

## A CANADIAN SOLDIER SAYS

"Tell my friends, if they want to help me, to send some Zam-Buk. The boys here say it is very good, and it is much in demand." This is an extract from a letter received from Pte. J. R. Smith of "The Princess Pals" in France. There is certainly nothing so good as Zam-Buk for the accidents and ailments incidental to a soldier's life. It is splendid for all kinds of sores, blisters, burns and cuts, and it is equally good for frost bites, chilblains, cold cracks and chapped hands. Nothing ends pain and heals so quickly, and being antiseptic, an application of Zam-Buk to a wound as seen as sustained, will prevent all danger of blood-poisoning.

If you want to send your soldier friend something he is sure to appreciate—put a box or two of Zam-Buk in your next parcel.

All druggists, or Zam-Buk Co., Toronto. 55c. box, 3 for \$1.25.

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**McAdie**  
The Undertaker  
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First Class Hotel Good Service  
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To the Kootenay, Eastern and Southern Points, "Oriental Limited" to Chicago, "Great Northern Express" to Kansas City, "Portland Owl" to Seattle, Tacoma, Portland and California. Direct connections to all points in Eastern Canada and United States. Tickets sold on all Trans-Atlantic lines. Route your freight via Great Northern. **M. C. IRONSIDE**, Agent, Front street, next to the Old Bastion, Phones 487 and 522.

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T. S. S. Cowichan will sail as under:

Nanaimo to Lasqueti Island, Denman Island, Union Bay (for Comberland), Comox and Royston (for Courtenay), SATURDAY, mid night.

Nanaimo to Vancouver Sunday 6 p. m.

For further information, apply Johnston Wharf. Phone 1-4.

(Subject to change without further notice.)

## ROYAL STANDARD FIELD SEEDS

We are extending our already extensive field seed business for 1917. It is the desire of the Canadian Government that the people produce as much as possible during the ensuing year, and we are arranging with the leading dealers throughout British Columbia and Alberta to carry a complete line of ROYAL STANDARD FIELD SEEDS. These seeds are the choicest it is possible to secure in the world's markets. They are Government inspected and carefully selected for purity.

Seeds should be purchased early as prices inevitably advance as the season progresses. In all probability the market will be short and it will be difficult later in the year to make purchases. Order ROYAL STANDARD Field Seeds NOW. If your dealer cannot supply you write us and we will ship to you direct.

WRITE TODAY FOR FULL INFORMATION AND PRICE LIST

**Vancouver Milling & Grain Co. Ltd.**  
VANCOUVER, B. C.

**Royal Standard Flour**  
Makes the Big, Clean Loaf

A loaf of Bread baked with ROYAL STANDARD FLOUR cannot be otherwise than big, clean, light and tasty, because you are putting into it the cleanest and purest Flour it is possible to make.

Made from the hearts only of the choicest Canadian wheat and made CLEAN—absolutely free from dirt, fluff or lint.

Next time order ROYAL STANDARD.

**VANCOUVER MILLING & GRAIN CO., LTD.**  
Vancouver-Victoria-Nanaimo

## HEAD AND NOSTRILS STUFFED FROM GOLD

Don't stay stuffed-up! Quit blowing and sniffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken will end griping misery and break up a severe cold either in the head, chest, body or limbs.

It promptly opens clogged-up nostrils and air passages; stops nasty discharge or nose running; relieves sore throats, inflamed, feverish, aching, sore throat, aching, soreness and stiffness.

"Pape's Cold Compound" is the quickest, surest relief known and costs only 25 cents at drug stores.

## FRANK GOTCH THROUGH WITH WRESTLING GAME

Chicago, Jan. 11.—Frank Gotch, in Chicago on his way south for the winter, today reiterated his claim that he is out of the wrestling game for good.

"I'll be 41 years old next April. Time to quit," he said.

Gotch thinks Stecher is the "best man in the game, but hopes that

hold of him to teach him a few new holds.

Mr. George Ratcliffe Naden, of Prince Rupert, has been appointed to the office of deputy minister of lands in succession to Mr. Robert Renwick who has held the position for the past nine years since the separation of the lands and works departments. Mr. Renwick was notified last Saturday that his services would terminate on the 15th inst., and his appointment to the office announced in the Prince Rupert papers.

