

MISERABLE FROM STOMACH TROUBLE

Felt Wretched Until He Started To Take "Fruit-a-tives"

501 CHAMPLAIN ST., MONTREAL. "For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent Dizzy Spells, and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints, and my hands swollen. A friend advised "Fruit-a-tives" and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that "Fruit-a-tives" is the only medicine that helped me". LOUIS LABRIE. 50c. a box, 6 for \$2.50. Trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.



TIMBER SALE X 1104.

Sealed tenders will be received by the Minister of Lands not later than noon on the 31st day of January, 1918, for the purchase of Licence X 1170, to cut 1,300,000 feet of Spruce, Cedar, Hemlock and Balsam on an area situated on Long Lake, Fraser Beach, Range 4, Coast District. Two (2) years will be allowed for removal of timber.

TIMBER SALE X 1170.

Sealed tenders will be received by the Minister of Lands not later than noon on the 31st day of January, 1918, for the purchase of Licence X 1104, to cut 1,017,000 feet of Cedar, Spruce, Hemlock and Balsam on an area situated in Quat-toon Inlet, Range 5, Coast District. One (1) year will be allowed for removal of timber.

TIMBER SALE X 926.

Sealed tenders will be received by the Minister of Lands not later than noon on the 25th day of February, 1918, for the purchase of Licence X 926, to cut 9,550,000 feet of Hemlock, Spruce, Balsam and Cedar on an area situated on Long Lake, Fraser Beach, Range 4, Coast District. Three (3) years will be allowed for removal of timber.

TIMBER SALE X 894.

Sealed tenders will be received by the Minister of Lands not later than noon on the 20th day of February, 1918, for the purchase of Licence X 894, to cut 12,470,000 feet of Spruce, Cedar, Balsam and Hemlock on an area situated on Nuttium River, Burke Channel, Range 3, Coast District. Three (3) years will be allowed for removal of timber.

SKEENA LAND DISTRICT—DISTRICT OF COAST, RANGE FIVE.

Take notice that I intend to apply to the Honorable Commissioner of Lands and Works to lease the following described lands:

Anyone Can Have Whipped Cream

PACIFIC MILK is so rich in cream that it whips as easily as most of the fresh cream sold around the Province.

Mrs. McGary of New Westminster wrote in to say that she whips PACIFIC MILK regularly for a treat for the youngsters for breakfast. All she does is to set aside the amount she wants, in a cool place, for a time and then beats it with a sieve egg-beater. She puts this on toast and gives it to the children for breakfast. You'll find it is good on cakes and

PACIFIC MILK CO., LTD. Factory at Ladner, B. C.

HOW THE SOLDIER'S VOTE IS ALLOCATED

The dubiety which apparently is existing in certain quarters with regard to the soldiers' vote and how they will be dealt with is cleared away by the statement of Mr. W. F. O'Connor, the general returning officer, in a statement issued at Ottawa last week. Mr. O'Connor says: "The impression appears to have been created in some quarters that the government is empowered under the War Times Election Act to allocate certain soldier votes to particular constituencies as it may seem expedient. This is entirely incorrect. The government, as a matter of fact, is precisely in the same position with regard to the votes of soldiers. The act permits a soldier, who is a British subject and has no domicile in Canada, to designate the constituency in which his vote is to be counted. It also permits him, if he knows only the name of a place and not the name of the constituency in which it is situated, to indicate the name of the place, and the ballot is duly accredited to the proper constituency. But in every case the matter is settled by the soldier himself at the time he votes. Neither the government nor the opposition has power to change the vote of a single soldier or to allocate it to any constituency other than that which the soldier has chosen at the time of voting. The vote is counted and allocated to its proper constituency in the presence of election officers, representing both government and opposition, duly appointed under the provisions of the War Time Election Act."

THE PATRIOTIC FUND

(Prince Rupert Branch) Subscribers to the above fund, who have not yet completed their 1917 subscriptions are earnestly requested to forward without delay to the treasurer, Mr. R. Seymour Wright, P. O. Box 1632, any balance still outstanding, as the books are now being closed before the annual audit.



TIMBER SALE X 1082.

Sealed tenders will be received by the Minister of Lands not later than noon on the 17th day of January, 1918 for the purchase of Licence X 1082 to cut 1,300,000 feet of spruce, Cedar, Hemlock and Balsam on an area situated on Nowish Cove, Susan Island, Range 3, Coast District. One year will be allowed for removal of timber.

TIMBER SALE X1036.

Sealed tenders will be received by the Minister of Lands not later than noon on the 25th day of January, 1918, for the purchase of Licence X 1036, to cut 804,000 feet of Cedar, Spruce, Hemlock and Balsam on an area situated on Baker's Inlet, Range 4, Coast District. One (1) year will be allowed for removal of timber.

MINERAL ACT

CERTIFICATE OF IMPROVEMENTS

NOTICE

"Molybdenum" and "Success" Mineral Claims, situate in the Skeena Mining Division of Cassiar District.

