

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.



The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA



Demand the Brand



ANYONE CAN DYE THEIR CLOTHES WITH **DYOLA**

The Dye that colors ANY KIND of Cloth Perfectly, with the SAME DYE.

No Change of Method. Clean & Efficient. Ask your Druggist or Dealer. Send for Booklet. The Johnson-Richardson Co. Limited, Montreal.

JACK McNEIL WILL HANDLE PRAIRIE BEEF

Early next spring J. J. McNeil will secure a small farm on the prairie a few miles this side of Edmonton and utilize it as a collecting place for live stock, especially beef animals, sheep and hogs. Not only will he handle meat animals but will also have breeding stock or will be in a position to secure for buyers any class of animal desired.

The chief object is to be able to secure meat and get it on the local market when he wants it, and at prices which will enable the consumers in Northern British Columbia to live like ordinary mortals. During the months of late summer and early fall when locally produced beef is inclined to be scarce, the idea is to pick up good animals on the prairie and to hold them on the new farm until a carload is ready to ship and the market here is ready for the shipment.

This is an important development in the business of Brongh-ton & McNeil. Since going into the meat business this trade has been steadily increasing and at times they have been unable to fill orders. With the prairie station operating they will be able to supply the needs of the north at all times and with the very best of meats.—Omineca Herald.

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



GRACE CUNARD

In "Peg O' The Ring" at the West-holme Theatre tonight.

DOLLY VARDEN MINE MAY BUILD TRAMLINE

Victoria, Jan. 24.—Extensive mining development is now going on in the Alice Arm district and that the company owning the Dolly Varden group of claims eighteen miles up the Kitsault river is planning a heavy investment was indicated yesterday when L. W. Patmore, of Prince Rupert, appeared before the executive council of the provincial government to ask on behalf of the Dolly Varden company the right to lay a tramline along a gazetted road which the company has built. The company is not asking for a charter, but for the right to lay their line for the purpose of transporting ore from the mine to the water. The government lent a kindly ear to the application. In return for the concession the company will make a common carrier of the tramline for ore and freight, but not for passengers. It will also build a pack trail for the use of the public. At present the road is eighteen miles long. It could be extended as other properties of the district are opened up and require transportation for their ore.

The Alice Arm district first came into considerable prominence at the time of the Portland Canal boom. Some hardy spirits, struck with the excellent showings on the surface, pinned their faith to the district, with the result that today they are reaping their reward. There are a number of high-grade properties under development in addition to the Dolly Varden. A smelter is near at hand at the Granby works, at "Goose Bay," as the place was formerly known. Northern mining men all speak highly of the Alice Arm district and predict it has a great future as a producer of copper and other minerals.

SUN AND TIDE

Friday, January 26th.
Sun rises 8:55 a. m.
Sun sets 4:25 p. m.
High water ... 3:38 a. m. Ht. 22.2
Low water ... 9:33 a. m. Ht. 4.8
High water ... 3:44 p. m. Ht. 21.8
Low water ... 9:48 p. m. Ht. 3.2
Captain McGee, M. M. S. A.

TO MARINERS

Wrangell Strait—Point Lockwood Float Light No. 1, reported on December 27th as being adrift and opposite Deception Point, was replaced and relighted Jan. 14th, 1917.

Wrangell Strait—Point Alexander Light changed from group flashing to single flash 0.3 sec. duration every three seconds, December 22nd, 1916, was restored to its normal character Jan. 11th, 1917.

Chatham Strait—Point Ellis Light reported not burning January 14th will be relighted as soon as practicable.

Sumner Strait—Spanish Island Light, reported not burning Dec. 16th, was relighted Jan. 15th.

Chatham Strait—Point Ellis Light, reported not burning Jan. 14th, was relighted Jan. 13th.

Lynn Canal—Sherman Rock Buoy 2, reported out of position and drifted ashore January 15th, will be replaced as soon as practicable.

Internal Bathing's Rapid Growth

It is but natural to expect that a relief from Constipation and the many ills which it causes, which is so effectual and so natural as Internal Bathing, should quickly make many converts.

But its general use has increased so tremendously in the past few years as to suggest other reasons, and these are found in the statement of users that they feel as if "made over new" the morning after an Internal Bath.

The elimination of the pernicious and poisonous waste which is ever present in the Lower Intestine gives Nature a chance to work unhampered. And one arises in the morning clear-headed, able, bright, confident and eager for the day's duties.

Mr. F. E. Smith writes:—

"Dear Doctor,—Your 'Cascade' made a new man of me at the age of 49. I persuaded my wife to use the treatment also, and today she has better health than ever before. Since the use of the 'Cascade' she sleeps better and can walk for hours without fatigue. Fainting spells have become a condition of the past; can eat anything on the bill of fare and drink all beverages. Does not take cold when exposed; hot weather does not cause oppression."

The "J. B. L. Cascade," the most efficient device for Internal Bathing, is being shown and explained in detail by Cyril H. Orme, Druggist, corner 3rd Ave. and 6th Street, Prince Rupert. Ask for free booklet, "Why Man of Today is Only 50 Per Cent. Efficient." If you prefer, write to Dr. Chas. A. Tyrrell, 163 College Street, Toronto, for same.

"Safety First" is the Slogan of Business

OVER 75 years of Banking in Canada, has demonstrated the strength, security, safety and service of The Bank of British North America. The history of this bank for over three-quarters of a century has been one of progress and development, and of consistent growth in the regard of the business world.

