

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.



WHERE IT IS WARM ENOUGH TO BASK ON THE BEACH.—Here is a typical scene of the English bathing beach, where everybody appears to be happy. It will be noticed that the male representation does not include eligibles between the ages of eighteen and forty-one and the fair bathers this year must do without an escort.

HON. T. D. PATTULLO TALKS WITH HIS CONSTITUENTS

(Continued From Page One.)

cial Government on the Songhees reserve for the building of ships, and they have to start from the grass roots up to prepare their plant, and here we have a two million dollar plant all ready. Contracts worth millions have been given out in the east time and again, and how much has been given to British Columbia? It is nothing short of stealing, the way it looks to me. We are really in the hollow of the hands of a few men back East and I think we will have to get up a Western party and will have to do so for our own protection. The question of consideration for the West is one of the most important before us at the present time. There is a perfect clique of men down there. Ottawa is bound to the C. P. R. and the C. N. R., while the G. T. P. can get nothing. Just look at Sir William McKenzie telegraphing the Provincial Government that the C. N. R. was removed to the jurisdiction of Ottawa.

Returned Soldiers.

Mr. Pattullo also spoke on what the Government was doing and had in hand for the returned soldiers. This was in reply to a request from the Great War Veterans Association. He explained the constructive policy of the Government in regard to technical and vocational training and also the land settlement scheme at some length. A suggestion had been made by one of the soldiers that the Government build some small fishing vessels, and Mr. Pattullo thought that there was some merit in that suggestion.

Woman's Suffrage.

Mr. F. H. Mobley next addressed the meeting and emphasized the privileges and the responsibilities acquired by the women of the province when the suffrage was extended to them. He pointed out that "women shall be capable of being elected as members of the Legislature subject to the same conditions as men" and he hoped before long to see women representatives on the floor of the House. He explained the Equal Guardianship Act and the question of the Returned Soldiers, and before going further, accused the Hon. Mr. Pattullo of cribbing the speech he had intended making. Mr. Mobley dealt very extensively with the legislation in regard to mining.

Public Servants.

Mr. A. M. Manson in opening, said: "I am very glad that this is a public meeting and not a party meeting. On the 14th of September last, when we were elected to represent the people at Victoria, we ceased to be Liberals and became public servants." Mr. Manson made a brilliant speech and emphasized the fact that the majority of the members of the Legislature were young men, not professional politicians, but business men. He told how that instead of the house sitting for less than an hour in the afternoon, as was the custom during the term of the previous Government, the present House worked long hours and conscientiously performed their duties. This was shown by the volume of business put through the House during the

session. He referred to the difficulties encountered by the Government, first by the old Government hanging on to office after the election, and on account of the death of the Hon. Ralph Smith the late minister of finance.

Mr. Manson thought that the long term spent by the Liberal party in the wilderness was not without its rewards, as otherwise the Hon. Mr. Brewster might not have been secured as leader of the party. He paid a striking tribute to the business ability of the Premier. The Mineral Survey Act, Public Works, the Elections Act and Prohibition were spoken of by Mr. Manson. Regarding the Lands Settlement Act, he said that the big agricultural portion of the province lay north from Bella Coola and in the Bulkley, Nechaco, Francois and Ootsa valleys and along the line of the G. T. P. Mr. Manson claimed that with modern farming the old days of drudgery associated with farm work were past, or passing. It was useless to expect people to go on to the land with such prospects. Mr. Manson drew a rosy picture of the coming farm life in British Columbia, when electricity will milk the cows, and telephones and picture shows and all modern conveniences will be within reach of the farming community. "They deserve it," said Mr. Manson. "Under such conditions the returned soldier and many others would go on the land. But," concluded Mr. Manson, "we don't want the returned soldiers to become a political institution, as was the case of the G. A. R. of the United States."

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 Demisier 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 831 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.

M. P. OLSEN, Applicant.
The date of the first publication of this notice is February 21st, 1917.

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 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.



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 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.

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.
J. S. RICHARD B. MCGINNIS.



