

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-lives"
Because They Did Her Good

Rochon, P. Q., Jan. 14th, 1915.
"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try 'Fruit-a-lives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-lives'."

I consider that I owe my life to 'Fruit-a-lives' and I want to say to those who suffer from indigestion, constipation or headaches—'try Fruit-a-lives' and you will get well." CORINE GAUDREAU.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

LAND LEASE NOTICES

SKENA LAND DISTRICT—DISTRICT OF COAST, RANGE FIVE.

TAKE notice that Walter E. Walker, of Vancouver, B. C., occupation Manager, intends to apply for permission to lease the following described lands:—

Commencing at a post planted at intersection of High Water Mark Tongass Passage and an East and West Line passing through Concrete Monument at Bartlett Point, Wales Island, B. C.; thence east 60 chains; thence south 80 chains, more or less, to High Water Mark Tongass Passage; thence northerly and westerly following the line of said High Water Mark to the point of commencement, and containing 140 acres, more or less.

WALTER E. WALKER.
Date—15th day of October, 1917.

SKENA LAND DISTRICT—DISTRICT OF COAST, RANGE FIVE.

TAKE notice that Walter E. Walker, of Vancouver, B. C., occupation Manager, intends to apply for permission to lease the following described lands:—

Commencing at a post planted at the intersection of an East and West Line through Concrete Monument at Bartlett Point, Wales Island, B. C., with High Water Mark Tongass Passage; thence southerly and easterly following said High Water Mark to a point where a North and South line drawn through a point 60 chains Due East of the point of commencement intersects said High Water Mark of Tongass Passage; thence south 30 chains; thence northwesterly in a straight line to a point 10 chains Due West of the point of commencement; thence 30 chains Due East of the point of commencement and containing 140 acres, more or less.

WALTER E. WALKER.
Date—25th day of October, 1917.

SKENA LAND DISTRICT—DISTRICT OF CASSIAR.

TAKE notice that The Anglo-British Columbia Packing Company Limited, of Vancouver, B. C., occupation Salmon Cannery, intends to apply for permission to lease the following described lands:—

Commencing at a post planted at High Water Mark, Portland Canal, 80 chains Due North and 40 chains or more Due West of the North West Corner of Lot 628, Cassiar District; thence north 60 chains; thence west 20 chains, more or less, to High Water Mark Portland Canal; thence southerly and easterly following the line of High Water Mark Portland Canal to the point of commencement and containing 60 acres more or less.

THE ANGLO-BRITISH COLUMBIA PACKING COMPANY LIMITED, Walter E. Walker, Agt.
Date—15th day of October, 1917.

SKENA LAND DISTRICT—DISTRICT OF CASSIAR.

TAKE notice that Walter E. Walker, of Vancouver, B. C., occupation Manager, intends to apply for permission to lease the following described lands:—

Commencing at a post planted at the North West Corner of Lot 628, Cassiar District; thence north 80 chains; thence west 40 chains, more or less, to High Water Mark Portland Canal; thence southerly and easterly following High Water Mark Portland Canal to point of commencement and containing 160 acres more or less.

WALTER E. WALKER.
Date—25th day of October, 1917.

SKENA LAND DISTRICT—DISTRICT OF CASSIAR.

TAKE notice that Walter E. Walker, of Vancouver, B. C., occupation Manager, intends to apply for permission to lease the following described lands:—

Commencing at a post planted at the North West Corner of Lot 628, Cassiar District; thence northerly and westerly following the line of High Water Mark Portland Canal to a point where an East and West Line drawn through a point 80 chains Due North of the point of commencement intersects with said Line of High Water Mark; thence west 30 chains; thence southerly and easterly, parallel to the said line of High Water Mark Portland Canal to a point 30 chains Due West of the point of commencement; thence east 30 chains to said point of commencement, and containing 250 acres more or less.

WALTER E. WALKER.
Date—25th day of October, 1917.

Harry A. Harvey
(Late London, Eng., Conservatoire of Music)

PUPIL OF LANSDOWNE GOTTLELL

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



MISS
MARGARET
BURDEN

Miss Margaret Burden, of Toronto, who recently became the bride of Major W. A. Bishop, V.C., Canada's distinguished airman. The bride is the granddaughter of the late Timothy Eaton.

AEROPLANES CLEAN UP TURKS ON EUPHRATES

Bagdad—A novel use for aeroplanes was found the other day when two of our machines were the cause of the surrender of a small enemy detachment at Diwaniyah on the Euphrates.

