

THE DAILY NEWS

THE LEADING NEWSPAPER IN NORTHERN BRITISH COLUMBIA

Published Daily and Weekly

Guaranteed Largest Circulation

HEAD OFFICE:

Daily News Building, Third Avenue, Prince Rupert, B.C. Tel. 93.

TRANSIENT DISPLAY ADVERTISING — 50 cents per inch.

Contract Rates on application.

DAILY EDITION.

Thursday, April 18, 1918.

THE FOOD SITUATION

If there is one phase of food conservation more than another that comes within woman's immediate sphere, it is pointed out by the Canada Food Board, it is the question of waste. When she is saving on the little things, and straining every nerve to make the most of what she has, wholesale and indiscriminate waste of foodstuffs through hoarding or storing, naturally incenses her greatly. It has been a sore point for some time past with many women that they have known of cases of waste on a large scale without being able to do anything to alleviate the situation. Even among themselves, there has been a tendency to lay in large supplies of foodstuffs. For instance, when it was intimated that flour and sugar would be scarce, these commodities were bought in large quantities, and stored in the cellar, in some cases to go to waste.

It is now against the law to hoard or waste. The Canada Food Board has put into every woman's hand a weapon to fight against these war time menaces. Hereafter it will be her privilege to report any case of waste, or hoarding that comes within her knowledge. An order-in-council has been passed which should be of the utmost significance to every woman in Canada, and should lay on her shoulders a certain sense of responsibility, for it puts her in the position of bringing within the grip of the law any firm, dealer or individual whom she knows to be hoarding or wasting foodstuffs.

It has been said that a chef in France could serve a delicate and appetizing meal from what was wasted at similar meals in England. Of course, that was in the days before the war. The fact remains, however, that Canada is a nation of spenders rather than savers. The prosperity enjoyed by the people of this Dominion is the result of the natural riches of a new country rather than the outcome of thrifty living. It is calculated that \$50,000,000 a year is a conservative estimate

of the waste in foodstuffs that has gone on in Canada in recent years. Waste on the European continent, in times of peace, has been a mere bagatelle as compared with the waste on this side of the Atlantic. But, all the same, there is no doubt that four years of war have made a difference. Infinitely less food finds its way into the garbage pails than in 1914. The persistent preaching of the gospel of thrift, and the increasing gravity of the food situation in Europe have made the women of Canada vigilant for the small channels of waste that drain a country's resources.

Nevertheless, there is waste both on a large and small scale and there is hoarding to a certain extent. But both practices are now illegal, and henceforth any person guilty of either offence is liable to a heavy fine, or imprisonment.

Waste in war time is one of the greatest of crimes. Every pound of food stuffs must be used to the fullest advantage. If we, who have so much of everything in Canada, consciously permit any waste, our iniquity is twofold. The women are especially guardians of this phase of the food problem, and it is expected that they will give practical assistance in the enforcement of the new regulations.

Nor does the duty cease there. The duty of saving goes hand in hand with that of production. This new duty before the Canadian people may be national in its scope, but it is relentlessly personal in its application. It is to shoulder a greater share of war's burden by growing more food. No other part of the Empire can by Canada's proxy in this matter, for no other part can be reached so quickly by British shipping this summer, depleted as it has been by the submarine campaign, even if these other parts could really grow the needed foods.

Production in greater and still greater quantities must be the aim of the people, and things that in ordinary times would not be undertaken must

ROYAL YEAST CAKES

Some women hold to the idea that bread-making is a long and difficult operation, but this is a mistake, for with Royal Yeast Cakes, light, sweet bread can be made in a few hours with but little trouble.

FREE: Our new Royal Yeast Cake Book will be sent free upon request. It contains full instructions for making bread and rolls with Royal Yeast Cakes. Send name and address plainly written and this valuable little book will be mailed promptly.

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be done. Effort must be directed where in time of peace it might have been considered a loss of time, judged only by money returns. So it comes that today the vacant lots in cities and in towns as well as the citizens' gardens must be utilized to the fullest. Montreal alone grew over \$100,000 worth of vegetables last year on vacant lots. Victoria hopes to head the list this year. It is up to the citizens of Prince Rupert to do something of the same nature if ever so little. Other cities have their vacant lot committees, and their increased production committees to do what they can in this time of national necessity. And unless the community spirit is lacking, Prince Rupert ought also to be in the running. There is indeed no lack of vacant lots.

PEACE RIVER COUNTRY RAPIDLY FILLING UP

Edmonton, April 16.—Last Thursday's train for Dunvegan took some three hundred passengers and the train today took out three hundred and fifty. Of these more than fifty per cent were settlers moving into the Peace River country. A large amount of live stock is being taken north by the incoming settlers.

Salvation Army.

Public meetings, Tuesdays, Thursdays and Saturdays at 8 p. m. Sundays at 7:30 p. m.

