

# THE BLESSING OF A HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-TIVES".



**MR. MARRIOTT**  
73 Lees Ave., Ottawa, Ont.,  
August 9th, 1915.  
"I think it my duty to tell you what 'Fruit-a-tives' has done for me. Three years ago, I began to feel run-down and tired, and suffered very much from *Liver and Kidney Trouble*. Having read of 'Fruit-a-tives', I thought I would try them. The result was surprising. During the 3 1/2 years past, I have taken them regularly and would not change for anything. *I have not had an hour's sickness* since I commenced using 'Fruit-a-tives', and I know now what I haven't known for a good many years—that is, the blessing of a healthy body and clear thinking brain".

**WALTER J. MARRIOTT.**  
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.

## LAND ACT

Prince Rupert Land District—District of Coast, Range 3.

TAKE NOTICE that the Pacific Mills, Limited, of Vancouver, B. C., occupation pulp and paper makers, intend to apply for permission to purchase the following described lands:—Commencing at a post planted at the southeast corner of Lot 299 on the west shore of Cousins Inlet, thence west 40 chains, thence south 20 chains, thence east to shore, thence northeasterly along shore to point of commencement, containing 65 acres, more or less.  
**PACIFIC MILLS LIMITED,**  
Mark Smaby, agent.  
Dated May 13th, A. D. 1916. AUG. 13

## SAM'S WAR BABIES START HOLLERING

(Continued From Page One.)

full swing. He is getting rid of the kick by removing the kickers. He is in hopes that those who take their places will find a camp ready to live in and will be more amenable to discipline.

Whether the policy of centralization camps in the wilderness, far from the maddening crowds and pleasurable distractions of big cities will be continued after the war is another problem. Canada does not intend to maintain a standing army. What then is the purpose of these great centralization camps holding anywhere from thirty thousand to fifty thousand men? Canada is not a military country. We have to give volunteers special inducements in times of peace to leave their ordinary occupations and do ten-day summer soldiering in camps conveniently in touch with all the resources of civilization. Are camps like Borden and Valcartier such an inducement; that is the question.

The Ross rifle trouble has also come to a head. The weight of evidence is that the Ross rifle is a good target rifle but not strong enough for active service conditions. The British War Office reported to this effect to the Militia Department more than a year ago, but the report was pigeon-holed. Even General Alderson's famous letter failed to draw it out. This report indicated among other things that the Ross rifle jammed, that its barrel was over long, that its breach was weak, and that it heated up when in use like a hot stove—but outside of that it was all right. The British War Office believed so thoroughly in its own report that Canadian soldiers were relieved of their Ross rifle

in England and provided with Lee-Enfields before being sent to the front. In spite of all this the Ross rifle continued to be the Canadian service arm and every fresh contingent sailed away with these useless weapons in their hands. When the war began there were probably sixty thousand Ross rifles in stock. Since then three hundred thousand have been issued. This represents a sheer waste of nine million dollars.

At all events the Minister of militia did not act on the British War Office report, so there was only one thing left to do—the British War Office acted on it itself. The latest word is that the Canadian soldiers are being armed with the new type Lee-Enfield rifle. The government lets itself down easy by making a statement to the effect that the new Lee-Enfield embodies many of the best features of the Ross rifle. This is a good excuse as far as it goes but it doesn't go far enough to explain nine million dollars blown in on a rifle that had long ago demonstrated that it was not up to active service conditions.—H. F. Gadsby.

## NAVIGABLE WATERS PROTECTION ACT

R. S. C. CHAPTER 115.

The Surf Inlet Power Company Limited hereby gives notice that it has under Section 7 of said act deposited with the Minister of Public Works at Ottawa and in the office of the District Registrar of the Land Registry District at Prince Rupert, B. C., a description of the site and the plans of wharves and power house proposed to be built at the head of Surf Inlet, Princess Royal Island, in front of Lot 40, Range 4 Coast District, B. C.

And take notice that after the expiration of one month from the date of the first publication of this notice the Surf Inlet Power Company Limited 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 plans and for leave to construct the said wharves and power house.

Dated at Vancouver, B. C., this 29th day of May, 1916.  
**THE SURF INLET POWER COMPANY,**  
May 9th, 1916. J712



**QUEEN ALEXANDRA**

As she appeared in London on Rose Day.

## 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 5 1-2 in., 25 Horse Power.
- 4 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

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

## CONCRETE CHIMNEY BLOCKS

80 Cents per ft. F. O. B.

Prince Rupert  
Concrete Works, McBride St.

# BRAID'S IDEAL BLEND COFFEE

Here is a Coffee an Ideal Blend and an Ideal Value.

No More, No Less - \$0.40 per lb.

AT THIS PRICE THERE IS NO BETTER COFFEE OBTAINABLE. OTHER COFFEES THAN BRAID'S SOLD AT GREATER COST HAVE NONE OF ITS FINE QUALITIES.

At All Good Grocers

**WM. BRAID & CO.,** DIRECT IMPORTERS, VANCOUVER - B.C.



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!

