



A Mid-day Meal for One

"But I hate to cook for myself!" How many women say it, and how many others feel it!

Old Father Oxo wants to amuse the children.



Said four Oxo Cubes were used for this big New Year's Oxo Limited 232 Lennox St., Montreal.

In every little Oxo Beef Cube there is a wealth of warmth and nourishment and a world of flavor. Whilst saving time and trouble, they bring you all that is beneficial in meat—build up nerve, body and resistance.

A Cube to a Cup.

OXO CUBES

Oxo and Cheese Toast

1 Oxo Cube
Pepper and Salt
Crumbs of Bread
A Little Butter
3 Tablespoons of grated Cheese

Dissolve the Oxo in a little hot water. Put the butter and grated cheese into a small stew-pan, and pepper and salt. When dissolved, add enough crumbs of bread to form the mixture into a cream. Serve on hot buttered toast.

MRS. ALEX MCLEAN OF TCHESINKUT LAKE DIES

Well Known Resident of Interior Passes Away—Funeral at Burns Lake Today

BURNS LAKE, Jan. 8. — On Friday evening last Mrs. Alex. McLean of Tchesinkut Lake passed away at Burns Lake, the cause of death being cancer. Mrs. McLean was a highly respected resident of this district and leaves a large number of friends to mourn her loss. She was the wife of Alexander McLean of Tchesinkut Lake whom she married shortly after coming to the district five years ago. She was the niece of T. D. Conger of Tchesinkut Lake.

Mrs. McLean's maiden name was Ada Harriett Conger. She was the daughter of Harrison Conger and was born at Hubbardston, Rutland Co., Vermont. She moved from there to Wisconsin, thence to Iowa, where she taught school, and again moved back to Iowa. A little over five years ago she came out to Tchesinkut Lake to keep house for her uncle, T. D. Conger, and a few months after married Alex McLean. To mourn her loss she leaves her niece, husband, and half-sister, Mrs. Ed. Clinging Peel of Hastings, Minn.

The funeral service took place today at the Union Church, Burns Lake, with the Rev. J. R. MacCrimmon officiating. Special music was rendered by the choir. Interment took place in the new Burns Lake cemetery.

DR. HARRY SIMMONS OF ANYOX MARRIED

Miss Kate North of Vancouver Became His Bride on New Year's Day

Dr. Harry Alexander Simmons, the Anyox dentist, was married on New Year's Day to Miss Kate North, the ceremony taking place at the home of the bride's father, John Terry North, 2017 Fifteenth Avenue West, Vancouver. Rev. Col. G. O. Fallis officiated. Dr. and Mrs. Simmons, after a brief honeymoon, are proceeding to Anyox where they will reside.

VANDERHOOF

A car load of bridge iron has arrived for the Fort St. James bridge.

A daughter was born to Mr. and Mrs. J. Poburko at Marten Lake on January 3.

Mrs. Geo. Snell returned home from Prince George on Sunday considerably improved in health.

A young people's party was held at the home of Mr. and Mrs. J. W. Campbell last Saturday night.

Mrs. H. T. Parker, who underwent an operation at the Smithers' hospital, is now making satisfactory progress.

During the school holidays Miss Olive Langton visited town, the guest of Miss Lois Johnson. Miss Langton has returned to Stuart River school for the balance of the term.

On Saturday last the first real cold snap of the season commenced and continued until Thursday. The thermometer went down to forty degrees below zero.

Harry E. James of the Stuart Lake district has left for Seattle to join his wife, who is now residing in that city. He is one of the old timers in the north and on leaving spoke of returning to his old haunts.

T. B. Mitchell has purchased the farm and equipment of Cecil Bartley in the Noonla district. He intends to stay in town for the winter and move out to the farm when the spring work commences with his wife and family.

On Thursday night there was a sleigh party to the home of Mrs. Robert Reid, about forty guests attending. Dancing was the outstanding feature of the entertainment.

Mrs. Marie J. Powell of Portland, Oregon, is a guest at the Nechaco Hotel. Mrs. Powell

BAD BLOOD PIMPLES AND BOILS

Banished By BURDOCK BLOOD BITTERS.

Miss Irene A. Matthews, Stayner, Ont. writes:—I thought I would write and tell you of the experience and benefit I have derived from Burdock Blood Bitters.

