

FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-lives"

EAST SHIP HARBOR, N. S.
"It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-lives'. For years, I was a dreadful sufferer from Constipation and Head-aches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-lives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches".

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

MAIL SCHEDULE

For the East.

Mondays, Wednesdays and Saturdays at 9:30 a. m.

From the East.

Sunday, 5:30 p. m.; Tuesday, 3:30 p. m.; Thursday, 5:30 p. m.

For Vancouver.

Monday 7 a. m.
Tuesday 5 p. m.
Thursday 10 p. m.
Saturday 4 p. m.

From Vancouver.

Sunday 10 p. m.
Monday 9 a. m.
Wednesday 10:30 a. m.
Friday 6 p. m.
Saturday 10:30 a. m.

For Anyox.

Sundays 10 p. m.
Wednesdays 10 p. m.
Fridays 8 p. m.
Saturdays 10 p. m.

From Anyox.

Sundays, a. m., Mondays, a. m., Tuesdays, p. m., and Thursdays, p. m.

Port Simpson & Naas River Points

For—Sundays, 10 p. m.
From—Tuesdays, p. m.

Queen Charlotte Islands.

Mails Close—Oct. 10 and 24.
Oct. 7th and 21st, Dec. 5th and 19th—10 p. m.
Mails from—Oct. 14th and 28.
Nov. 11th and 25th, Dec. 9th and 23rd—p. m.

Stewart, Maple Bay and Swamp Point.

For—Thursdays, 10 p. m.
From—Saturdays, p. m.

Alaska and Yukon Territory.

For—Mondays 9 p. m.
From—Saturdays, p. m.

Salvation Army.

Public meetings, Tuesdays, Thursdays and Saturdays at 8 p. m. Sundays at 7:30 p. m.

Harry A. Harvey

(Late London, Eng., Conservatoire of Music)

PUPILS OF LANSBOWNE COTTAGE

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

THE BANK OF BRITISH NORTH AMERICA

Statement to the Dominion Government (Condensed) 30th April, 1917.

LIABILITIES TO THE PUBLIC
Notes in Circulation \$ 5,236,467
Deposits \$4,768,089
Other Liabilities 847,119
\$10,851,675

ASSETS

Cash on Hand and in Banks \$10,640,110
Deposit with Government on a Note Circulation 1,385,084
Government, Municipal and other Securities 13,004,476
Call and Short Loans 7,716,469
Current Loans and Discounts and other Assets 28,882,807
Bank Premises 2,809,564
\$70,888,110

SUBSCRIBE FOR THE DAILY NEWS

BATTLE STORIES FROM THE WESTERN FRONT

"What I found out when I got back," said a North Country corporal, "was that people at home don't seem to understand how completely trench warfare proper has changed. They still have an idea that we sit in a nice warm, dry trench on one side, and that Fritz is singing 'Über Allies' by the fire in his dugout on t'other. Well it ain't so.

"A little while before I got hit we were sent up to a bit of line where we'd been over a year before. In those days there's been nice tidy trenches and I half expected to find them there still. Don't you believe it. They'd gone all right; turned into bunches of shell holes with here and there a decent bit of trench, then nothing for a bit, and then some joined up shell holes.

"Well, Well I heard one officer say that he believed the navy was coming to take over our bit. But you'd be surprised how soon we made it look a bit better and feel a bit safer. It dried up quickly, considering, but there weren't any gramophones or Bairnsfather pictures about there.

"Fritz tried to raid us one night but he got properly bogged and never came near us. That's what it's like almost everywhere, nowadays. The old trench system has broken up, and we scrap for odd bits of strong points and shell holes.

"We captured a few Fritz's and they were in an awful state. We thought we were a bit grimy, but they looked as if they'd been held upside down in a manure heap for a fortnight. One was a big saucy, and made one of the few jokes I've ever heard from a Boche. He was passing near some of our heavies and he said they looked like Mausers compared with the latest Krupp gun, which had to be fired from so far back that one of them had been captured by the Russians. There are not many cheery souls like that among the Boches.

"Eventually we made a fairly big push and advanced nearly a mile. The ground was simply covered with Boche corpses. Untouched a lot of them and killed through their gas helmets by our gas. I was bombing down a sort of communication trench when a Fritz and I both chucked one at each other round a traverse. I got him and he got me. Luckily it was one of their small bombs or I wouldn't be here now. At it is I got seventeen bits inside me, but I managed to walk back. What seemed wonderful to me was the amount of heavy stuff it took to support a thin line of us chaps capturing shell holes. I passed miles of lorries, motors, trains, dumps, hospitals; the whole place back to the sea was swarming with them and the docks were full of ships; all that to keep the thin line going on pushing back the Boches. You can't expect people at home to realize it, when they haven't seen it, but it made me realize that war is like nothing else on earth, and that's all about it."

Do you want to win the war? If so get ready to make a practical demonstration by helping the British Red Cross on October 20.

Subscriptions to the "Our Day" fund received in advance of Oct. 20th will be acknowledged in the Press.