THE BANK OF British North America
75 YEARS IN BUSINESS.
CAPITAL AND SURPLUS, \$7,500,000.
PRINCE RUPERT BRANCH
W. J. SMITHERS, Manager



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 subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 80 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 CREAM—CANADIAN MAKE PROTECT—INSIST!
If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.
THE AYLMER CONDENSED MILK CO., LTD.
ATLHER, 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 | Mose | Paint |
| Stoves and Ranges | Rubberoid Roofing | Corrugated Iron |

"WE SELL NOTHING BUT THE BEST"

FRED STORK'S HARDWARE

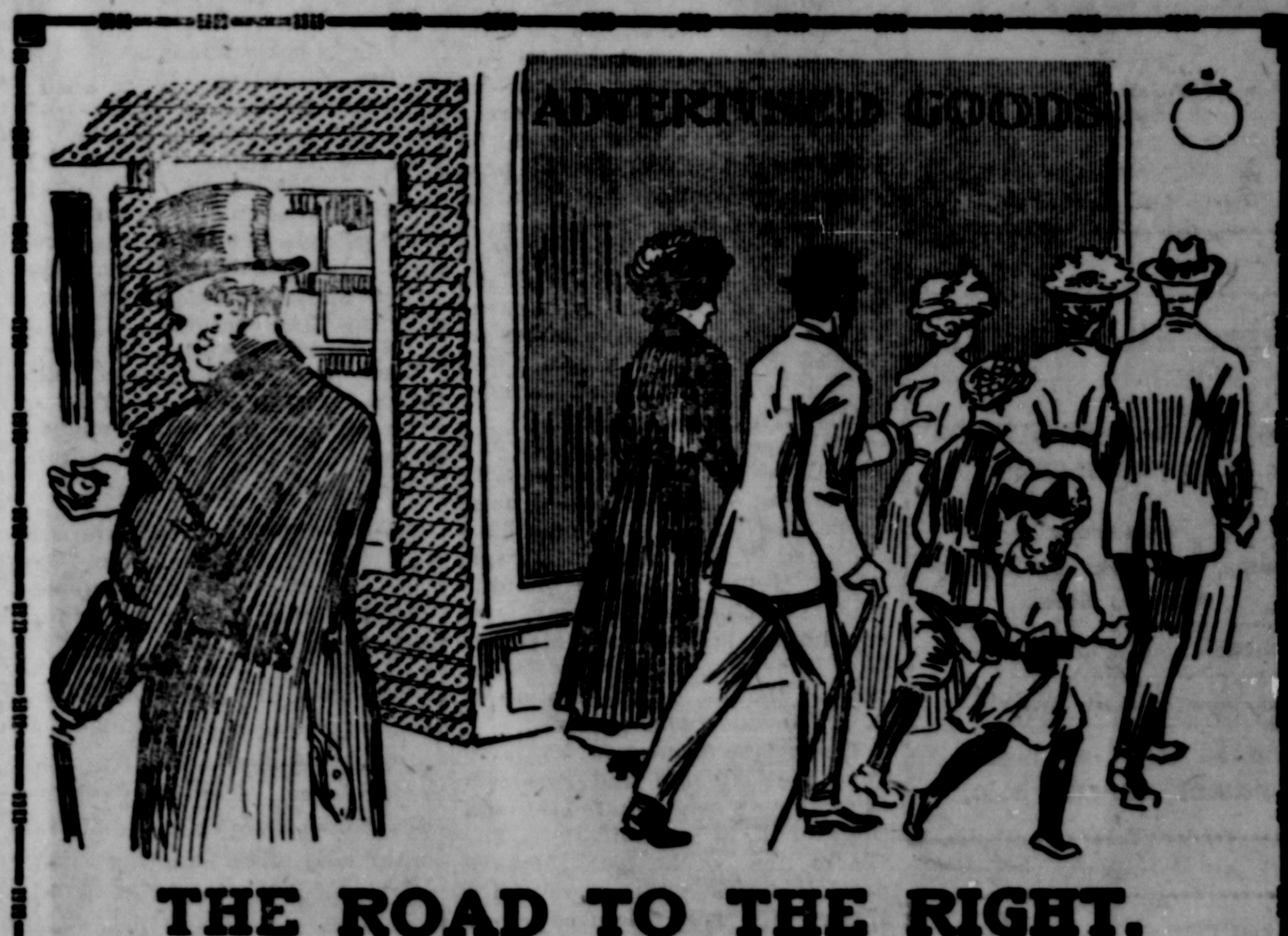
Baby's Own Soap



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

J. E. Davey
Teacher of Singing and Voice Production.
PHONE BLACK 217.



THE ROAD TO THE RIGHT.

YOU'VE met at least one of those few good old souls, who are constantly getting the worst of it when shopping, who don't believe in advertising. A hundred disappointing and instructive experiences have failed to teach him their plain lesson.

When he bought his first watch he was beguiled into buying one without a known name or a trustworthy guarantee. That watch—a poor timekeeper—cost him dearly by reason of missed appointments and missed trains, and for frequent repairs. Yet he paid the price of a good watch.

It is the same story with regard to his underwear, his shoes, and his fountain pen.

This good old soul's case is not unique. Many of us, if the truth be confessed, resemble him; we allow ourselves to be sold merchandise with an unknown brand or trade mark instead of buying merchandise which is well known to us through the medium of advertising. In slang language, we get "stung" pretty often.

In most of these cases we have ourselves to blame, for "the road to the right" thing to buy has been made plain by advertising.

There is no good reason for passing by the known thing, soundly guaranteed, to buy a dubious article, which, quality for quality, cannot be cheaper than the known, branded article.

"It is better to be sure than sorry."

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.