

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter. "Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

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

NATIONAL SERVICE

The time for returning the National Service cards has been extended to March 31. Anyone who has not yet returned their card is requested to do so by this date. Those who have not yet received a card can procure one from the post master on application.

LAND ACT

Vancouver Land District—District of Coast, Range 3.

TAKE NOTICE that Archie Barnes Martin, occupation mill manager, of the city of Vancouver, Province of British Columbia, intend to apply for permission to lease the following described lands:

Commencing at a post planted on the south shore of Cousins Inlet about five chains west of the southwest corner of Lot 11, Range 3, Coast District, thence south 15 chains, thence west 40 chains, thence north 20 chains, thence west 35 chains, thence north 18.5 chains more or less to R. W. M. of Cousins Inlet, thence following the H. W. M. to this post and containing one hundred and twenty-five (125) acres more or less.

DATED at Vancouver, B. C., this 1st day of November, A. D. 1916, J. H. ARCHIE BARNES MARTIN.

KEENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS

TAKE NOTICE that I, George McRae, of Skeidale, B. C., occupation engineer, intend to apply for permission to lease the following described lands:

Commencing at a post planted at the S.W. corner of Lot 4, Alford Bay, Skeidale Inlet, thence west 20 chains, thence north 5 chains, thence 20 chains in an easterly direction following the shore line, thence two chains to point of commencement, containing 15 acres, more or less.

GEORGE MCRAE, Applicant. A22 Dated January 15th, 1917.

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. F. 6. NOVEMBER 8, 1916.

"A Little Saving Is A Handy Thing"

MANY a man has lost his chance to become independent by not having the ready money to take advantage of a really big opportunity.

"Fortune knocks once at every man's door." Greeter with a Savings Account, and be ready for what she brings.

One Dollar opens an account in the Savings Department.

THE BANK OF British North America
79 YEARS IN BUSINESS
CAPITAL AND SURPLUS, \$7,884,000.
PRINCE RUPERT BRANCH
W. J. SMITHERS, Manager



HARRY LAUDER IN A NEW ROLE—AS YE GENTLE LOVER.

This is a picture of Harry Lauder where he is posing as Angus McAngus in "Three Cheers" with Miss Ethel Levy, playing the part of the designing Lady Chauncey.

IN THE SUPREME COURT OF BRITISH COLUMBIA.

In the matter of the Administration Act, and

In the matter of the estate of Peter McLachlan, deceased, Intestate.

TAKE NOTICE that by order of His Honor Judge Young, local judge of the Supreme Court, made the 17th day of February, 1917, I was appointed Administrator of the estate of Peter McLachlan, deceased. All parties having claims against the said estate are hereby required to forward same properly verified to me on or before the 14th day of April, 1917, and all parties indebted to the said estate are required to pay the amount of their indebtedness forthwith.

Dated the 2nd day of March, 1917. J. H. McMULLIN, Official Administrator.

IN THE SUPREME COURT OF BRITISH COLUMBIA.

In the matter of the Administration Act, and

In the matter of the estate of John Adams, deceased, Intestate.

TAKE NOTICE that by order of His Honor Judge Young, local judge of the Supreme Court, made the 4th day of January, 1917, I was appointed Administrator of the estate of John Adams, deceased. All parties having claims against the said estate are hereby required to forward same properly verified to me on or before the 14th day of April, 1917, and all parties indebted to the said estate are required to pay the amount of their indebtedness forthwith.

Dated the 2nd day of March, 1917. J. H. McMULLIN, Official Administrator.

IN THE SUPREME COURT OF BRITISH COLUMBIA.

In the matter of the Administration Act, and

In the matter of the estate of John Baptiste Barnachez, deceased, Intestate.

TAKE NOTICE that by order of His Honor Judge Young, local judge of the Supreme Court, made the 24th day of February, 1917, I was appointed Administrator of the estate of John Baptiste Barnachez, deceased. All parties having claims against the said estate are hereby required to forward same properly verified to me on or before the 14th day of April, 1917, and all parties indebted to the said estate are required to pay the amount of their indebtedness forthwith.

Dated the 2nd day of March, 1917. J. H. McMULLIN, Official Administrator.

IN THE SUPREME COURT OF BRITISH COLUMBIA.

In the matter of the Administration Act, and

In the matter of the estate of William James Macartney Sandels, deceased, Intestate.

TAKE NOTICE that by order of His Honor Judge Young, local judge of the Supreme Court, made the 23rd day of February, 1917, I was appointed Administrator of the estate of William James Macartney Sandels, deceased. All parties having claims against the said estate are hereby required to forward same properly verified to me on or before the 14th day of April, 1917, and all parties indebted to the said estate are required to pay the amount of their indebtedness forthwith.

Dated the 2nd day of March, 1917. J. H. McMULLIN, Official Administrator.

