Thousands Owe Health And

Pain in the Back, Impure Blood, Neupowers on the eliminating organs, "Fruit-a-tives" tones up and invigorates the whole system.

a-tives Limited, Ottawa.

Don't Send Money in a Letter

THEN 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

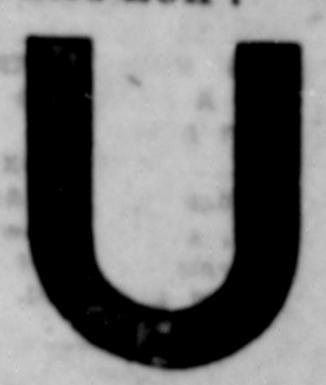
small cost. THE BANK OF

CAPITAL AND SURPLUS, \$7,854,000.

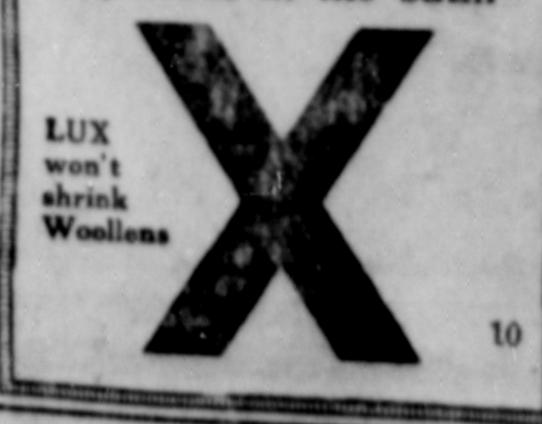
PRINCE RUPERT BRANCH W. J. SMITHERS, Manager



L.UX is the essence of fine, pure soap in flakes and possesses marvelous cleansing and preserving properties. It keeps all loosely woven fabrics from shrinking and thickening in the wash. Have you tried LUX?



UX breaks into a foamy cream-like lather that cannot injure the filmiest fabrics or the most delicate hands. It softens the hardest water, thus preserving the original elasticity of fabrics and adding to their life. Try LUX in the bath.



Made in Canada by Lever Brothers Limited, Toronto

*** ******************

Having been in the East, I have become acquainted with all modern methods of outfitting gasoline boats, as used by Eastern shops.

Gasoline Tanks, Pipefitting and Plumbing, and all lines of Sheet :: : Metal Work : ::

Prompt Attention and Skilled Workmanship

BOATING ACCIDENT

-Yesterday the canyon at Git .purpose.

of three men and two youths, all 50c. a box, 6 for \$2.50, trial size, 25c. Indians, and no difficulty was At all dealers or sent postpaid by Fruit- anticipated in navigating the canyon. But the water was rising rapidly in the river at the rate of two inches per hour or more, and when this is the case the best 'reader" finds his conclusions frequently falsified. In the canyon there is a neutral streak of water, if one has the eye of faith to see it, between Charybdis and Scylla, which is navigable with the aid of a level-headed steersman and a good towing rope; but when the water is rising rapidly this neutral streak suffers from an unruly eruption of "boils." The Ella was doing well in this ing. neutral water and taking no notice of the ordinary boils, when the water actually heaved up beneath her and swept her into the smoking whirlpool of Charybdis. The towing rope snapped the plucky little boat into the following described lands:rocks like old paper from the wall of a room, leaving only the in-

WATER NOTICE

USE AND STORAGE.

Paper Mills, Ltd., whose address is Van

on the 5th day of June, 1917. A copy of newspaper. The date of the first publica of this notice is July 10th, 1917.

MINERAL ACT

(R. S. B. C. 1911)

by Ikeda Mines Limited (Non Personal) Liability).

TAKE NOTICE that I, John A. MacInnes. above claims for the purpose of

taining grown grant thereof. be commenced before the issuance of such certificate of Improvements.

Dated this 12th day of June, A.D. 1917 J. A. MacINNES. Solicitor for Ikeda Mines Limited Personal Liability).

