

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives"
Because They Did Her Good

Rochon, P. Q., JAN. 14th, 1915.
"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-tives'."

I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches—'try Fruit-a-tives' and you will get well'. CORINE GAUDREAU.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.



Scene from "The Plunderer," the Fox-feature at the Westholme Theatre tonight.

WANTED

Experienced Bridge men, Track men, Tracklayers and General Construction Laborers to join the 239th Battalion, Overseas Railway Construction Corps. Drafts leaving Vancouver, B. C., for Valcartier, P. Q., weekly. Be attested and forward papers to Vancouver, and transportation will be arranged at once. Send all communications to: Officer commanding, 239th Battalion, C. E. F., 175 Cordova St., W., Vancouver, B. C.

Coughing scatters germs—Stop it

Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others. Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure. The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is especially due to its great value as a permanent lung and bronchial healer. Sold everywhere, 35c large bottles. J. L. MATHIEU CO., Prop., Sherbrooke, P. Q.

Salvation Army.
Public meetings, Tuesday Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.

SUN AND TIDE

Tuesday, December 19th.
Sun rises.....9:5 a. m.
Sun sets4:15 p. m.
Low water ...1:57 a. m. Ht. 8.8
High water ...8:32 a. m. Ht. 18.4
Low water ...3:23 p. m. Ht. 8.1
High water ...9:22 p. m. Ht. 15.6
Captain McGee, M. M. S. A.

Resolve to Succeed

Throw off the handicap of petty ills that make you grouchy, listless and depressed. Get at the root of your ailments—clear your digestive system of impurities, put it in good working order—keep it healthy with

BEECHAM'S PILLS

They act promptly on the stomach, liver and bowels, removing waste matters and purifying the blood. Not habit forming, never gripe, but leave the organs strengthened. To succeed in life, or work, first have a healthy body. This famous remedy will do much to

Help You

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25 cents.

FROM FAR AND NEAR

D. E. McTaggart states that he will oppose the election of Hon. M. A. Macdonald in Vancouver. The Conservatives will not contest the seat.

Vancouver is to have an aeroplane factory and aviation school. The plant will be at Coal Harbor where Hoffer Brothers have just completed the construction of a seaplane. A trial flight will shortly be made over English Bay.

Ben S. Kennedy, of New Westminster, a member of the Typographical Union, has been recommended for a position on the Workmen's Compensation administration commission.

Captain Lord Innes-Kerr, D. S. O., Royal Flying Corps, is expected to arrive shortly in Vancouver to recruit men for the aviation service.

There are no fewer than nineteen vacant seats in the Dominion House of Commons at present. Thirteen are Conservative and six Liberal.

The seventeen Indians, of Bella Bella, who were charged with looting the wrecked barge Donald D. were dismissed with an admonition. Judge McInnes asked Indian Agent Tyson to explain to the Indians that they must not loot derelict vessels.

Alfred Wallace, of the Wallace Shipyards Limited, has written a letter to the Times defending the building of Norwegian vessels in British Columbia. He states that the industry is bringing money into Canada and that British ship-owners will not pay Pacific coast prices.

Swiss newspapers state that the German peace proposals emanated from Vienna and that they were set afoot by the new Austrian Emperor. The general opinion in Switzerland is that the proposals will not be entertained by the Allies.

Prince Rupert Land District—District of Coast, Range 2.

TAKE NOTICE that the Pacific Mills, Limited, of Vancouver, B. C., occupation pulp and paper makers, intend to apply for permission to purchase the following described lands:—Commencing at a post planted at the southeast corner of Lot 289 on the west shore of Cousins Inlet, thence west 40 chains, thence south 20 chains, thence east to shore, thence northeasterly along shore to point of commencement, containing 65 acres, more or less. PACIFIC MILLS LIMITED, Mark Smaby, agent. Dated May 13th, A. D. 1916. Aug. 19

LAND ACT
VANCOUVER LAND DISTRICT—DISTRICT OF COAST, RANGE 2.

TAKE NOTICE that I, Leo Stanley Burdon, of Ocean Falls, B. C., occupation mill secretary, intend to apply for permission to purchase the following described lands:—Commencing at a post planted about five chains distant and in a westerly direction from the southwest corner of Lot 31, Range 2, Coast District, thence south 20 chains, thence east 25 chains, thence north 20 chains, thence west 52 chains, to this post, containing in all about 45 acres. LEO STANLEY BURDON. NOVEMBER 8, 1916. F. 6.