CITY OF PRINCE RUPERT

Notice is hereby given that a Court of Revision for the purpose of revising and correcting the Assessment Roll for the City of Prince Rupert, returned by the undersigned Assessor on the Tenth day of January, A. D. 1917, will be held on Monday, the Fifth day of March, A. D. 1917, at 10 o'clock in the forenoon, in the Council Chamber, City Hall, City of Prince Rupert.

All complaints or objections to said Assessment Roll must be made, in writing, and delivered to the Assessor at least ten (10) days before the date of the first sitting of the said Court, viz., the Fifth day of March, A. D. 1917.

Dated at the City of Prince Rupert, Province of British Columbia, this twenty-second day of January, A. D. 1917.

P. LORENZEN, Assessor of the said City of Prince Rupert.

FRED PETERS, City Clerk of the said Municipality.

27-32-37-12

HOW THE MACHINE GUN CORPS WAS CREATED

Very early in the war the War Office realized the need for a greater supply of machine guns, and huge contracts for guns of the Vickers-Maxim type were placed with all speed. At the same time a newer type of machine gun, a recent invention, called the Lewis gun, became available, and battalions at the front were largely equipped with these in the summer of 1915. This accession to the strength of each unit made possible an important change in the handling and organization of the heavier Vickers-Maxim guns. In order that these guns might be concentrated or dispersed according to needs on a brigade frontage and not be confined to the frontage of the battalions which possessed them, they were withdrawn from the control of the battalion commanders and handed over to a specially formed machine gun company in each brigade. The Lewis guns, however, were still left with the battalions to be handled according to the needs of the battalion front by the colonel and his Lewis gun officer and detachment.

While these changes in equipment and organization were going on the problem of finding adequate drafts for the increasing numbers of Vickers-Maxim guns was settled. Hitherto personnel for gun detachments had been trained at the front or in reserve battalions at home. Frequently it occurred that some units in the hotter parts of the line found difficulty in making good their losses, while other battalions in easier quarters suffered fewer casualties and had almost untouched reserves. An army order, published on October 22nd, 1915, solved this difficulty by bringing into being the Machine Gun Corps. The work of this new corps was to train machine gun companies for each brigade of the new armies which did not yet possess one, and to supply drafts to make good the losses incurred by the machine gun companies already formed at the front. The corps was to train men for machine gun units for infantry, for cavalry of the line, for Motor Machine Gun Service, and for armored cars.

A Thorough Training.

The training through which all officers and men pass is very comprehensive and thorough. They are all in the first place carefully selected, for a machine gunner's duties are arduous to a degree. To carry a gun down a waterlogged trench is no easy matter; to transport it and all its appurtenances, across a "No Man's Land," which is slippery with mud and pitted with shell holes, and then to dig or otherwise manufacture an emplacement for it in a newly captured trench demands considerable agility and strength.

Equally important is the work of the training of the men who are to be the actual workers at the gun, the men who are to carry it and its ammunition and appurtenances, clean it, erect it, fire it, stand sentry over it, dig

ORDERS

432 Prince Rupert Cadet Corps. By J. C. Brady, Instructor.

It is proposed that the above corps shall camp for two weeks during the coming summer. All boys wishing to attend must enroll before April 30th.

its emplacements, and maintain its efficiency unimpaired in cold and dirty weather. These men on passing from the receiving depot are organized in Machine Gun Corps companies of the infantry branch, or in squadrons of the cavalry branch, or in depot companies or squadrons, to which are attached the officers, N. C. O.'s and specialists who have already received their training in the schools described above, and who have to train the recruits themselves, though still under the supervision of instructors detailed from the Machine Gun School of Instruction.—Exchange.

LAND LEASE NOTICE

TAKE NOTICE that I, William James Matthews, acting as agent for the Anglo-British Columbia Packing Company, Limited, registered office in Vancouver, B. C., of Arrandale, occupation store keeper, intend to apply for permission to lease the following described lands:—

Commencing at a post driven on the east shore of Portland Canal about a mile and a half north of Dogfish Bay, from thence North eighty chains, thence east forty chains, thence south eighty chains, thence west forty chains.

February 11th, 1917. M6 WILLIAM JAMES MATTHEWS, Applicant.

STEEN & LONGWILL

SANITARY AND HEATING ENGINEERS

Agents for McCLARY FURNACES

PLUMBING

and

SHEET METAL WORKS

Phone 5, 834 Second Avenue.

Night phones 576

and Blue 270

The right work, at the right time, and at the right price.



THE GOLD SEEKERS

—breaking the trail in the Great White Silence of the Northland, the prospector must travel light. The little grub he carries must be amply sustaining. So as a basis he packs ROYAL STANDARD FLOUR. The concentrated goodness of the finest wheat in the world. For any journey—In any clime—Worth its weight in gold.



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



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, Lumadon Building, Toronto.