.

In the Letter Box

Jutting out into the Pacific ocean are thousands of large and small islands, some populated by the aborigines, while others have a few hardy white settlers, almost completely cut off from communication with the outside world. It is hardly credible to learn that a number of these places are within a few miles of the terminus of a transcontinental rail-

way, and the only means of communication enjoyed by the thousands of white and Indian residents is a fortnightly steamer from Prince Rupert, which ought to be the place from whence all supplies should be purchased, and which should be in close touch with the people who are endeavoring to obtain a means of livelihood. Under present conditions, the whites and natives are able to send their orders for supplies to Vancouver and Winnipeg, and to carry on all their business affairs with other places. Under the present mail contract, a steamer calls at Massett, Port Clements, Skidegate, Jedway, Sandspit, Ikeda, and Lockport fortnightly, remaining but long enough to leave any freight that is carried, and departing without giving the residents of many of the places time to answer correspondence. Although the Queen Charlotte Islands sent a large number of soldiers to the war, and the people are contributing to the Red Cross and other funds, they receive no word of the progress of affairs in the outside world, other than by mail.

The people are kept in ignorance of passing events, until they read the newspapers, or are informed by letter, every two weeks. The city of Prince Rupert is reaching out for business, but it is neglecting the large islands lying at their very doors, as Vancouver Island was neglected when Vancouver was an embryo terminus of a transcontinental railway. The department stores of eastern Canada, with Vancouver, Victoria and Seattle supplying the residents of Queen Charlotte Islands with the necessities of life, it is no wonder that many prospective settlers visit the Islands and leave again without considering that there is land in plenty for purchase or pre-emption. The Queen Charlotte Islands have the best spruce lumber in the world, growing and awaiting the lumberman and mills. The fishing grounds are inexhaustible. When other parts of the Dominion are covered with snow, the evergreen islands afford food for cattle. There is no better place for sport, recreation and health than the Queen Charlotte group. The Japanese are discovering that the fisheries of the islands are valuable. American speculators have looked over the timber and mining wealth, from which they will

obtain millions of dollars in the near future. All of this is within a few hours of Prince Rupert and no effort is being made to run a ferry service that would bring in settlers and business men to build up the great lone islands within eighty miles of the prospective metropolis of the north. Get a move on, Prince Rupert! ISLANDER.



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.

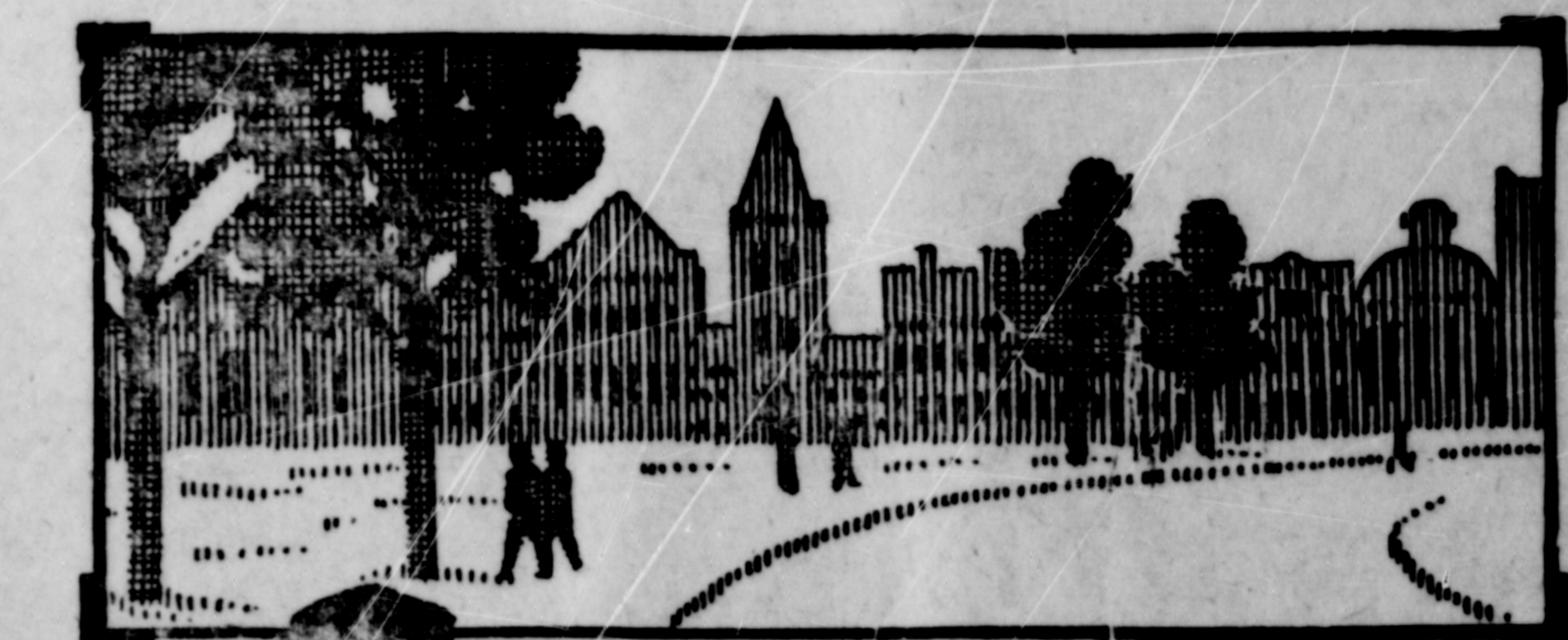


CANADIAN WOMEN SHOULD KNOW THIS—

"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 If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.

THE AYLMER CONDENSED MILK CO., LTD. AYLMER, ONT., CANADA



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.