RHEUMATISM WAS MOST SEVERE

Dreadful Pains All The Time Until He Took "FRUIT-A-TIVES".

MR. LAMPSON

Verona, Ont., Nov. 11th., 1915.

"I suffered for a number of years with *Rheumatism and severe Pains in Side and Back*, from strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended "Fruit-a-tives" to me and *after using the first box I felt so much better* that I continued to take them, and now I am enjoying the best of heath, thanks to your remedy".

W. M. LAMPSON.

If you — who are reading this — have any Kidney or Bladder Trouble, or suffer with Rheumatism or Pain In The Back or Stomach Trouble—give "Fruit-a-tives" a fair trial. This wonderful fruit medicine will do you a world of good, as it cures when everything else fails.

50c. a box, 6 for $2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

WAR TIME METAMORPHOSIS OF ENGLISH GIRLS

Nine girls who have volunteered their services for the duration of the war are receiving practical training at Tregavethan Manor Farm, Cornwall. Four come from Devon and five from Cornwall. Our photograph shows them all dressed up and somewhere to go.

Pay Your Debt To Your Defenders

Turn Your Luxuries Into Comforts For Those Who Have Sacrificed Most.

"Self-sacrifice, self-denial and service lie at the basis of the highest personal and national development."
Sir Thomas White, Minister of Finance.

IS it nothing to you that men from all round you have sacrificed home and salary, safety and life, to defend your home as well as their own?

Is it nothing to you that their wives and families tremblingly scan each casualty list, and pale at the step of the postman or telegraph messenger?

Can you see others giving their dearest, without feeling that you *must do something* yourself? Do you wonder what to do?

You can at least save—and lend your savings to the nation. Canada needs every dollar her loyal sons and daughters can spare, to meet the growing expenses of the struggle.

Every dollar you invest in Canadian War Savings Certificates helps the nation to deal generously with those who are defending you.

Certificates in denominations of $25, $50 and $100, repayable in three years, may be purchased at any Bank or Money Order Post Office at $21.50, $43 and $86 respectively. This means over 5% interest—making them a profitable as well as a patriotic investment.

The National Service Board of Canada,
OTTAWA.

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Prince Rupert Feed Co.

P. O. Box 333. 908 Third Ave.

RECEIVED OUR 1917 SEEDS

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.

"A Dollar In Time, Saves Nine"

A VISIT to The Bank of British North America for the purpose of depositing part of your earnings, becomes a pleasant and profitable habit, when once you have acquired it.

The dollar you use to open an account in the Savings Department in turn saves others, as the habit of saving grows.

THE BANK OF British North America

79 YEARS IN BUSINESS.

CAPITAL AND SURPLUS, $7,884,000.

PRINCE RUPERT BRANCH

W. J. SMITHERS, Manager

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 MADE PRODUCT—INSIST

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

THE AYLMER CONDENSED MILK CO., LTD.

AYLMER, ONT., CANADA

TREK 400 MILES TO TAKE UP G. T. P. LAND

Winnipeg—Central British Columbia, served by the Grand Trunk Pacific line, continues to attract a steady stream of settlers and development on a very large scale is looked for immediately after the war. Fast train service is the modern method of reaching Canada's new areas, but the Grand Trunk officials report the arrival at Prince George, B. C., of thirty people, members of four families who trekked up from Armstrong, B. C., over the old Cariboo road, for a distance of 420 miles, attracted by the fertile land awaiting settlement. The journey occupied five weeks. The party brought with them 30 head of stock, a fine selection of poultry and all necessary implements to go on the land at once.

The D. F. Siemens family, with this party, brought in more than two score chickens and reported that their poultry had been laying sufficient eggs on the journey to barter for the necessary groceries used on the road. Mrs. Siemens marketed on her arrival at Prince George ten dozen eggs. The only untoward incident of the trip was the killing of one of the horses, which rolled down a steep slope in the Cariboo mountains.

CANCELLATION OF RESERVE

NOTICE IS HEREBY GIVEN that the reserve existing over a small isand in the harbor of Prince Rupert, known as Lot 5466, Range 5, Coast District, by reason of a notice appearing in the British Columbia Gazette of the 21st April, 1910, and dated 19th April, 1910, is cancelled for the purpose of making a sale of the said Lot to the Grand Trunk Pacific Development Company, Limited.

GEO. R. NADEN, Deputy Minister of Lands.
Department of Lands, Victoria, B. C., 18th June, 1917. M. Aug. 20.

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 50 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 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 Alford 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 oursuant thereto and to the Water Act 1914 will be filed in the office of the Water Decorder 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.

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.

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 Comox 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.

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.

The Daily News delivered by carrier, 50 cents per month.

WRIGLEY'S

THE PERFECT GUM

Let us make you acquainted with the new, luscious flavour—

It's all that the name suggests!

Wrigley quality—made where chewing gum making is a science.

Now three flavours

Chew it after every meal

Get it wherever confections are sold

Sealed Tight—Kept Right!

MADE IN CANADA

The Flavour Lasts

JF 11

Don't merely smother your cough

CURE IT—Mathieu's Syrup of Tar and Cod Liver Oil not only promptly arrests coughing, but thanks to its tonic and strengthening properties it helps the system to throw off the cold and thus effects a permanent cure. It is this quality which has won for it the largest sale of any cough and cold remedy in Canada.

25c. large bottles, everywhere.

J. L. MATHIEU CO., Prop., SHERBROOKE, P.Q.