

# THE CHIEF CHARM OF LOVELY WOMAN

Soft, Clear, Smooth Skin Comes With The Use Of "FRUIT-A-TIVES".



**NORAH WATSON**  
86 Drayton Ave., Toronto.  
Nov. 10th, 1915.

A beautiful complexion is a handsome woman's chief glory and the envy of her less fortunate rivals. Yet a soft, clear skin—glowing with health—is only the natural result of pure blood.

"I was troubled for a considerable time with a very unpleasant, disfiguring rash, which covered my face and for which I used applications and remedies without relief. After using "Fruit-a-tives" for one week, the rash is completely gone. I am deeply thankful for the relief and in the future, I will not be without "Fruit-a-tives".

**NORAH WATSON.**

50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives 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 to the point of commencement, containing 640 acres, to be known as H. McLean's No. 1 claim. Located May 21st, 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 to the point of commencement, containing 640 acres, to be known as H. McLean's No. 2 claim. Located May 21st, 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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 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 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, 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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 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, 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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 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.

**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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 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, 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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 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.

### LABOR MEN TO MEET IN CONVENTION

Vancouver, August 28.—Delegates representing labor unions from all over British Columbia have been summoned to meet here on Labor Day, September 3, to discuss conscription and other matters affecting the interests of the union labor.

The convention is to be held in the labor temple and will be opened at 10 o'clock in the forenoon, when President J. Kavanagh of the Vancouver Trades and Labor Council, will formally welcome the delegates. One of the big questions which the labor convention will have to consider is that of the sympathetic strike which it has been proposed to put into effect in case the selective conscription act is put into force. Delegates are coming from as far north as Prince Rupert and Prince George to take part in the discussion of what will be labor's attitude generally in regard to conscription of man power for military service.

This will be the only event on Labor Day in which Vancouver union labor men will participate. There will be no other form of celebration or sports of any kind, the labor men believing this not a time to celebrate.

### 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. 1 claim; thence north 80 chains; thence east 80 chains; thence south 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 1 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 at the northwest corner of H. McLean's No. 1 claim; thence west 80 chains; thence south 80 chains; thence east 80 chains; thence north 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, 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 and a half miles north of the Beaver river, and three miles west of the Cedar river; thence west 80 chains; thence south 80 chains; thence east 80 chains; thence north 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.

**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 and a half miles north of the Beaver river, and three miles west of the Cedar river; thence west 80 chains; thence south 80 chains; thence east 80 chains; thence north 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 4 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 one mile south of the southwest corner of N. McLean's No. 1 claim, thence north 80 chains; thence east 80 chains; thence south 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, 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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 6 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 one mile south of the southwest corner of N. McLean's No. 1 claim, thence north 80 chains; thence east 80 chains; thence south 80 chains to the point of commencement, containing 640 acres, to be known as N. McLean's No. 7 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 one mile south of the southwest corner of N. McLean's No. 1 claim, thence north 80 chains; thence east 80 chains; thence south 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 8 claim. Located May 21st, 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. 1 claim, thence north 80 chains; thence east 80 chains; thence south 80 chains to the point of commencement, containing 640 acres, to be known as H. McLean's No. 9 claim. Located May 21st, 1917.  
**HUGH McLEAN,**  
per Philip Chesley, Agent.

## The Wonderful Mission of the Internal Bath

By C. G. Percival, M.D.

Do you know that over five hundred thousand Americans and Canadians are at the present time seeking freedom from small, as well as serious, ailments, by the practice of Internal Bathing?

Do you know that hosts of enlightened physicians all over the country, as well as osteopaths, physical culturists, etc., are recommending and recognizing this practice as the most likely way now known to secure and preserve perfect health?

There are the best of logical reasons for this practice and these opinions, and these reasons will be very interesting to everyone.

In the first place, every physician realizes and agrees that 95 per cent. of human illness is caused directly or indirectly by accumulated waste in the colon; this is bound to accumulate, because we of today neither eat the kind of food nor take the amount of exercise which Nature demands in order that she may thoroughly eliminate the waste unaided.

That's the reason when you are ill the physician always gives you something to remove this accumulation of waste before commencing to treat your specific trouble.

It's ten to one that no specific trouble would have developed if there were no accumulation of waste in the colon.

And that's the reason that the famous Professor Metchnikoff, one of the world's greatest scientists, has boldly and specifically stated that if our colons were taken away in infancy, the length of our lives would be increased to probably 150 years. You see, this waste is extremely poisonous, and as the blood flows through the walls of the colon, it absorbs the poisons and carries them through the circulation; that's what causes Auto-Intoxication, with all its pernicious enervating and weakening results. These pull down our powers of resistance and render us subject to almost any serious complaint, which may be prevalent at the time. And the worst feature of it is that there are few of us who know when we are Auto-Intoxicated.

But you never can be Auto-Intoxicated if you periodically use the proper kind of an Internal Bath—that is sure.

It is Nature's own relief and corrector—just warm water, which, used in the right way, cleanses the colon thoroughly its entire length and makes and keeps it sweet, clean, and pure, as Nature demands it shall be for the entire system to work properly.

The following enlightening news article is quoted from The New York Times:

"What may lead to a remarkable advance in the operative treatment of certain forms of tuberculosis is said to have been achieved at Guy's Hospital. Briefly—the operation of the removal of the lower intestine has been applied to cases of tuberculosis, and the results are said to be in every way satisfactory.

