

STRICKEN IN THE STREET

Completely Restored To Health
By "Fruit-a-tives"

382 St. Valer St., MONTREAL.
"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 100 pounds. Then several of my friends advised me to try "Fruit-a-tives". I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble—and all pain and constipation were cured. Now I weigh 235 pounds. I cannot praise "Fruit-a-tives" enough". H. WHITMAN.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Navigable Waters Protection Act.
R. S. C., CHAPTER 115.

The Grand Trunk Pacific Railway Company hereby gives notice that it has, under Section 7 of the said Act, deposited with the Minister of Public Works at Ottawa, and in the office of the District Registrar of the Land Registry Office, District of Prince Rupert, at Prince Rupert, a description of the site and plan of lumber mill and other works proposed to be built in the Prince Rupert harbor at Prince Rupert, British Columbia, in front of Waterfront Block "F", according to registered plan of the townsite of the said city of Prince Rupert registered in the aforesaid Land Registry Office as No. 923, Section 7.

AND TAKE NOTICE that after the expiration of one month from the date of the first publication of this notice, the Grand Trunk Pacific Railway Company will, under Section 7 of the said Act, apply to the Minister of Public Works at his office in the City of Ottawa for approval of the said site and plan and for leave to construct the said works.

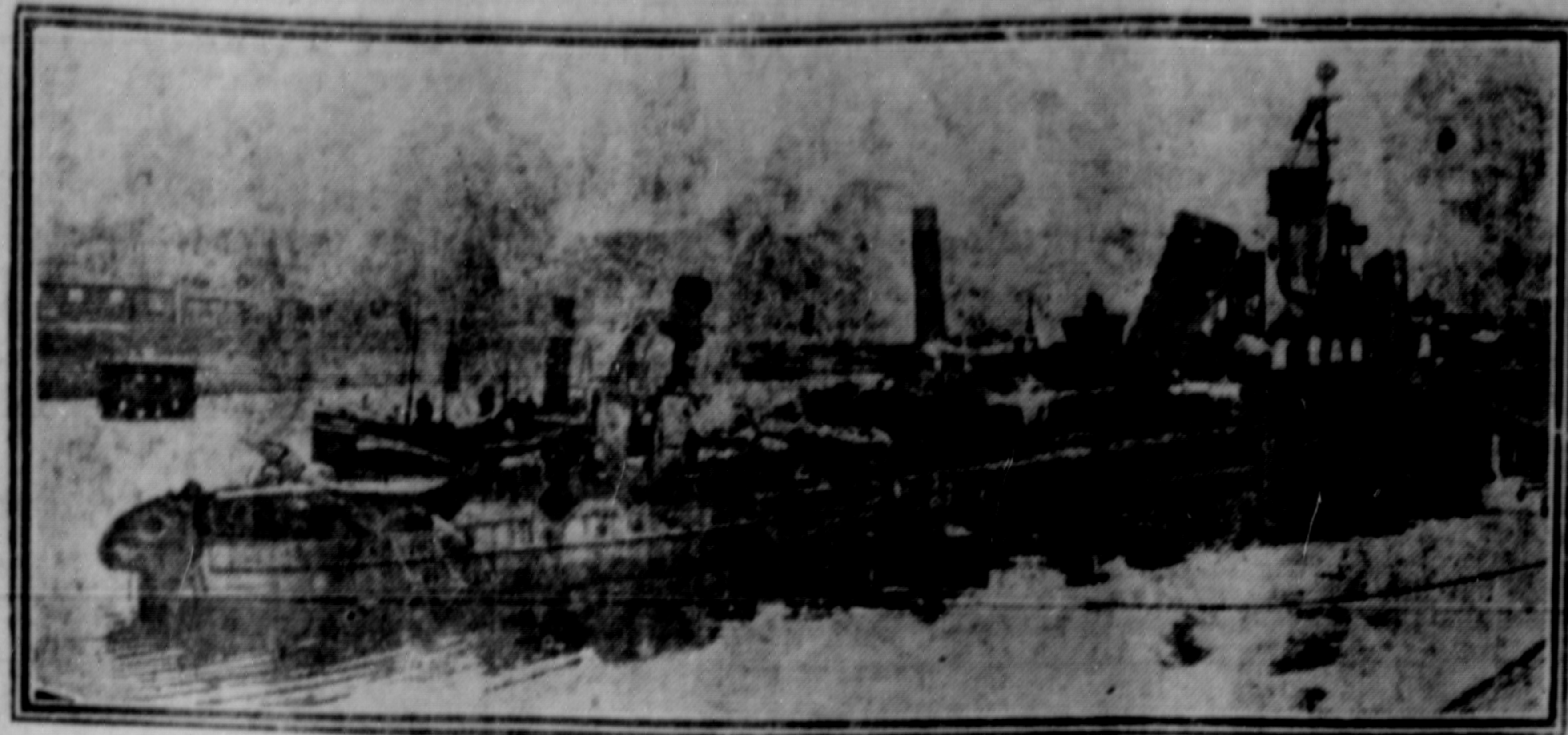
Dated at Winnipeg, Manitoba, this 21st day of February, A. D. 1916.
THE GRAND TRUNK PACIFIC RAILWAY COMPANY. H. H. HANSARD, Solicitor.

