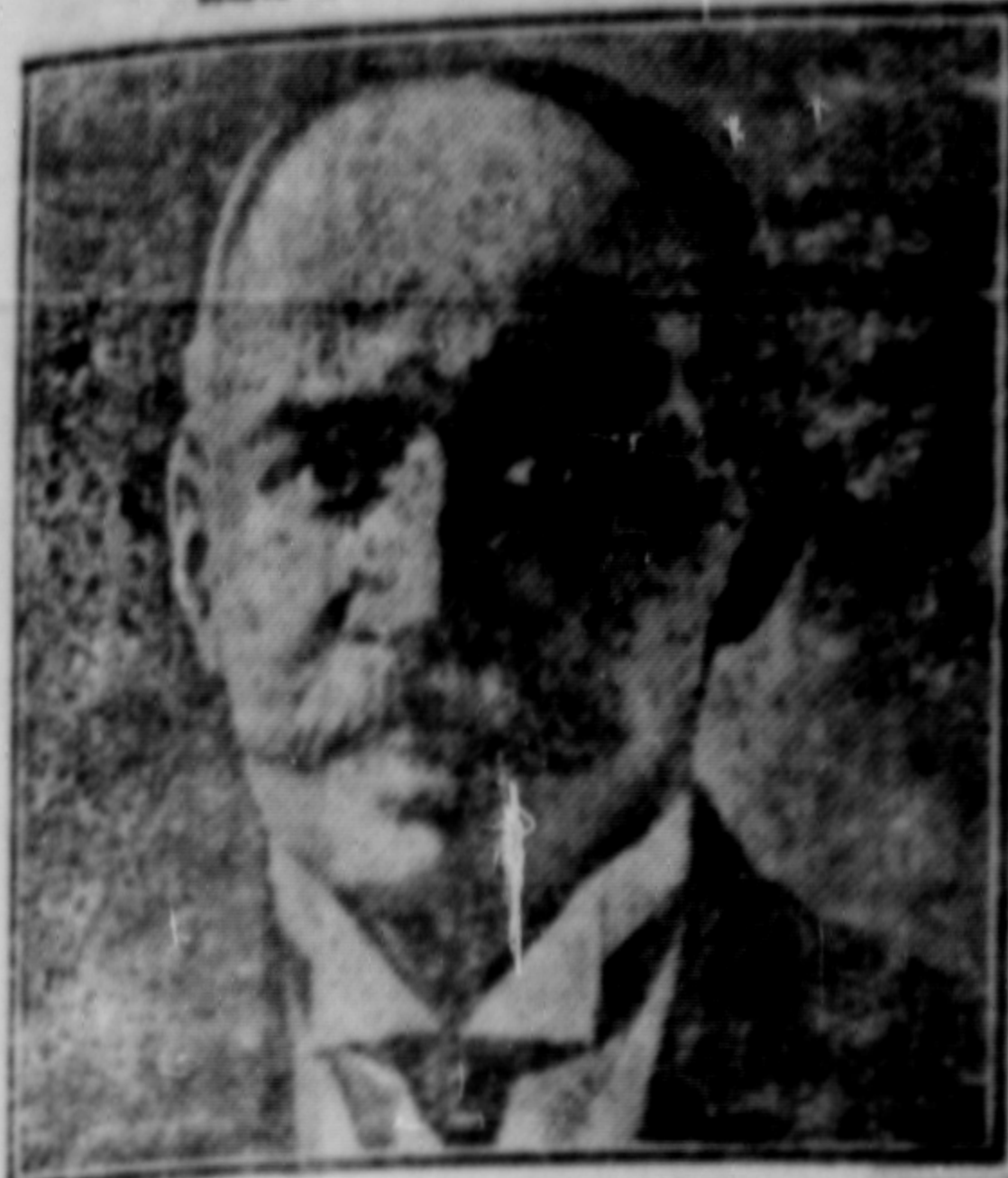


TORTURED BY RHEUMATISM

"FRUIT-A-TIVES" Brought Quick and Permanent Relief



MR. P. H. MCHUGH
103 Church Street, Montreal.
December 10th, 1917.

"I was a great sufferer from Rheumatism for over 16 years. I consulted specialists, took medicines, used lotions; but nothing did me good. Then, I began to use "Fruit-a-tives"; and in 15 days, the pain was easier and the Rheumatism was better. Gradually, "Fruit-a-tives" overcame my Rheumatism; and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation, and "Fruit-a-tives" relieved me of these complaints; and gave me a good appetite; and in every way restored me to health". P. H. MCHUGH.
50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent post paid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

DECLARES GERMANY WILL SEIZE HOLLAND

Rotterdam, May 16.—A row in Rotterdam between a German major and a Dutch landlady has caused some excitement. The major rented a high-class apartment with two other officers, for a month, and, having found cheaper quarters, decided to move out, which was against the laws of Holland. There ensued a terrible scene, when the officer shook his fist in the landlady's face, shouting:

"Damn you! We will teach you Dutch a lesson on August 1. That is the date, and you'd better keep it in mind."

