

# NOTED MUSICIAN OF MONTREAL

Advices The Use Of "FRUIT-A-TIVES",  
The Famous Fruit Medicine.



MR. ROSENBERG  
689 Casgrain St., Montreal.  
April 20th, 1915.

"In my opinion, no other medicine in the world is so curative for Constipation and Indigestion as 'Fruit-a-tives'. I was suffering from these complaints for five years, and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis—with nasty Headaches, belching gas, drowsiness after eating, and Pain in the Back. I tried pills and medicines of physicians, but nothing helped me. Then I was induced to try 'Fruit-a-tives', and now for six months I have been entirely well.

I advise any one who suffers from that horrible trouble—Chronic Constipation with the resultant indigestion, to try 'Fruit-a-tives', and you will be agreeably surprised at the great benefit you will receive". A. ROSENBERG.  
Box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

## PEOPLE SHOULD WORK MORE AND EAT LESS

(Continued From Page One.)

work more and eat less is highly practical because wages have risen only two per cent. and food has risen fifty per cent. It is a simple matter of subtraction to prove that if the working man eats forty-eight per cent. less food than he did two years and a half ago his two per cent. raise in wages will just cover the bill. This leaves nothing for clothes, fuel, doctors' bills, rent and postage stamps, but it does bridge the gap between wages and the price of food. It is a masterpiece of close figuring and Mr. Crothers could never have done it if he hadn't been a school teacher many years ago, and fond of mathematics.

The Minister of Labor, though a lawyer and not a horny-handed son of toil, is full of this kind of feeling for the masses. More work and less eating. The more work the less eating. Finally a day comes when it is all work and no eating. Q. E. D. The food problem is solved. Even at that some people will grouch about the high cost of living. To meet such objections the government is said to contemplate conscription. Premier Borden having pledged the country to it when he was in England. If that is the case those who find it too expensive to live in Canada will be at liberty to die at a dollar ten a day somewhere in France.

The Minister of Labor is among those who believe that a good crop can be raised in the back yard with a subsoil of cinders, builders' sand and clay from the cellar. He also has great faith in vacant lot cultivation, once the tomato cans, old corsets, and other wild flowers of the city are weeded out. On this matter I have done a little calculating. Seed potatoes are now four dollars a bag. John Jones makes up his mind to till an acre. He buys eighteen bags of potatoes for \$72. Ploughing, harrowing, disking, manuring, will cost him \$16 more. Total to put the crop in \$88, and this allows nothing for his labor which is supposed to be a form of pleasure taken after a hard day's work in the factory or elsewhere. John Jones gets no pay for hoeing the potatoes and keeping the bugs off them. All he gets is the exercise and the open air—and the potatoes. If he is in luck and escapes drought, rot and frost he will probably sell his potatoes for a dollar and a half a bag, food control having in the meanwhile brought the price of potatoes down with a rush. In the final reckoning John Jones will be about twenty-five dollars out on his potato experiment. Mr. Crothers and his more or less ingenious colleagues must think of a better way than that.

Sir Thomas White has another suggestion to meet the high cost of living. When hunger pinches tighten the belt. From these words Judge Mackenzie of North Cape Breton surmises that the manufacture of "hunger belts" would be a good business to go into. Of course the industry would be protected by a forty per cent. tariff and cheap belts from the United States would not be allowed in. There would be a large sale. Every citizen of Canada drawing \$1200 a year or less would necessarily purchase one. No family could be without one. In fact every member of the family would have to wear one instead of taking their meals. The hunger belt, Judge Mackenzie points out, would differ from other belts by reason of the large number of holes it would have. Ordinary belts have only six holes but the hunger belt would have holes all the way round, so that desperate patriots would not need to surrender to famine until their waist line had entirely disappeared under pressure. Then, when the last hole was reached, they could eat the belt. They could eat it raw if they liked, but it would probably taste better and would certainly be a good deal tenderer boiled.

The hunger belt is a good idea, but the Government is supposed to have even brighter ones. Along the line of thrift people are to be asked to save their hiccoughs and stop picking their teeth. A great deal of food is wasted this way. Talking of food reminds me of a story they're telling about a great philanthropist who is in the confidence of the Borden Government. The great philanthropist not only raises prayers to heaven, but raises prices to the skies. The other day he met Norcross,



### A DRESSY COSTUME

Here is something that will delight Miladi and keep her in the front ranks of fashion.

the steamship man, in the lobby of the Chateau Laurier, and laid his hand in a fatherly way on that Gentleman's shoulder.

"I hope, Mr. Norcross," he said, "that you are doing your bit for your country."

"Yes," Norcross replied, "I'm paying you forty-six cents a pound for bacon."—H. F. Gadsby.

### Salvation Army.

Public meetings, Tuesdays, Thursdays and Saturdays at 8 p. m. Sundays at 7:30 p. m.

### LAND REGISTRY ACT

(Sections 36 and 134.)  
Re Applications Nos. 9086-1 and 9087-1, Filing 5898.

