

SPANISH INFLUENZA RAGES IN CANADA

Thousands of Cases Reported
With Many Deaths.

THOSE WHO ARE MOST SUSCEPTIBLE TO IT

"FRUIT-A-TIVES"—The Wonderful
Fruit Medicine—Gives the Power
To Resist This Disease.

The epidemic of Spanish Influenza which played such havoc in Europe, has reached this continent. Thousands of cases of the strange malady have appeared and many deaths are already reported; Surgeon-General Blue of the United States Public Health Service having stated that "Spanish Influenza will probably spread all over the country in six weeks".

Practically every ship which touches our shores from abroad, brings those infected with the disease.

Surgeon-General Blue urges that "the individual take all the precautions he can against contracting the disease by care and personal hygiene". Plenty of exercise should be taken; the diet should be regulated, etc.

Spanish Influenza affects most severely elderly persons and others whose powers of resistance are weakened by illness, work or worry, especially those who are "run-down" or "not feeling up to the mark."

The really great danger from the disease is not so much in the disease itself, as that it often develops into pneumonia.

What everyone needs now is a general tonic like "Fruit-a-tives". This wonderful fruit medicine is not a germ-killer. It is a body-builder; a strength-maker; a blood-purifier; a power in protecting against the ravages of disease.

"Fruit-a-tives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-tives" keeps the skin active, and purifies and enriches the blood. "Fruit-a-tives" tones up and strengthens the organs of digestion, insuring food being properly digested and assimilated.

Everyone can take ordinary precautions, avoid crowded places, and use "Fruit-a-tives" regularly to insure sound digestion, to keep the bowels and kidneys regular and the whole system in the best possible condition. Then we are safe from disease.

"Fruit-a-tives" is sold by dealers everywhere at 50c a box, 6 for \$2.50, trial size 25c or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

VENTURE ARRIVES ON NEW SCHEDULE

A new winter schedule has been inaugurated by the Union Steamship Company and the Venture which arrived last night was the first vessel to sail on the new time. The Venture will go to the Naas and Port Simpson every week, arriving here from the south on Friday evening and returning south on Saturday p.m.

The Camosun takes the place of the Chelohsin, calling at only the larger ports and reaching here in time to leave for Granby at 7. She returns south sailing from here at 7 Tuesday.

This is a slightly improved service as the Camosun is a bigger boat than the Chelohsin.

MINT HAS DONE FULL SHARE OF WAR WORK

Millions of Ounces of Gold Refined
For the Bank of England.

The refining of gold in the Royal Mint, Ottawa, as part of its war work, is described as follows:

When the Mint was opened in January, 1908, the refinery was not yet in being. It was included in the plans, and was to be of rather small dimensions, as the amount of gold expected to come to it was small. As a matter of fact, gold to the amount of 269 ounces was deposited for coinage at the end of the year, and was duly paid in the Mint's sovereigns as the proclamation directed. The assay office had contrived to do the refining.

The same thing happened in 1909 with 8,545 ounces, and in 1910 with 24,347 ounces, a larger amount (37,896) being received, but held over to be refined in the refinery, which began work in 1911. The method used was the electrolytic method practised in the Philadelphia Mint. Nearly 90,000 ounces, chiefly from the Yukon, were received in 1911, 105,569 ounces in 1912, and 212,709 ounces in 1913.

All extension of the refinery, completed in January, 1915, included provision for a chlorination plant, to supplement the electrolytic cells. The advantage of chlorination, the method practised long ago by the Australian mints, but not till then on this continent, is its greater speed. It proved to be a fortunate step, for not only did the Mint easily clear off the accumulations of 1914, but it was prepared to deal with war demands sprung upon it in 1915. In that year, after dealing with 41,000 ounces from ordinary depositors, it began on September 27 the chlorination of a million of ounces of South African gold on account of the Bank of England, a task accomplished in twenty weeks of work by night and day and on Sundays.

INFLUENZA GERMS CAN BE SWALLOWED BY WHOLESALE

No Danger of Contracting
Influenza.

So states a well known Vancouver doctor who offers to swallow a capsuleful every day for a week. The Doctor is right.

With plenty of fresh air, good nourishing food and a table-spoonful of KENNEDY'S TONIC PORT four times daily you can keep your body strong and thoroughly fortified against the ravages of influenza, asthma, bronchitis, colds or coughs.

BIG DOCTORS PRESCRIBE IT.
DRUG STORES SELL IT.

Advertise in the Daily News.

We Must
Save on
Every Item



Buying Victory Bonds, if we do it sincerely and are honest with ourselves and Canada, calls for more than the investment of our surplus. We must economize through the year ahead. Women will save most, through their home management, no saving will be too small.

We respectfully call their attention to the fact that Pacific Milk, used in all cooking, is a true economy. Its unusual richness gives food the utmost in nourishment and it is cheaper to buy than fresh milk.

Pacific Milk Co.
LIMITED

332 DRAKE STREET
Factory at Ladner, B. C.

Canada Food Board License 14-155.

STEADY ON, Canada!

The great day is at hand

Behind Canada lies fifty months of blood and anguish, fifty months of the fires of trial, and of sacrifice---of glorious triumphant battling against the hosts of evil.

