

## How Will You Protect Your Wife

and the children should you fall ill or lose your employment? Have you money in the Bank to tide the family over until you are "on your feet" again?

Every married man should open an account in our Savings Department and put by a part of his earnings every week or month.

Such a sum, earning interest, will be a welcome protection for the family. A Savings Account may be opened with one dollar.

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**PRINCE RUPERT BRANCH**  
W. J. SMITHERS, Manager

NAVIGABLE WATERS PROTECTION ACT.  
(R. S. C. Chapter 115.)

AKERBERG THOMSON and COMPANY, LIMITED, hereby give notice that they have, under section of said act deposited with the Minister of Public Works at Ottawa and in the office of the District Registrar of the Land Registry Office, District of Prince Rupert, a description of the site and the plans of wharf and other works proposed to be built on Lot one, Waterfront Block F, City of Prince Rupert, Province of British Columbia, and take notice that after the expiration of one month from the date of the first publication of this notice Akerberg Thomson and Company Limited will under Section seven of the said Act, apply to the Minister of Public Works at his office in the City of Ottawa for approval of the said site and plans and for leave to construct the said wharf and works.

Dated at Prince Rupert, B. C., this second day of January 1918.  
AKERBERG THOMSON and COMPANY, LTD.  
David Thomson, Secretary.

## DENTISTRY

CROWN AND BRIDGE WORK  
A SPECIALTY

DR. J. S. BROWN

DENTIST

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Phone 554

## Harry A. Harvey

(Late London, Eng., Conservatoire of Music)

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EXAMINATIONS

Pupils Prepared for Examinations

Associated Board, Vancouver, Center

Royal College of Music, London, Eng.

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PHONE 55

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## RED CROSS NOTES

The monthly business meeting of the Red Cross Society will be held in the Court House on Saturday March 2, at 3 o'clock. Members of the Executive are asked to remember the date.

The sale of Home Cooking to be held in the Red Cross Hut on Third Avenue this coming Friday will be under the charge of Mrs. Rix and Miss Gillespie.

The Port Simpson Knitting club have again sent in forty four pairs of socks, which are acknowledged with thanks.

Mr. James Patrie, a returned soldier, has sent a donation of \$3.00 to the Society. The wounded soldiers appreciate what has been done for them in the overseas Hospitals, as gifts like this show.

A cheque for \$21.00 has been received from Messrs. D. H. Hays, S. E. Parker, and E. H. Mortimer, being commission of Victory Loan sales, which is acknowledged with thanks.

The sale of home cooking last week realized the sum of \$61.00. All those who contributed are very warmly thanked. The following is a list of the givers and winners of the articles drawn for: Mr. C. Orme gave a baby's toilet set, won by E. Stillwell; W. Goldbloom \$5 gold piece won by Mrs. C. Starr; W. W. Wrathall picture, won by Miss P. Allen; F. M. Davis, feather fan, won by H. F. McLeod; E. Phillips, massage outfit, won by J. H. Thompson; Munro Bros., sack flour, won by Miss Hardy; J. L. Christie, 5 lb. tea, won by Mrs. Bowness; Mrs. E. Price, cedar mop, won by H. F. Wearmouth; D. Glennie, box apples, won by E. Gammon; Mrs. Barnsley, records, won by Miss N. Brand; Mrs. Deasy Indian Basket, won by H. B. Rochester; Benson's Studio, picture, won by Miss P. Allen; Fritz Schultz, tobacco, won by H. B. Rochester;

## MINERAL ACT

### CERTIFICATE OF IMPROVEMENTS

#### NOTICE

"Fat Fraction" and "Daily" Mineral Claim, situated in the Portland Canal Mining Division of Cassiar District.

Where located:—On the east side of Cascade Creek, 12 miles from the head of Portland Canal.

TAKE NOTICE that I, J. Fred Ritchie (Free Miner's Certificate No. 9473-C.) acting as agent for Reginald King Neill, Free Miner's Certificate No. 9527-C, intend, 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 the above claim.

And further take notice that action, under section 85, must be commenced before the issuance of such Certificate of Improvements.

Dated this 14th day of December, A. D. 1917.

## MINERAL ACT

### CERTIFICATE OF IMPROVEMENTS

#### NOTICE

"Simpson," "Rupert," "Pictou" "Essington," "Cascade Falls No. 4" and "Cascade Falls No. 8" Mineral Claims, situated in the Portland Canal Mining Division of Cassiar District.

