

NO MORE NERVOUS HEADACHES

Since She Tried "FRUIT-A-TIVES",
The Famous Fruit Medicine.



MISS ANNIE WARD

112 Hazen St., St. John, N.B.
"It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine, 'Fruit-a-tives'. I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-tives'."

After I had taken several boxes, I was completely relieved of these troubles and have been unusually well ever since."

Miss ANNIE WARD.
'Fruit-a-tives' is fresh fruit juices, concentrated and increased in strength, combined with finest tonics, and is a positive and reliable remedy for Headaches and Constipation.

50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or Fruit-a-tives Limited, Ottawa.

KEENA LAND DISTRICT—DISTRICT OF COAST, RANGE 5.

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, Steamer Passage, (on a small right on the said passage about one mile north of Quinamass Bay) ten (10) chains due west of said right; 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, Agent. DATED December 31st, 1917.

Harry A. Harvey

(Late London, Eng., Conservatoire of Music)

PUPIL OF LANSDOWNE COTTRELL

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

FOOD RESTRICTIONS IN GREAT BRITAIN

London, January 29.—Lord Rhondda, food controller, has taken drastic measures to deal with the meat shortage. An official order has been issued applying to all hotels, restaurants, boarding houses and public places to begin forthwith. It specifies two meatless days weekly—Tuesdays and Fridays in the London district, and Wednesdays and Fridays in other parts of the Kingdom. Between the hours of 5 and 10:30 o'clock in the morning no meat, poultry or game may be consumed on any day, and no milk may be consumed as a beverage, except by children under ten years of age.

A guest must provide his own sugar for sweetening beverages, except that residents of hotels, clubs and boarding houses may be supplied with not exceeding six ounces of sugar weekly for this purpose, if they do not possess ordinary sugar rations.

The order gives a table indicating minutely, even into fractions, the exact amount of meat, sugar, bread, flour, butter or other fats allowed each guest for each meal for the guidance of hotel and restaurant proprietors in their weekly directory.

Weekly Allowance.
The weekly allowance for each guest is: Meat, thirty ounces; bread, four pounds; flour, 14 ounces; sugar for cooking, two ounces; butter or fats, 8½ ozs.

In weighing, 2½ ounces of poultry or game are reckoned the same as one ounce of meat; four ounces of bread are reckoned as three ounces of flour.

Public eating places which do not serve meals exceeding 16 pence in price, exclusive of beverages, are exempted from observing meatless days.

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.

Further particulars of the Chief Forester, Victoria, B. C., or District Forester, Prince Rupert, B. C.

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 Nootum river, Burke Channel, Range 3, Coast District.

Three (3) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B. C., or District Forester, Prince Rupert, B. C.

NOTICE IS HEREBY GIVEN that application will be made to the Legislative Assembly of British Columbia at its next session for an act to incorporate an association known as "The Engineering and Technical Institute of British Columbia," with power to promote and increase the knowledge, skill and proficiency of its members in all things relating to the Architectural, Engineering, Surveying and technical professions, and to that end to establish and conduct examinations and prescribe such tests of competency and moral character as may be thought expedient and to grant certificates of membership to those approved of, and to purchase or otherwise acquire and hold real and personal property for the purpose of the institute, and to dispose thereof and reinvest the proceeds in such manner as may seem fit and to fix entrance fees and annual fees or subscriptions to be paid by the members, and to vary the same from time to time, and to provide for the management of its affairs by council to be constituted in such manner as may be provided for by By-law, and to have its head office and hold its annual meetings within British Columbia, and to have, enjoy, and exercise all powers, rights and privileges necessary, usual or incidental to all or any of the aforesaid purposes.

BRADSHAW & STACPOOLE,
Solicitors for the Applicant.
DATED at Victoria, B. C., this 18th day of December 1917.

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 Passage and an East and West Line passing through Concrete Monument at Bartlett Point, Wales Island, B. C.; thence east 60 chains; thence south 89 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.

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.