Where located:—About 4 miles westerly from the head of Alice Arm, and about 1/2 mile from the beach. TAKE NOTICE that Lewis W. Palmore, Free Miner's Certificate No. 14332-C, as agent of the Molybdenum Mining and Reduction Company, Limited, (Non Personal Liability) Free Miner's Certificate No. 10322-C, intends 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 each of the above claims.

SKEENA LAND DISTRICT—DISTRICT OF COAST, RANGE FIVE.

Take notice that the Western Salmon Packing Co., Ltd. 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, St. Peter's Passage, (on a small point on the said passage about one mile north of Quince Bay) ten (10) chains due west of said post; thence twenty (20) chains due north; thence twenty (20) chains due east; thence twenty (20) chains south; thence back to point of commencement and containing forty (40) acres more or less. THE WESTERN SALMON PACKING COMPANY, LIMITED; C. C. Robertson, AGT. DATED December 31st, 1917.

LAND LEASE NOTICES

SKEENA 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 90 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 240 acres, more or less. WALTER E. WALKER. Date—25th day of October, 1917.

SKEENA 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.

SKEENA 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, 89 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.

SKEENA 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, 89 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—25th day of October, 1917.

SKEENA 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 30 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.

SKEENA 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 150 acres more or less. WALTER E. WALKER. Date—25th day of October, 1917.

Sterling THE ENGINE REFINEMENT For the finest boats that float FISHERMAN'S ENGINE 2 Cyl.—5 1/2 in. by 7 in. 12-10 Horse Power. 4 Cyl.—3 3/4 in. by 5 1/2 in. 20 Horse Power. 4 Cyl.—6 1/2 in. by 8 in. 28-32 Horse Power. For Further Information Apply to W. E. WILLISCROFT Prince Rupert, B. C.

CLEANSE THE LARGE INTESTINE

Present War Cry of Advanced Physicians.

Some of the leading surgeons of the world have gone so far recently as to remove part of the Large Intestine in cases so serious as that of Tuberculosis and restored the patient to perfect health by so doing. The New York American has recently said: "During Constipation the poisons in the Large Intestine often become so great as to form a serious menace to health and ven to life. Through the walls of the intestine they enter the blood and consume the healthy blood cells, impoverishing the blood, and if this process is continued long enough an acute poisoning is produced." It is impossible under our present-day mode of living for the intestine to rid itself of all waste, and it is easily proven that there is an accumulation, no matter how regular we are. Drugs, if taken regularly, form a habit, but Internal Bathing by means of the "J. B. L. Cascade" cleanses the Lower Intestine its entire length with pure warm water and makes it clean, sweet and healthy. At the same time it regulates the system and makes one feel that every function is working smoothly and naturally—and, indeed, this is so. This letter will convey a message of good cheer to many: Welland, Ontario. Dr. Chas. A. Tyrrell, 163 College Street, Toronto, Ont.: Dear Sir,—We heartily endorse the J. B. L. Cascade, as we find in our work that a loaded colon means a poisoned system, which, in turn, means ligitentous contraction of the spinal muscles, against which our work is directed. Anything helping us in gaining relaxation we consider a boon, both to ourselves and our patients. Most sincerely, Drs. Hoxley and Garland. Over five hundred thousand are now enthusiastic users of the "J. B. L. Cascade," which is now being shown and explained at Cyril H. Orme's Drug Store, cor. 3rd Avenue and 6th St., Prince Rupert. Ask or write now, while you think of it, to Chas. A. Tyrrell, M.D., 163 College street Toronto, for free and interesting booklet, "Why Man of Today is Only 50 Per Cent. Efficient." Salvation Army. Public meetings, Tuesdays, Thursdays and Saturdays at 8 p. m. Sundays at 7:30 p. m.



Make This Work Easier for Yourself

YOU will find that Sunlight Soap is the best and handiest helper for washing dishes you ever used. Try Sunlight, and the hardest part of dish-washing will disappear. The work will be quicker done, too. Of course, Sunlight is the best all-round soap you can buy—good for dainty fabrics, and those woollen blankets you want to keep fresh and fleecy. Remember, it is kind to the hands.

Sunlight Soap

All grocers sell and recommend it. 1510

Keep up the Food Supply and Help Make Victory Sure OUR soldiers must be fed; the people at home must be fed. And—in spite of Germany's murderous campaign to cut off the Allies' Food supply, by sinking every ship on the High Seas—an ample and unfailing flow of food to England and France must be maintained. This is National Service—Not to the Farmer only—But to YOU—to everybody—This appeal is directed WE must unite as a Nation to SERVE—to SAVE and to PRODUCE. Men, women and children; the young, the middle aged and the old—all can help in the Nation's Army of Production. EVERY pound of FOOD raised, helps reduce the cost of living and adds to the Food Supply for Overseas. PLANT a garden—small or large. Utilize your own back yard. Cultivate the vacant lots. Make them all yield food. WOMEN of towns can find no better or more important outlet for their energies than in cultivating a vegetable garden. Be patriotic in act as well as in thought. Use every means available—Overlook nothing. Dominion Department of Agriculture OTTAWA, CANADA. HON. MARTIN BURRELL, Minister.