Some few months ago I was troubled with bad blood which broke out on my face in the nature of pimples, boils and ring-worm, and I got so bad I really did not know what to do.

I was ashamed to go anywhere, and the itching and burning caused such a terrible sensation I could get no relief day or night.

One day a friend advised me to use Burdock Blood Bitters. I used one bottle and felt quite a relief, and by the time I had taken 3 bottles I was completely relieved.

I cannot praise B.B.B. enough and I hope anyone afflicted like I was will get the same benefit I received.

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

came here to attend to some business matters in connection with the interest she has in land north of the Nechaco river.

Government Engineer A. Dixon was here last week looking into the requirements for the coming season.

After spending Christmas and New Year seasons in the valley and at Stuart Lake R. H. Greenwood and D. Stevenson of the Royal Canadian Mounted Police have returned to Prince George.

Charles R. Hood of Stuart Lake is spending a few days in town.

BURNS LAKE AND LAKES DISTRICT

H. J. Jewell's building, next to the Lake View Hotel, is undergoing alterations and interior finishing. Messrs. A. R. Brown and Taylor Jensen are doing the work.

In order to make room for the constantly growing volume of mail passing through the Burns Lake post office, James McKenna, the local postmaster, has been forced to add an extra 100 feet of space to his office.

The interior of the government telephone office at Burns Lake was remodelled last week and H. D. MacNeil, the local operator, is now more satisfied with his accommodation. Locally it is felt that the government should put up a building with more room and better accommodation for this branch of its service to the public.

R. B. I. eighton, of the Forest Branch at Smithers, is a visitor in the district.

H. D. Pfeiffer arrived in Burns Lake from Vancouver on Saturday and left the same day for Unecha Valley where he will teach for coming term.

A sleighing party composed of Misses M. E. Carrico, N. Mallot, Zella Clark, Viola Kerr, and Andy Anderson, W. McKenna, Sam Marsh and Joe Kerr made a trip to Decker Lake on Sunday and paid Mr. and Mrs. Phil Brunell a visit.

George Lindstrom, manager of the Hanson Tie Camp at Decker Lake, paid a few hours visit to his home at Burns Lake



STANDARD OF QUALITY FOR OVER 50 YEARS MAKE BETTER HOME MADE BREAD

Mrs. Marie J. Powell of Portland, Oregon, is a guest at the Nechaco Hotel. Mrs. Powell

MILLIONS and Movies

THROUGH the medium of slender strips of celluloid an actor appears simultaneously on thousands of screens in as many different towns. On the same evening, he entertains great armies of film fans who eagerly pay their money to see his performance.

So the movie star commands a king's ransom for a salary, and a fortune is spent profitably, to provide a proper background for his art. The movie multiplies personality—and earning power.

Advertising does the same thing for a merchant or manufacturer. In a single day it takes his message into thousands of homes—to tell folks why they should have his goods and how to get them. Advertising endows him with a thousand voices with which to tell his story.

But the value of advertising is by no means confined to the advertiser. It has a very definite value to you.

A glance through this paper enables you to sift out the things that interest you. Sitting in your easy chair you can compare values and prices. In a moment you can tell exactly where to go for what you want and how much to pay.

Figure how much useless walking and talking and how much actual money you can save by spending a few moments daily with the advertisements.

READ THE ADVERTISEMENTS

"RUPERT" Brand Kippers

Quality Better Than Ever.

To keep odor of cooking from the house wrap them in greaseproof paper and bake for 15 minutes. This also retains the delicious tang.

Canadian Fish & Cold Storage Co., Ltd. PRINCE RUPERT

CANADIAN NATIONAL RAILWAYS COAST STEAMSHIPS

Winter Service S.S. PRINCE RUPERT Sails from Prince Rupert

For VANCOUVER, VICTORIA, SEATTLE, Intermediate Points Friday, 10.00 a.m.
For STEWART and ANYOX Wednesday, 11.00 p.m.
S.S. PRINCE JOHN.
For VANCOUVER via QUEEN CHARLOTTE ISLANDS, Jan. 2, 16, 30; Feb. 13, 27; March 12, 26

PASSENGER TRAIN, DAILY EXCEPT SUNDAY. Leave Prince Rupert 6.45 p.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States. AGENCY ALL OCEAN STEAMSHIP LINES. City Ticket Office, 528 Third Ave., Prince Rupert. Phone 260.

