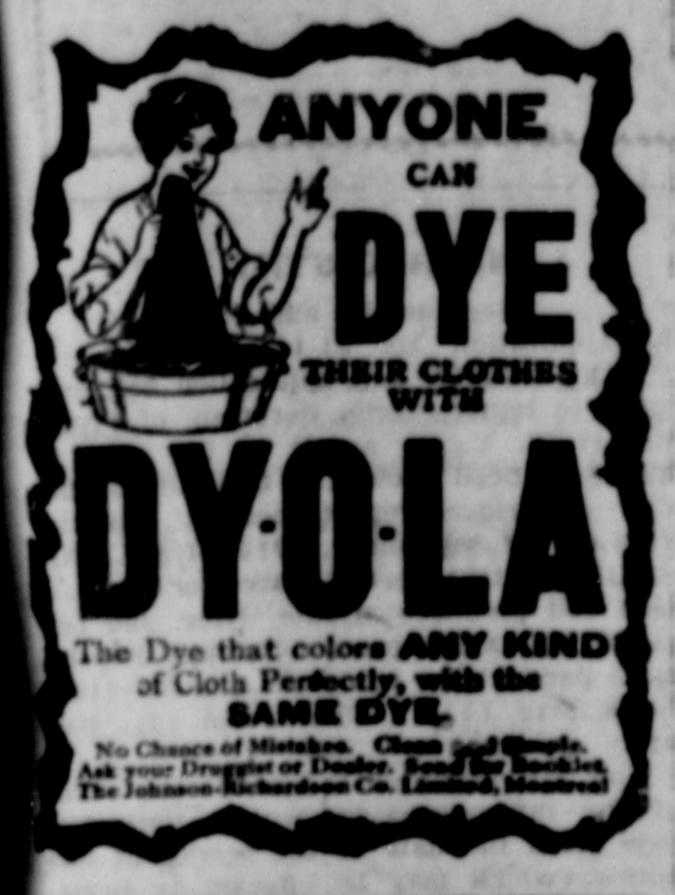
THAT HELPED HER

"Fruit-a-tives Again Proves Its Extraordinary Powers

ROCHON, QUE., March 2nd, 1915. "I have received the most wonderful benefit from taking "Fruit-a-tives". I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. tried "Fruit-a-tives" and it was the only medicine that really did me good. Now I am entirely well-the Rheumatism has disappeared, and the terrible pains in my body are all gone. hope that others, who suffer from such distressing diseases, will try "Fruit-atives". MADAME ISAIE ROCHON. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruita-tives Limited, Ottawa.







WHERE MANY CANADIAN BOYS ARE CONFINED .- The Prison camp at Giessen, Germany. This photograph gives a good idea of the fairly comfortable quarters which have been prepared for the Canadian prisoners at Giessen, Germany. Note the flower beds surrounding the buildings, which are the main buildings of the Giessen prison camp as photographed by a Canadian prisoner

ANOTHER SPLENDID RED CROSS FRIDAY *

Mrs. John McRae and Mrs. Oak-\$58.75 was, realized. The public nuts out of the fire. as usual responded nobly to the demand for supplies for our boys | W. G. Gillett, former mayor of at the front. The donors of the Prince George, was presented raffles and all who contributed to with a handsome gold watch by the sale are thanked by the so- prominent citizens of the interior ciety. Mr. Broderick again do- city on his leaving for the coast nated a \$5 gold piece, which was last week. won by Mr. C. J. Graham; McRae Bros. gave a framed picture, won by Mr. J. N. Sinclair: Mrs. Carmichael gave a picture, won by D. C. McRae; Mrs. F. McB. Young. a box of chocolates, won by Mr. D. L. Sutherland; Mr. S Bloom, a sack of sugar, won by Mrs. John by Mr. E. Doyle: Mr. W. H. Vickers, box of cigars, won by Mr. W. . Smithers, and Mrs. John McRae. crochet bag, won by Mr. D. C. McRae. The Prince Rupert Dairy sent buttermilk which sold well.

Donations of cash and food were sent by Mr. A. B. Evans, Mrs. years past through the breaking Eggert, Mrs. Lindsay, Mrs. Carss, Mrs. C. L. Monroe, Mrs. J., H. Mc-Millan, Mrs. D. C. Stuart, Mrs. Wm. Thompson, Mrs. W. T. Kergin, Mrs. Roy Walker, Mrs. Murdo McLeod, Mrs. G. H. Munro, Coola. Many of the young men Mrs. Fuller, Mrs. D. H. Morrison, of the valley are enlisting for Mrs. D. McD. Hunter, Mrs. M. M. active service. Stephens, Mrs. R L. McIntosh.

FROM FAR AND NEAR

Henry A. Wise Wood has writley are to be congratulated on the ten to President Wilson, saying success of the Red Cross sale last "For God's sake be an American." Friday, when, in spite of the cold Mr. Wood accuses the President weather, the splendid sum of of pulling Von Bernstorff's chest-

The Hawaiian Islands are considering the passing of a drastic Prohibition Bill which will make! Hawaii "bone dry."

Vancouver prohibitionists claim McRae; McRae Bros, gave a pic- that the holding of the soldiers' ture, won by Mr. E. C. Gibbons; vote on prohibition was a "frame-Mrs. Deasey, Massett, feather up" and that Sir Richard McBride ruff, won by Mr. J. N. Sinclair; closed his eyes to irregularities in Mrs. Shrubsall, fancy cake, won the taking of the vote. They deby Mr. J. H. McLeod; Mrs. W. S. mand that a Royal Commission be Fisher, home-made candy, won appointed to make a full enquiry.

