

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" — 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 unhealthily by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-lives" 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-lives Limited, Ottawa.



"CARMEN" (THE DAVID) WREAKING VENGEANCE UPON THE CIGARETTE GIRL IN W. FOX'S PRODUCTION At the Westholme Theatre tonight.

"BOB" INGERSOLL ON GERMAN-AMERICANS

(From W. Coyne, Prince Rupert.)

In the early eighties a wealthy lady of the interior of New York state conceived the idea of commemorating the first great international arbitration and at the same time cementing the friendship of Great Britain with the United States. To accomplish this she commissioned an artist named Carpenter to cover a large canvas with the portraits of the joint high commission in session, the result of the efforts of this high commission being the historic Alabama award. The painting was to be presented to Queen Victoria with the request that it be hung in Windsor Castle as a memorial to the first successful step toward the ardently hoped for millennium "when wars shall be no more."

The immense picture was duly completed and to celebrate the occasion of its unveiling a grand banquet was held at Delmonico's, which was attended by the president, several members of his cabinet, and many distinguished men, including the then leading after-dinner speakers, Chauncy M. Depew, General Horace Porter, Jos. Choate and Colonel Robert Ingersoll.

The text of all the speeches was naturally and necessarily "peace" and if the brilliant eloquence expended then upon the subject could be reproduced now, it would be more than of passing interest and, indeed, might prove of influence.

It chanced that on this occasion that famous national orator "Bob" Ingersoll found himself way below the salt both at the table and on the toast list, so many distinguished speakers being around the board. But his turn came at last. All the many previous speeches at this banquet were more or less memorable, as most of them had been specially prepared for this memorable occasion, it being known that I had been commissioned to reproduce them in an elaborate book form, a copy of which was to be presented to Queen Victoria with the picture.

With his characteristic quick-wittedness and forensic ability Colonel Ingersoll took entirely new ground and presented the subject of "peace" from a standpoint differing as widely from the preceding oratory as an eagle differs from a dove. I have never come across this speech in any of the published orations of Ingersoll, and as it seems of peculiar usefulness at the present time when the question of German-American patriotism has become so absorbing, I here give from memory that portion referring to this subject.

"Peace and patriotism," said Colonel Ingersoll, "have been the text of all the masterly speeches delivered here tonight, and in adding my modest quota I must take issue with some of my distinguished predecessors. For ages poets have sung of peace, of the days when wars shall be no more; of patriotism and the love and loyalty one owes to the country one happened to be born in.

"Of peace, gentlemen, and particularly of the universal disarmaments so often hopefully referred to this evening, I assert that the olive branch of peace may only be held forth in the mailed hand. You cannot stay war with words. You cannot demand or even defend your rights unless (continued on Page Four.)

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. E. 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.

THE MAILS

For the East.
Tuesdays, 2 a. m.
Wednesdays, 9:30 a. m.
Saturdays, 9:30 a. m.
From the East.
Tuesdays, 5:30 p. m.
Thursdays, 5:30 p. m.
Sundays, 3:10 p. m.
For Vancouver.
Tuesdays, 4 p. m.
Thursdays, 10 p. m.
Sundays, 4 p. m.
From Vancouver.
Wednesdays, 10:30 a. m.
Fridays, 3 p. m.
Sundays, 7 p. m.
Alternate Mondays from January 1st.
For Anyox.
Wednesdays, 10 p. m.
Fridays, 8 p. m.
Sundays, 8 p. m.
From Anyox.
Thursdays, Sundays and Tuesdays.



TIMBER SALE X 909.

Sealed tenders will be received by the Minister of Lands not later than noon on the 7th day of May, 1917, for the purchase of Licence X 909, to cut 3,130,000 feet of Hemlock, Cedar and Spruce, and 1,300 lineal feet of piling, on an area adjoining Lot 1607, Juskatla Inlet, Graham Island, Queen Charlotte District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B. C., or District Forester at Prince Rupert, B. C.

TIMBER SALE X 920.

Sealed tenders will be received by the Minister of Lands not later than noon on the 21st day of May, 1917, for the purchase of Licence X 920, to cut 4,165,000 feet of Hemlock, Cedar and Spruce, and 30,000 lineal feet of piling on an area adjoining Lot 1501, Juskatla Inlet, Queen Charlotte District.

Three (3) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B. C., or District Forester at Prince Rupert, B. C.

LAND REGISTRY ACT

(Sections 36 and 134.)
Re Applications Nos. 9086-1 and 9087-1, Filing 5808.