Where located:—On the east side of Cascade Creek, 12 miles from the head of Portland Canal.

TAKE NOTICE that I, J. Fred Ritchie (Free Miner's Certificate No. 9473-C.) acting as agent for Oakley Beaufort Bush, Free Miner's Certificate No. 9956-C, intend, 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 the above claim.

And further take notice that action, under section 85, must be commenced before the issuance of such Certificate of Improvements.

Dated this 25th day of August, A. D. 1917.

## MINERAL ACT

### CERTIFICATE OF IMPROVEMENTS

#### NOTICE

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

Where located:—About 4 miles West of the head of Alice Arm, and about 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.

## HAIR SEAL SKINS

I want to get into touch with persons having or who may have hair seal's or sea lions skins which are free from scars or fork or hook holes.

J. N. M. BROWN

Post Office Box 807, Vancouver, B.C.

## A Clergyman's Wife Wants Women to Know Advantages of Internal Bathing

If women could only see the thousands of letters Dr. Tyrrell has received from grateful women in all parts of the world, thanking him for his wonderful invention for Internal Bathing, they would soon discard the medicine bottle and look to the cause of their trouble. 95 per cent. of all human ills are due to accumulated waste in the Colon or Large Intestine. Warm water, properly used with the "J. B. L. Cascade," will relieve the cause of your troubles and perfect health will follow.

A Winnipeg clergyman writes: "My wife is naturally sensitive about having her name appear in public print, yet is anxious that others should know what the 'J. B. L. Cascade' has done for her. It has really given her a new lease of life. For years she had been doctoring for Constipation, which became worse every year. Since using the 'J. B. L. Cascade,' first about 4 years ago, she has not been sick a day, and has become robust and strong again. Should any person with this letter confirmed, you are at liberty to give my name in private."

The "J. B. L. Cascade" is shown and explained by Cyril H. Orme, Third Avenue, Prince Rupert, B.C.

The "J. B. L. Cascade" is an invention, perfected by Dr. Chas. A. Tyrrell of New York, and has done more during the past few years to restore health and lessen disease than all other means combined. Ask for booklet explaining all about Internal Bathing and what it has done for others." It is free.

## 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 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 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 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, 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, 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, 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, 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 with 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 commencement; thence 30 chains and containing the point of commencement and containing 240 acres, more or less.

WALTER E. WALKER.

Date—25th day of October, 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 Horde 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 1854, Cassiar District.

Application will be made also for the right to store 350 acre feet in First Trout Lake and 2,500 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.

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 160 acres more or less.

WALTER E. WALKER.

Date—25th day of October, 1917.

## 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.

## Dr. Price's CREAM BAKING POWDER Saves Eggs

In recipes for cake, muffins, corn bread, etc., fewer eggs may be used and excellent results and healthful, appetizing food obtained by using an additional quantity of Dr. Price's Cream Baking Powder, about a teaspoon, in place of each egg omitted.

**EGGLESS MUFFINS**  
2 cups flour  
1 cup milk  
4 teaspoons Dr. Price's Cream Baking Powder  
2 tablespoons sugar  
1 teaspoon salt  
2 tablespoons shortening  
**DIRECTIONS:**—Mix and sift dry ingredients. Add milk, stirring until all lumps are out; add melted shortening. Beat well and bake in greased muffin tins in hot oven from 20 to 25 minutes.

The old method called for 2 eggs. Makes 18 Muffins.

Booklet of recipes which economize in eggs and other expensive ingredients mailed free.

Address 6 St. Lawrence Boulevard, Montreal.

Dr. Price's Cream Baking Powder is made from Cream of Tartar derived from grapes, and makes wholesome food.

Made in Canada No Alum

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## Keep up the Food Supply and Help Make Victory Sure

"I AM assured that my people will respond to every call necessary to the success of our cause—with the same indomitable ardour and devotion that have filled me with pride and gratitude since the war began."

HIS MAJESTY KING GEORGE

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 unflinching 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.

For information on any subject relating to the Farm and Garden, write:  
INFORMATION BUREAU  
Department of Agriculture  
OTTAWA

Dominion Department of Agriculture  
OTTAWA, CANADA.

HON. MARTIN BURRELL, Minister.

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.

## 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.