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

The Grand Trunk Pacific Railway Company hereby gives notice that it has under Section 7 of the 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 at Prince Rupert, a description of the site and plans of warehouse proposed to be built in Prince Rupert Harbor at Prince Rupert, British Columbia, in front of waterfront Block "G" according to registered plan of the town-site of the said city of Prince Rupert deposited in the aforesaid Land Registry Office as No. 923.

AND TAKE NOTICE that after the expiration of one month from the date of the first publication of this notice, the Grand Trunk Pacific Railway Company will under Section 7 of the said Act apply to the Minister of Public Works at his office in the City of Ottawa for approval of said site and plans, and for leave to construct the said warehouse.

Dated at Winnipeg, Manitoba, this 25th day of May A. D. 1916.
THE GRAND TRUNK PACIFIC RAILWAY COMPANY.
H. H. HANSARD, Solicitor.

MINERAL ACT

NASTURTIUM, IRIS FRACTION, BELLIS FRACTION, GENTIAN, BLUE BELL FRACTION, COSMOS FRACTION, THISTLE FRACTION, MARIGOLD FRACTION, LILAC FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACTION, MINERAL CLAIMS situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Island, Province of British Columbia, and lawfully held by Ikeda Mines Limited.

TAKE NOTICE that I, John A. MacInnes, solicitor for Ikeda Mines Limited, free miners' certificate No. 70354 B, intend after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder for a certificate of improvements for the purpose of obtaining a Crown Grant to the above claims.

AND FURTHER TAKE NOTICE that action under Section 85 of the Mineral Act must be commenced before the issuance of such certificate of improvements.

Dated this 31st day of May, A. D. 1916.
JOHN A. MACINNES,
Solicitor for Ikeda Mines Limited.

LAND ACT

PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST, RANGE III.

TAKE NOTICE that Pacific Mills, Limited, of Vancouver, British Columbia, occupation, pulp and paper makers, intend to apply for permission to purchase the following described lands. Commencing at a post planted on the north bank of Koeve river, about one-quarter of a mile up-stream from the shore of Fitz-Hugh Sound; thence north twenty chains, thence east twenty chains, thence south to river's bank, thence along shore in a westerly direction to point of commencement and containing forty (40) acres, more or less. Dated June 10th, 1916. Sept 6

PACIFIC MILLS, LIMITED,
by "Mark Smaby," Agent.



2,000,000
Belgians
Depend on us
for Bread!

Since shortly after the German invasion, the Belgians have depended for food entirely on the "Commission for Relief in Belgium". Their own store of food, even if not destroyed or pillaged, would last only three weeks—they have had no chance to raise more—and the ruthless Germans refuse to supply them!

Backed by the

Belgian Relief Fund

so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance of bread—but a steadily growing number have no money left.

Unless we are willing to let these hundreds of thousands of women, children and old men starve, they must be fed at the expense of the Belgian Relief Fund. To make this possible someone must contribute nearly \$3,000,000 a month—every month—all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity—for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 60 St. Peter St., Montreal

