

THE ONLY MEDICINE THAT HELPED HER

"Fruit-a-lives Again Proves Its Extraordinary Powers"

ROCHON, Que., March 2nd, 1915.
 "I have received the most wonderful benefit from taking 'Fruit-a-lives'. I suffered from years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-lives' and it was the only medicine that really did me good. Now I am entirely well—the Rheumatism has disappeared, and the terrible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a-lives'. MADAME ISAIE ROCHON, 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.



NOTICE TO CONTRACTORS

GRANBY BAY SCHOOL
 SEALED TENDERS, superscribed "Tender for Granby Bay Addition," will be received by the Honourable the Minister of Public Works up to 12 o'clock on Tuesday, the 15th day of October, 1917, for the erection and completion of a two-room addition to the existing two-room school house in Granby Bay, Anvik, in the Allyn District.

Plans, specifications, contract, and forms of tender may be seen on and after the 10th day of October, 1917, at the office of J. E. Bellin, Government Agent, Prince Rupert, and MacLennan, Secretary to the Tender Board, Anvik; J. Mahony, Government Agent, Vancouver, and the Department of Public Works, Victoria.

By application to the undersigned, contractors may obtain a copy of the plans and specifications for the sum of ten dollars (\$10) or a marked cheque, which will be returned on their return in good order.

Each proposal must be accompanied by an accepted bank cheque on a chartered bank of Canada, made payable to the Honourable the Minister of Public Works, for a sum equal to 20 per cent of tender, which shall be forfeited if the party tendering declines to enter into contract when called upon to do so, or if he fails to complete the work contracted for. The cheques of unsuccessful tenderers will be returned to them upon the execution of the contract.

Tenders will not be considered unless made out on the forms supplied, signed with the actual signature of the tenderer, and enclosed in the envelopes furnished.

The lowest or any tender not necessarily accepted.

A. E. FOREMAN,
 Public Works Engineer,
 Public Works Department, Victoria, B. C.,
 September 24th, 1917. 241.

BATTLE STORIES FROM THE WESTERN FRONT

Some Front Line Silhouettes.
 (By Z.)

"When we attacked," said the wounded officer, "we had on our left two battalions of a very celebrated division, which is said to be marked down by the Boche as A. 1. They reached their first objective and were then badly held up by a line of machine guns which had either escaped the bombardment or else been rushed up after. It was a very critical moment; it was impossible to get back news to the gunners. So those battalions calmly proceeded to knock out each of those guns' crews in turn by concentrated and controlled rifle fire, taking their fire orders from their officers. When the job was finished they got up and went on and right through. It was the most perfect lesson in discipline anyone could have."

"It is said that their divisional general was watching them all the time. He saw them held up and then lie down and open fire and then go on. He was simply wild with delight and said that though he had been out since Mons, it was the finest thing he had seen in the war. It may not sound much as I tell it, but to those who realize the circumstances in which it was performed, the din, the chaos and so on, it seems miraculous. Instead of a whole line stopped and a whole great operation being broken up, as anyone would have believed must have happened, the show was delayed, less than 20 minutes. That is a really decisive triumph of discipline and I don't believe the Boches for all their trying have ever equalled it."

A Hopeless Position.

"All the same the Boches are fighting very well and cleverly, too. My men used to get absolutely wild when they read in the papers descriptions of the Boches as half-starved kids of seventeen. It isn't true and wouldn't reflect much credit on our fighting ability if it were. The Huns are nasty people, but they are tough, all right. Indeed, in view of what I believe to be the fact that they no longer have any hope of ultimate victory, I think they stick it out quite wonderfully well, upon the whole, despite the interludes of 'Kamerad,' etc. After all, you know, the Boche position and outlook now are about as wretchedly trying and hopeless as they could possibly be."



These Men Will Help You Decide

Are you liable to be selected for service under the Military Service Act?

The answer to this question is being made readily available for you. Remember that the first class to be called includes only men between the ages of 20 and 34, both inclusive, who are unmarried or widowers without children, those married after July 6, 1917, being deemed single for the purposes of the Act.