Navigable Waters Protection Act. R. S. C. Chapter #15.

west coast of Larcom Island, Cassiar Dis-

site and plan and for leave to construct

the said works. DATED at Prince Rupert, British Columbia, this 4th day of July, A. D. 1917. LIMITED,

side floor. She submerged considerably, heeled over on her side, ON THE NAAS RIVER righted herself again, and then gave herself up to the merciless. Aiyansh, Naas River, B. C., July deportation of the tyrant element. Nobody on board lost their head, winkstiqu, was the scene of a no one squealed, "mercy kama-'near thing" in the tragedy line, rad!" Mrs. Dan sat in the cabin The mail (motor) hoat Ella, Capt, with the water above her waist-Strength To "Fruit-a-tives" G. Brown, on its usual weekly trip she got out of the cabin she was "FRUIT-A-TIVES", the marvellous and Mrs. Dan Bartholomew, Mr. swept off her feet entirely and medicine made from fruit juices — has medicine made from fruit juices — has relieved more cases of Stomach, Liver, den for the upper Naas. Mr. and her and held her while he clung Blood, Kidney and Skin Troubles than Mrs. Dan were on their honey- with the other hand to a rail on any other medicine. In severe cases moon trip, and were heading the deck-house. Three times the ralgia, Chronic Headaches, Chronic home and the simple lift at Hoeft's boat went under in the course of Constipation and Indigestion, "Fruit- ranch on the Seeaks, and had half a mile, and then Samuel Weea-tives" has given unusually effective them up from Granby for this self and wife in their canoe, This rescue business was really fine, The crew of the boat consisted not only were the passengers saved, but all the freight, with the exception of Dan's plough and a trunk, was all got ashore. They even tried to tow the derelict, and, indeed, they did manage so to influence the direction of her drifting that when she did sink, she went to rest in a place where the receding waters will leave her dry in the fall; and so Brown may

recover his engines. The party are now under cover at Gwinoha in an Indian house. and it is most sincerely hoped by all in the valley that this experience will not throw a wet blanket over the glamor of the simple life at which our friends were arriv-

LAND LEASE NOTICE

QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that I, George McRae, of

thunder and foam of the abyss. northeast corner of T. L. Lot 835, Aliford The bottom was torn away by the Bay, Skidegate Inlet, thence west 20 chains, thence north 3 chains, thence 25 June 19th, 1917. GEORGE MCRAE.

CANCELLATION OF RESERVE

harbor of Prince Rupert, known as Lot 5466, Bange 5, Coast District, by reason into Whale Channel about I a notice appearing in the British Columbia Gazette of the 21st April, 1910, and

at a point about Taken by Department of Lands, Victoria, B. C., 18th M. Aug. 20.

LAND ACT

SKEENA LAND DISTRICT-DISTRICT OF COAST, BANGE 4.

from; thence N. 35"0" E. 15 chains; thence 8, 35"0 E, approximately 47 chains; thence

Date June 27, 1917. O. A. Jorgenson, Agent.

LAND ACT

COAST, RANGE 4

umbia, 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; located upon the south shore of Khutze. Khutze Inlet to the point of beginning bearing S. 77" 41' West and is approximately 75 chains. Date June 27, 1917,

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

MINERAL ACT

Certificate of Improvements

NOTICE

keena Mining Division of Cassiar District. Where located:-Near head of Alice

City of Ottawa for approval of the said provements, for the purpose of obtaining Crown Grant of the above claim.

the issuance of such Certificate

J. FRED RITCHIE, Agent

Save the Food and Serve the Empire!

The Average Canadian Family Wastes Enough to Feed a Soldier



"The Kitchen must help as well as the Workshop and the Trenches" Lloyd George.

INTELLIGENT economy in the kitchen can do much to prevent the threatened

world famine—can counteract the effect of high prices and can replace growing debt with systematic saving.