The garrison had been left there in charge of sick and stores by the Turkish Euphrates force in the second week of March during their retirement from Samarra to Ramadi at the time of our occupation of Bagdad. They held out for some months at Diwaniyah in the hope that the Euphrates might be recaptured by the Turks. At the end of July a number of the townspeople and were handed over to us, but a single officer and some 30 men refused to yield until the aeroplanes came and bombed the house in which they had taken refuge. The lieutenant and his detachment formed a last batch of the isolated Turks who have hung out in the remote districts between Nasiriyah and our posts further north on the Euphrates.

WATER NOTICE

TAKE NOTICE that Dolly Varden Mines Company whose address is Alice Arm, B. C., will apply for a license to take and use ten cubic feet of water per second out of Trout Creek, a tributary of Kitsu River flowing into Alice Arm, Cassiar District. The water will be diverted at the head of the Falls on the Silver Horse Mineral claim, Lot 2804, and will be used for power purposes on the Wolf and Dolly Varden Groups of Mineral claims being Lots 2794 to 2797 inclusive, and Lots 2192 to 2197 inclusive and Lot 3824, Cassiar District.

Application will be made also for the right to store 250 acre feet in First Trout Lake and 2,200 acre feet in Second, Third and Fourth Trout Lakes. The water will be stored in First Trout Lake by the construction of a dam at its outlet and in Second, Third and Fourth Trout Lakes by the construction of a dam at the outlet of Second Trout Lake. The estimated area of land to be flooded at First Trout Lake is 17 acres and at Second, Third and Fourth Trout Lakes is twenty acres.

This notice was posted on the ground on the 18th day of October, 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.

The date of the first appearance of this notice in the local newspaper was the 23rd day of October, 1917, and objections may be filed with the controller or Water Recorder within thirty days after the said date.

DOLLY VARDEN MINES COMPANY,
R. B. McGinnis, Agent, per E. A. Cleveland.

SKENA LAND DISTRICT—DISTRICT OF CASSIAR.

TAKE notice that The Anglo-British Columbia Packing Company Limited, of Vancouver, B. C., occupation Salmon Cannery, intends to apply for permission to lease the following described lands:—

Commencing at a post planted at High Water Mark Portland Canal, 80 chains Due North and 40 chains, or more, Due West of the North West Corner of Lot 628, Cassiar District; thence northerly and westerly following the line of High Water Mark Portland Canal, to a point where an East and West Line drawn through a point 60 chains Due North of the point of commencement intersects with said Line of High Water Mark; thence west 30 chains; thence southerly and easterly parallel with the said Line of High Water Mark, Portland Canal, to a point 30 chains Due West of the point of commencement; thence east 30 chains to said point of commencement and containing 180 acres more or less of the Bed and Foreshore of Portland Canal.

THE ANGLO-BRITISH COLUMBIA PACKING COMPANY LIMITED, Walter E. Walker, Agt.
Date—25th day of October, 1917.

Internal Bathing's Rapid Growth

It is but natural to expect that a relief from Constipation and the many ills which it causes, which is so effectual and so natural as Internal Bathing, should quickly make many converts.

But its general use has increased so tremendously in the past few years as to suggest other reasons, and these are found in the statement of users that they feel as if "made over new" the morning after an Internal Bath.

The elimination of the pernicious and poisonous waste which is ever present in the Lower Intestine gives Nature a chance to work unhampered. And one arises in the morning clear-headed, able, bright, confident and eager for the day's duties.

Mr. F. E. Smith writes:—
Dear Doctor,—Your 'Cascade' made a new man of me at the age of 49. I persuaded my wife to use the treatment also, and to-day she has better health than ever before. Since the use of the 'Cascade' she sleeps better and can walk for hours without fatigue. Fainting spells have become a condition of the past; can eat anything on the bill of fare and drink all beverages. Does not take cold when exposed; hot weather does not cause oppression."

The "J. B. L. Cascade," the most efficient device for Internal Bathing, is being shown and explained in detail at Cyril H. Orme's Drug Store, cor. 3rd Avenue and 6th St., Prince Rupert.