FLEET FOOT

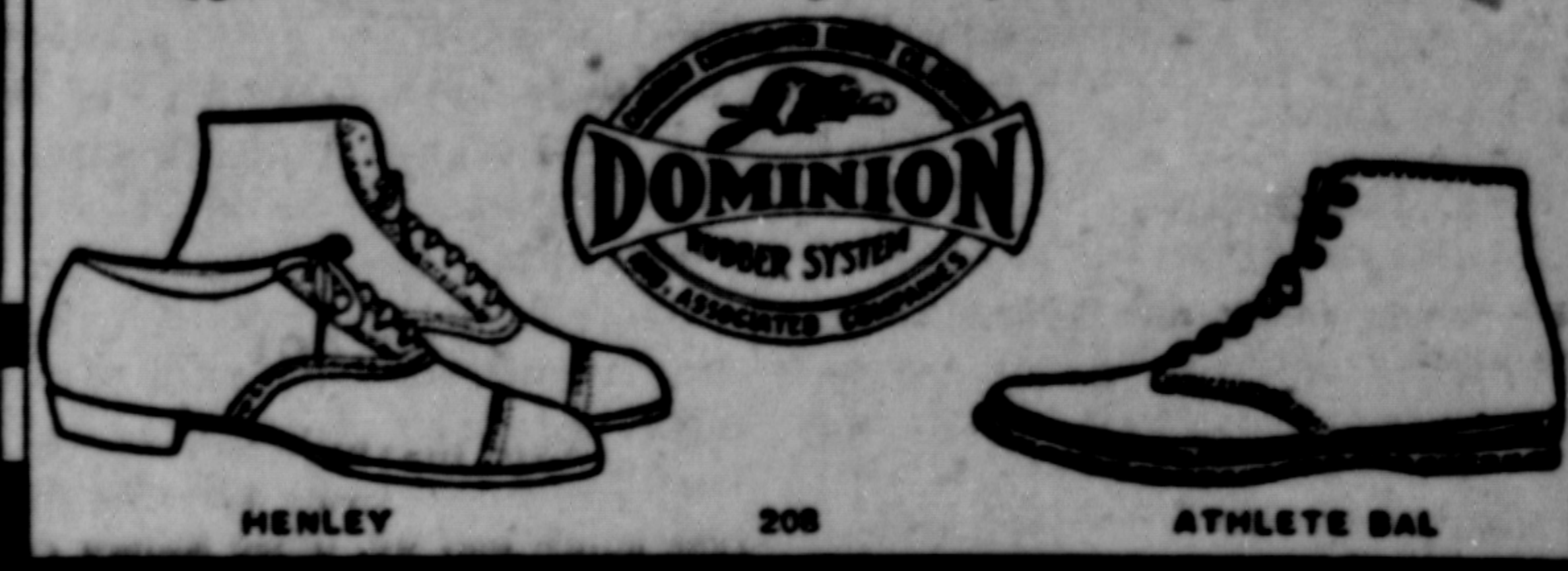
—the Comfortable Shoes for Business Men

The Business Men are going to enjoy foot comfort this summer. They are going to wear FLEET FOOT WHITE SHOES; and save a lot of money, too.

Wherever you go this summer—in town or country—at work or play—at home or office—you'll see FLEET FOOT WHITE SHOES.

They are so cool and comfortable in hot weather—and cost so much less than leather.

Ask your shoe dealer to show you the full line of Fleet Foot.



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.

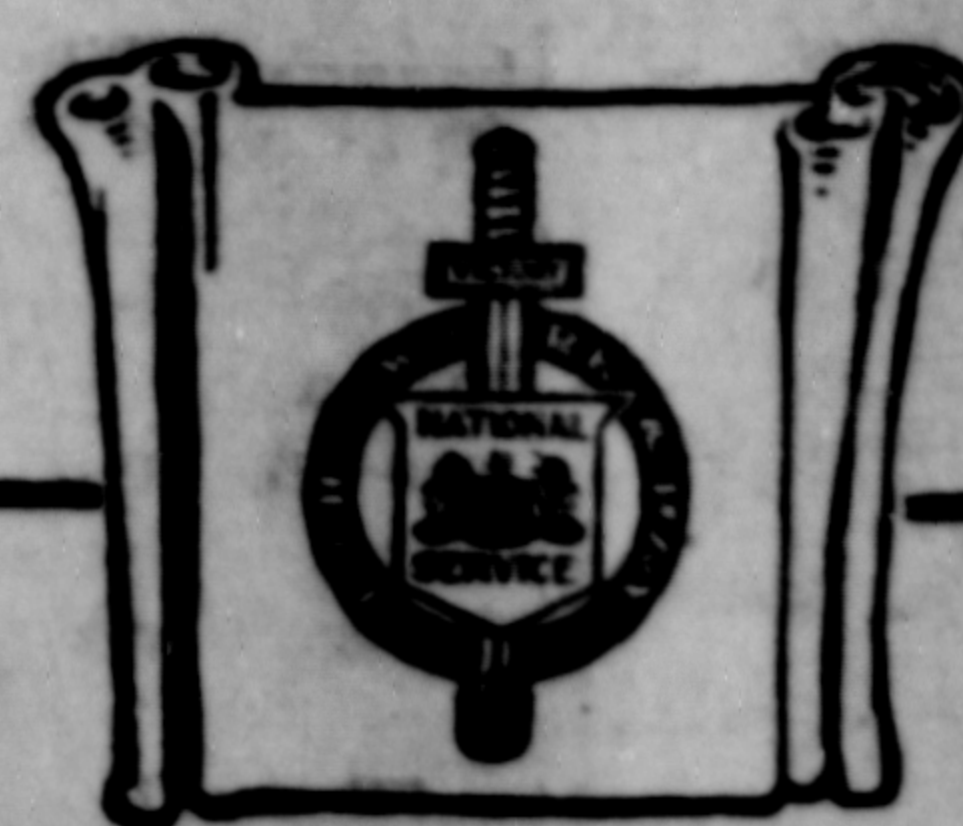
FOR THE WATERFRONT
The celebrated Maple Leaf Paints and Varnishes—Special boat paint "FLOGLAZE"—A complete line of Ship Chandlery.

FOR EVERYONE
A fine stock of Hardware, Gurney's Oxford Stoves.
We Sell Nothing But The Best.

FRED STORK'S HARDWARE

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.

Prince Rupert Feed Co.

P. O. Box 333. 308 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 Food A Specialty.

We Take Orders for Nursery
Stock.

Mail Orders Promptly Attended To.

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