And in the surging joy will come to us the sobering sense of duty yet to be performed.

Canada's part in the finish of the war must be as well done as was her part in fighting and winning it. Canada's great duty to her living and her dead must be met with the same manliness, seriousness and determination, which have won for her the respect and admiration of the world, in waging the war.

Canada's Victory Loan 1918 must be oversubscribed, that Canada may discharge, in peace, the great responsibilities which the war thrust upon her willing shoulders.

Canadians, let us with devotedly thankful hearts and in proud consciousness of duty well done proceed with our great task.

Buy Victory Bonds 1918 To Make Victory Sure

To the Public:

HARRY HANSON Inventor & Patentee
of the Harry Hanson Patented Fast
Heating Hot Water Coil for Ranges
has returned to town to stay.

An improvement in said coil is
now being offered. It is now made
of brass pipe, and prices are as fol-
lows:—

With a three-years' guarantee \$25.

With a five-years' guarantee, \$30.

This coil is guaranteed to heat
water four times faster than any
coil now on the market. — See

Harry Hanson

The Reliable Plumber
Phone 489 139 2nd Ave.
Prince Rupert.

OR

STEEN & LONGWILL,
Agents, Phone 5, 2nd Ave.
Prince Rupert

Prince Rupert Feed Co.

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FOOD BOARD LICENSE NO. 9 - 8658

HAY, GRAIN, FEED, SEEDS AND FERTILIZER

Chicken Feed a Specialty.

Mail Orders Promptly Attended to.

P. O. Box 225. 908 Third Ave.

DENTISTRY

OFFICE HOURS:

9 a.m. to 12; 1:30 p.m. to 5:30 p.m.

DR. J. S. BROWN

DENTIST

Office: Smith Block, Third Avenue.
Phone 454.

Because peace is in sight is no
reason for a let-up in buying Vic-
tory bonds.

MINERAL ACT. CERTIFICATE OF IMPROVEMENTS.

NOTICE.

Cariboo Fraction Mineral Claim, situate
in the Skeena Mining Division of Cassiar
District. Where located:—At the head of
Alice Arm in the Skeena Mining Division.
TAKE NOTICE that I, J. E. Stark, owner
of the above claim, Free Miner's Certificate
No. 14174, intend, sixty days from the
date hereof, to apply to the Mining Re-
corder for a Certificate of Improvements,
for the purpose of obtaining a Crown
Grant of the above claim.

And further take notice that action, un-
der section 85, must be commenced be-
fore the issuance of such Certificate of
Improvements.

Dated this 5th day of July, A. D. 1918.

LAND ACT Form No. 11.

Notice of Intention to Apply to Lease Land
IN QUEEN CHARLOTTE ISLANDS LAND
DISTRICT: RECORDING DISTRICT OF
SKEENA AND SITUATE ON SOUTH SHORE
OF LAGOON INLET, MORESBY ISLAND;
ABOUT ONE MILE FROM ITS MOUTH.

TAKE NOTICE that I, John M. MacMillan,
of Vancouver, B. C., occupation cannery-
man, intends to apply for permission to
lease the following described lands:
Commencing at a post planted on the
south shore of Lagoon Inlet, Moresby Is-
land, about one mile from its mouth;
thence west 20 chains; thence north 20
chains; thence east 20 chains more or less
to low water mark at the beach; thence
southerly following low water mark to the
point of commencement, containing 40
acres more or less.

JOHN McLARTY MACMILLAN.
DATE October 10th, 1918. D. 15

SKEENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that I, John McLarty Mac-
millan, of Vancouver, B. C., occupation
canneryman, intends to apply for permis-
sion to lease the following described lands:
Commencing at a post planted on the
south shore of Lagoon Bay, Moresby Is-
land, about one mile from its mouth,
thence south 20 chains, thence west 20
chains, thence north 20 chains, thence
easterly along the shore line to point of
commencement, containing 40 acres more
or less.

JOHN McLARTY MACMILLAN.
Dated June 20th, 1918.



NOTICE OF CANCELLATION OF RESERVE

NOTICE is hereby given that the reserve
existing on certain portions of Lots Two
hundred and five (205) and Two hundred
and eight (208) Range Three (3) Coast
District, surveyed and known as Lots
Eleven hundred and fifty-nine (1159),
Eleven hundred and sixty-one (1161) and
Eleven hundred and sixty-two (1162) by
reason of a notice appearing in the British
Columbia Gazette of 27th December, 1907,
is cancelled for sale purposes.

DATED at Victoria, British Columbia,
this 10th day of September, A. D. 1918.
O. R. NADEN,
Deputy Minister of Lands.

Royal Standard Flour

As a war flour, ROYAL STANDARD FLOUR is in a
class by itself. Richer in gluten, it is easier to handle
"quicker rising"; producing uniform results; and with
a big "oven-spring." Royal Standard Flour will remedy
many of your baking troubles—making the best possible
base for use with substitutes.

Vancouver Milling & Grain CO., LIMITED

Millers of the Famous "Royal Standard Flour"
Millers License 139 Wholesale License 12-195
Package Cereal Licenses 2040 to 2043

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