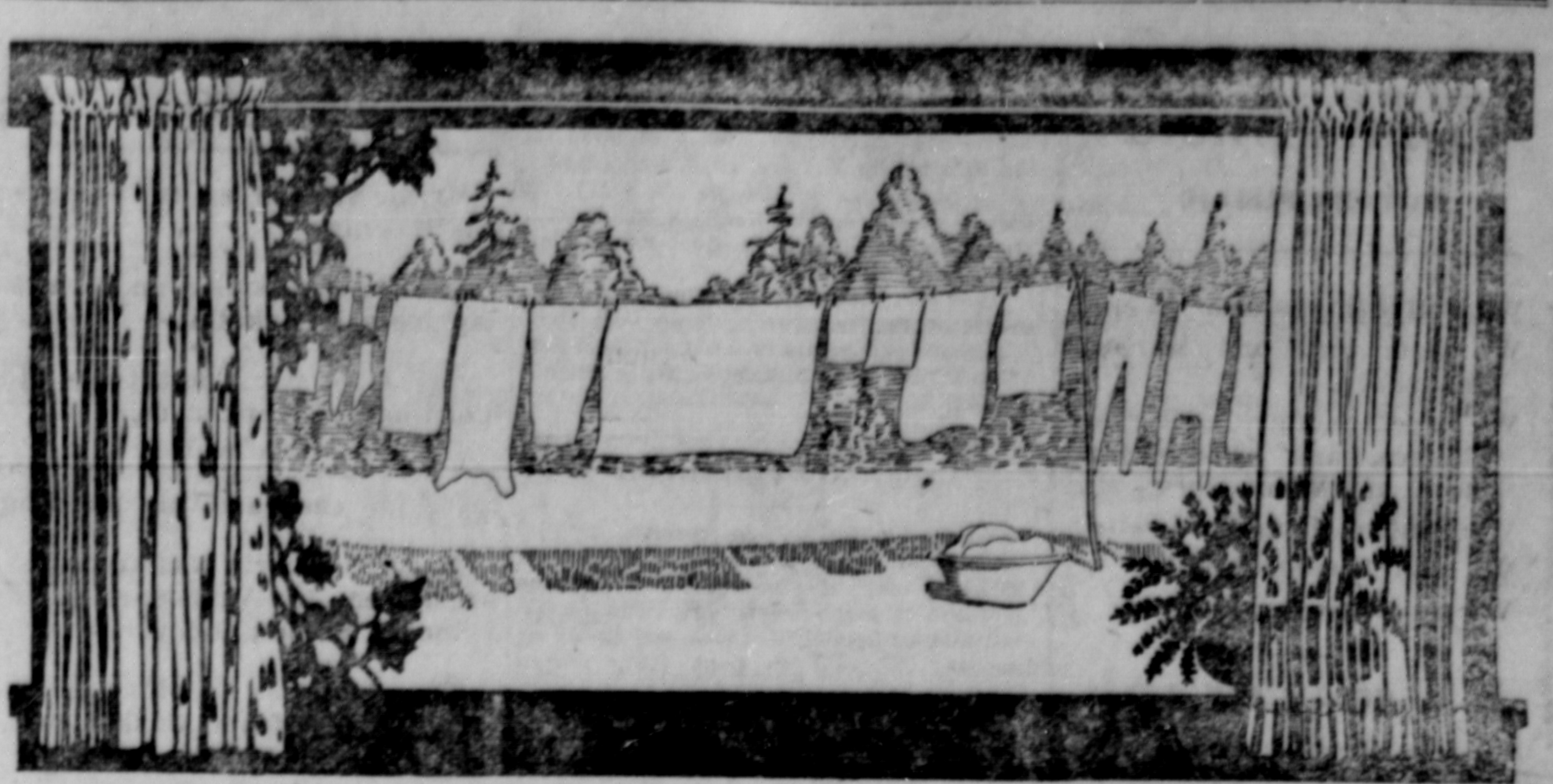
KEENA LAND DISTRICT—DISTRICT OF CASSIAR.

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.