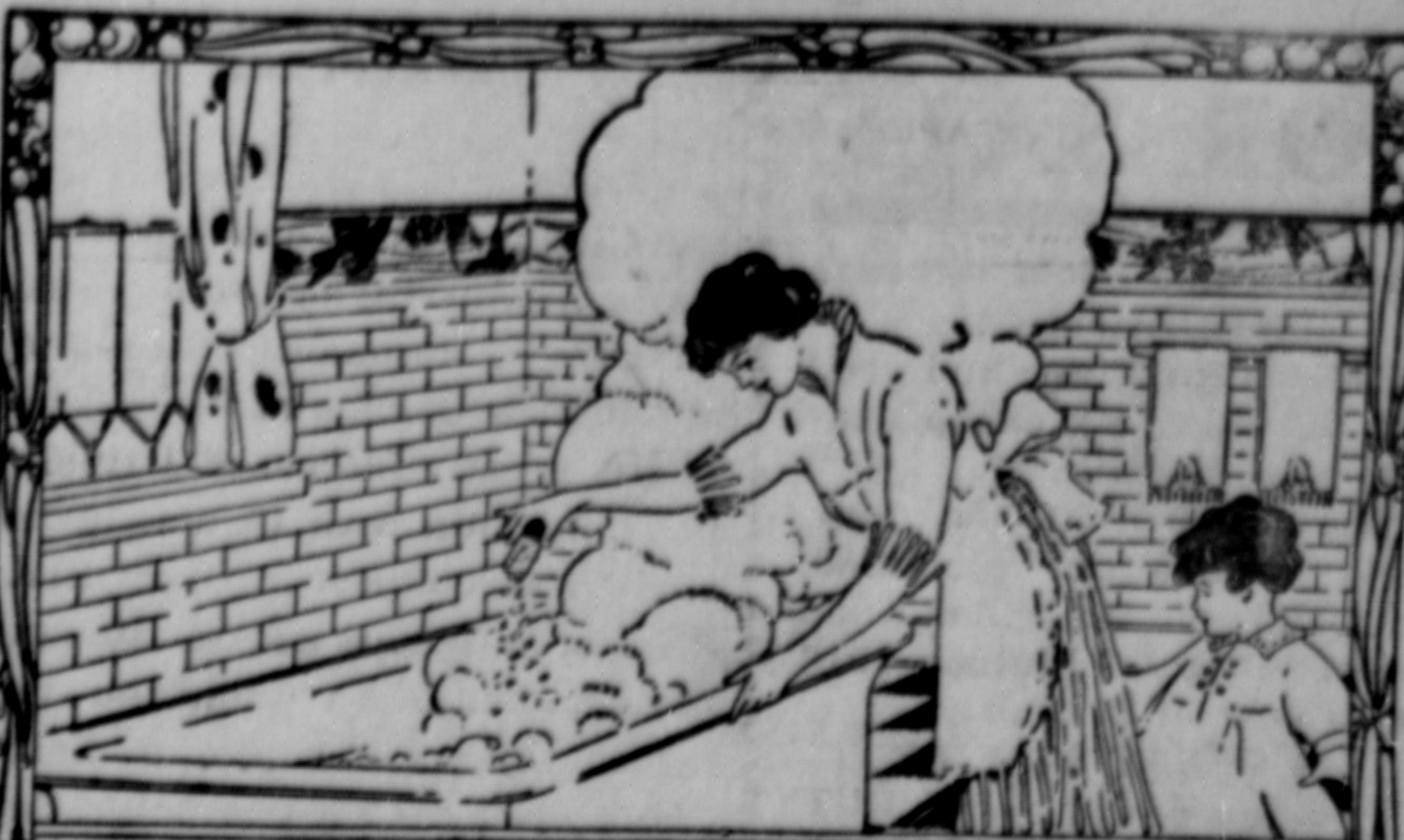
Ask for free booklet, "Why Man of Today Is Only 50 Per Cent. Efficient." If you prefer, write to Dr. Chas. A. Tyrrell, 168 College Street, Toronto, for same.

LAND ACT

SKENA LAND DISTRICT—DISTRICT OF COAST, RANGE 5.

Take notice that J. M. Collison, of Nanaimo, occupation patrolman, intends to apply for permission to purchase the following described lands:—Commencing at a post planted on Observatory Inlet at Nagsaki 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 20th, 1917. N. 18.



A Way to Soften the Hard Water of the Bath

Get out the LUX package—pour in 3 or 4 tablespoonfuls into the water and stir a little. The water immediately becomes creamy soft, most refreshing and very beneficial to the skin. Try it to-night. You'll be pleased, well pleased. People where the water is unusually hard just revel in

LUX

for the bath. Especially where babies are concerned.

These silky-smooth little flakes of the purest essence of soap exercise a soothing and cleansing effect on the skin that is very stimulating after a trying day.

LUX—at all grocers, 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