Medical Boards are now being established throughout Canada. These Boards will examine, free of charge and obligation, all men who wish to be examined as to their physical fitness for military service. They will tell you in a very short time whether your physical condition absolves you from the call or makes you liable for selection.

It is important that you obtain this information as soon as possible. A certificate of unfitness from a Medical Board will secure for you freedom from responsibility under the Military Service Act from any Exemption Tribunal. A certificate of fitness will not preclude an appeal for exemption on any ground.

In order that you may be able to plan your future with certainty, visit a Medical Board as soon as possible and find out if you are liable to be selected. Your family and your employer are interested as well as yourself.

Issued by
 The Military Service Council.

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New Dangers of Constipation

A recent issue of The New York Times says—

"Recent researches of Prof. Metchnikoff and others have led doctors to suppose the heavy conditions of chronic ill-health, nervous debility, rheumatism and other diseases are due to poisoning set up by chronic conditions in the large intestine, and it has been suggested that the arrest of the vitality resulting from such poisoning is favorable to the development of Cancer and Tuberculosis."

"At St. Mary'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."

"The Lower Intestine can never get into the condition if Internal Baths are used. The 'J. B. L. Cascade' cleanses the Lower Intestine to its entire length thoroughly with its warm water, and removes all this poisonous waste, which is such a menace to health."

This is a sample only of many hundreds of letters we have in our files:
 Dept. Public Works,
 Ottawa, Ont., Jan. 31, 1916.

Dear Sir—

Words, I can assure you, quite fail me to express my satisfaction and gratefulness to you for inventing such a humane and common-sense remedy for stomach troubles as the 'J. B. L. Cascade.' For the past 15 years I have suffered from such, and have never had the permanent relief from medicines as I have had from your 'Cascade.' I consider it the best invention I have ever made, and would not be without it for one hundred times its cost. I consider that those who are inured as I was are making the mistake of their lives to be without one of your 'Cascades.'

Wishing you every success in your efforts for suffering humanity.

I am, Dear Sir, yours truly,

"Grateful,"

P.S.—Name and address will be furnished if requested.

It is Nature's own cure for Constipation, and is now being used by over 500,000 Canadians and Americans with great success.

The 'J. B. L. Cascade' is now being shown and explained at Cyril H. Orme's Drug Store, cor. 3rd Avenue and 6th St., Montreal, called 'Why Man of Today is Only One Per Cent Efficient,' as given on this book. If you prefer, write today on this book to Chas. A. Tyrrell, M. D., 163 College Street, Toronto.

LAND ACT

SKEENA LAND DISTRICT—DISTRICT OF CASSIAR.

Take notice that Granby Consolidated Mining, Smelting & Power Company, Ltd., of Vancouver, occupation mining and smelting, intends to apply for permission to lease the following described lands—

Commencing at a post planted at the southwest corner of Lot 1632, Cassiar District, thence north 32 chains, following high-water mark to the N.W. corner of Lot 1632; thence west three chains to low-water mark; thence south 22 chains, following low-water mark; thence east three chains, to the place of beginning, and containing 6.6 acres.
 GRANBY CONSOLIDATED MINING, SMELTING & POWER COMPANY, LTD.
 J. Fred Ritchie, Agent.
 Date, August 5th, 1917. Oct 16

MINERAL ACT

Certificate of Improvements

NOTICE
 "Bellevue No. 1," "Bellevue No. 2," "Bellevue Fraction," "Eisenheim" and "Snow Fraction" Mineral Claims, situate in the Skeena Mining Division of Cassiar District.

Where located:—At the head of Illiance River, Alice Arm.

TAKE NOTICE that I, Wm. T. Kergin, Free Miner's Certificate No. 3475-C, acting for myself and as agent for George Rudge, Special Free Miner's Certificate No. 6139, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a 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. S15
 Dated this 6th day of July, A. D. 1917.

MINERAL ACT

Certificate of Improvements

NOTICE
 "Silver Bell" Mineral Claim, situate in the Skeena Mining Division of Cassiar District.

Where located:—One mile from the head of Alice Arm.

