

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-lives"

"FRUIT-A-LIVES" 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-lives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-lives" 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-lives" is composed of the active principle 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-lives Limited, Ottawa.

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, a description of the site and plan of a proposed 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. 1916.
THE GRAND TRUNK PACIFIC RAILWAY COMPANY. H. H. HANSARD, Solicitor.

LAND ACT

VANCOUVER LAND DISTRICT—DISTRICT OF COAST, RANGE 3.

TAKE NOTICE that I, Leo Stanley Burdon, of Ocean Falls, B. C., occupation mill secretary, intend to apply for permission to purchase the following described lands:

Commencing at a post planted about five chains east and in a westerly direction from the southwest corner of Lot 21, Range 3, Coast District, thence south 20 chains, thence east 25 chains, thence north 20 chains, thence west 25 chains, to this post containing in all about 45 acres.

LEO STANLEY BURDON.
NOVEMBER 5, 1916.

CANNOT UNDERSTAND PLAYING THE GAME

In the Nineteenth Century for December there is an article, of which the author is Sir Charles Waldstein. He is, it may be remarked for the edification of those to whom his name is unknown, a man, American born, of broad-minded sympathies, and has done good work in various ways. "Who's Who" describes him, or in it he describes himself, as an academic teacher, excavator and author. Sir Charles' theme is "The Social Gulf Between England and Germany." It is a gulf that can never be bridged, to no small extent because the Germans have not the remotest conception of what is meant by "playing the game," whereas—it is this which readers will appreciate—"we retain and foster, in our educational institutions, as well as in our adult life, our national games and pastimes, out of which, to a considerable extent, our most characteristic national virtue has grown." Those last seven words mean a lot.

Continental peoples, Sir Chas.



Trim Coat to Defy all Weathers.
The above shows a useful and smart tailored coat made of deep purple velour cloth.



BEAUTIFUL ENGLISH LADY NURSES WOUNDED CANADIANS.

Mrs. Charles Baker, daughter of Major Sir Robert Park Lyle. This beautiful English lady is nursing wounded Tommies in the V. A. D. Hospitals.

declares, not excluding a certain (but surely very limited) number of Germans, even if politically opposed to us, have "always shown a strong preference for this country, have understood us well and estimated us fairly—if they were sportsmen." He goes a little into detail. Thus he speaks of a golfer, most keen to win, standing alone before his ball, badly placed in a small cavity, out of sight of his opponent. To move it half an inch would make all the difference, but of course to do so would not be "playing the game," and Sir Charles is optimistic enough to feel sure that very few Britons would "commit such a sportsman's crime."

He tells us of an Eton boy who, a rival team which had come to play the school eleven being one short, joined the visitors. "You are not going to persuade me that the Eton boy will do his best to defeat his own side!" a distinguished foreign field marshal exclaimed. You see, he was not a sportsman and so did not understand what "playing the game" meant.

A PLEA FOR SOCKS

The Imperial Order of the Daughters of the Empire is making a special appeal to the public for socks for the men in the trenches. A change of socks is the best preventative of "trench feet," the most dreaded ill of the present campaign. Canadians at the front number double what they were a year ago, but the supply of socks has not increased in proportion.

The I. O. D. E. wishes to ask the women of Prince Rupert to answer the plea of the soldiers. This is the women's share in the war. On Thursday, afternoon, March 8th, Mrs. McMullin will be "at home" to receive the gifts of the Prince Rupert women in the shape of socks for the boys in the trenches.

The Patriotic Fund needs four dollars this year for one last year. Do your part.

Stuart J. Martin

ASSAYER

HAZELTON — B. C.

The oldest established Assay Office in the North.

Sterling

THE ENGINE REFINEMENT
For the finest boats that float

FISHERMAN'S ENGINE

- 2 Cyl.—5 1-2 in. by 7 in., 12-15 Horse Power.
- 4 Cyl.—3 3-4 in. by 6 1-2 in., 25 Horse Power.
- 4 Cyl.—6 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

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

Don't Send Money in a Letter

WHEN you send subscriptions to magazines, or order goods out of town, or pay small accounts at a distance, do not place the actual cash in the envelope. Thousands of dollars are lost every year through fire, robbery or mis-direction. Use the Bank Money Orders, issued by this bank. They are payable in Canada and the United States in any sum up to fifty dollars.

Their protection is well worth their small cost.

THE BANK OF British North America

79 YEARS IN BUSINESS.
CAPITAL AND SURPLUS, \$7,854,000.

PRINCE RUPERT BRANCH
W. J. SMITHERS, Manager



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 as well 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 subscription weekly, monthly or in one lump sum to Local or Provincial Committee, or to the

Central Executive Committee, 59 St. Peter St., Montreal

\$2.50 Feeds A Belgian Family A Month.



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" Imported—then whip as with fresh cream.

THE AYLMER CONDENSED MILK CO., LTD.
AYLMER, ONT., CANADA



The Case of A.B. Smith Retailer.

A. B. SMITH has a dry goods store in a certain Canadian city.

He does a good business, but wants to do more. He believes that Advertising in his local newspaper is the way to get more business. So he advertises—every now and then. This is where our friend Smith is wrong—in advertising every now and then. He should advertise regularly—as frequently as his local newspaper is published.

Smith says he wants to advertise regularly, but he can't always find the time to prepare advertisements, which is true, for he is his own buyer, sales-manager, director of store service, credit man and half-a-dozen other things.

What Smith should do is this: If he is located in one of the smaller cities, in which there are no advertising agencies giving a local copy service, and he has no one among his own staff qualified by instinct or experience to write the daily announcements, he should go to the publisher of the newspaper in which he means to advertise, requesting his help. In nine cases out of ten, the publisher, through his advertising manager, will be only too glad to give Smith the assistance desired.

If Smith is located in one of the larger cities he should secure the services of a recognized advertising agency which will take over the work of preparing his advertisements.

In this way Smith can be sure of having his advertisements prepared regularly and intelligently, with no more trouble to him than the supplying of the information required by the writer of the advertisements.

So Smith can do more business, and more business means a larger income for himself, to say nothing of other gains that go hand in hand with the doing of bigger business.

This man Smith---do you know him?
Are YOU Smith?

If you are doing a local business talk over your advertising problems with the Advertising Department of this newspaper.

If you are doing a provincial or national business it would be well for you to have the counsel and assistance of a good advertising agency. A list of these will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.

FRED STORK'S HARDWARE

710 SECOND AVE

- | | | |
|-------------------|--------------------|---------------------|
| Carpenters' Tools | Builders' Hardware | Ship Chandlery |
| Wire Cable | Steel Blocks | Fishing Tackle |
| Iron Pipe | Pipe Fittings | Rifles and Shotguns |
| Rope | Valves | Ammunition |
| Pumps | Nozzles | Paint |
| Gloves and Ranges | Rubberoid Roofing | Corrugated Iron |

"WE SELL NOTHING BUT THE BEST"

FRED STORK'S HARDWARE



Dr. Price's CREAM BAKING POWDER

Made from cream of tartar, derived from grapes, the most delicious and wholesome of all fruit acids.

Its superiority is unquestioned.
Its fame world-wide.
Its use a protection and a guarantee against alum food.

If you wish to avoid a danger to your food
READ THE LABEL

and decline to buy or use any baking powder that is not plainly designated as a cream of tartar powder.