LAND REGISTRY ACT

(Sections 36 and 134.)

Re Application Nos. 9831-1, 9832-1, 9834-1. TAKE NOTICE that application has been made to register Frank W. Hart, of Prince Rupert, B. C., as owner in fee under four Tax Sale Deeds from the Collector of the City of Prince Rupert, bearing date the 28th day of November, 1917, and one Tax Sale Deed dated 22nd day of September, 1916, of ALL AND SINGULAR that certain parcel or tract of land and premises situate, lying and being in the City of Prince Rupert, more particularly known and described as Lots seven (7) and fifteen (15), Block twelve (12), Lot twelve (12), Block forty-eight (48), and Lots thirty-three (33) and thirty-four (34), Block fifty-one (51), all in Section Eight (8), Map 993. You are required to contest the claim of the tax purchaser within 35 days from the date of the service of this notice (which may be effected by publication in the Prince Rupert Daily News), and your attention is called to section 36 of the "Land Registry Act" with amendments, and to the following extract therefrom:— "and in default of a caveat or certificate of its pendency being filed before the registration as owner of the person entitled under such tax sale, all persons so served with notice, . . . and those claiming through or under them, and all persons claiming any interest in the land by virtue of any unregistered instrument, and all persons claiming any interest in the land by descent whose title is not registered under the provisions of this Act, shall be forever estopped and debarred from setting up any claim to or in respect of the land so sold for taxes, and the Registrar shall register the person entitled under such tax sale as owner of the land so sold for taxes."

AND WHEREAS application has been made for a Certificate of Indefeasible Title to the above-mentioned lands, in the name of Frank W. Hart.

AND WHEREAS on investigating the title it appears that prior to the 12th day of October, 1916 (the date on which the said lands were sold for overdue taxes), you were the registered and assessed owners as stated below.

FURTHER TAKE NOTICE that at the same time I shall effect registration in pursuance of such application and issue a Certificate of Indefeasible Title to the said lands in the name of Frank W. Hart unless you take and prosecute the proper proceedings to establish your claim, if any, to the said lands, or to prevent such proposed action on my part.

Dated at the Land Registry Office, Prince Rupert, B. C., this 15th day of February, A. D. 1918.

H. F. MACLEOD,
District Registrar of Titles.
To F. W. Clayton, Prince Rupert, B. C., assessed owner of Lots 33 and 34, Block 51; Charles Planitz, Edmonton, Alta., registered and assessed owner of Lot 12, Block 48, and sold for taxes on 14th day of September, 1915; V. Straube, 657 Powell St., Vancouver, B. C., assessed owner of Lots 7 and 15, Block 12.

MAIL SCHEDULE

For the East.
Mondays, Wednesdays and Saturdays at 9:30 a. m.

From the East.
Sundays, Tuesdays and Thursdays at 5:30 p. m.

For Vancouver:
Tuesdays 5 p. m.
Wednesdays 7 a. m.
Thursdays 10 p. m.
Saturdays 7 a. m.

From Vancouver
Sundays 10 p. m.
Wednesdays 10:30 a. m.
Saturdays p. m.

For Anyox:
Sundays 10 p. m.
Wednesdays 10 p. m.

From Anyox:
Tuesdays a. m.
Thursdays p. m.

For Port Simpson and Naas River points:

Sundays 10 p. m.
From Port Simpson and Naas River Points:

Tuesdays a. m.

Queen Charlotte Islands:

For Massett, Port Clements and

Upper Island points:

Saturdays 8 a. m.

From Massett, Port Clements and

Upper Island points:

Tuesdays a. m.

For Skidegate, Queen Charlotte

City and Lower Island points:

Wednesdays 6 p. m.

From Skidegate, Queen Charlotte

City and Lower Island points:

Saturdays p. m.

For Stewart, Port Simpson, Maple

Bay and Swamp point:

February 28th 10 p. m.

March 14th and 31st 10 p. m.

From Stewart, Port Simpson,

Maple Bay and Swamp point:

March 4th and 18th p. m.

Alaska and Yukon Territory:

From March 2nd a. m.

Nothing Like Internal

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stipation

If people only knew what Internal Bathing is doing for thousands of others there would be fewer Pills and Laxatives swallowed and very much less suffering from Constipation and the accompanying Stomach and Nervous troubles resulting from it.

Mrs. Cave, 841 Ellery St., Victoria, B. C., writes:—

"Before using the 'J. B. L. Cascade' I suffered constantly from Constipation, had frequent bilious attacks and sick headaches. Since beginning your system of Internal Bathing with the 'J. B. L. Cascade' four months ago, I have not had one attack and feel stronger and better in every way. My only regret is that I did not get a Cascade sooner."

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Sunlight Soap is as pure as sunlight itself. A \$5,000 guarantee says you cannot find a single adulterant or impurity in this cake of concentrated cleanliness.

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