## AD WOLGAST WOULD FIGHT FOR CHARITY

Chicago, Ill., Jan. 11.—Ad Wolgast, through his manager, Larry Lichenstein, has challenged Freddie Welsh, British fighter, to a world's lightweight championship contest, all of the proceeds of which are to be donated to the Red Cross Society, to be used for the immediate need of the belligerents. Ad says he is ready to fight in the name of humanity and it is up to Freddie to "do his bit" for the lads in the trenches.

## WILL INVITE KILBANE

Portland, Jan. 11.—Johnny Kilbane may burst into Portland's "amateur" boxing ranks before long. If the plans of Joe Flanagan, manager of "Muff" Bronson, do not go astray, Flanagan said today that if Bronson beat Lloyd Madden of Seattle next Friday night, and then beat Harry Pelsinger of San Francisco, an invitation would be extended to Kilbane.

## WAS FIRST JAPANESE TO BE AWARDED V. C.

Tokuji Sato, of Vancouver, who was mentioned in yesterday's Colonist as having been awarded the Victoria Cross for exceptional valor, is believed to be the first Japanese to win that coveted decoration in the present war.

The following appreciation of the gallant soldier has been furnished by a former employer who knew him well while in British Columbia:

"Sato was with me as engineer on the Chakawana for three years, leaving me to go overseas last September. He was industrious and an excellent mechanic, being able to turn his hand to anything from splicing a rope to making an electrical installation. Rather taciturn by nature he still had a very strong sense of humor. He was very resourceful and while cautious, he was absolutely without fear. He had been an engineer in the Japanese fleet during the Russian war and was present, I believe, at several naval engagements. When the opportunity came to show what he was capable of. It is a great thing."

## DEATH OF KAISER

New York, Jan. 11.—Fred Kaiser, who won the national three-mile walking championship in 1911 and the national seven-mile walking title in 1912, died here on Monday.

## CHAMPION EXPELLED

New York, Jan. 11.—As a result of the amateur Athletic Union's campaign to enforce the regulation prohibiting the capitalization of fame gained in sport, Plat Adams, world's champion stand high jumper, and Edward Emes, also a jumper of note, were last night expelled from the amateur ranks. The charge against the athletes was that they had capitalized their names in selling commodities closely associated with athletics.

## THE ONLY MEDICINE THAT HELPED HER

### "Fruit-a-tives Again Proves Its Extraordinary Powers"

Roscow, Que., March 2nd, 1915.

"I have received the most wonderful benefit from taking 'Fruit-a-tives'. I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-tives' and it was the only medicine that really did me good. Now I am entirely well—the Rheumatism has disappeared, and the terrible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a-tives'. MARGARET ISAIE ROCHON. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Canada."

Mr. William Miles, of Toronto, has some potatoes which he dug on New Year's Day. They were a sort of freak growth, were produced in his cellar, and had attained the size of marbles. Mr. Miles has a reputation as a grower of early potatoes. When in Peterboro he has had new potatoes as early as June 6.

## MOTHER! DON'T TAKE CHANCES IF CHILD'S TONGUE IS COATED

If cross, feverish, sick, bilious clean little liver and bowels.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour.

Look at the tongue, Mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs." then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile, and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleaning" is oftentimes all that is necessary. It should be the first treatment given in any sickness. Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

The eyelashes are placed in front of the eyes to protect those delicate organs from the light and from the entrance of foreign objects.

**J. Leslie Reynolds**

TEACHER OF PIANOFORTE

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Iron and Brass Castings of all kinds executed with despatch.

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COMOX ROAD

## The Best Beer

To know a good thing is to be only half wise. To know it and use it to advantage is true wisdom. WISE PEOPLE know and appreciate the rich malty flavor of

## U.B.C. BEER

and show their wisdom by using it daily. U-B-C BEER is used in many homes of discriminating people who know by its use that they are not merely half wise, but all wise. You Might As Well Have The Best.