TAKE NOTICE that We, Miles Donald, Free Miner's Certificate No. 3508-C, and John M. Morrison, Free Miner's Certificate No. 3524-C, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements for the purpose of obtaining a 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 Seventeenth day of July, A. D. 1917. S.20

SALE OF GOVERNMENT LOTS

Port Clements, Queen Charlotte Islands.

NOTICE is hereby given that, acting under instruction from the Deputy Minister of Lands, I will on the 13th day of September, 1917, at 11 o'clock in the forenoon, at Port Clements, sell by public auction the lots of the above township belonging to the Crown. The upset price for which the lots will be offered is \$25 per lot for inside lots and \$35 per lot for corner lots. Terms: one half cash and balance in one year with interest at six per cent on the deferred payments. The Crown Grant fee will be \$10 additional. Plan of the township and list of lots to be offered can be seen at the office of the Assistant Commissioner of Lands, Prince Rupert, or of Mr. A. B. Mallory, Port Clements, or in the Department of Lands, Victoria, B. C. J. H. McMULLIN, Assistant Commissioner of Lands. Sept. 12.

Province of British Columbia

DEPARTMENT OF LANDS

NOTICE

Re Overdue Payments on Applications to Purchase Crown Lands in British Columbia.

NOTICE is hereby given that, under the provisions of the "Soldiers' Homestead Act Repeal Act," any person who did not apply under the "Soldiers' Homestead Act, 1916," to complete his application to purchase, either by payment in full or by the selection of a proportionate allotment, may, by proving his interest and paying up in full the balance of the purchase price and taxes before the 31st December, 1917, obtain a Crown Grant if proof satisfactory to the Minister of Lands is furnished that such person is suffering injury through absence of notice or otherwise.

And further that the interest in uncompleted applications to purchase held by any person on Active Service may be prosecuted by notification to the Lands Department by the fact that such person is on Active Service and by the filing of proof of interest of such person.

Further information will be furnished on request to the Deputy Minister of Lands, Victoria, B. C.
 Publication of this notice without authority will not be paid for. Tu. Sep. 18

WATER NOTICE

Diversion and Use.

TAKE NOTICE that R. K. Neill, whose address is Stewart, B. C., will apply for a license to take and use seventy cubic feet of water out of North and East Forks of Cascade Creek, which flows southerly into Salmon River, Cassiar District, B. C. The water will be diverted from the streams at points about two thousand feet above the forks. This notice was posted on the ground on the sixth day of August, 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 controller 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 August 14, 1917. S.14
 R. K. NEILL, Applicant.

SKEENA LAND DISTRICT—DISTRICT OF COAST, RANCE 5.

Take notice that J. M. Collison, of Naas River, occupation patrolman, intends to apply for permission to purchase the following described lands.—Commencing at a post planted on Observatory Inlet at Nagasaki Bay, one mile below the old cannery site; thence south 40 chains, thence west 40 chains, thence north 40 chains, thence east 40 chains to point of commencement, containing 80 acres more or less.
 J. MAXWELL COLLISON,
 AUGUST 29th, 1917. N.18.

Harry A. Harvey

(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 Royal College of Music, London, Eng.

TERMS—PHONE BLUE 278

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The Bath Delightful

You would enjoy your bath twice as much if you could get water as soft as summer rain—the kind they used to have in the old-fashioned cistern or rain-barrel. There is a better way now. Get the same result, with any water, and that is to use

LUX

You sprinkle in a few spoonfuls of these dainty, transparent little flakes of the purest soap, and stir them about. Instantly they dissolve, imparting their satiny softness to the water. Be sure to have a LUX shampoo, too—it makes the hair silken and shrinkful.

LUX—it won't shrink woollens either.

British made, by 34 LEVER BROTHERS LIMITED TORONTO
 Sold by Good Grocers,

Creamy, Soft most refreshing to the Skin

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.

35c. large bottles, everywhere.

A. L. MATHIEU CO., PROP., SHERBROOKE, P. Q.

SOLE AGENTS, BRITISH COLUMBIA: THE DAILY NEWS, TORONTO