

# The Economy of OXO

The Little Housekeeper



### OXO SPAGHETTI PIE.

Boil half a packet of spaghetti till tender. Chop an onion, mix with 1/2 lb. Hamburger steak, fry till partly cooked, then put with spaghetti in pie dish, season to taste. Mix 2 Oxo Cubes with little hot water, add can of tomatoes, and put over meat. Mash any cold cooked potatoes, spread on top and bake a nice brown.

### OXO BULLEOIRE.

Put a can of tomatoes into a saucepan with one quart of water and four Oxo Cubes. Boil till tender, strain, add a little butter and season to taste.

OXO provides rich soups and gravies in a few minutes.

OXO provides tasty, nourishing, hot dishes from what was left over from yesterday.

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OXO brings economy into the home, lightens the work of cooking, and creates a higher standard of health and well-being.

The great **OXO** Economy

## Basketball and How to Play It

By Observer

### CENTER AND GUARDS

#### Important Position

One of the most important positions on the basketball team is that of center and a few words regarding this position may not come amiss.

The center is the pivot man, as a rule, of all team plays both defensive and offensive. For that reason he must be accomplished in all the arts which we have discussed in regard to the forward and at the same time must possess the qualifications of a good guard. He is usually a tall man so that he can secure the ball at the tip-off although some very good jumpers are to be found among the men of shorter stature. In selecting a center ability to get the jump along with the following qualifications must be considered.

He must be a live wire for he has to cover all parts of the floor. He is an offensive player when his team has the ball and a defensive one when the opponents have it. He must constantly back-check and must be able to stand the most strenuous pace. He must be quick on his feet and must use his wits at all times.

Shoulder control must be acquired by the center so that it is possible to reach the full height with one arm without moving the other. Swinging Indian clubs and dumbbells will help to develop the shoulder muscles and make them supple and strong.

The abdominal muscles should also be well developed in the center because he must remain in his half of the circle when jumping for the ball and not commit a foul by touching the other man. The leg muscles of course, must be in excellent condition and must respond immediately to the necessity for the jump. Stooping with hands on the hips and raising the headed knee are good developing exercises for the leg muscles.

Perhaps the most important feature of the center's games is good passing. He should be able to shoot well, to guard well and above all to pass well. He will be required to feed the forwards and his passes to them must be made with great accuracy. Being the pivot man he is likely to receive more passes than any other man and he must therefore handle the ball with neatness and dispatch and must lose no time in getting the ball to the forwards.

#### Back Checking Essential

Just a word about back-checking. You have often seen a game lost because one or other member of the team did not back-check. The failure of the forwards to do so has been mentioned but it is an even greater error for the center to fail in this for his opponent will probably make the third and free man of the opponents offense. Should a guard be drawn out to check him, a forward is left unguarded.

The position of guard calls for specialization in one or two qualities which the forwards need not possess to the same degree. A sense of perception and cunning in solving the offensive play of the opponents and the ability to move quickly enough to break up these formations are these necessities.

The guard first of all must be very keen in sensing the direction in which the play is going to move. In advancing to check his men it is often possible that the ball will be passed in any of three directions and it is necessary for the guard to start in that direction before the pass has been started, if he is to block or intercept successfully. It is that quality of being able to sense the trend of the play and to time one's interference that makes a first-class guard.

Passing out to the forwards and backing up offensive movements of the team are two important features of the guard's play. A running and a stationary guard are usually posted for the latter purpose, the faster and better shot of the two being placed as the running guard. It is his duty to go up the floor with the offensive and to assist by going in for passes when the other men are checked.

Edward Pellet, of Ketchikan, now attending Principia college at St. Louis, has a record of ten seconds for 100 yards, and twenty-two seconds for 220 yards. It is believed by many college trainers he will be world champion runner.

### Sport Chat

Not many persons know that a prize-fighter is buried among the celebrities of Westminster Abbey. In a group of statuary near the north door of the Abbey, one of the statues shows a remarkable arm. Some persons observing it might imagine that the arm in question was an exaggeration, but it was actually modelled from the arm of a verger of the Abbey named John Burton, who was also champion prize-fighter of England. Burton was the Dean's verger, and he was asked on one occasion if he would like to be buried in the Abbey. Burton said he would, and asked that the fact of his championship should be inscribed on his tomb. To this the Dean consented, but the proposal was too much for the Chapter, and Burton's tomb has a blank space on it in consequence.