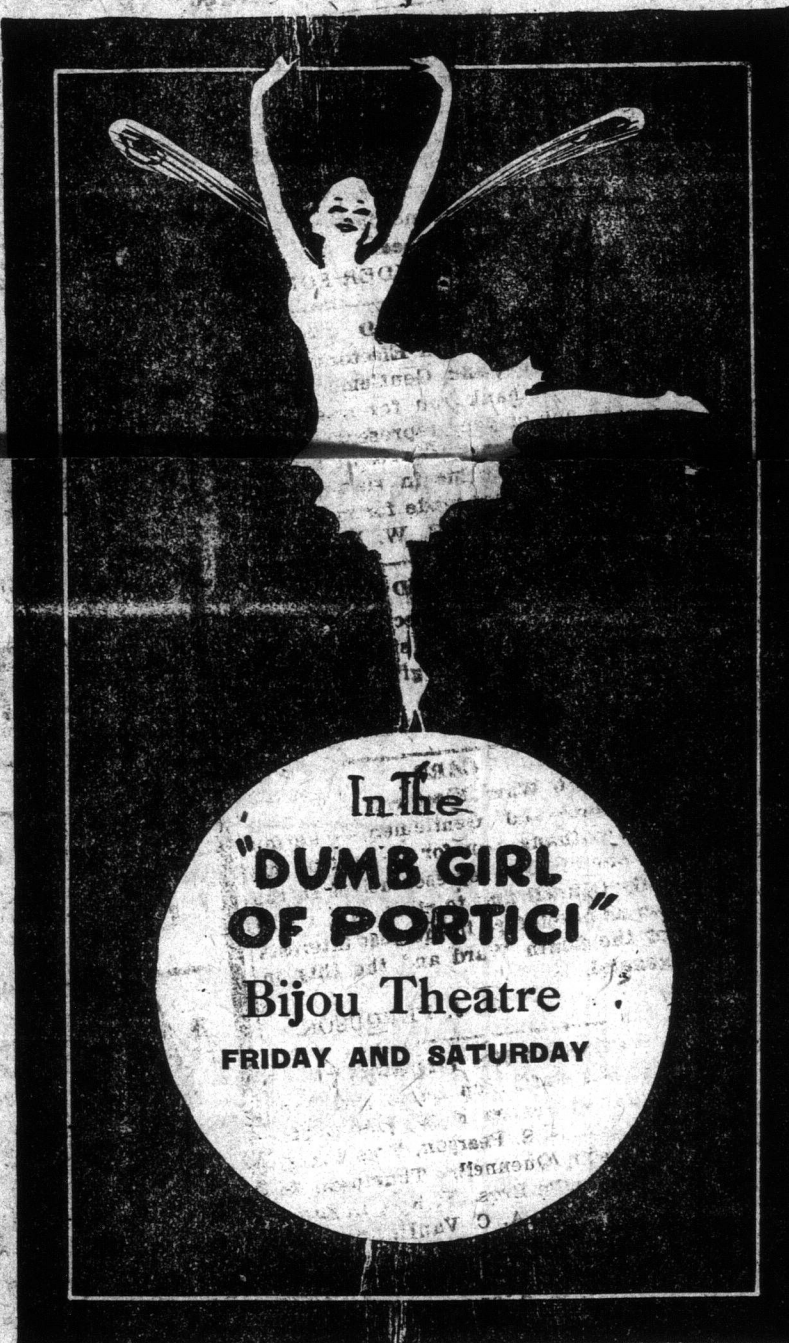
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BRUMPTON BLOCK NANAIMO, B. C.

## Help to Make Her Dream Come True

SHE is one of some Three Million Belgians who, since they refused to sell their honor to Germany, have lived on the brink of starvation. A thriving industrial people, used to life's comforts, they have been reduced to a state where they dream, not of luxuries or pleasures, but of having enough to eat.

True to their character as the war has unmasked it, the Germans callously refuse to help the starving. The task of feeding them has been undertaken by Belgium's Allies and Neutral Nations, through the

## Belgian Relief Fund

provided by voluntary contributions and administered with wonderful economy and efficiency by a neutral Commission.

Absolutely none of the supplies go to Germany, and most of the food taken into the country is paid for by Belgians who have still a little money. But to feed those who cannot pay, nearly \$2,500,000 a month is needed!

Surely no people ever deserved our sympathy and aid more than do these starving Belgians.

They face a winter of necessity, while we are living in plenty. The Fund needs regular weekly or monthly contributions rather than large but spasmodic gifts. Let us plan to deny ourselves, if necessary, share with our needy Allies—and help to save their lives.

Send your contributions to Local or Provincial Committees or to the  
Central Executive Committee, 59 St. Peter Street, Montreal.

**\$2.50 KEEPS A BELGIAN FAMILY A MONTH**

