

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.

See 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.

CARBONVOID for sale by Lipsett & Cunningham, and Parkinson Electric Co. t.f.

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

PEREGRINE ACLAND SEVERELY WOUNDED

The following is an account in The Toronto Globe of the trying experiences of Major Peregrine Acland, formerly on the staff of The Daily News.

Private advices indicate that Major Peregrine Acland, son of Mr. F. A. Acland, Deputy Minister of Labor, was more severely wounded than was at first thought and the hospital surgeons do not expect him to be fully recovered for perhaps a year from the present time. Major Acland was removed from Rouen to London about November 28, and was placed in Mrs. Arnold's hospital in South Kensington. The medical reports are said to be on the whole encouraging, but there have been many fluctuations, and the young officer has been at times in a critical condition. It will be many months before he will be in condition to cross the Atlantic, and Mr. and Mrs. Acland have gone to England on a brief visit.

Major Acland's wounds are in the head and chest, but it is understood to be the chest wounds which throughout have been most dangerous. The officer was wounded at the battle of Thiepval, or Courcellette, about 1:30 p. m. He dropped immediately into a shell hole, where the stretcher-bearers applied temporary dressings, and, leaving a water bottle at hand, were compelled to leave him, the wounded man being apparently in a dying condition. The officer was asked for messages to

friends, but remarked that he had written his friends fully the day before, knowing this battle was impending. For the first hour or so Major Acland also thought the end had come. Then, however, his strength began to revive somewhat and he looked for an opportunity of returning to the British front. His wound was bleeding profusely, and he feared death from exhaustion. The barrage also changed — German or British is uncertain — and shrapnel began to fall around, and actually in the shell hole. Stretcher-bearers were sent out for him, but failed to find him.

Shrapnel at last inflicted a severe head wound, and Major Acland, who seems not to have lost consciousness at any time, determined to use his remaining strength in trying to reach his comrades. The shrapnel had temporarily almost blinded him, but he was guided to the Canadian front by the flashes of its guns, and staggered in at 3:30 in the morning, fourteen hours after receiving the first wound. Though both wounds were severe, vital parts had by a miracle escaped, and after the first few days the surgeons reported that with reasonable good fortune he would recover. His progress has been fair, and, as stated, in spite of fluctuations, the last reports are not discouraging.

Major Acland enlisted in August, 1914, as a private, but sailed with the first contingent as a lieutenant in the 48th Highlanders. He gained a captaincy by October, 1915, and the Military Cross and promotion to major in July, 1916.

Christian Science Society services are held every Sunday at 11 a. m. Sunday School at 12 noon. Wednesday evening meeting at 8 o'clock. Hays Building, 245 2nd Avenue.

Salvation Army.

Public meetings. Tuesday, Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.

MINERAL ACT

Certificate of Improvements NOTICE

Silver Bow Mineral Claim, situate in the Skeena Mining Division of Cassiar District. Where located:—At the head of a branch of Lime Creek about four miles from the beach on the south side of Alice Arm.

TAKE NOTICE that I, George R. Naden, Free Miner's Certificate No. 94096B, acting as agent for Thos. McRostie, Free Miner's Certificate No. 69991B, and James L. Hatch, Free Miner's Certificate No. 87966B, 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 issue of such Certificate of Improvements.

Dated this 24th day of March, A.D. 1916
GEORGE R. NADEN.

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 distant and in a westerly direction from the southwest corner of Lot 31, Range 3, Coast District, thence south 20 chains; thence east 25 chains; thence north 20 chains; thence west 52 chains, to this post, containing in all about 45 acres.

LEO STANLEY BURDON. F. 6.

NOVEMBER 8, 1916.

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, \$7,584,000.

PRINCE RUPERT BRANCH

W. J. SMITHERS, Manager



Save Costly Shoes And Doctor's Bills By Wearing Rubbers In Bad Weather

Rubbers and Overshoes Practically The Only Things That are About the Same Price as Before the War

Have you bought a pair of shoes lately, either for yourself or for one of the children? If you have, you will realize just how expensive leather is now. It is scarce, and getting scarcer—and the soldiers are needing enormous quantities for shoes and equipment. Clearly it is a patriotic duty, as well as common sense, to save shoes in every possible way.

The best way, of course, is to wear rubbers whenever it is wet or snowy overhead or underfoot. Nothing rots and cracks shoe leather like getting it wet, particularly if it is none too good, as is often the case now, even in high-priced shoes.

It is fortunate, indeed, that rubbers have not joined the general upward movement. Crude rubber, in fact, costs no more than before the war, thanks to Great Britain's benevolent control of the supply. So, in spite of the 50% to 100% increase in the cost of cotton and other materials used in rubbers, prices are still normal.

As a pair of rubbers, costing 60c to \$1.25, will almost double the life of a pair of shoes costing eight or ten times as much, there would be no doubt about the economy of wearing them, even if they did not save many a cold and worse sickness, with the attendant expense and loss of time.

But saving shoes is more than private thrift—it is public service! The leather so thoughtlessly wasted is needed at the front to help win the war, and saving it for that service is real, practical patriotism.

Every Member Of Your Family Should Wear Rubbers This Winter

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	Hose	Paint
Stoves and Ranges	Rubberoid Roofing	Corrugated Iron

"WE SELL NOTHING BUT THE BEST"

FRED STORK'S HARDWARE

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.

35c. large bottles, everywhere.

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

If you wish to obtain Mathieu's Syrup of Tar and Cod Liver Oil, please send the coupon to the nearest branch of the J. L. Mathieu Co., or to the J. L. Mathieu Co., 100 St. Peter St., Montreal.

Baby's Own Soap



After the bath with BABY'S OWN SOAP the skin is smooth, comfortable, and exhales the aroma of freshly cut flowers.

Freedom from skin troubles, explains in some measure the refreshing sleep which "Baby's Own Soap" babies enjoy. Especially for nursery use insist on "Baby's Own".

ALBERT SOAPS Limited, Manufacturers, - MONTREAL - 14-15

TO CURE COUGHS & COLDS

Mathieu's Syrup
of Tar and Cod Liver Oil
A tonic as well as a cough cure.
Large bottle 35c. Sold everywhere.

MATHIEU'S SYRUP OF TAR & COD LIVER OIL



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, 50 St. Peter St., Montreal

\$2.50 Feeds A Belgian Family A Month.

Harry A. Harvey
(Late London, Eng., Conservatoire of Music)

PUPIL OF LANSDOWNE COTTRELL

Pupils Taken for VIOLIN, PIANO, VIOLINCELLO and HARMONY.

EXAMINATIONS

Pupils Prepared for Examinations Associated Board, Vancouver, Center Royal College of Music, London, Eng.

TERMS — PHONE BLUE 278

Coughing scatters germs — Stop it

Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure.

The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is specially due to its great value as a permanent lung and bronchial healer.

Sold everywhere, 35c large bottles.

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

For brochures on Mathieu's Syrup of Tar and Cod Liver Oil, please send the coupon to the nearest branch of the J. L. Mathieu Co., or to the J. L. Mathieu Co., 100 St. Peter St., Montreal.



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