> Joshua Moody, one of the best known of the Bella Coola Indians, fell off a ladder while climbing to the second story of his house a week ago and fractured his knee. Joshua has been an invalid for of the same leg.

B. F. Jacobson has been appointed recruiting officer at Bella

The Rocher De Boule Copper Company last Thursday started a drift on the middle vein which was cut by the long tunnel at a depth of 1050 feet. Samples of the ore have been sent out to be assayed.

Mrs. Walter Thompson, Mrs. Dowling, Mrs. D. G. Stewart, Mrs. Jabour, Mrs. Kelly, Mrs. Allison, Mrs. Murray, Mrs. W. J. Kilpatrick, Mrs. Wm. Millar, Mrs. Hal Peck, Mrs. Vance, Mrs. Jennings, Mrs. Jenns, Mrs. Kilpatrick, Mrs. Lord, Mrs. Winsby, Mrs. Arnold, Mrs. Woodland, Mrs. Hill, Mrs. Smithers, Mrs. Sweet, Mrs. Starr, Mrs. Healey, Mrs. de Gex, Mrs. Parkin, Mrs. Alian, Mrs. Irwin, Mrs. H. F. McRae, Mrs. D. C. Mc-Rae, Mrs. Little, Mrs. Cambie, Mrs. Besner, Mr. Morte Craig and

A box of chocolates is held over for this week and Mr. D. L. Sutherland re-donated as box as well for another sale.

Sheets, pillow cases, blankets, bed-spreads receive our 20 . reduction-Geo. D. Tite.

Salvation Army.

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

The Daily Acas delivered by arrier, 50 cents per month-

MINERAL ACT

NASTURTIUM, IRIS FRACTION, BELLIS FRACTION, GENTIAN, BLUE BELL FRAC-COSMOS FRACTION, THISTLE TRACTION, MARIGOLD FRACTION, LILAC FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRAC-TION, MINERAL CLAIMS situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Island, Province British Columbia, and lawfully held by keda Mines Limited.

TAKE NOTICE that I, John A. MacInnis, licitor for Ikeda Mines Limited, free miners' certificate No. 70354 B. intend after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder for a certificate of improvements for the pur pose of obtaining a Crown Grant to the

AND FURTHER TAKE NOTICE that action | be commenced before the issuance of such Dated this 31st day of May, A. D. 1916.

JOHN A. MACINNES, Solicitor for Ikeda Mines Limited. "Safety First" is the Slogan of Business"

OVER 75 years of Banking in Canada, has demonstrated the strength, security, safety and service of The Bank of British North America. The history of this bank for over threequarters of a century has been one of progress and development, and of consistent growth in the regard of the business world.

THE BANK OF 79 YEARS IN BUSINESS.

CAPITAL AND SURPLUS, \$7,884,000. PRINCE RUPERT BRANCH W.J. SMITHERS, Manager

PUPIL OF LANSDOWNE COTTELL

Pupils Taken for VIOLIN, PIANO, VIOLINCELLO and HARMONY.

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

PHONE BLUE 278



Depend on us

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 moreand 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 omeone must contribute nearly \$3,000,000 a month-over coath-all this winter!

No people under the Allied Flags are as well able to contribut 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 so help our martyred Allies!

Central Executive Committee, 50 St, Poter St, 1 \$2.50 Feeds A Belgian Family A Month.



CANADIAN WOMEN SHOULD KNOW THIS-

"CANADATIRST" Milk is the BEST Milk soldby 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 wh'nped cream, chill "Canada First" Evaporated -- then whip as with fresh cream.

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

710 SECOND AVE

Carpenters' Tools Wire Cable Steel Blocks Iron Pipe Pipe Fittinge Rope Valvee Pumps Mose

Builders' Hardware Ship Changlery Fishing Tackle Rifles and Shotguns Ammunition Paint Stoves and Ranges Rubberold Roofing Corrugated Iron

"WE SELL NOTHING BUT THE BEST"

FRED STORK'S HARDWARE

Babys 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".

THE ROAD TO THE RIGHT.

TOU'VE met at least one of those few good old souls, who are constantly getting the worst of it when shopping, who don't believe in advertising. A hundred disappointing and instructive experiences have failed to teach him their plain lesson.

When he bought his first watch he was beguiled into buying one without a known name or a trustworthy guarantee. That watch—a poor timekeeper—cost him dearly by reason of missed appointments and missed trains, and for frequent repairs. Yet he paid the price of a good watch.

It is the same story with regard to his underwear, his shoes, and his fountain pen.

This good old soul's case is not unique. Many of us, if the truth be confessed, resemble him; we allow ourselves to be sold merchandise with an unknown brand or trade mark instead of buying merchandise which is well known to us through the medium of advertising. In slang language, we get "stung" pretty often.

In most of these cases we have ourselves to blame, for "the road to the right" thing to buy has been made plain by advertising.

There is no good reason for passing by the known thing, soundly guaranteed, to buy a dubious article, which, quality for quality, cannot be cheaper than the known, branded article.

"It is better to be sure than sorry.

If you are doing a level business talk over your advertising prob-lome 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,