Careful investigations show that before the war the average British family wasted 25% of their food—and we Canadians were even more extravagant.

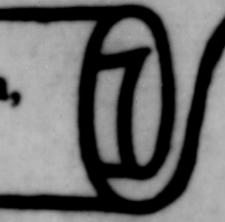
This waste is not in a few big things, but in many little ones, each, we used to think, too small to bother about—such as careless peeling of vegetables and fruit—failure to make good use of dripping and "leftovers"-and such others as will occur to every thrifty housekeeper.

For the Empire's sake as well as your own, hunt up and cut out these leaks! You'll be helping to relieve the food shortage -saving your own money—and putting yourself in a position to buy Canadian War Savings Certificates and help win the war.

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. Should you need it, you can get your money back at any time.



The National Service Board of Canada, OTTAWA.



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

FIRE ALARM SYSTEM.

CIRCUIT NO. 1.

Box 12-5th St. and 3rd Ave. Box 13-6th St. and 3rd Ave. Box 14 Sth St. and 3rd Ave.

Box 15 Junction of 1st, 2nd and 3rd Aves. Bor 16-1st Ave., between 8th and 9th Sts. (Knox Hotel).

Sox 17-1st Ave. and 7th St. (Cen-

tral Hotel). CIRCUIT NO. 2.

Box 22-3rd Ave and 3rd St. (Post Sox 23-3rd Ave. and McBride St. Box 24-ist Ave. and McBride St.

Sox 26-2nd Ave. and 6th St Box 27-G. T. P.

Box 25 2nd Ave. and 2nd St.

CIRCUIT NO. 3. Box 32-Borden and Taylor Sts.

Sox 34 7th Ave. and Fulton St. Box 35 9th Ave. and Comox Ave. Box 37-8th Ave. and Dodge Place Box 38 -6th Ave. and Thompson St.

CIRCUIT NO. 4.

Box 42-5th Ave. and McBride St. 60x 43-5th Ave. and Green St. Box 44 -6th Ave, and Basil St. Sox 45 -- 7th Ave. and Eberts. Box 141-7th Ave. and Young St.

P. O. Box 333.

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WE HANDLE

Steele & Briggs, Rennies' Ferry'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 Attanner for

(Late London, Eng., Conservatoire of Music) PUPIL OF LANSDOWNE COTTELL

Pupils Taken for VIOLIN, PIANO, VIOLINCELLO, and HARMONY. EXAMINATIONS

Pupils Prepared for Examinations Associated Board, Vancouver, Center

Guaranteed To Satisfy

The "Sunshine" Furnace gives healthful, warm air heat—and plenty of it. When installed, according to plans furnished by our heating engineers, it is guaranteed to give absolute satisfaction. Write for free illustrated booklet.

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LONDON TORONTO MONTREAL WINNIPEG VANCOUVER ST. JOHN, N.B. HAMILTON CALGARY 1
SASKATOON EDMONTON

For Sale by Steen & Longwill

You Can Make Excellent Cake With Fewer Eggs

Just use an additional quantity of Dr. Price's Cream Baking Powder, about a teaspoon, in place of each egg omitted.

This applies equally well to nearly all baked foods. Try the following recipe according to the new way:

CREAM LAYER CAKE New Way

Old Way teaspoons Dr. Price's Baking Powder 1 teaspoon flavoring

I cup sugar I cup milk 4teaspoons Dr. Price's Baking Powder 2 tablespoons shortening 1 teaspoon flavoring

Makes 1 Large 2-Layer Cake

DIRECTIONS—Cream the sugar and shortening together, then mix in the egg.
After sifting the flour and Dr. Price's Baking Powder together, two or three
times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth pour batter. Add the flavoring. Pour into greased layer cake tins and bake in a moderately hot oven for twenty minutes. This cake is best baked in two layers. Put together with cream filling and spread with white icing.

CREAM

Made from Cream of Tarter, derived from Grapes

Made in Canada

No Alum

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