

# HOW TO GET RID OF RHEUMATISM

## "Fruit-a-lives" Point the Way to Quick Relief

VERONA, ONT.  
 "I suffered for a number of years with Rheumatism and severe Pains in my Side and Back, caused by strains and heavy lifting. When I had given up hope of ever being well again, a friend recommended 'Fruit-a-lives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your wonderful fruit medicine".

W. M. LAMPSON.  
 "Fruit-a-lives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—or sent postpaid by Fruit-a-lives Limited, Ottawa.

### RED CROSS NOTES

Mrs. Bryant, Mrs. Burritt, and Mrs. J. S. McIntosh will have charge of the sale of home-cooking in the Red Cross hut on Third Avenue on Friday afternoon.

The sale last week under the charge of Mrs. Shrubbsall and Mrs. Simpson realized the sum of \$110. Both these ladies brought a large quantity of home-cooking, and although the supply was good, the demand was still greater, and much more could have been disposed of. To all those who assisted in the fine result of last Friday, the thanks of the Society are extended.

The pupils of Division V, King Edward School, are thanked for a donation of \$4.95.

A branch of the Red Cross Society has been formed at Port Essington with the following officers:—President, Mrs. W. H. Pierce; vice-president, Mr. James Adams; secretary-treasurer, Mrs. A. G. Harris. Port Essington has done splendid work under the name of the "Patriotic Guild," but lately the members decided to form a Red Cross branch of the Prince Rupert Society, which is very glad to have the benefit of their help.

The Queen Mary Knitting Club is thanked for ten pairs of hand-knit socks, the wool provided by themselves.

A cablegram has been received by the Society from London, Eng., asking for further and continued help. The demand for all sorts of supplies this past month has exceeded their expectations and taxed their resources to the utmost. The heavy fighting and the number of casualties during the past month needs increased assistance to keep up with the demands being made upon the Red Cross.

The givers and winners of the articles raffled last week are as follows:—Mr. H. C. Nunan, spring salmon, won by R. E. Benson and A. D. Gillies; A. T. Broderick, \$5 gold piece, won by Ahrie Kyte; Spurr's Market, 50-lb. sack flour, won by G. Weston; Mrs. Kelsey, Seal Cove, basket fruit, won by E. C. Gibbons; E. Emad, box of candy, won by R. E. Walker; Wm. Shrubbsall, black cod, won by Bessie Parker; W. J. Cash, \$5 gold piece, won by J. H. McLeod; O. E. Smith handkerchief case, won by W. H. Sherman; P. Burns & Co., Ltd., 5-lb. pail land, won by A. Carss; Mrs. C. Jackson, two doz. eggs, won by A. Parker, and E. Shrubbsall, 20 lbs. sugar, won by A. Carss.

### Salvation Army.

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

### COAL NOTICES

SKEENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS

TAKE NOTICE that I, James P. Reid, of Prince Rupert, B. C., prospector, intend to apply for a licence to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island. Commencing at a post planted about 1/4 of a mile southeasterly from a post located on the shore of a small Bay opening out of Canoe Pass between Morsby and Chastl Islands, about 3 miles northerly along the Morsby Island side of Canoe Pass from Buck Point; thence south 80 chains; thence west 80 chains; thence north 80 chains; thence east 80 chains to the point of commencement.

JAMES P. REID, Applicant. Located November 9th, 1917.

SKEENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS

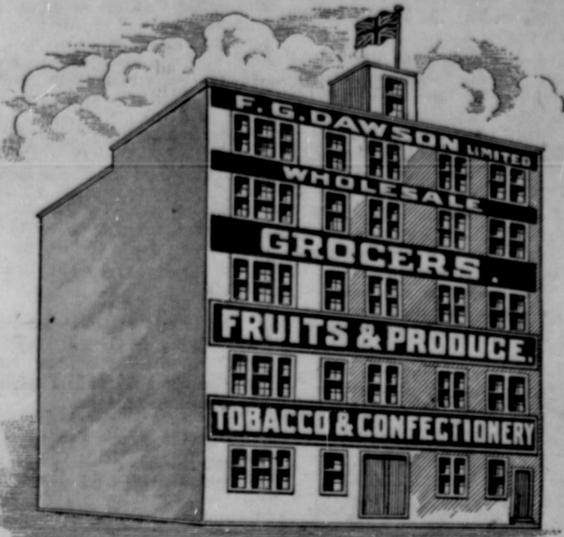
TAKE NOTICE that I, Charles E. Burgess, of Prince Rupert, B. C., prospector, intend to apply for a licence to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island. Commencing at a post planted about 1/4 of a mile southeasterly from a post located on the shore of a small Bay opening out of Canoe Pass between Moresby and Chastl Islands, about 3 miles northerly along the Moresby Island side of Canoe Pass from Buck Point; thence north 80 chains; thence east 80 chains; thence south 80 chains; thence west 80 chains to point of commencement.

CHARLES E. BURGESS, Applicant. Located November 9th, 1917.

SKEENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS

TAKE NOTICE that I, Hans K. Christensen, of Prince Rupert, B. C., prospector, intend to apply for a licence to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island. Commencing at a post planted about 1/4 of a mile southeasterly from a post located on the shore of a small Bay opening out of Canoe Pass between Moresby and Chastl Islands, about 3 miles northerly along the Moresby Island side of Canoe Pass from Buck Point; thence north 80 chains; thence west 80 chains; thence south 80 chains; thence east 80 chains to point of commencement.

HANS K. CHRISTENSEN, Applicant. Located November 9th, 1917.



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Prince Rupert, B. C.