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.



GERMAN DESTROYER V-69 AFTER RECENT BATTLE WITH BRITISH.—This photograph shows the German war vessel lying at anchor at the harbor of Ymuiden, near Amsterdam, after being severely damaged by a British patrol.

AN IRISH SOLDIER'S DIARY

(Continued From Page One.)

morning but it didn't reach us. The wind was too choppy. I often think it strange that gas when first used by the enemy was not more effective. Then our men had no gas helmets; they were quite defenceless. Still the German success was only temporary. One would imagine them using gas wholesale all along the line, but they did not. What deterred them? For my own part I almost believe that the horrors of this war, diabolical though they be, are for our betterment. Tase was consuming our people; the worms of petty strife, of laziness, indifference and self-depreciation were eating the pillars of our

Sterling
THE ENGINE REFINEMENT
For the
finest boats that float

FISHERMAN'S ENGINE

2 Cyl.—5 1-2 in. by 7 in., 12-15 Horse Power.
4 Cyl.—3 3-4 in. by 5 1-2 in., 25 Horse Power.
4 Cyl.—6 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information
Apply to

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

house. War will cleanse us, that is if its lesson is learned rightly. We are getting relieved tonight.

January 6.—We had a bath before dinner today; a bath is esteemed here. Clean underclothing and a cinema show tonight. Tomorrow a football match.

January 7.—My company lost the match. I knew it would. The centre forward was slow. No one can take the place of Fergus on the football field.

January 8.—Drill, lecture on bombing, etc.

January 9.—A parcel from home. The sultana cake was grand; the boys enjoyed it. A letter to mother thanking her. Going up to the trenches tonight.

January 10.—When passing through the village of X, yesterday afternoon we saw the French mending the roofs of their houses. The Germans had been shelling the village all day and knocking the tiles to pieces. A man to whom I spoke said that the Germans generally blew the roofs off in the morning, but the villagers put them on again before dusk.

The way which the French accommodate themselves to the vicissitudes of war is a source of wonder to me. I love and admire the people. We are going out on another raid tonight and want to take a few prisoners back with us. The enemy trench is quiet enough, but it is difficult to know what the silence conceals. Their life is like a wasp's nest. Poke it and see what happens! But I like the poking especially with a bayonet and a bomb.... I feel in a queer mood, unsettled and shaky. I hope we're lucky tonight and trust that we get back. I can't help thinking of Fergus whom I thought never felt fear. My mates think I am never afraid. And that's as well; seeing that I'm their corporal. The sensation of fear is denied to a stone or a sandbag, but not to men. I hope the raid goes off well.

The above extract is taken from the diary of an Irish corporal, who was killed on a right raid in the Somme district. The following is from a letter sent to the corporal's mother by the platoon commander. "In addition to his innate modesty which made light of all his own achievements, your boy had all the qualifications of a splendid soldier. In the raid in which he lost his life he showed great daring and initiative. Entering a signaller's dug-out singlehanded he took two German prisoners. From these we gleaned most valuable information. On returning to their own trench our men discovered that one of their number was missing. A search party was organized and your boy took charge of it. He just got over the parapet when he was hit. Death was instantaneous."

