

# FELT LIKE A NEW PERSON

### After Taking Only One Box Of "Fruit-a-tives"

EAST SHIP HARBOUR, N. S.  
"It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-tives'. For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-tives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches".

Mrs. MARTHA DEWOLFE.  
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

# A NEW METHOD OF GROWING POTATOES

As the result of the following article on growing potatoes, dozens of Fernie people are experimenting with cribs. The city jail staff have built one at the rear of the city hall.

Forty-two bushels of potatoes in the season of 1916 from a plot of ground only eight feet square, or an equivalent of over 28,000 bushels to the acre of ground space used, was the astonishing feat of R. E. Hendricks, a resident of Kansas City, Mo.

This sensational achievement was made possible by the use of an entirely new and original method, which when generally introduced, promises not only to revolutionize the potato growing industry throughout the world, but to solve the problem of an unending source of cheap food supply for the nations of the earth.

Like all great discoveries, Mr. Hendricks' method of raising potatoes is founded on such simple elemental principles that one wonders why someone didn't "think of it before." He has often watched the potato pile in the cellar bin, which every spring sent out its shoots through every possible crack and crevice. Sometimes these sprouts would crawl out along the floor for a distance of seven feet in order to reach the light. From this beginning he conceived the idea that if this pile was removed out into the open and given soil and fertilizer with proper conditions of light and moisture, that the potatoes would grow and reproduce their kind.

Three years ago he built what he called a "potato pen," which was nothing more or less than a huge potato hill, the sides of which were supported by a loosely constructed enclosure, built after the fashion of an old rail fence. Within this enclosure, only 8 x 8 feet in size, he planted his potatoes in thin layers of dirt and manure, piling one layer on another until the pen was eight feet high. The "potato pen" became a mound of green. He had found that his potatoes not only grew better than they did in the cellar, but that at digging time he was able to harvest forty bushels of as fine potatoes as are grown anywhere. The following year he secured thirty-two bushels in the same sized pen, and last year the astonishing total of forty-two bushels.—Fernie Free Press.

### Salvation Army.

Public meetings, Tuesdays, Thursdays and Saturdays at 8 p. m. Sundays at 7:30 p. m.

IN THE MATTER OF AN APPLICATION for the issue of a fresh certificate of title for Lots one (1) and Two (2), Block Eleven (11), Section One (1), City of Prince Rupert, Map 922.

NOTICE IS HEREBY GIVEN that it is my intention to issue after the expiration of one month from the first publication hereof, a fresh Certificate of Title for the above mentioned lots in the name of the Atlantic Realty and Improvement Company Limited, which Certificate of Title was issued on the 20th October, 1916, on application received the 20th October, 1916, and is numbered 254-L.

May 14th, 1917.  
Land Registry Office,  
Prince Rupert, B. C.  
H. F. MACLEOD,  
District Registrar.

### Prince Rupert Feed Co.

P. O. Box 333, 808 Third Ave.

RECEIVED OUR 1917 SEEDS

WE HANDLE

Steele & Briggs, Rennies' Perry'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.

### MINERAL ACT

#### Certificate of Improvements

#### NOTICE

Carbon Mineral Claim situate in the Skeena Mining Division of Cassiar District. Where located—Near head of Alice Arm, B. C.

TAKE NOTICE that I, J. Fred Ritchie, Free Miner's Certificate No. 3229 C, acting as agent for W. A. Williams, Free Miner's Certificate No. 5011 C, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining Crown Grant of the above claim.

And further take notice that action, under section 85 must be commenced before the issuance of such Certificate of Improvements.

Dated this 27th day of March, A. D. 1917.

J. FRED RITCHIE, Agent.

### MINERAL ACT

#### NOTICE TO DELINQUENT PARTNER

To E. W. Calhoun:

Take notice, whereas I have done and caused to be done assessment work on the Midnight Fraction mineral claim, situated on the Hlance river, about fourteen miles from the head of Alice Arm, in the Skeena Mining Division of Skeena District, assessment work for 1914, 1915, and 1916, and have paid for said work and recording same the sum of \$109.50. Unless you pay me the sum of \$109.50, for your share of the said assessment work, together with the cost of this advertisement, I shall, at the expiration of ninety (90) days from the date hereof apply to the Mining Recorder at Prince Rupert, B. C., to have your interests in the Midnight Fraction Mineral Claim vested in me, in pursuance of the provisions of the Mineral Act.

Dated at Prince Rupert, B. C., this 11th day of April, 1917.

H. C. PHILLIPS.

### 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 wharf and fish curing plant and other works proposed to be built in Prince Rupert harbor at Prince Rupert, British Columbia, in front of Waterfront Block "L," according to registered plan of the townsite of the said City of Prince Rupert registered in the aforesaid land registry office as No. 922, 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 Prince Rupert, British Columbia, this 16th day of June, A. D. 1917.  
THE GRAND TRUNK PACIFIC RAILWAY COMPANY, FARMORE & FULLON, Solicitors.

### 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 Demeter 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 831 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 pursuant thereto and to the Water Act 1914 will be filed in the office of the Water Recorder 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.

## Bathe Internally

Over 50,000 People Are Now Doing So.

For many years physicians have agreed that the vast majority of human ills were caused by accumulated waste in the Lower Intestine; that in our present way of living Nature could not remove all this waste without assistance, no matter how regular we might be, and that the poisons from this waste circulating through the blood pulled us away down below par and were responsible for many diseases of a serious nature.

During this time the "J. B. L. Cascade" for Internal Bathing has, because of their recommendation and those of its users, been steadily growing in favor.

Recently, however, the startling news which has been covering this country, that great surgeons and specialists have been operating on the Lower Intestine for the most chronic and serious diseases, has caused Americans to become thoroughly awake to the importance of keeping this Lower Intestine free from all poisonous waste matter, and over 500,000 are now using Internal Baths.

