"Nerves in Bad State Could Not Sleep"

Mrs. H. N. Tardell, Harrowsmith, Ont., writes:

"My nerves were in a very bad state, and for nearly six months I did not know what it was to have a good night's rest. I could not eat, and never felt well. I heard about Dr. Chase's Nerve Food, and thought I would try it. After taking it for a few days I began to feel better, and soon was able to sleep well at night. My appetite also returned, and I felt stronger and better, and after taking three boxes of Dr. Chase's Nerve Food I was quite well. I have also given the Nerve Food to my little girl, with good results."

Dr. Chase's Nerve Food

60 cts. a box of 60 pills. Edmanson, Bates & Co., Ltd., Toronto

TOYLAND OPENS TODAY

COME AND BRING THE CHILDREN

Here are Toys from all parts of the world, well made, distinctive and low in price. Now is the time to make your selections before the rush commences.

EXTRAORDINARY VALUES IN ALL DOLLS

McRae's Special ... $1.30

Full jointed, fine quality bisque head, moving eyes and real eyelashes, flowing curly hair, jointed at neck, shoulders, elbow, wrist, hip and knee, muslin dress, braid, lace, shoes and socks—$1.30. See our window. Other lines equally good value.

McRae Bros. Ltd

Yesterday's Left-overs

with the help of OXO Cubes, become the appetizing, delicious Meat Patties, Meat Pies, Stews or Soups of today's dinner.

Tins of
4 Cubes - 15c.
10 " - 30c.

There are scores of ways of using OXO Cubes to save meat — money — time — work — and make commonplace dishes taste better and have greater food value.

OXO CUBES

The Great Beef Economy.

A time honored friend of yours

Bottled in bond—under Federal Government Supervision

Old Kentucky BOURBON WHISKEY

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

HER HEADACHES WERE SO BAD SHE COULDN'T DO ANYTHING

Once the head starts to ache and pain you may rest assured that the cause comes from the stomach, liver or bowels, and the cause must be removed before permanent relief may be had.

There is no better remedy for headaches of every description than

BURDOCK BLOOD BITTERS

as it removes the cause of the headaches in a way that no other remedy will do.

Mrs. Wm. Helpard, Lower Stewiacke, N.S., writes:—"I suffered for a long time with my head. It would ache and ache until it made me so sick I could not do anything, but after taking four bottles of B.B.B. I feel that I cannot recommend it too highly to all those suffering from headaches of any kind."

B.B.B. has been on the market for the past 46 years and is recognized by all who have used it to be without an equal as a remedy for headaches; put up only by The T. Milburn Co., Limited, Toronto, Ont.

TIMBER GROWS FAST AS USED

This Only Province of Dominion Where Depletion Not Equal to Growth

British Columbia is believed to be the only province in Canada where the rate of depletion of the forests is not greater than the annual growth, under present conditions. This fact, referred to by the Royal Commission on Pulpwood in its report, is the basis for the belief that the province will eventually assume an even more important position in pulp and paper manufacture than it now holds. The commission expressed the opinion that the annual cut of timber in British Columbia could be increased several-fold, if annual losses from fire, etc could be avoided.

Pulp and Paper

The pulp and paper industry is new to British Columbia. Pulp has been made longer than paper which has a record of only eight years on the coast. The industry was undoubtedly attracted by the large supplies of cheap raw material available just as in the United States, saw mills and paper mills were established in the Pacific coast states, when the foests of the East began to be depleted. Since beginning the manufacture of pulp, British Columbia has shown very steady development, as the following table indicates:

	Pulp tons	Paper tons
1913	61,354	.....
1914	56,352	.....
1915	65,823	.....
1916	78,655	.....
1917	111,875	79,004
1918	173,161	122,516
1919	194,126	135,310
1920	218,582	147,289
1921	165,053	98,001
1922	198,426	130,600
1923	217,712	155,373

In addition to this substantial production of pulp and paper, British Columbia is the leading producer of saw timber in Canada.

Not a Big Exporter

British Columbia exports but little pulpwood, although the provincial legislation is such as to make the obtaining of a permit for such exportation comparatively easy. But there are few "pulpwood" farmers in British Columbia. The distances are great; the logs are large, and the forest areas are not widely opened up for settlement. British Columbia's problem is not then one of preventing export of pulpwood; exports are not likely to increase largely under present circumstances, but rather one of making the most effective use of the timber that is cut, and of protecting the forests from losses due to fire and fungi.

It is not to be forgotten that British Columbia's distance from most of her markets has made necessary the local manufacture of raw materials. Although she is now successfully competing in world markets, British Columbia is rather isolated, topographically, from the rest of the Dominion.

Barrier to Transportation

The Rocky Mountain system offers a barrier to transportation by rail which can be surmounted only by the payment of expensive rail charges. Looking in other directions, and with the exception of neighboring states, the province is separated from the rest of the world by the Pacific. On both sides she is confronted with transportation charges upon her products which have in some manner to be overcome. Had these transportation difficulties not existed, however, there is at least some doubt that industries would have been developed to the degree in which they now exist; the very isolation of British Columbia resources—if they are to be brought under exploitation—necessitated the influx of capital, in order that the handicap of excessive transportation charges might be reduced to the lowest possible minimum, namely, by the local manufacture of raw materials. The one thing which has served to attract the very necessary capital has been the abundance and general high quality of British Columbia timber; a coniferous forest, equalled nowhere in the world except in the adjoining states, offered the incentive to outside capital, and by large-scale production of high-class products, the handicaps of distance have in a measure been overcome.

Must Protect Her Forests

With such reserves, British Columbia is hardly likely to take action to curtail cutting of timber, pulpwood, and in other kinds of timber. The tendency is more likely to be in the direction of development toward increased use, but along lines and under methods which will insure perpetuation of the stand. The maintenance of advantage which the province enjoys in quantity, quality, and growth of timber—so essential to the overcoming of other disadvantages with which the industry is beset—depends the more careful and more complete use of timber which is harvested, and the protection of it, and of the young timber stands, from fire.

SUPPORT HOME INDUSTRY

EAT FISH

BOOST THE FISH BUSINESS

ON

Canada's National Fish Day

Wednesday, Dec. 10th

There is no more health giving FOOD in existence than FISH

Eat, Talk and Buy Fish

REMEMBER: The Foundation of Prince Rupert's Prosperity is Built Upon the Fish Industry

Support the Industry That Supports You

ROYAL FISH COMPANY. ATLIN FISHERIES, LTD.

Prince Rupert, B. C.

PLEASE ATTEND THE NATIONAL FISH LUNCHEON AT ST. REGIS HALL, AT 1 P.M. WEDNESDAY. LADIES PARTICULARLY SHOULD ENDEAVOR TO ATTEND. ADMISSION 75 CENTS. ACCOMMODATION LIMITED.

LAND ACT

Queen Charlotte Island Land District. District of Prince Rupert

Take Notice that I, Samuel Simpson, of Massett, B.C., occupation fisherman, intends to apply for permission to lease the following described lands: Commencing at a post planted near the southeast corner of Massett Island, and thence 5 chains to low water mark; thence following low water mark in a northwesterly direction a distance of 80 chains (1 mile); thence westerly 5 chains; thence southerly 80 chains (1 mile) to post of commencement and containing 15 acres (more or less).

SAMUEL SIMPSON, Applicant.
Peter Keay, Agent.

25th September, 1924.