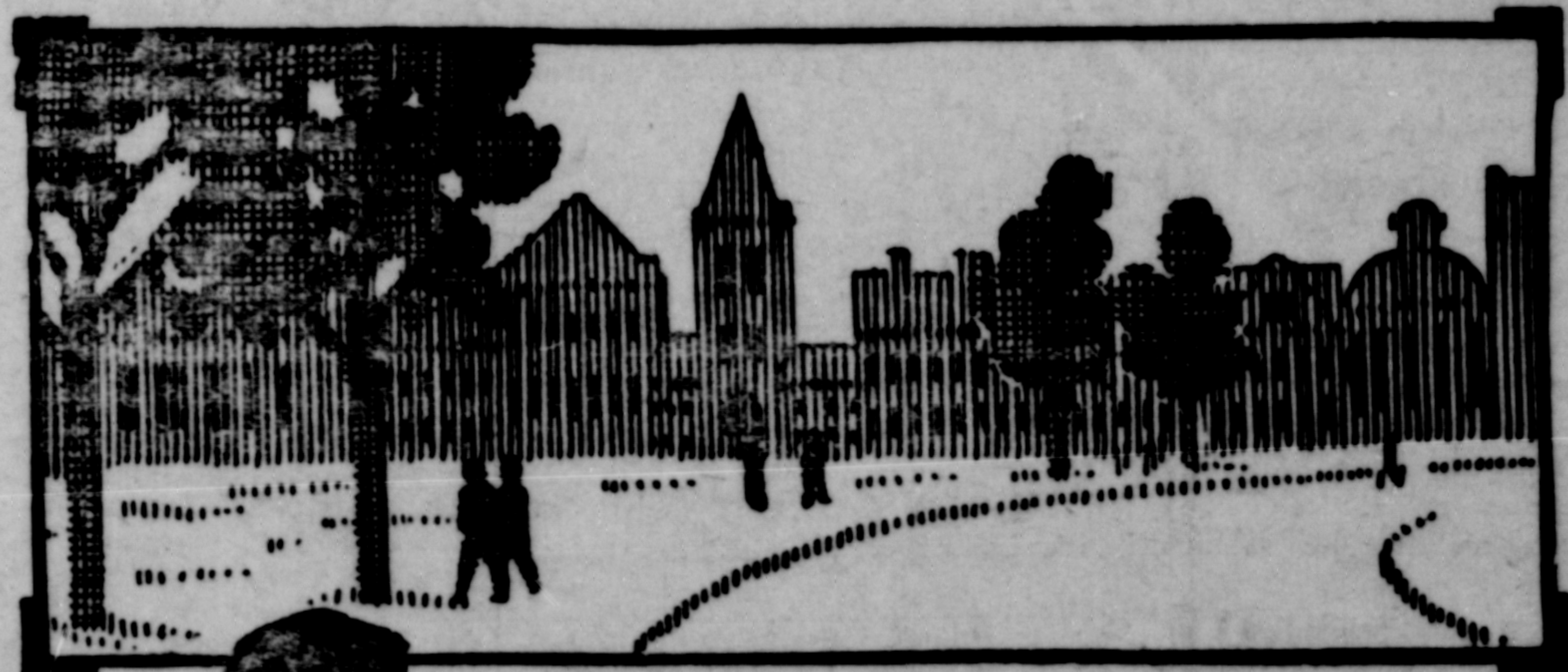
\$2.50 Feeds A Belgian Family A Month.



CANADIAN WOMEN SHOULD KNOW THIS—

"CANADA FIRST" Milk is the BEST Milk sold by Your Grocer. The Government Bulletin No. 305 tells the story—IT COSTS THE SAME.

ASK YOUR GROCER FOR THIS CANADIAN OWNED CANADIAN MADE PRODUCT—INSIST If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream. THE AYLMER CONDENSED MILK CO., LTD. AYLMER, ONT., CANADA



The Poor Man's University

"JONES knows more about motor cars than any other man I know," said a man to his friend. "He has obtained his knowledge chiefly from motor car advertisements, and the catalogues and booklets circulated through them."

"All I know about photography," declared a well-known amateur, "I have learned from the men who advertise cameras, plates, papers and films."

Advertisements have been well called "The Poor Man's University," but other than poor men have been schooled thereby.

Much of what the average individual knows concerning personal and domestic hygiene, modern office methods, books and authors, electricity, precious stones, investments, and almost everything else, he has learned from advertisements.

Advertisements have stimulated our intelligence, added enormously to our knowledge, and given us aspirations which have raised us to higher levels of thinking and living. Advertising is indeed "The Poor Man's University."

Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsays Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

Manufactured by

RAMSAY BROS. & CO., LTD.
Vancouver, B. C.

Let Us Save You Money on your Gasoline or Distillate

We guarantee to save you 25 per cent. on gasoline or distillate and upkeep and free any motor from CARBON troubles. A seven ounce box of Carbonvoid is equivalent to 50 gallons of gasoline. Every box of Carbonvoid will save you and give from 100 to 150 miles. Carbonvoid is a just drop in the move all carbon. The largest companies in the world use it. THE ALLIES ORDERED IN JUNE 288,000 CARTONS. Previous order 250,000 cartons. Fully guaranteed or your money refunded. Mailed anywhere on receipt of \$1.50

Carbonvoid puts the
"GO" in Gasoline:

For Sale Only by
Geo. L. Clayton, - Prince Rupert, B.C.