

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 unhealthy 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.

FIRE ALARM SYSTEM.

CIRCUIT NO. 1.

Box 12—5th St. and 3rd Ave.
Box 13—6th St. and 3rd Ave.
Box 14—8th St. and 3rd Ave.
Box 15—Junction of 1st, 2nd and 3rd Aves.
Box 16—1st Ave., between 8th and 9th Sts. (Knox Hotel).
Box 17—1st Ave. and 7th St. (Central Hotel).

CIRCUIT NO. 2.

Box 22—3rd Ave. and 3rd St. (Post Office).
Box 23—3rd Ave. and McBride St.
Box 24—1st Ave. and McBride St.
Box 25—2nd Ave. and 2nd St.
Box 26—2nd Ave. and 6th St.
Box 27—G. T. P.

CIRCUIT NO. 3.

Box 31—5th Ave. and Fulton St.
Box 32—Borden and Taylor Sts.
Box 34—7th Ave. and Fulton St.
Box 35—9th Ave. and Cornet Ave.
Box 37—8th Ave. and Dodge Place
Box 38—6th Ave. and Thompson St.

CIRCUIT NO. 4.

Box 41—4th Ave. and Emmerson Place.
Box 42—5th Ave. and McBride St.
Box 43—5th Ave. and Green St.
Box 44—6th Ave. and Basil St.
Box 45—7th Ave. and Eberts.
Box 141—7th Ave. and Young St.

Prince Rupert Feed Co.

P. O. Box 223. 908 Third Ave.

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WE HANDLE

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

HAY, GRAIN AND FEED Chicken Feed A Specialty.

We Take Orders for Nursery Stock.

Mail Orders Promptly Attended To.

31 Years Older Than The Dominion of Canada

AS the name implies, The Bank of British North America was established long before the Provinces united and became the Dominion of Canada. The sound, progressive management which has made it a power in Canadian finance makes it the bank for your account.

THE BANK OF British North America 79 YEARS IN BUSINESS. CAPITAL AND SURPLUS, \$7,894,000. PRINCE RUPERT BRANCH W. J. SMITHERS, Manager

ADVERTISE IN THE DAILY NEWS



A Voice from the Past. Napoleon: "Why don't you stop before you have to?"

(Continued From Page One.)

not those of Canada in particular?

As bearing on the deliberations of the War Conference, it is to be hoped that Premier Borden is a reader of Kipling. Rudyard Kipling has a message of Empire, too, perhaps as strong a message as Premier Borden, but he was never in any doubt about Canada's place in the scheme of things. He hits it off exactly in his famous verses,

Daughter am I in my mother's house,
But mistress in my own.

This is perfectly satisfactory to the Canadian people. Nobody has improved on Rudyard Kipling's interpretation of Canada's permanent policy in relation to our place in the British Empire. Premier Borden would do well to carry the little book of poems with him and read those lines whenever he feels his feet slipping.

Premier Borden is reported as saying that the dominions had put a million men in arms. Of course this was poetic license. In the first place the Premier was reckoning on half a million from Canada. Half a million must be taken as a round number. It is the authorized limit, but the actual enlistment is something over

LAND REGISTRY ACT

(Sections 26 and 134.)

Re Applications Nos. 9986-1, and 9987-1. 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 10th 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 26 of the "Land Registry Act" with amendments, and to the following extract therefrom:— "and in default of a caveat or certificate of his pendens 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 forever 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, 1916, (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 Plantin, as to Lot 22; H. F. Clark and H. O. Richer, as to Lot 11.

four hundred and one thousand. Likewise it is poetic license to say that the whole four hundred and one thousand are in arms. Many of them wear pens behind their ears instead of swords at their sides. There are twenty-five hundred of these khaki non-combatants in the Pay & Records Office alone. There are another two thousand Canadian officers unattached galumphing around the south of England. Most of them had a chance to smell gunpowder if they would revert to the ranks, but they preferred to be live-colonels and majors rather than dead heroes.

Then there are the "organizing" brigadiers on this side of the water and the various non-combatant services here and overseas that will never see fighting. These men are in uniform but not in arms. Altogether perhaps a hundred thousand ought to be subtracted from Premier Borden's generous metaphor to come anywhere near the real figures of fighting men at the front, either now or in the near future. Premier Borden should keep these figures of speech within bounds. He is doing in England what he has frequently done here—counting in the units, the non-combatants, the clerks, the cooks, the bottlewashers, that make up this padded list of four hundred and one thousand. To make good what we understand was his promise—namely, five hundred thousand men at the front—nearly two hundred thousand men will have to be enlisted yet.

Meanwhile the Hon. Pierre Blondin—I beg his pardon, the Hon. Colonel Blondin—Honorable Colonel, not honorary colonel, mark that—the Hon. Col. Blondin is stumping Quebec. One of the strangest things about Colonel Blondin is the interviews he gives out. He says he regrets of his past when he advised shooting holes in the Union Jack, and it is very interesting indeed to see him beat his breast and cry Pœcavi. But Colonel Blondin doesn't end there. He seems to imply that he is loyal, but that Quebec isn't. Here is what he said to a



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 1,500 lineal feet of piling, on an area adjoining Lot 1607, Juskatla Inlet, 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.

reporter nine days ago at Montreal:

"I am sure the hearts of the people of this province are sound. All they need is to be shown that it is their duty to fly to the colors and they will enlist in considerable numbers. I am going from prelate to prelate, from priest to priest, from father to father, from mother to mother, and from son to son, and I believe I can convince them that it is the duty of this province especially to send its full share of young men to help the British and French armies in the field, fighting for liberty and justice as we in this Dominion understand the terms."

Mark the implications. Quebec has to be shown, and Mr. Blondin will do the showing. Prelates, priests, fathers, mothers, sons need to be convinced. Mr. Blondin will do the convincing. In fact, anybody and everybody in Quebec is to blame except Colonel Blondin.—H. F. Gadsby.

LAND REGISTRY ACT

(Sections 26 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 26 of the "Land Registry Act" with amendments, and to the following extract therefrom:— "and in default of a caveat or certificate of his pendens 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 forever 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.

Stuart J. Martin

ASSAYER

HAZELTON — B. C.

The oldest established Assay Office in the North.

The "Groundwork" of Health, Comfort and Economy



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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28 "SERVICE" BRANCHES AND WAREHOUSES THROUGHOUT CANADA



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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.

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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 so we are 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.