After Taking Only One Box Of "Fret-e-tives"

EAST BEIP HARBOUR, N. S. "It is with great pleasure that I write to tell you of the wonderful benefits 1 have received from taking "Fruit-atives". For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried "Fruit-a-tives" and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches".

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

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

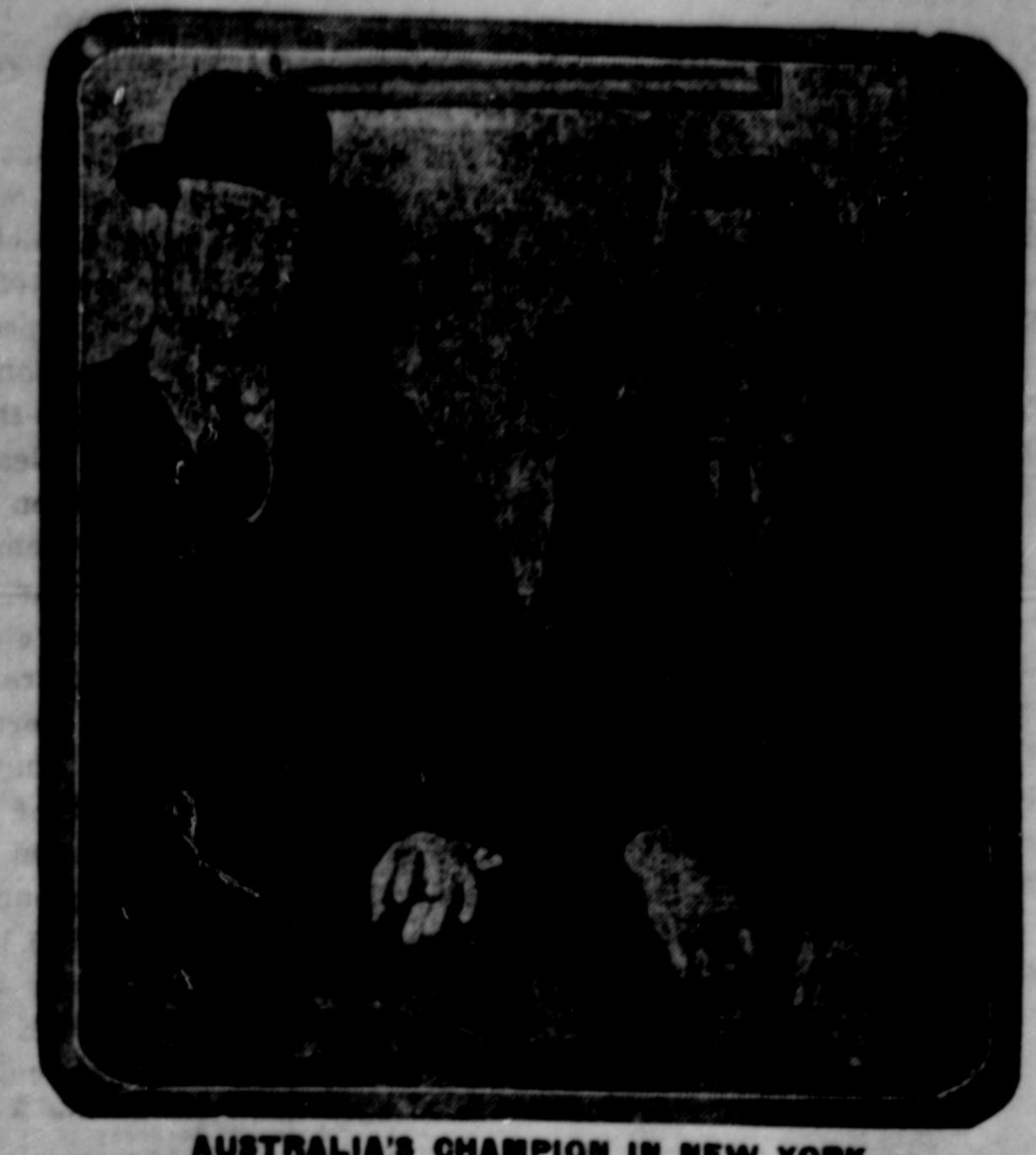


of Quality Agod in Wood 8 Years before bottling

GOVERNMENT of CANADA

mand the Bran





AUSTRALIA'S CHAMPION IN NEW YORK

This photograph shows Tex Rickard (on the left), famous fight promoter, and Les Darey, the Australian boxing champion. The pair are now in New York, where it is said that a fight will THE COUNCIL. SUPPORT THOS. probably be staged between Carpentier and Les Darey, when the | McMEEKIN FOR ALDERMAN ON former arrives on his expected leave from French aviation service. THURSDAY.

