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Thousands Owe Health And Strength To "Fruit-a-lives"

"FRUIT-A-LIVES", the marvellous medicine made from fruit juices—has relieved more cases of Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuralgia, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-lives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-lives" tones up and invigorates the whole system.

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

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.

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73 YEARS IN BUSINESS. CAPITAL AND SURPLUS, \$7,354,000. PRINCE RUPERT BRANCH W. J. SMITHERS, Manager

L

LUX 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?

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LUX breaks into a foamy cream-like lather that cannot injure the finest 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.

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LUX won't shrink Woolens

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BOATING ACCIDENT ON THE NAAS RIVER

Aiyansh, Naas River, B. C., July 8.—Yesterday the canyon at GIL WINKSIQU, was the scene of a "near thing" in the tragedy line. The mail (motor) boat Ella, Capt. G. Brown, on its usual weekly trip up-river, had as passengers Mr. and Mrs. Dan Bartholomew, Mr. Frank Hoeft and the new fire warden for the upper Naas. Mr. and Mrs. Dan were on their honeymoon trip, and were heading praiseworthy for their new home and the simple life at Hoeft's ranch on the Seaks, and had chartered Brown's boat to take them up from Granby for this purpose.

The crew of the boat consisted of three men and two youths, all Indians, and no difficulty was 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 Charydis 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 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 Charydis. The towing rope snapped like a thread as the men tried to secure it to a tree, and away went the plucky little boat into the thunder and foam of the abyss. The bottom was torn away by the rocks like old paper from the wall of a room, leaving only the in-

side floor. She submerged considerably, heeled over on her side, righted herself again, and then gave herself up to the merciless deportation of the tyrant element. Nobody on board lost their head, no one squealed, "mercy kama-rad!" Mrs. Dan sat in the cabin with the water above her waist—not a whimper out of her. After she got out of the cabin she was swept off her feet entirely and outside the boat, but her husband's strong right hand grabbed her and held her while he clung with the other hand to a rail on the deck-house. Three times the boat went under in the course of half a mile, and then Samuel Weesakes came to the rescue, himself and wife in their canoe. This rescue business was really fine, 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 arriving.

LAND LEASE NOTICE

SKENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS. TAKE NOTICE that I, George McRae, of Skidegate, B. C., occupation engineer, intend to apply for permission to lease the following described lands:— Commencing at a post planted at the northeast corner of T. L. Lot 835, Alford Bay, Skidegate Inlet, thence west 20 chains, thence north 3 chains, thence 25 chains in an easterly and southerly direction following shore line, thence west 2 chains to point of commencement, containing 10 acres more or less. A 30. June 1916, 1917. GEORGE McRAE.

CANCELLATION OF RESERVE

NOTICE IS HEREBY GIVEN that the reserve existing over a small island in the harbor of Prince Rupert, known as Lot 5456, Range 3, Coast District, by reason of a notice appearing in the British Columbia Gazette of the 21st April, 1916, and dated 19th April, 1916, is cancelled for the purpose of making a sale of the said Lot to the Grand Trunk Pacific Development Company, Limited. GEO. B. NADEN, Deputy Minister of Lands, Department of Lands, Victoria, B. C., 18th June, 1917. M. AUG. 20.

LAND ACT

SKENA 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 Khutze 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. 32° 0' E. approximately 47 chains; thence S. 32° 0' West 15 chains to the point of beginning. Date June 27, 1917. S6. EMPIRE PULP & PAPER MILLS, LTD. O. A. Jorgenson, Agent.

LAND ACT

SKENA 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 Khutze Inlet, which bears N. 64° 21' East from the northeast corner of lot number 25, and is approximately 2 1/2 chains distant therefrom; thence along the south shore of Khutze Inlet to the point of beginning, bearing S. 77° 41' West and is approximately 75 chains. Date June 27, 1917. S6. EMPIRE PULP & PAPER MILLS, LTD. O. A. Jorgenson, Agent.

MINERAL ACT

Certificate of Improvements NOTICE Caribou 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. 2329 C, acting as agent for W. A. Williams, Free Miner's certificate No. 5911 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.

