

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used In Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives", is composed of the active principles of fruit and the greatest nerve tonic ever discovered. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

THE BANK OF BRITISH NORTH AMERICA

Statement to the Dominion Government (Condensed) 30th April, 1917.

LIABILITIES TO THE PUBLIC	
Notes in Circulation	\$ 5,236,467
Deposits	54,763,089
Other Liabilities	947,119
Total	\$60,946,675
ASSETS	
Cash on Hand and in Banks	\$10,540,110
Deposit with Government on a Note Circulation	1,385,004
Government, Municipal and other Securities	13,004,476
Call and Short Loans	7,716,469
Current Loans and Discounts and other Assets	25,882,807
Bank Premises	2,508,804
Total	\$70,539,110

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—O. T. P.

CIRCUIT NO. 3.

- Box 31—5th Ave. and Fulton St.
- Box 32—Borden and Taylor Sts.
- Box 34—7th Ave. and Basil St.
- Box 35—9th Ave. and Conroy 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 333. 905 Third Ave.

RECEIVED OUR 1917 SEEDS

WE HANDLE

Steele & Briggs, Rennie's 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.

Baby's Own Soap



Leaves the skin—no matter how tender—soft—white—aromatized. Perfect for nursery and toilet.

Albert Soaps Limited, Montreal.

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.

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. 11306, 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.

LAND REGISTRY ACT

(Sections 36 and 134.)

Re Application No. 91,111, Filing 3,814.

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 abovementioned 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 "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 so 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.

WITHOUT ECONOMY THE WAR MAY BE LOST

"If we do not economize in food stuffs we stand a grave chance of losing the war. Our enemies are calculating that America will fail in this, and that our Allies will have to give in."

These are not the words of a professional alarmist. They represent the profound conviction of the man who, in all probability, is better qualified to speak on the food problems of the world than any other man. We are quoting Herbert C. Hoover, who was chairman of the Belgian Relief Commission, and has been named American Food Dictator, by President Wilson. They are words which should be taken to heart by every Canadian.

There are two ways in which this situation can be met. One is by increased food production, and the second is by economy in food stuffs. Economy, elimination of waste, is as vital as any other part of war work. Every man cannot fight, every woman cannot work in munitions, but every man, woman or child can economize and can save.

The proper use of savings is to invest them in War Savings Certificates. These are issued by the Government of Canada and are obtainable at any bank or at any post office where money orders are sold. When one buys a War Savings Certificate one is not only providing funds to carry on the war, but also making an excellent investment.

For \$21.50 one of these certificates can be purchased, and at the end of three years the Government will pay out \$25, that is, the interest on the investment will have increased its value to that amount. This means interest at nearly 5 1/2 per cent—a much better rate than the money would earn if left lying idle in the bank. Besides the \$25 certificate which costs \$21.50, there is a \$50 certificate which can be bought for \$43, and the \$100 denomination which is purchasable for \$86.

Serve by saving and invest in War Savings Certificates for your country's sake and your own sake.

Salvation Army.

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

An Army of Internal Bathers

Over half a million bright, keen, up-to-date Canadians and Americans have found that Internal Bathing is more essential to their well-being than External Baths.

Have found that, taken occasionally at night, they feel like different people the next morning. No more of that bilious, tired, nervous condition—but, having by Nature's own cleanser, antiseptic warm water, removed all the poisonous waste from the Lower Intestine, they awake thoroughly refreshed by normal sleep, with all their functions acting in healthy accord, bright, happy, clear-headed and confident, eager and capable for the duties of the day.

Copper Cliff, Ont., March 2, 1916.

Dr. Chas. A. Tyrrell, Toronto, Ont., Dear Doctor—I have been using your "J. B. L. Cascade" for the past three months, and am convinced that it is the most modern and scientific method of dealing with constipation that has ever been devised, and I will lose no opportunity to promote its use among my friends, as I can speak truthfully and enthusiastically as to its merits.

Yours very truly, J. A. Darrach, Wholesale and Retail Men's Wear. Why not learn more about this rapidly-growing and natural practice? The "J. B. L. Cascade", the original and best appliance for this purpose, manufactured by Charles A. Tyrrell, M. D., is now being shown and explained by Cyril H. Orme, Druggist, corner 3rd Ave. and 6th Street. There also may be obtained free on request, "Why Man of Today is Only 30 Per Cent. Efficient," a most interesting booklet on the subject. If you prefer, write to Dr. Chas. A. Tyrrell, 163 College Street, Toronto, for same.

WATER NOTICE

DIVERSION AND USE

TAKE NOTICE that George McRae, whose address is Skidgate, 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 832 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.

Save the Food and Serve the Empire!

The Average Canadian Family Wastes Enough to Feed a Soldier



"The Kitchen must help as well as the Workshop and the Trenches" Lloyd George.



INTELLIGENT economy in the kitchen can do much to prevent the threatened world famine—can counteract the effect of high prices—and can replace growing debt with systematic saving.

Careful investigations show that before the war the average British family wasted 25% of their food—and we Canadians were even more extravagant.

This waste is not in a few big things, but in many little ones, each, we used to think, too small to bother about—such as careless peeling of vegetables and fruit—failure to make good use of dripping and "left-overs"—and such others as will occur to every thrifty housekeeper.

For the Empire's sake as well as your own, hunt up and cut out these leaks! You'll be helping to relieve the food shortage—saving your own money—and putting yourself in a position to buy Canadian War Savings Certificates and help win the war.

War Savings Certificates are issued in denominations of \$25, \$50 and \$100, to be repaid in three years at full face value. They cost \$21.50, \$43 and \$86 respectively, at all Money Order Post-Offices and Banks, thus yielding over 5% interest. Should you need it, you can get your money back at any time.

The National Service Board of Canada, OTTAWA.



TIMBER SALE X 895.

Scaled tenders will be received by the Minister of Lands not later than noon on the 30th 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 Mathieson 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.

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.

Dr. Price's CREAM BAKING POWDER Saves Eggs

In recipes for cake, muffins, corn bread, etc., fewer eggs may be used and excellent results and healthful, appetizing food obtained by using an additional quantity of Dr. Price's Cream Baking Powder, about a teaspoon, in place of each egg omitted.

EGGLESS MUFFINS
2 cups flour
1 cup milk
4 teaspoons Dr. Price's Cream Baking Powder
2 tablespoons sugar
1 teaspoon salt
2 tablespoons shortening

DIRECTIONS:—Mix and add dry ingredients. Add milk, stirring until all lumps are out; add melted shortening. Beat well and bake in greased muffin tins in hot oven from 25 to 35 minutes.

The old method called for 3 eggs. Makes 18 Muffins.

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 is made from Cream of Tartar derived from grapes, and makes wholesome food.

Made in Canada No Alum

FRED STORK'S HARDWARE

FOR CANNERYMEN

We have added to our stock of valves and pipes a complete line of Rubber Belting at right prices.

FOR FISHERMEN

A complete stock of the best goods that money can buy for trolling—Spring Brass, Silver and Bronze.

FOR THE WATERFRONT

The celebrated Maple Leaf Paints and Varnishes—Special boat paint "FLOGLAZE"—A complete line of Ship Chandlery.

FOR EVERYONE

A fine stock of Hardware, Gurney's Oxford Stoves.

We Sell Nothing But The Best.

FRED STORK'S HARDWARE



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 BRAND PRODUCT—IBISIT

If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.

The AYLMER CONDENSED MILK CO., LTD. AYLESBURY, ONT., CANADA