When the landlady's husband asked for an explanation of this threat, having found her in hysterics, it was explained by the German officer; that August 1 was the day that Germany had decided on to take control of Holland, and advised him to treat German officers courteously and learn their language.

ATHLETICS ARE NEEDED IF THEY DO COME HIGH

London, May 17.—The man who deliberately takes unnecessary exercise wastes an equivalent of food, according to Dr. Robert Hutchinson, a dietetic expert at the West London Hospital, and on this assumption he strongly objects to athletics during this present time of food scarcity. He believes that Britons can suffer ten per cent reduction in weight without endangering their health. Other dieticians express the opinion that the recent enormous consumption of fish and rabbits in this country, instead of the red beef of old England, is reducing the British waist line, but so far is making people healthier. Less exercise and more sleep is advocated by Dr. Hutchinson to retard the loss of weight.

SKENA LAND DISTRICT—DISTRICT OF COAST, RANGE 5.

TAKE NOTICE that the Grand Trunk Pacific Railway Company of Winnipeg, Manitoba, intends to apply for permission to lease the following described lands:—Commencing at a post planted at the most northerly point of Lot 507 at or about high-water mark, thence northerly, easterly, southerly and westerly, following the sinuosities of the shore line to a point of commencement, including all that foreshore between high-water and low-water. Dated April 4th, 1918.

THE GRAND TRUNK PACIFIC RAILWAY COMPANY, H. H. Hansard, solicitor.

PRINCE RUPERT LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that we, The Aeroplane Spruce Lumber Co. Ltd., of Port Clements, occupation lumbermen, intend to apply for permission to lease the following described lands:—

Commencing at a post planted at the northeast corner of Lot 5, Block 45, part of subdivision of District lot 746, thence north 8 chains, thence west 30 degrees south to the approach to the Government Wharf, Port Clements, thence southerly along said approach to the northwest corner of Lot 1, said block 45, thence easterly along the waterfront of lots 1, 2, 3, 4, 5, 6, 7, and 8, said block 45 to point of commencement, and containing seven and one-half acres more or less.

AEROPLANE SPRUCE LUMBER CO., LTD. S. T. Lewis, President. April 2nd, 1918. 118

COAL NOTICES

SKENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS

TAKE NOTICE that I, Joseph Sexton, of Prince Rupert, B. C., Prospector, intend to apply for a license to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island. Commencing at a post planted about 1/2 of a mile southeasterly from a post located on the shore of a small Bay opening out of Canoe Pass between Moresby and Chaatl Islands, about 3 miles northerly along the Moresby Island side of Canoe Pass from Buck Point; thence south 80 chains; thence east 80 chains; thence north 80 chains; thence west 80 chains to the point of commencement.

JOSEPH SEXTON, Applicant. Located November 9th, 1917.

SKENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS

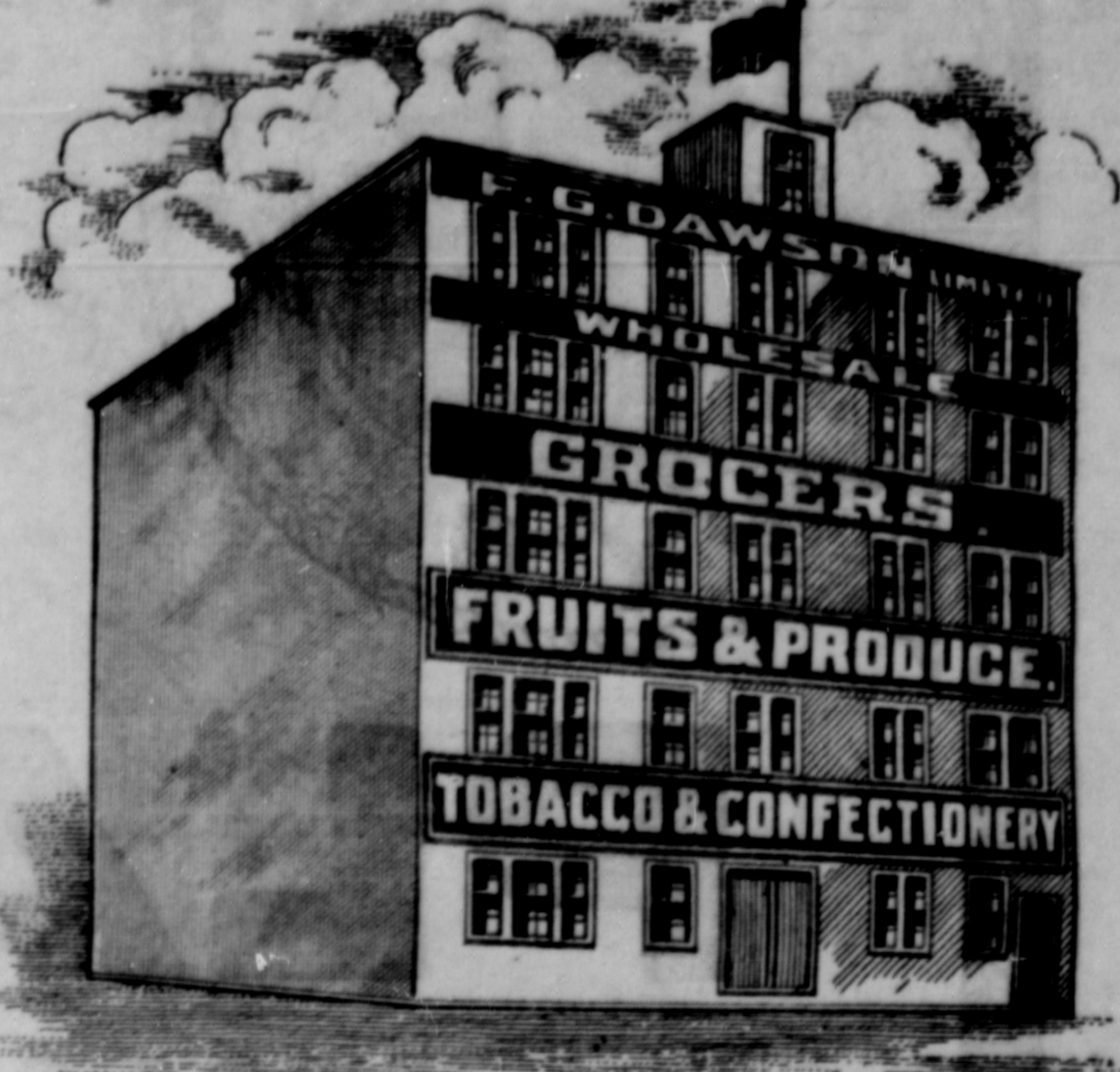
TAKE NOTICE that I, Charles E. Burgess, of Prince Rupert, B. C., miner, intend to apply for a license to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island. Commencing at a post planted about 1/2 of a mile southeasterly from a post located on the shore of a small Bay opening out of Canoe Pass between Moresby and Chaatl Islands, about 3 miles northerly along the Moresby Island side of Canoe Pass from Buck Point; thence south 80 chains; thence east 80 chains; thence north 80 chains; thence west 80 chains to the point of commencement.

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

SKENA 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 license to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island. Commencing at a post planted about 1/2 of a mile southeasterly from a post located on the shore of a small Bay opening out of Canoe Pass between Moresby and Chaatl 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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The ever increasing demand for "Staff Beverages" is evidence that its superiority is recognized by discriminating users

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SPARKLING

NECTAR of Purest Apples, blended into a drink of rare deliciousness and flavor; clear as crystal, sparkling like champagne, sweet as orchards in full bloom, and fragrant with the mellowness of selected ripe fruit. Try a glass of Applestaff today; order a case for the home.

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Lifestaff
IT'S LIQUID FOOD

Richest brew of good cheer and health; essence of golden grains, rendered into a matchless beverage for young and old—snappy, invigorating, stimulating to body and nerves, Lifestaff is foamy, creamy, golden yellow, with a taste that says "Come again!" In popular priced bottles.

LIFESTAFF EVERYWHERE.

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IT'S LIQUID FOOD

Good old fashioned Bock brew, more tasty and creamy than ever; rich and dark of color, foaming with spirit and life, Bockstaff is the "Hit of the Town" wherever it has been introduced. It is the pleasing, snappy drink you have been waiting for, with an after taste that makes you smack your lips with joy.

BOCKSTAFF EVERYWHERE

We are pleased to announce that we have been named distributors of "staff" Beverages for Northern British Columbia, for the Hemrich's Staff Products Company, of Seattle. We are supplying Cafes, refreshment places, hotels, restaurants, grocers, and other dealers as rapidly as possible. Please Phone the undersigned if you can't get Applestaff, Lifestaff or Bockstaff; we will see that your order is promptly filled.



License No. 142

F. G. DAWSON, Limited
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Prince Rupert, B.C. Phone 77 and 72

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