A situation unique in boxing annals developed recently when it became known that Joe Lynch, bantam champion, has been barred temporarily from boxing at Madison Square Garden by the New York State Athletic Commission as a result of his recent poor showing there in a match with Joe Wolfe, of Cleveland.

The fact that Lynch is in disfavor with the commission became known when Promoter Tex Rickard sought sanction for a match between the bantam king and Joe Burman, of Chicago last night, or Thanksgiving night, Nov. 30. Chairman William Muldoon, of the commission, flatly refused sanction.

"Since the Wolfe bout, Lynch is no longer a Garden attraction," said Chairman Muldoon. "He will have to box elsewhere and demonstrate his fitness before we will sanction a Garden bout with him as one of the principals."

With two decisive victories to their credit, both of them resulting from encounters away from their home ice, the Seattle Metropolitans are off to a good start in the Pacific Coast hockey race. If they continued that pace there would not be much to the series and fans would not like it. Tonight, at Victoria, the Millionaires and Aristocrats will meet for the first time to decide which will occupy second place temporarily at least.

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## Red Mountain

Advices of further bullion production at the Boundary Red Mountain mine announced by the management yesterday, stated that the gross output for seven days was \$3,958, or at the rate of \$565 per day, as against a daily gross output of \$493 for the preceding nine days.

There is a graphic and impartial description of the Boundary Red Mountain mine in last week's issue of "Mining Truth." A copy will be sent free in exchange for this coupon.

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VANCOUVER, B.C.

## BENEFIT DANCE FOR WAR VETERAN LAST NIGHT WAS SUCCESS

About 250 Persons Attended Fair Given by G. W. V. A. and Catholic Ladies

The benefit dance held in the Auditorium last night for A. Beale, D.C.M., and family under the auspices of the Great War Veterans' Association and the ladies of the Roman Catholic Church was a decided success, about 250 persons having been in attendance. Music was provided by Arthur's Orchestra augmented to seven pieces, and the evening was thoroughly enjoyed by all. At midnight refreshments were served to several sittings in the upstairs balcony.

The committee from the Great War Veterans' Association consisted of S. L. Warrior and Wright



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Davis, while Mrs. D. W. Morrissey, convener, Mrs. A. D. Gillies, Mrs. H. McEwen, Mrs. J. McNulty, and Mrs. Albert Auger comprised the ladies' committee. L. J. Warren was master of ceremonies and S. L. Warrior attended the door.

## GLORIA SWANSON PICTURE TONIGHT

"Her Husband's Trade Mark" Said to be Her Strongest Photoplay Yet

Gloria Swanson, the beautiful Paramount star, will be seen at the Westholme theatre tonight, in her new Paramount picture, "Her Husband's Trade Mark." This is said to be one of the strongest photoplays she has appeared in since her elevation to stardom. It is dramatic and affords the star abundant opportunities to display handsome gowns in vast variety. Richard Wayne is her leading man and heads a strong supporting company of players.

## WHIST LEAGUE

Elks, War Veterans, St. Andrew's and Sons of Canada Winners

Results in the Fraternal Whist League men's games last night were as follows:

Elks, 5; Knights of Pythias, 4; Great War Veterans' Association, 7; Oddfellows, 2; St. Andrew's 5; Moose Lodge, 4; Sons of Canada, 6; Valhalla, 3.

## WHIST STANDINGS

Ladies' Section			
	W	L	Pts.
Pythian Sisters	5	1	4
Rebekahs	4	1	4
D. O. E.	4	2	4
Royal Purple	3	2	3
Valhalla	2	3	2
St. Andrew's	1	4	1
D. O. B. A.	0	5	0

Men's Section			
	W	L	Pts.
St. Andrew's	6	0	6
S. of G.	5	1	5
Valhalla	4	2	4
K. of P.	3	3	3
S. of E.	2	3	2
K. of G.	2	3	2
Oddfellows	2	4	2
G. W. V. A.	2	4	2
Elks	2	4	2
Moose	1	5	1

## HOCKEY STANDINGS

Pacific Coast			
	W	L	Pts.
Seattle	2	0	4000
Vancouver	0	1	000
Victoria	0	1	000



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