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 his 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 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  
For Charles Planitz, as to Lot 33;  
H. F. Clark and H. O. Richer,  
as to Lot 11.

### MINERAL ACT

#### Certificate of Improvements.

NOTICE  
"Dougall," "Dougall Fractional," and "Waterfront" Mineral Claims, situate in the Skeena Mining Division of Cassiar District.

Where located:—On the west side of head of Alice Arm.

TAKE NOTICE that I, Richard B. McGinnis, Free Miner's Certificate No. 11396, acting as agent for the Dolly Varden Mines Company, Free Miner's Certificate No. 931-C, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action, under section 85, must be commenced before the issuance of such Certificate of Improvements.

Dated this 24th day of April, A. D. 1917.  
Jy. 9. RICHARD B. MCGINNIS.



### TIMBER SALE X 895.

Sealed tenders will be received by the Minister of Lands not later than noon on the 20th day of June, 1917, for the purchase of Licence X 895, to cut 2,592,000 feet of Spruce, Cedar, Balsam and Hemlock on an area situated on the east shore of Matheson Channel, Range 3, Coast 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. J7.

### TIMBER SALE X 913.

Sealed tenders will be received by the Minister of Lands not later than noon on the 9th day of June, 1917, for the purchase of Licence X 913, to cut 7,425,000 feet of Hemlock, Cedar and Spruce, and 1,200 lineal feet of piling, on an area adjoining Lot 1605, Juskatla Inlet, Graham Island, Queen Charlotte Island District.

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

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

### 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 his 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 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

### WATER NOTICE

#### DIVERSION AND USE

TAKE NOTICE that George McRae, whose address is Skidegate, B. C., will apply for a licence to take and use 150 cubic feet per minute of water out of Demster Creek, which flows northerly and drains into Allford Bay, about 15 chains from the N. E. corner of T. L. 835. The water will be diverted from the stream at a point about ten chains west from N.W. corner of Lot 4, B. C. Fisheries, and will be used for power purpose upon the land described as adjoining Timber Limit 837 in application to lease.

This notice was posted on the ground on the 15th day of January, 1917. A copy of this notice and an application pursuant thereto and to the Water Act, 1914 will be filed in the office of the Water Recorder at Prince Rupert. Objections to the application may be filed with the said Water Recorder or with the Comptroller of Water Rights, Parliament Buildings, Victoria, B. C., within thirty days after the first appearance of this notice in a local newspaper.

The date of the first publication of this notice is February 21st, 1917.

GEORGE MCRAE, Applicant.



FISHERMAN'S ENGINE  
2 Cyl.—5 1-2 in. by 7 in., 12-16 Horse Power.  
4 Cyl.—3 3-4 in. by 5 1-2 in., 25 Horse Power.  
6 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

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

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## SPORT SHOES WITH SPORT CLOTHES

That's the vogue, this year — to have one's shoes in harmony with the sport suit, or outing skirt and sweater.



are the most complete line of summer footwear ever made. The Fleet Foot trademark goes on shoes for every summer need—for work and play—for men, women and children.

Ask your dealer to show you the Fleet Foot line—you'll find exactly what you want—and the prices are a half, a third and even less, than equally attractive leather boots would cost.



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## No Eggs, Milk or Butter

The following recipe shows how an appetizing, wholesome cake can be made without expensive ingredients.

In many other recipes the number of eggs may be reduced one-half or more by using an additional quantity of Dr. Price's Cream Baking Powder, about a teaspoon, in place of each egg omitted.

### EGGLESS, MILKLESS, BUTTERLESS CAKE

1 cup brown sugar  
1 1/4 cups water  
1 cup seeded raisins  
2 ounces citron  
3/4 cup shortening

1 teaspoon nutmeg  
1 teaspoon cinnamon  
1/2 teaspoon salt  
2 cups flour  
3 teaspoons Dr. Price's Baking Powder

The old method (fruit cake) called for 2 eggs

DIRECTIONS—Put the first eight ingredients into saucepan and boil three minutes. When cool, add the flour and baking powder which have been sifted together; mix well. Bake in moderate oven in loaf pan (round tin with hole in center is best) for 35 or 40 minutes. Ice with white icing.

Booklet of recipes which economize in eggs and other expensive ingredients mailed free. Address 6 St. Lawrence Boulevard, Montreal.

## DR. PRICE'S CREAM BAKING POWDER

Sixty Years the Standard

Made from Cream of Tartar, derived from grapes.

Made in Canada

No Alum

### How do you do

each bake day. Do you get perfect bread with every batch? No question about it if you use MY flour. They test ROYAL STANDARD over at the mill by actual bread making with various wheat samples. Only grain that makes delicious bread is purchased. That's why ROYAL STANDARD is so uniform.

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75 YEARS IN BUSINESS.  
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W. J. SMITHERS, Manager

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WE HANDLE  
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