THE ENGINE TREFINEMENT Simeet boats that float

2 Cyl .- 8 1-2 in. by 7 in., 12-18 6 Cyt .-- 3 3-4 in. by 6 1-2 in., 25 Horse Power.

Further Information Apply to

W. E. WILLISCROFT Prince Rupert, B. C.



FROM FAR AND NEAR

Gustave Herve, the noted French publicist, states that the next desperate move by Germany may be a big drive through Switzerland under Von Hindenburg. A large section of the French press has come to look upon this move as a possibility and that Switzerland will be treated as Belgium was.

Skinner & Eddy, which firm has made such rapid strides in shipbuilding in Seattle, has acquired the Variety Iron Works, as an djunct to their ship-building

ish painter, Roger Van Der Weyden, recently sold in New York at \$1,000 per inch. There are onfy five of Weyden's portraits in existence.

Colonel W. F. Cody, known the world over as "Buffalo Bill," has been seriously ill at Denver, Col., for four weeks. He has

moved to Glenwood Springs in the hope that the treatment will

The Vancouver Sun publishes a lengthy and rather cynical article on Prince Rupert and its canneries and cold storage plant. It is written by an English youth who was here overnight about a year

for Japan shortly, states that the world's centre from now on will be in Eastern Asia. This, he says, been no war, but-the conflict in

Six hundred thousand Lithuanians in America have petitioned Washington demanding that the United States support them in an endeavor to have Lithuania made politically independent under the

American ship-building yards are so crowded with foreign orders for new ships that the United States government is going to have difficulty in having its new battleships and cruisers built.

nomic problem. She has half a million foreigners to feed and is short of fuel, and many of the foreigners have no money. The food supply is also running short;

One thousand persons are engaged on the Skeena during the salmon season, vote Wednesday the half-holiday and allow thece people to come to Prince Rupert

NOTICE TO MARINERS

Alaska, Wrangell Strait, Point Alexander Light was temporarily changed from group flashing to a single flash, 0.3 secs. duration every three seconds, December 22, 1916, without other change. The normal characteristic will be restored as soon as practicable.

Wrangell Strait, Point Lockwood Rock Float Light No. 1 reported on December 27th as being adrift and opposite Deception Point, light extinguished, will be replaced and relighted as soon as practicable.

Clarence Strait, Approach to Lake Bay, Beck Island Light, Report has been received that Beck Island Light was extinguished for the winter on December 4th.

Sitka Sound, Western Channel, Channel Rock Beacon, reported missing on December 8th, will be replaced as soon as practicable. J. H. McLEOD.

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Bank By Mail And Save A Trip to Town

OR the benefit of those who live out of town, we have arranged a plan by which you can do your banking by mail quite as satisfactorily as if you stood here at our counters. Come in and let us explain the plan - or write for the information.

THE BANK OF

CAPITAL AND SURPLUS, \$7,884,000. PRINCE RUPERT BRANCH A portrait by the famous Flem- W. J. SMITHERS, Manager



Depend on us

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 nough wheat. Sour 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 possib ast contribute nearly \$3,000,000 a month

No people under the Allied Flags are as well able to contribut deserving of help! In the name of Justice and Humanity for he sake of our own self-respect that us give all we can so help our martyrod Allies!

Send your a reciption weekly, neathly or is one long one to Lond or Provincial Committees, or to the Central Executive Committee, 50 St. Peter St., Montreel

\$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 NJ. 305 tallsthe story-IT COSTS THE SAME. ASE YOUR GROCER FOR THIS CANADIAN OWNED

CANADIAN BASE PRODUCT-INSIST If you want whipped cream, chil! "Canada First" Evaporat THE AYLMER CONDENSED MILK CO., LTD.

ATLMER, ONT., CANADA

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Wire Cable Steel Biocks Iron Pipe Pipe Fittinge Valvee

Fishing Tackle Rifles and Shotguns Ammunition Paint

Corrugated Iron ELL NOTHING BUT THE BEST"

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".

Buildors' Hardware Ship Chandlery effect a cure.

Dr. Frederick Starr, of the University of Chicago, who is leaving would have happened had there Europe has hastened the change.

name of United Lithuania.

Switzerland is facing an ecoin many lines.

on Saturdays.



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