"The principle of the treatment is the removal of the cause of the disease. Recent researches of Metchnikoff and others have led doctors to suppose that many conditions of chronic ill-health, such as nervous debility, rheumatism, and other disorders, are due to poisoning set up by unhealthy conditions in the large intestine, and it has even been suggested

that the lowering of the vitality resulting from such poisoning is favorable to the development of cancer and tuberculosis.

"At the Guy's Hospital Sir William Arbuthnot Lane decided on the heroic plan of removing the diseased organ. A child who appeared in the final stage of what was believed to be an incurable form of tubercular joint disease, was operated on. The lower intestine, with the exception of nine inches, was removed, and the portion left was joined to the smaller intestine.

"The result was astonishing. In a week's time the internal organs resumed all their normal functions, and in a few weeks the patient was apparently in perfect health."

You undoubtedly know, from your own personal experience how dull and unfit to work other apparently simple troubles make you feel. And you probably know too, that these irregularities, all directly traceable to accumulated waste, make you really sick if permitted to continue.

You also probably know that the old-fashioned method of drugging for these complaints, is at best only partially effective; the doses must be increased if continued, and finally they cease to be effective at all.

It is true that more drugs are probably used for this than all other human ills combined, which simply goes to prove how universal the trouble caused by accumulated waste really is—but there is not a doubt that drugs are being dropped as Internal Bathing is becoming better known.

For it is not possible to conceive until you have had the experience yourself, what a wonderful bracer an Internal Bath really is; taken at night, you awake in the morning with a feeling of lightness and buoyancy that cannot be described—you are absolutely clean, everything is working in perfect accord, your appetite is better, your brain is clearer and you feel full of vim and confidence for the day's duties.

There is nothing new about Internal Baths except the way of administering them. Some years ago Dr. Chas. A. Tyrrell, of New York, was so miraculously benefited by faithfully using the method then in vogue, that he made Internal Baths his special study, and improved materially in administering the Bath and in getting the result desired.

This perfect Bath he called the "J. B. L." Cascade, and it is the one which has so quickly popularized and recommended itself that hundreds of thousands are today using it.

Dr. Tyrrell, in his practice and researches discovered many unique and interesting facts in connection with this subject; these he has collected in a little book, "The What, the Why, the Way of Internal Bathing," which will be sent free on request if you address Chas. A. Tyrrell, M.D., room 1084, 163 College Street, Toronto, and mention having read this in The Prince Rupert Daily News.

This book tells us facts that we never knew about ourselves before, and there is no doubt that everyone who has an interest in his or her own physical well-being or that of the family, will be very greatly instructed and enlightened by reading this carefully prepared and scientifically correct little book.

### LAND ACT

**SKEENA LAND DISTRICT—DISTRICT OF COAST, RANGE 5.**  
TAKE NOTICE that the Grand Trunk Pacific Railway Company of Winnipeg, Manitoba, intends to apply for permission to lease the following described lands:—Commencing at a post planted at the most northerly point of Lot 507 at or about high-water mark, thence northerly, easterly, southerly and westerly, following the sinuosities of the shore-line to a point of commencement, including all that fore-shore between high-water and low-water. Dated July 20th, 1917. S.515  
**THE GRAND TRUNK PACIFIC RAILWAY CO., H. H. HANSARD, Solicitor.**

### CANCELLATION OF RESERVE

NOTICE IS HEREBY GIVEN that the reserve existing over a small island in the harbor of Prince Rupert, known as Lot 2466, 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.**

### 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 Bight.

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.



## Give each of Your Children a War Savings Certificate.

LET them feel that they are Canada's partners—that they have each a definite share in the stern struggle—the certain victory—and the free and glorious future.

Encourage them to save and buy Certificates themselves! You'll be developing their patriotism, their thrift and their business sense—for Canadian War Savings Certificates offer absolute security and excellent interest return. More important still, you will be guaranteeing their future, for every dollar lent to Canada helps win the war.

For each \$21.50, \$43 or \$86 lent now, the Government issues a Certificate, payable in three years, for \$25, \$50 or \$100. This means that interest is added at over 5% per annum. Certificates may be purchased at any Bank or Money Order Post Office.

For the sake of Canada and your children, save and invest in War Savings Certificates.

The National Service Board of Canada, OTTAWA.



Everywhere—in work, study or play

## WRIGLEY'S

The Gum of Gumption

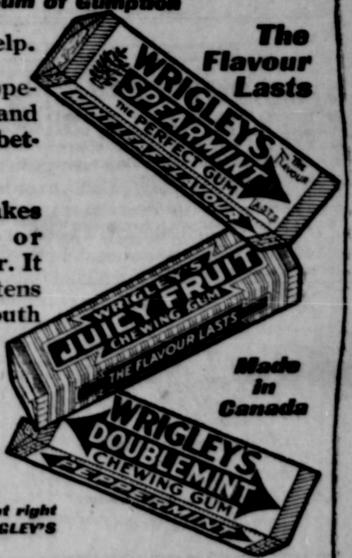
is a welcome help.

The Flavour Lasts

Teeth, breath, appetite, digestion and spirits are the better for it.

WRIGLEY'S makes the next pipe or cigar taste better. It pleasantly sweetens and throats mouth and throat.

Three Lasting Flavours



Made in Canada

Sealed tight—Kept right  
Be sure it's WRIGLEY'S

"After every meal"



### 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 MAKE PRODUCT—INSIST! If you want whippod cream, chill "Canada First" Evaporated—then whip as with fresh cream.

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