Early Morning Sunlight

YOU will find your washing finished earlier—and better—and your work will become far easier by using Sunlight Soap, for it cleanses and purifies clothes more quickly and thoroughly than ordinary soap.

Sunlight is the most efficient Laundry Soap sold on the Canadian market today—It is pure beyond compare.

You try Sunlight Soap according to directions, and you'll see the early morning sunlight shining on a line of the whitest clothes that ever spoke of housewife's pride.

Sunlight Soap

It's kind to the hands.
Follow directions.
Sold at all grocers.

A \$5,000 guarantee says there is not a particle of adulterant or impurity in Sunlight Soap.

Salvation Army.

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

The Daily News delivered by carrier, 50 cents per month.

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, more or less, 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, Agent. 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, more or less, 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, Agent. 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 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.



TIMBER SALE X 925.

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 925, to cut 3,660,000 feet of Hemlock, Cedar, Balsam and Spruce on an area situated on Long Lake, Fraser Reach, Range 4, Coast District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B. C., or District Forester, Prince Rupert, B. C.

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 one mile from the Beach.

TAKE NOTICE that Lewis W. Patmore, Free Miner's certificate No. 14232-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.

AND FURTHER TAKE NOTICE that action under Section 85 must be commenced before the issue of such Certificate of Improvements.

DATED this 26th day of November A. D. 1917.

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-sault 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 3854, 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 controller or Water Recorder within thirty days after the said date.

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

FIRE ALARM SYSTEM.

CIRCUIT NO. 1.

Box 12—5th St. and 3rd Ave.
Box 13—6th St. and 3rd Ave.
Box 14—8th St. and 3rd Ave.
Box 15—Junction of 1st, 2nd and 3rd Aves.
Box 16—1st Ave., between 8th and 9th Sts. (Knox Hotel).
Box 17—1st Ave. and 7th St. (Central Hotel).

CIRCUIT NO. 2.

Box 22—3rd Ave. and 3rd St. (Post Office).
Box 23—3rd Ave. and McBride St.
Box 24—1st Ave. and McBride St.
Box 25—2nd Ave. and 2nd St.
Box 26—2nd Ave. and 6th St.
Box 27—G. T. P.

CIRCUIT NO. 3.

Box 31—5th Ave. and Fulton St.
Box 32—Borden and Taylor Sts.
Box 34—7th Ave. and Fulton St.
Box 35—9th Ave. and Cornor Ave.
Box 37—8th Ave. and Dodge Place
Box 38—6th Ave. and Thompson St.

CIRCUIT NO. 4.

Box 41—4th Ave. and Emmerson Place.
Box 42—5th Ave. and McBride St.
Box 43—5th Ave. and Green St.
Box 44—6th Ave. and Basil St.
Box 45—7th Ave. and Eberts.
Box 141—7th Ave. and Young St.

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. McCary 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.

If you have a good recipe send it in. You may get a nice surprise in return. Address Box 882, Vancouver, B. C.

Keep Chickens

This is National Service



They will help Keep you

The cost of meat is the heavy item in the food bill.

Poultry and Eggs will help take the place of meat.

The food that goes to the garbage pail from the average table will provide one-third the feed for a flock of 8 to 10 hens.

Poultry will thrive where vegetables will not grow. The outlay is small. A few minutes a day is all the time required.

A small flock in your back yard will go far to keep you supplied with eggs, broilers and roasters.



Write for Poultry Bulletins to

INFORMATION BUREAU
THE DOMINION
DEPARTMENT OF AGRICULTURE,
OTTAWA
HONOURABLE MARTIN BURRELL, Minister.

How to go about it

BUY eggs for hatching or day-old chicks; borrow or buy a broody hen or an artificial brooder. A slatted packing-box will house the hen and chicks. Feed the chicks bread crumbs soaked in milk and squeezed dry. Feed five times a day, alternating with prepared chick feed, only as much as they will eat up clean. Remember that a hungry chick is a healthy chick.

CAUTION: Chicks must not be fed until at least 48 hours old, and then only sparingly.

If you can, start now with eggs or chicks; if not, arrange at once with the local poultry association for pullets in the fall.