

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition
Which Produces Many Well
Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" — 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-lives" will always cure auto-intoxication or self-poisoning — as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

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

COAL NOTICES

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 1 claim.
Located May 20th, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 2 claim.
Located May 20th, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 3 claim.
Located May 21st, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Norman McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 1 claim.
Located May 21st, 1917.
NORMAN McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 4 claim.
Located May 21st, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Norman McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 2 claim.
Located May 21st, 1917.
NORMAN McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 5 claim.
Located May 21st, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Norman McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted near the junction of the Cedar and Little Cedar rivers, on the north side of the Little Cedar river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 3 claim.
Located May 21st, 1917.
NORMAN McLEAN,
per Philip Chesley, Agent.

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 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 Larcom 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.

CANCELLATION OF RESERVE

NOTICE IS HEREBY GIVEN that the reserve existing over a small island in the harbor of Prince Rupert, known as Lot 5466, 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. M. Aug. 20.

COAL NOTICES

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 6 claim.
Located May 22nd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 7 claim.
Located May 22nd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Norman McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 4 claim.
Located May 22nd, 1917.
NORMAN McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Norman McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 5 claim.
Located May 22nd, 1917.
NORMAN McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 8 claim.
Located May 22nd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 9 claim.
Located May 23rd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 10 claim.
Located May 23rd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 11 claim.
Located May 23rd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

DISTRICT OF COAST, Range 5.
Take notice that I, Hugh McLean, intend to apply for a licence to prospect for coal and petroleum on the following described lands:—Commencing at a post planted one mile south of the southwest corner of N. McLean's No. 2 claim, being about one and a half miles north of the Beaver river; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 12 claim.
Located May 23rd, 1917.
HUGH McLEAN,
per Philip Chesley, Agent.

THE FOOD CONTROLLER AND HOW HE SAVES

(Continued From Page One.)

Messrs. Brodie and Clarkson have the right kind of minds to tackle Sir Joseph's figures but why are two auditors necessary when one auditor would do? Why not substitute for one of these affluent auditors with their intimate connection with Big Business, a laboring man, a representative of the class of people who feel the price of bacon most?

The fourth member of the commission, added by special request, is a Mr. Connors of Chicago. Mr. Connors is "late of Armour's." Presumably he has his bit and retired. He is a bacon expert, of course, and can bring a great deal of technical knowledge to the subject. It is true that the Armour interests in Canada are closely touched by the O'Connor report but Mr. Connors will not allow that to influence him. He will have only a mellow, detached interest in his old business associates. Rumor has it that the Armour interests in the United States and the Standard Oil interests are not hostile and Food Controller Hanna represents the Standard Oil in Canada. The mutual esteem of the two great corporations is shown when Food Controller Hanna selects Mr. Connors as his main coadjutor in the pending investigation of Sir Joseph Flavell.

A point the Flavell commission can labor at with advantage is Sir Joseph's arithmetic in making the subtraction from the 5.95 "margin" disclosed by the O'Connor report. Does Sir Joseph like certain other great captains of industry, cause profits to interlock when the interlocking is good and to disappear altogether when the disappearing is better? In other words does the raw product show an enormous product while the finished product shows a small one—the fat lying somewhere in between? Again how much has Sir Joseph written off his packing plants for depreciation since the war started? The shell factories which will be scrap after the war write off enormous sums for this purpose. Has Sir Joseph been handling his packing plants the same way but with this difference—that he will have perfectly good packing plants after the war which will go on curing bacon after the shell business is all shot to pieces?

The Flavell commission will not be doing its duty if it fails to prick the delusion that Sir Joseph had pure philanthropy in mind when he offered to operate the William Davies Packing plant for the Borden Government on a "cost plus" basis! Plus! There's the rub! What was that plus—five, ten, fifteen per cent. or a hundred and fifty per cent. which was what the William Davies considered reasonable in the Boer war. Plus! Humph! Perfect security against loss and a fat profit! Who wouldn't offer his factory to the British Government on those terms?

The investigators will not be authorized to go outside the O'Connor report but if they were it would be interesting to learn what effect the Flavell profiteering has had on recruiting in this country. My own opinion that it did more to kill it even than the official chill given to it by the Borden Government. Where is the man who willingly gives up a job with three dollars a day to march off to the dangers of war at a dollar ten a day leaving behind a wife and kiddies to be looted by the food pirates of all he can save out of his wages of death and peril?—H. F. Gadsby.

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 Whalen Lake, which flows and drains into Whale Channel about one mile north from Rivers Blight.

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.

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 Khutze Inlet, which bears N. 64° 21' East from the northeast corner of lot number 23, and is approximately 21½ 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. S.6
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 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 northerly 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. 35° 0' E. approximately 47 chains; thence S. 35° 0' West 15 chains to the point of beginning.

Date June 27, 1917. S.6
EMPIRE PULP & PAPER MILLS, LTD.
O. A. Jorgenson, Agent.

LAND LEASE NOTICE

SKEENA 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 25 chains; thence north 2 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.

Date June 19th, 1917. A.30.
GEORGE McRAE.

TIMBER SALE X 942.

Sealed tenders will be received by the Minister of Lands not later than noon on the 16th day of August, 1917, for the purchase of Licence X 942, to cut 1,225,000 feet of Spruce, Cedar, Hemlock and Balsam on an area situated on the west shore of Ellerslie Channel, Range 3, Coast District.

Two (2) years will be allowed for removal of timber.
Further particulars of the Chief Forester, Victoria, B. C., or District Forester, Prince Rupert, B. C.

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



He used a pebble to keep his mouth moist—

WE USE
WRIGLEY'S

MADE IN CANADA

WRIGLEY'S

gives us a wholesome, anti-septic, refreshing confection to take the place of the cave man's pebble.

We help teeth, breath, appetite, digestion and deliciously soothe mouth and throat with this welcome sweetmeat.

Chew it after every meal

The Flavour Lasts!



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.

A. L. MATHIEU CO., PROP., SHELBORNE, P.E.

If you wish to purchase Mathieu's Syrup of Tar and Cod Liver Oil, please send for the free and clear the price from Mathieu's, 100 St. J.

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.