Don't Send Money in a Letter
WHEN you send subscriptions to magazines, or order goods out of town, or pay small accounts at a distance, do not place the actual cash in the envelope. Thousands of dollars are lost every year through fire, robbery or mis-direction. Use the Bank Money Orders, issued by this bank. They are payable in Canada and the United States in any sum up to fifty dollars. Their protection is well worth their small cost.

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THE BANK OF
British North America
79 YEARS IN BUSINESS.
CAPITAL AND SURPLUS, \$7,384,000.
PRINCE RUPERT BRANCH
W. J. SMITHERS, Manager

Bathe Internally

Over 50,000 People Are Now Doing So.

For many years physicians have agreed that the vast majority of human ills were caused by accumulated waste in the Lower Intestine; that in our present way of living Nature could not remove all this waste without assistance, no matter how regular we might be, and that the poisons from this waste circulating through the blood pulled us away down below par and were responsible for many diseases of a serious nature.

During this time the "J. B. L. Cascade" for Internal Bathing has, because of their recommendation and those of its users, been steadily growing in favor.

Recently, however, the startling news which has been covering this country, that great surgeons and specialists have been operating on the Lower Intestine for the most chronic and serious diseases, has caused Americans to become thoroughly awake to the importance of keeping this Lower Intestine free from all poisonous waste matter, and over 500,000 are now using Internal Baths.

If you try the "J. B. L. Cascade" you will find yourself always bright, content and capable—the poisoned waste makes us bilious, blue, dull and nervous. Internal Baths are Nature's own cure for Constipation—just warm water properly applied. Drugs force Nature—the "J. B. L. Cascade" gently assists her.

Call and see it at Cyril H. Orme's, Druggist, Corner 3rd Ave. and 6th St., or ask there for "Why Man of Today Is Only 50 per cent Efficient," a booklet of great interest, which is given free on request. If you prefer, write for Booklet to Dr. Chas. A. Tyrrell, 163 College Street, Toronto.



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 Case of A.B. Smith, Retailer.

A. B. SMITH has a dry goods store in a certain Canadian city. He does a good business, but wants to do more. He believes that Advertising in his local newspaper is the way to get more business. So he advertises—every now and then. This is where our friend Smith is wrong—in advertising every now and then. He should advertise regularly—as frequently as his local newspaper is published.

Smith says he wants to advertise regularly, but he can't always find the time to prepare advertisements, which is true, for he is his own buyer, sales-manager, director of store service, credit man and half-a-dozen other things.

What Smith should do is this: If he is located in one of the smaller cities, in which there are no advertising agencies giving a local copy service, and he has no one among his own staff qualified by instinct or experience to write the daily announcements, he should go to the publisher of the newspaper in which he means to advertise, requesting his help. In nine cases out of ten, the publisher, through his advertising manager, will be only too glad to give Smith the assistance desired.

If Smith is located in one of the larger cities he should secure the services of a recognized advertising agency which will take over the work of preparing his advertisements.

In this way Smith can be sure of having his advertisements prepared regularly and intelligently, with no more trouble to him than the supplying of the information required by the writer of the advertisements.

So Smith can do more business, and more business means a larger income for himself, to say nothing of other gains that go hand in hand with the doing of bigger business.

This man Smith---do you know him?
Are YOU Smith?

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, Lumden Building, Toronto.

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
Gloves and Ranges	Rubberoid Roofing	Corrugated Iron.

"WE SELL NOTHING BUT THE BEST"

FRED STORK'S HARDWARE



Dr. Price's CREAM BAKING POWDER

There is no alum in Dr. Price's Cream Baking Powder. The names of its ingredients, printed on the label of every can, show it to be made from Cream of Tartar, which comes from grapes.

No alum baking powder or food containing alum is permitted to be sold in many countries. To avoid alum read the label and use only baking powder made from cream of tartar.