

FAMILY DOCTOR'S GOOD ADVICE

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

ROCHESTER, 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-tives". I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with "Fruit-a-tives".

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

LAND LEASE NOTICES

KEENA 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 Passageway 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 Passageway; thence northerly and westerly following the line of said High Water Mark to the point of commencement, and containing 240 acres, more or less.
WALTER E. WALKER.
Date—25th day of October, 1917.

KEENA 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 Passageway; 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 Passageway; thence south 30 chains; thence northwesterly in a straight line to a point 20 chains due West of the point of commencement; thence 30 chains due East of the point of commencement and containing 240 acres, more or less.
WALTER E. WALKER.
Date—25th day of October, 1917.

KEENA 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 30 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—25th day of October, 1917.

KEENA 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.

KEENA 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 GOTTELL

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



JUNE CAPRICE
DIRECTION WILLIAM FOX

Showing at the Westholme Theatre tonight.

FISHERY LAWS NOW GOVERN THE INDIANS

Ottawa, Oct. 23.—New fishery regulations with regard to the Indians of British Columbia have been instituted under an order-in-council passed recently. The Indians of the Western provinces have in the past had the right to catch fish at any time as long as it was to be used for their own sustenance, but they are not allowed to catch fish in the closed season and sell them. It has been found that a certain amount of this illegal fishing has been going on, the Indians by virtue of their permit, fishing in the close season and selling to white dealers who were willing to buy.

The new regulations provide that all Indians must secure a permit before they can fish and that the permit shall contain a time limit beyond which it ceases to be in force. Any Indian fishing at a time outside the limit will be guilty of a violation of the regulations, and any person buying fish caught in such a way is also a lawbreaker. Indians must not spear, trap or pen fish in their spawning grounds in any place set apart for their propagation.

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 Kit-fool 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 3804, and will be used for power purposes on the Wolf and Dolly Varden Groups of Mineral Claims being Lots 3794 to 3797 inclusive, and Lots 3192 to 3197 inclusive and Lot 2854, Cassiar District.

Application will be made also for the right to store 350 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 comptroller or Water Recorder within thirty days after the said date.

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

KEENA 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 40 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 effective 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 unimpeded. 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 "F. E. 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 5th 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, 178 College Street, Toronto, for same.

LAND ACT

KEENA 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 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.



A Way to Soften the Hard Water of the Bath

Get out the LUX package—pour in 3 or 4 table-spoonfuls 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

Will Class One Provide The One Hundred Thousand Men?

It will be greatly to the advantage of Canada if the entire quota of 100,000 men to be raised under the Military Service Act can be secured from the first class; that is, from the men between the ages of 20 and 34 who were unmarried or widowers without children on July 6th, 1917.

This is almost self-evident for the following reasons:

it is admitted that, between the ages of 20 and 34, the average man is at the height of his physical strength and is most adaptable to the change of conditions from civilian life; the military Service of unmarried men and widowers without children would occasion less distress than that of most others, since they are largely without dependents. Also, it would entail less financial burden for Canada, through separation allowances, etc.

Authorities estimate that, after all proper examinations have been allowed, Canada should be able to produce from the first class 100,000 men fit for service, so the drain upon the man power of the country will not be severe.

Members of Class One will be well advised to present themselves for examination immediately to the Medical Board in their district. Upon examination as to their physical fitness, they will be placed in one of the following categories:

- Category A—if fit for service in overseas fighting units.
- Category B—if fit for service overseas in Army Medical Corps, Forestry Battalion, etc.
- Category C—if fit for service in Canada only.
- Category E—if unfit for military service of any nature.

If not placed in category A, the applicant will know that he is not liable for immediate service, but will go to the Post Office and send in a claim for exemption with his Medical Certificate attached, when he will receive in due course a certificate of exemption until those in his medical category are summoned for service.

Where a man, who is placed in category A, feels that exemption should be allowed, an application form can be secured from the postmaster. This form, when filled in, will be forwarded by the postmaster to the registrar of the district, and the applicant will be informed by mail as to the time and place for the consideration of his application by the Exemption Board.

Issued By
The Military Service Council.