WATER NOTICE

USE AND STORAGE. TAKE NOTICE that The Empire Pulp & Paper Mills, Ltd., whose address is Vancouver, B. C., will apply for a license to take and use all the water and to store 10,000 acre feet of water out of unnamed lake, also known as Whale Lake, which flows and drains into Whale Channel about one mile north from Riversight. The storage dam will be located at west end of Lake at outlet of lake. The capacity of reservoir to be created is about 10,000 acre feet and it will flood about 2,000 acres of land. The water will be diverted from the stream at a point about... Taken by tunnel from east end of Lake three miles northerly direction from Lot 29, Butedale, on Fraser Reach and will be used for power purposes upon the land described as in application to lease at east end of Lake on Fraser Reach. This notice was posted on the ground on the 5th day of June, 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, B. C. 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 July 10th, 1917.

MINERAL ACT

(R. S. B. C. 1911). Holly Fraction, Birch, Crocus Fraction, and Plum mineral claims situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Islands, Province of British Columbia, lawfully held by Ikeda Mines Limited (Non Personal Liability). TAKE NOTICE that I, John A. MacInnes, Solicitor for Ikeda Mines Limited (Non Personal Liability) Free Miner's Certificate No. 15183C intend, after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder of the said District for a Certificate of Improvements for each of the above claims for the purpose of obtaining Crown grant thereof. AND FURTHER TAKE NOTICE that action under Section 85 of the Mineral Act must 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 (Non Personal Liability). S16.

Navigable Waters Protection Act

R. S. C. Chapter 115. The Granby Consolidated Mining, Smelting and Power Company Limited 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 lumber mill, and other works proposed to be built in Spruce Bay, on the west coast of Larcum Island, Cassiar District. AND TAKE NOTICE that after the expiration of one month from the date of the first publication of this notice, the Granby Consolidated Mining, Smelting and 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 plan and for leave to construct the said works. DATED at Prince Rupert, British Columbia, this 4th day of July, A. D. 1917. THE GRANBY CONSOLIDATED MINING, SMELTING AND POWER COMPANY LIMITED. Patmore & Fulton, Solicitors.

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 "left-overs"—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 carrier, 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—8th St. and 3rd Ave. Box 15—Junction of 1st, 2nd and 3rd Aves. Box 16—1st Ave., between 8th and 9th Sts. (Knox Hotel). Box 17—1st Ave. and 7th St. (Central Hotel).
- CIRCUIT NO. 2. Box 22—3rd Ave and 3rd St. (Post Office). Box 23—3rd Ave. and McBride St. Box 24—1st Ave. and McBride St. Box 25—2nd Ave. and 2nd St. Box 26—2nd Ave. and 6th St. Box 27—G. T. P.
- CIRCUIT NO. 3. Box 31—5th Ave. and Fulton St. Box 32—Borden and Taylor Sts. Box 34—7th Ave. and Fulton St. Box 35—9th Ave. and Gomon Ave. Box 37—8th Ave. and Dodge Place. Box 38—6th Ave. and Thompson St.
- CIRCUIT NO. 4. Box 41—4th Ave. and Emmerson Place. Box 42—5th Ave. and McBride St. Box 43—5th Ave. and Green St. Box 44—6th Ave. and Basil St. Box 45—7th Ave. and Eberts. Box 141—7th Ave. and Young St.

Prince Rupert Feed Co.

P. O. Box 333. 908 Third Ave. RECEIVED OUR 1917 SEEDS WE HANDLE Steele & Briggs, Rennie's 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 Filled.

Harry A. Horvay

(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

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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 Old Way New Way 1 cup sugar 1 cup sugar 1/2 cup milk 1 cup milk 2 cups flour 2 cups flour 1 teaspoon Dr. Price's Baking Powder 4 teaspoons Dr. Price's Baking Powder 3 EGGS 1 egg 1/2 cup shortening 2 tablespoons shortening 1 teaspoon flavoring 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.

DR. PRICE'S CREAM BAKING POWDER

Made from Cream of Tartar, derived from Grapes Made in Canada No Alum

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