SKEENA LAND DISTRICT—DISTRICT OF COAST, RANGE 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 Naas River, 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, N. 18.
AUGUST 29th, 1917.

Sterling

THE ENGINE REFINEMENT
For the finest boats that float

FISHERMAN'S ENGINE
2 Cyl.—5 1-2 in. by 7 in., 12-15 Horse Power.
4 Cyl.—5 3-4 in. by 5 1-2 in., 25 Horse Power.
4 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

W. E. WILLISCROFT
Prince Rupert, B. C.



CAPTAIN J. E. MacKAY,

of the Royal Flying Corps, eldest son of Mr. J. F. MacKay, business manager of the Toronto Globe, home on furlough. He had his machine shot down and destroyed when attacked by five German aeroplanes.

The appeal for funds for "Our Day" which will be collected on October 20th has the approval and support of Their Majesties the King and Queen, and of Her Majesty Queen Alexandra and is being made simultaneously throughout the British Empire.

Tag Day October 20th for "Our Day" at Seal Cove and in Prince Rupert.

Bathe Internally

Over 500,000 People Are Now Doing So.

For many years, physicians have agreed that the vast majority of human ills were caused by accumulated waste in the Lower Intestine; that in our present way of living Nature could not remove all this waste without assistance, no matter how regular we might be, and that the poisons from this waste circulating through the blood pulled us away down below par and were responsible for many diseases of a serious nature.

During this time the "J. B. L. Cascade" for Internal Bathing has, because of their recommendation and those of its users, been steadily growing in favor.

Recently, however, the startling news which has been covering this country, that great surgeons and specialists have been operating on the Lower Intestines for the most chronic and serious diseases, has caused Americans to become thoroughly awake to the importance of keeping this Lower Intestine free from all poisonous waste matter, and over 500,000 are now using Internal Baths.

If you try the "J. B. L. Cascade" you will find yourself—always bright, confident and capable—the poisonous waste makes us bilious, blue, dull and nervous. Internal Baths are Nature's own cure for Constipation—just warm water properly applied. Drugs force Nature—the "J. B. L. Cascade" gently assists her.

Get and see it at Cyril H. Orme's Drug Store, cor. 3rd Avenue and 6th Street, Prince Rupert, or ask there for "Why Man of Today Is Only 50 Per Cent. Efficient," a booklet of great interest, which is given free on request. If you prefer, write for booklet to Dr. Chas. A. Tyrrell, 163 College Street, Toronto.

The Seal Cove Branch of the Red Cross Society will be out on Saturday, "Our Day," and hope to tag everybody at the Seal Cove end of the city.

The appeal is urgent. The cause worthy. The object money. Get ready to give on October 20th.



LUX

To give sweater coats a new lease of life

Now that sweater coats are getting more expensive, it is more than ever desirable that you wash yours with LUX. Of all things a sweater coat, which is seen so much, must be kept soft, fluffy, fleecy and "new" in appearance. You can keep yours that way and wash it again and again if you do this:

Pour boiling water over LUX flakes—pure essence of soap—allowing 3 or 4 tablespoonfuls for every gallon of water you use. Whip into a creamy lather—a few seconds is needed. Then put in the garment and stir it about. Let it soak until cool enough for your hands to squeeze the water out of the coat—the dirt just runs away. Rinse in two or three relays of tepid water, and hang to dry.

Very simple. Anyone can do it—just a few minutes' work and you get a result that the most expert French cleaner might well envy.

LUX won't shrink woollens. Won't hurt any fabric or color that pure water can safely touch.

At all grocers 10c.—British made

Lever Brothers Limited
Toronto



CANADA

Medical Boards are Ready !

Medical Boards are now ready to examine all men who apply as to their physical fitness for military service. These boards are established throughout this district.

Upon examination, the medical board will classify each applicant according to his fitness; into Category A if he is fit for service in overseas fighting units; Category B if fit for service overseas in Army Medical Corps, Forestry Battalions, etc; Category C if fit for service in Canada only, etc.

Only men whose medical examination places them in Category A will be included amongst those required to join the colours in the first instance; the man placed in any other category will remain at home until men in the category to which he has been assigned are called to the colours. The men placed in Category A may still apply for exemption on any ground.

Men between the ages of 20 to 34 inclusive, who were unmarried or widowers without children on July 6th, 1917, are strongly advised to report before a Medical Board at once. This is the quickest and surest way for them to find out their status under the Act.

Parents and employers are also urged to have those in whose cases they are specially interested visit a Medical Board and undergo examination. The methods of examination are simple and will result in no discomfort or inconvenience.

Now is the time for employers to obtain facts of the greatest value to them in making their calculations. The Medical Boards will determine how many of their employees will be left at home for physical reasons and how many will be selected for service unless an application for exemption be made with success.

Issued by The Military Service Council.

THERE ARE MEDICAL BOARDS IN THIS DISTRICT AT

Prince Rupert Fort George Kamloops Vancouver
Dawson City Hazelton New Westminster Victoria