CANADIAN PACIFIC RAILWAY B.C. Coast Services

Sailings from Prince Rupert S.S. PRINCESS MARY.

For Vancouver, Victoria and Seattle, January 18; February 1, 15, 29.
For Ketchikan, Wrangell, Juneau and Skagway, January 14, 28; February 11, 25.
S.S. PRINCESS BEATRICE.

For Butedale, Swanson Bay, East Bella Bella, Ocean Falls, Namu, Alert Bay, Campbell River, and Vancouver, every Saturday at 1 p.m. Agency for all Steamship Lines. Full information from W. C. ORCHARD, General Agent. Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C.

UNION STEAMSHIP COMPANY OF B.C., LTD.

Sailings from Prince Rupert. For VANCOUVER, VICTORIA, Ocean Falls, and Swanson Bay, Tuesday, 8 P.M. For VANCOUVER, VICTORIA, Alert Bay, and Swanson Bay, Saturday Noon. For ANYOX, ALICE ARM, STEWART, Wales Island, Sunday 8 P.M. For PORT SIMPSON and Nano River Canneries, Friday A.M. Prince Rupert, B.C. J. Barnetley, Agent.

Soft Finish Thrif-T-Service Wet Wash

Three Services, one of which will exactly fill your wash day needs. Phone us for particulars.

Canadian Steam Laundry

Phone 8.

Big Reduction on All Coats, Suits and Dresses at BENT'S

EDSON COAL

We can now supply our FAMOUS EDSON COAL in any quantity. Prince Rupert Feed Co. Phone 88.

on Sunday. G. Findley, of Smithers, is a visitor in the Lakes district.

The Saturday night dance at Burns Lake was attended by a large and enthusiastic crowd and Miss M. E. Carrico, and Messrs. Carr, Lang and Godwin provided some fine dance music.

H. L. Mann, who has been on the sick list for a week, resumed his position of teller at the local branch of the Royal Bank on Monday.

Mrs. Joe Baker of Palling was taken to the hospital at Smithers by Dr. Lang of Burns Lake on Monday's train. It is thought an operation may be necessary.

Mr. and Mrs. P. L. Beckstead and family left Burns Lake for Revelstoke on Saturday. Mr. Beckstead was formerly a partner with Bruce Kerr in the Burns Lake Garage and he recently sold his interests here to Andy Ruddy and is now starting a garage business at Revelstoke.

TERRACE NOTES

Mrs. Thomasson returned from Hazelton on Sunday's train.

Miss Elsie Kenny left for Prince Rupert on Sunday to continue her studies at the High School.

Mr. G. Griffin, principal of the Kitsumgallum school, returned to Terrace on Saturday bringing his bride with him. The best wishes of the community are extended to them.

Miss Mayne Dobb returned to Terrace on Saturday.

Mr. and Mrs. Geo. Little left

on Thursday for Vancouver. Possibly they may continue their trip and visit Japan before returning.

Archbishop Du Vernet expects to be in Terrace next Sunday. He will be in charge of the Anglican service then.

Miss Etanda Marsh returned to Prince Rupert on Sunday.

Another enjoyable dance was held in Lakelse Community Hall by the residents on that side of the river.

The G.W.V.A. held their annual New Year's dance on the last day of December. Those who ventured out had a most pleasant evening.

A fourth teacher has been engaged for the Kitsumgallum school and work in the new division will commence after the holidays.

TIMBER SALE X 5347

Sealed Tenders will be received by the District Forester, not later than noon on the 10th day of January, 1924, for the purchase of Licence X 5347, near Lot 2194, north shore of Kum-Ea-Lon Inlet, C.R. 4, to cut 60,000 L.B.M. of Spruce, Cedar, and Hemlock sawlogs. Two (2) years will be allowed for removal of timber. Further particulars of the Chief Forester, Victoria, or the District Forester, Prince Rupert, B.C.

TIMBER SALE X 5798.

Sealed Tenders will be received by the District Forester, not later than noon on the 14th day of January, 1924, for the purchase of Licence X 5798, near Denise Arm, on Morse Lake, C.R. 5, to cut 125,000 L.B.M. of Spruce, Cedar, Hemlock and Balsam Sawlogs. Six (6) months will be allowed for removal of timber. Further particulars of the Chief Forester, Victoria, or the District Forester, Prince Rupert.