

SEVEN YEARS TORTURE

Nothing Helped Him Until He Took "FRUIT-A-TIVES"



ALBERT VARNER

Buckingham, Que., May 2nd, 1915.

For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, bitter stuff would come up into my mouth after eating, while at times I had nausea and vomiting, and had chronic Constipation. I went to several doctors and wrote to a specialist in Boston but without benefit. I tried many remedies but nothing did me good. Finally, a friend advised "Fruit-a-tives". I took this grand fruit medicine and it made me well. I am grateful to "Fruit-a-tives", and to everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-tives", and you will get well.

ALBERT VARNER.

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



GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand



HAULING AN ARMORED CAR ACROSS A SWOLLEN CAUCASUS RIVER.—The British armored cars go everywhere. Squadrons of these useful pieces of armament have operated with the Allies on the western front and, after being ice-bound in the Arctic regions for months, crossed European Russia and did good work against the Turks. Their latest scene of activity has been on the Rumanian front, where they have made a big name for themselves.

HOW MAJOR GREEN INTRODUCED FISH

"Persistence and a Pair of Frozen Whitefish," is the title of a highly interesting story in a recent issue of the Vancouver Province, telling of the determined efforts of "Hughie" Green in impressing upon the militia department in Ottawa and the war office in London the value of fish as food for our soldiers.

"Hughie," who is Scotch, was a fish dealer in Prince Albert before the outbreak of the war, and his business having fallen away since so many went to the front, he went to Ottawa, taking with him a pair of frozen whitefish, to take up the matter of fish supply for the troops with the government. "Hughie" and his fish made many fruitless trips to the Parliament Buildings and finally he enlisted. Finding no fish on the soldiers' bill of fare he got permission to cook some for the boys. The experiment was a success and "Hughie" took the matter up with the war office, with the result that huge quantities of Canadian fish are now being sent

to the old country to help feed the troops. Now Major Green, "Hughie" is back in Canada looking after the fish requirements of the men at the front. The following is an extract from the Province interview with him, and it is of particular interest to the people of Prince Rupert:

"Altogether we have recently shipped five million pounds of fish for overseas forces," he said. In the maritime provinces fish which were previously thrown away are now as valuable in the market as salmon used to be.

"How big is the market?" Well, at the very least they want a million dollars worth of fish a week. That seems to me worth while. On the Northern British Columbia coast you have only a small market for your black cod. A few weeks ago we took a trial shipment of half a million pounds of it from Prince Rupert. It went well. Instead of your canneries operating only a few weeks in the summer on salmon alone, why can they not pack other fish every day of the year? The market is available and prices are good. Now is the time for your fishing people to establish their markets if they want continuous business after the war."

Recently Major Green addressed the Board of Trade of St. John's, Nfld., on the fish marketing question. The governor of the colony and the premier were present. Major Green hopes during the next few weeks to visit Vancouver in order to get into closer touch with the packers there.

Seattle Bohemians have asked Washington to use its influence to secure the liberation of the Czechs and Slovaks from Austrian rule. A resolution passed by the Bohemian League says that an independent Bohemia will hold back German expansion toward the East.

MINERAL ACT

NASTURTIUM, IRIS FRACTION, BELLIS FRACTION, GENTIAN, BLUE BELL FRACTION, COSMOS FRACTION, THISTLE FRACTION, MARIGOLD FRACTION, LILAC FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACTION, MINERAL CLAIMS situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Island, Province of British Columbia, and lawfully held by Ikeda Mines Limited.

TAKE NOTICE that I, John A. MacInnes, solicitor for Ikeda Mines Limited, free miners' certificate No. 70354 B, intend after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder for a certificate of improvements for the purpose of obtaining a Crown Grant to the above claims.

AND FURTHER TAKE NOTICE that action under Section 85 of the Mineral Act must be commenced before the issuance of such certificate of improvements.

Dated this 31st day of May, A. D. 1916.

JOHN A. MACINNES.

Solicitor for Ikeda Mines Limited.

Coughing scatters germs — Stop it

Coughing increases the irritation of the already inflamed mucous membrane and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure.

The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is specially due to its great value as a permanent lung and bronchial healer.

Sold everywhere, 35c large bottles.

J. L. MATHIEU CO., Prop., Sherbrooke, P.Q.

For booklets see Mathieu's Formulae. Send 10c stamp to above address. 10c a box of 10 packets.

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

"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 flag are so 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 Committee, 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 CURED CANADIAN MILK PRODUCT—INSIST! If you want whipp cream, chill "Canada First" Evaporated—then whip as with fresh cream. **THE ATYLER CONDENSED MILK CO., LTD.** ATYLER, 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

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



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, Laidlaw Building, Toronto.