If you try the "J. B. L. Cascade" you will find yourself always bright, confident and capable—the poisoned waste makes us bilious, blue, dull and nervous. Internal Baths are Nature's own cure for Constipation—just warm water properly applied. Drugs force Nature—the "J. B. L. Cascade" gently assists her.

Call and see it at Cyril H. Orme's, Druggist, Corner 3rd Ave. and 6th St., or ask there for "Why Man of Today is Only 50 per cent Efficient," a booklet of great interest, which is given free on request. If you prefer, write for Booklet to Dr. Chas. A. Tyrrell, 163 College Street, Toronto.



### TIMBER SALE X 995.

Sealed tenders will be received by the Minister of Lands not later than noon on the 14th day of July, 1917, for the purchase of License X 995, to cut 450,000 feet of Cedar, Spruce, Balsam and Hemlock on an area situated on Fraser Reach, Range 4, Coast District.

One (1) year will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B. C., or District Forester, Prince Rupert, B. C.

### LAND ACT

#### SKEENA LAND DISTRICT—DISTRICT OF COAST, RANGE 4.

TAKE NOTICE that Empire Pulp & Paper Mills, Limited, of Vancouver, British Columbia, occupation pulp manufacturing company, intends to apply for permission to lease the following described lands:

Beginning at a corner located at the intersection of the west line of Lot No. 27 with the high water line on the south shore of Kluze Inlet; thence along the south shore of the Inlet in a northwesterly direction to a corner which bears N. 35° 0' West, from the initial corner, and is approximately 47 chains distant therefrom; thence N. 35° 0' E. 15 chains; thence S. 25° 0' E. approximately 47 chains; thence S. 25° 0' West 15 chains to the point of beginning.

Date June 27, 1917.

EMPIRE PULP & PAPER MILLS, LTD.,  
O. A. Jorgenson, Agent.

### LAND ACT

#### SKEENA LAND DISTRICT—DISTRICT OF COAST, RANGE 4.

TAKE NOTICE that Empire Pulp & Paper Mills, Limited, of Vancouver, British Columbia, occupation pulp manufacturing company, intends to apply for permission to lease the following described lands:

Beginning at the southwest corner; thence true north 10 chains; thence N. 77° 41' East approximately 75 chains; thence true north 10 chains to a corner located upon the south shore of Kluze Inlet, which bears N. 64° 21' East from the northeast corner of lot number 22, and is approximately 2 1/2 chains distant therefrom; thence along the south shore of Kluze Inlet to the point of beginning, bearing S. 77° 41' West and is approximately 75 chains.

Date June 27, 1917.

EMPIRE PULP & PAPER MILLS, LTD.,  
O. A. Jorgenson, Agent.

### CANCELLATION OF RESERVE

NOTICE IS HEREBY GIVEN that the reserve existing over a small island in the harbor of Prince Rupert, known as Lot 1466, 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.

# WRIGLEY'S



## To Somebody Somewhere at the Front—

Every day boxes from home are going to the boys in the trenches. And of the things they get, a great prize is WRIGLEY'S—the Gum with Lasting Flavour.

It takes the place of food and drink in case of need—which is often. It keeps spirits up—gives vigour and vim. A packet in the pocket lasts a long time.

## The Flavour Lasts!



Sealed Tight—Kept Tight

Made in Canada

## 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.

gsc. large bottles, everywhere.

J. L. MATHIEU Co., Prop., SHELDONVILLE, P.A.

If you call to purchase Mathieu's Syrup of Tar and Cod Liver Oil, be sure to ask for the genuine and get the name on the label, back and front. Size of 1/2 gallon, 1/4 gallon, 1/8 gallon.

# LUX

WONT SHRINK WOOLLENS

BLANKETS are luxuriously clean, soft and fleecy when washed with LUX. Every housewife knows that blankets are very liable to shrink in the wash and become hard and thick. LUX is the ideal preparation for washing blankets, all woollen things, fine laces, etc., because it cannot shrink them.

LUX is the economical cleanser—it dissolves readily in hot water—makes a foamy, cream-like lather which cleanses rather than forces the dirt out of clothes.

Made in Canada by Lever Brothers Limited, Toronto.

### 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 BARE PRODUCT—"FIRST" Evaporated Milk—It's the best with fresh cream.

THE AYLER CONDENSED MILK CO., LTD.  
ATLHER, ONT., CANADA



## When You Market Consider Your Less Fortunate Neighbor.

"Every citizen who uses more in his household than his household actually needs is increasing the cost of living for those less fortunate, and he is hindering the prosecution of the war."

Sir Thomas White, Minister of Finance.

THE well-to-do woman who sits at her phone and orders provisions lavishly, regardless of price, is abusing the power of money as a bully abuses brute strength!

No longer can we help ourselves as we see fit from an unlimited food supply—we are either limiting our buying to our own real needs or "hogging" someone else's share.

Extravagant buying by those who can afford it, with waste in some kitchens, and excess at some tables, will inevitably bring still greater hardships to those who cannot afford the prices, and hunger to those who must live on less.

Buy for your household as carefully and economically as your husband buys for his factory, store or office. Study food values as well as prices—make it a point to know just what you are getting—eliminate waste—and you'll find that you can feed your family well on far less than you spend now.

Invest the saving in Canadian War Savings Certificates and you will be doubling your service to the nation.

War Savings Certificates are issued in denominations of \$25, \$50 and \$100, to be repaid in three years at full face value. They cost \$21.50, \$43 and \$86 respectively, at all Money Order Post Offices and Banks, thus yielding over 5% interest.

The National Service Board of Canada,  
OTTAWA.