TAKE NOTICE that application has been made to register Sarah Lando, of Prince Rupert, B. C., as owner in fee under two Tax Sale Deeds from the Collector of the City of Prince Rupert, bearing date the 22nd day of September, 1916, and ALL AND SINGULAR that certain parcel or tract of land and premises situate, lying and being in the Municipality of Prince Rupert, more particularly known and described as Lot eleven (11), Block twenty-eight (28), Section Six (6), and Lot thirty-three (33), Block forty-six (46), Section Eight (8), Map 923.

You are required to contest the claim of the tax purchaser within 35 days from the date of the service of this notice (which may be effected by publication), and your attention is called to section 36 of the "Land Registry Act" with amendments, and to the following extract therefrom:— "...and in default of a caveat or certificate of its pendency being filed before the registration as owner of the person entitled under such tax sale, all persons so served with notice, and those claiming through or under them, and all persons claiming any interest in the land by virtue of any unregistered instrument, and all persons claiming any interest in the land by descent whose title is not registered under the provisions of this Act, shall be for ever estopped and debarred from setting up any claim to or in respect of the land so sold for taxes, and the Registrar shall register the person entitled under such tax sale as owner of the land so sold for taxes."

AND WHEREAS application has been made for a Certificate of Indefeasible Title to the above-mentioned lands, in the name of Sarah Lando.

AND WHEREAS on investigating the title it appears that prior to the 14th day of September, 1915, (the date on which the said lands were sold for overdue taxes), you were the registered and assessed owners thereof.

FURTHER TAKE NOTICE that at the same time I shall effect registration in pursuance of such application and issue a Certificate of Indefeasible Title to the said lands in the name of Sarah Lando unless you take and prosecute the proper proceedings to establish your claim, if any, to the said lands, or to prevent such proposed action on my part.

DATED at the Land Registry Office, Prince Rupert, B. C., this 10th day of April, A. D. 1917.

H. F. MACLEOD,
District Registrar of Titles.
To Charles Plantz, as to Lot 33;
H. F. Clark and H. O. Richer,
as to Lot 11.

LAND REGISTRY ACT

(Sections 36 and 134.)
Re Application No. 91,111, Filing 5,814.

TAKE NOTICE that application has been made to register John Bergman, of Prince Rupert, B. C., as owner in fee under a Tax Sale Deed from the Collector of the City of Prince Rupert, bearing date the 10th day of September, 1915, of ALL AND SINGULAR that certain parcel or tract of land and premises situate, lying and being in the Municipality of Prince Rupert, more particularly known as Lot Ten (10), Block Five (5), Section Seven (7), Map 923.

You are required to contest the claim of the tax purchaser within thirty-five days from the date of the service of this notice (which may be effected by Registered Mail or as Directed, and your attention is called to section 36 of the "Land Registry Act" with amendments, and to the following extract therefrom:— "...and in default of a caveat or certificate of its pendency being filed before the registration as owner of the person entitled under such tax sale, all persons so served with notice, and those claiming through or under them, and all persons claiming any interest in the land by virtue of any unregistered instrument, and all persons claiming any interest in the land by descent whose title is not registered under the provisions of this Act, shall be for ever estopped and debarred from setting up any claim to or in respect of the land so sold for taxes, and the Registrar shall register the person entitled under such tax sale as owner of the land so sold for taxes."

AND WHEREAS application has been made for a Certificate of Indefeasible Title to the above-mentioned lands, in the name of John Bergman.

AND WHEREAS on investigating the title it appears that prior to the 9th day of September, 1914, (the date on which the said lands were sold for overdue taxes) you were the assessed owner thereof.

FURTHER TAKE NOTICE that at the same time I shall effect registration in pursuance of such application and issue a Certificate of Indefeasible Title to the said lands in the name of John Bergman unless you take and prosecute the proper proceedings to establish your claim, if any, to the said lands, or to prevent such proposed action on my part.

DATED at the Land Registry Office, Prince Rupert, B. C., this 6th day of December, A. D. 1916.

H. F. MACLEOD,
District Registrar of Titles.
To Simon Peterson, Davisville, California.

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 "P", 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. 1917.

THE GRAND TRUNK PACIFIC RAILWAY COMPANY. H. H. HANSARD, Solicitor.

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MERCHANTS RUBBER

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when days are wet and pavements sloppy, is a good pair of rubbers.

The sure guide to a good pair of rubbers—the guarantee of protection and service—is one of these Trade Marks:

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Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsays Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

Manufactured by

RAMSAY BROS. & CO., LTD.
Vancouver, B. C.



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 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, 80 St. Peter St., Montreal.

\$2.50 Feeds A Belgian Family A Month.

Prince Rupert Feed Co.

P. O. Box 383. 383 Third Ave.

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WE HANDLE

Steele & Briggs, Rennies' Ferry's and Mackenzie's Garden and Field Seeds, Also Fertilizers.

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Chicken Feed A Specialty.

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