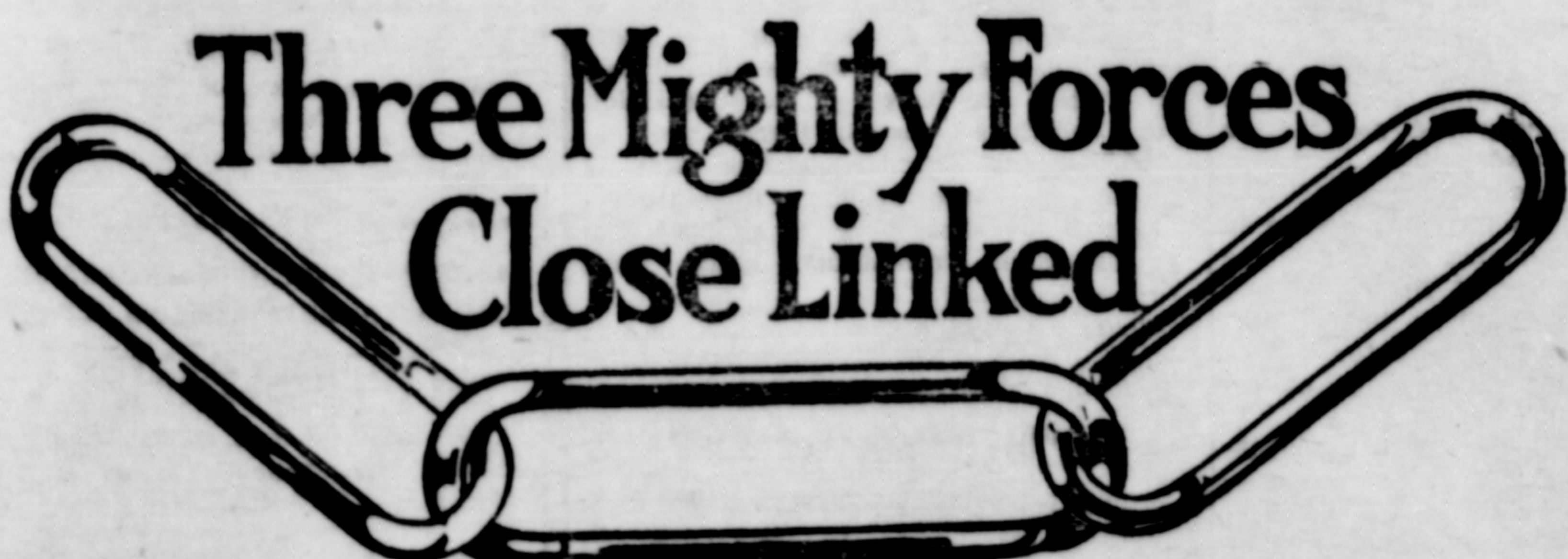
No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity—for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

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

\$2.50 Feeds A Belgian Family A Month.

Advertise In The Daily News.



Have you ever noted how an audience yawns in the face of an uninspired speaker?

On the other hand, have you noted how an audience will lean forward and grasp the chair arms when the speaker reveals enthusiasm?

Enthusiasm is the buoyant expression of truth. To impart belief in anything, a man must believe it deeply himself. We call such a man an enthusiast.

This applies to the written word also—particularly to advertisements. When the manufacturer really believes in his wares, his enthusiasm will almost inevitably find expression in Advertising. And enthusiasm will be contagious—his audience—the readers of the newspaper—will, figuratively speaking, "lean forward and listen intently."

To be convincing an advertisement must convey an unmistakable impression of enthusiasm. This it will only do when the article advertised has inherent worth.

Thus we have:

Sincerity -- Enthusiasm -- Advertising:  
Three mighty forces, close-linked.

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 those will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.

# Production and Thrift

"To win the war with the decisiveness which will ensure lasting peace, the Empire will require to put forth its full collective power in men and in money. From this viewpoint it is our true policy to augment our financial strength by multiplying our productive exertions and by exercising rigid economy, which reduces to the minimum all expenditures upon luxuries and non-essentials. Only in this way shall we be able to make good the loss caused by the withdrawal of so many of our workers from industrial activities, repair the wastage of the war, and find the funds for its continuance. It cannot be too frequently or too earnestly impressed upon our people that the heaviest burdens of the conflict still lie before us, and that industry and thrift are, for those who remain at home, supreme patriotic duties upon whose faithful fulfilment our success, and consequently our national safety, may ultimately depend."—  
**SIR THOMAS WHITE, Minister of Finance.**

PRODUCE MORE, SAVE MORE.

MAKE LABOUR EFFICIENT.

SAVE MATERIALS FROM WASTE.

SPEND MONEY WISELY.

## LET US PRODUCE AND SAVE—

The war is now turning on a contest of all forces and resources—men, munitions, food, money. The call to all is to produce more and more. It may be necessary to work harder. The place of those who enlist must be taken by those at home, men and women, old and young. The more we produce the more we can save. Produce more on the farms and in the gardens. Save more and help to win the war.

## LET US NOT WASTE OUR LABOUR—

In this war-time all labour should be directly productive or should be assisting in production. Make it as efficient as possible. If your labour is on something that can be postponed, put it off till after the war and make your labour tell now. Making war is the first business of all Canadians. Efficiency in labour is as important as efficiency in fighting.

## LET US NOT WASTE MATERIALS—

Begin at home. The larger portion of salaries and wages is spent on the home—food, fuel, light, clothing. Are any of these things being wasted? \$20.00 a year saved from waste in every home in Canada will more than pay the interest on a war debt of \$500,000,000.

## LET US SPEND OUR MONEY WISELY—

Are you spending your money to the best advantage? What do you think of extravagance in war time? Tens of thousands of Canadians are daily risking their lives for us at home. Is it not our duty to be careful and economical? Canadian dollars are an important part of the war equipment. Make them tell. Have a War Savings Account. Buy a War Bond.

THE GOVERNMENT OF CANADA

THE DEPARTMENT OF AGRICULTURE

THE DEPARTMENT OF FINANCE