



A Mid-day Meal for One

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



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
2 Tablespoons full 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.

Ten Years Ago in Prince Rupert

February 28, 1914.

The Vancouver Province questions the advisability of the provincial government burdening itself with liability on behalf of the Canadian Northern Railway.

Settlers of the Kitsumkalum district claim that they have to paddle to their ranches in boats while the government builds roads for speculators.

Queen Mary Chapter I.O.D.E. met at the home of Mrs. T. McClymont, Borden Street, yesterday afternoon to celebrate Paardeburg Day. An address on "Imperial Friendship" was given by W. J. Jephson and solos were rendered by Mrs. Hemmell and Mrs. Jarvis McLeod. Mrs. G. R. Naden and Mrs. J. H. McMullin presided over the tea table, being assisted by Mrs. H. F. McRae, Mrs. C. H. Orme, Miss Lillian Fisher, Miss Johnstone, Miss Alice Du Vernet and Miss C. M. Martindale.

BOOK VIA C.N.R. FOR EMPIRE EXHIBITION

Special arrangements are being made and additional steamships being operated by the White Star, Cunard and Anchor-Donaldson lines to handle tourists desiring to visit the British Empire Exposition in England this summer. Close connections are made by the Canadian National Railways with steamers of these lines at Atlantic sea-ports. Passports secured and full information at City Ticket Office, Canadian National Railways, 528 Third Avenue, Prince Rupert, B.C. Phone 260.

CARD OF THANKS

Miss Gillingham and Mrs. J. L. Lee wish to express their thanks to all those who helped with donations and services to make the function on Tuesday night in aid of the Hospital Nurses' Home, a success.

FISH ARRIVALS

One American schooner with 23,000 pounds and two Canadian schooners with 12,700 pounds, a total of 35,700 pounds, sold at the Fish Exchange this morning. Arrivals were:

American

Venus, 23,000 pounds, at 18.2c and 9.5c. to the Booth Fisheries Canadian Co.

Canadian

Caygeon, 2,700 pounds, at 15.1c and 8c to the Atlin Fish Company.

Hanaco, 10,000 pounds, at 15c and 8c to the Canadian Fish & Cold Storage Co.

NEW LAMP BURNS 94% AIR

Beats Electric or Gas

A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U.S. Government and 35 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor, smoke or noise—no pumping up, is simple, clean, safe. Burns 94% air and 6% common kerosene (coal oil). The inventor, G. A. Johnson, 595 McDermot Ave., Winnipeg, is offering to send a lamp on 10 days' FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him today for full particulars. Also ask him to explain how you can get the agency, and without experience or money make \$250 to \$500 per month.

ANNOUNCEMENTS

Amateur Theatricals, March 3, Westholme, in aid Ladies' Hospital Auxiliary.

Elks' Annual Ball, Tuesday, March 4. Invitations only.

Spend an evening in the Tall Timbers at the Methodist Church Thursday, March 6.

Royal Purple Easter Bazaar and Sale of Home Cooking, April 8.

Hill 60 Chapter, I.O.D.E. Amateur Theatricals end of April.

Elks' Minstrel Troupe. First show May 1.

Local and Personal

B.C. Undertakers. Phone 41.

Mayners. Undertakers. Phone 351.

B' PREPARED! Boy Scouts' Dance Friday, 9 p.m. Elks' Home. 50

Mooseheart Legion Dance, Metropole Hall, tomorrow Friday, February 29.

Thousand tons famous Nanaimo Wellington Coal arrived. Try a ton. Albert and McCaffery, if

We buy, sell and exchange furniture and all useful articles. Prince Rupert Exchange. Phone 652. If

James McAleenan sailed by the Gardena on Tuesday evening bound for California. He expects to be away about a month.

The Seaside Lunch Counter, Cow Bay for sale. Make an offer to N. M. McLean, Cow Bay. Phone Red 400. 52

Ex-Ald. John Currie, who has been on a brief business trip to Victoria, returned to the city on the Prince Rupert yesterday afternoon.

W. S. (Duke) Harris of Hazelton is in the city having returned from a business trip south on the Prince Rupert yesterday afternoon.

Leap Year Tea and Sale, 3 o'clock tomorrow February 29, in Methodist Church. Excellent concert and pictures at 8 p.m. Silver collection.

The meeting of the Ladies' Musical Club which was to have been held yesterday at the home of Mrs. Hubert Ward was postponed for two weeks.

L. Jensen, B.C. manager for Boyle Bros., the diamond drilling firm, arrived in the city from Vancouver on the Prince Rupert yesterday afternoon.

Rev. T. D. Proctor of Hazelton, who has been on a trip south, returned on the Prince Rupert yesterday afternoon and continued by train to Kitwanga.

Charles M. Buscombe, manager of the Buscombe Importing Co., Vancouver, reached the city on the Prince Rupert yesterday afternoon and is registered at the Prince Rupert Hotel.

Morley Shier, well known representative of the Giant Powder Co., was in the city on the Prince Rupert yesterday bound for Stewart and Anyox. He will be back in town next week.

E. J. Spears, A. W. Gibson, F. Eadie, K. Forrest and R. Denton, all of Ocean Falls, reached the city on the Prince Rupert yesterday afternoon and will return south tomorrow morning.

J. P. Wheeler of the Land Settlement Board with headquarters at Telkwa returned by the Prince Rupert yesterday afternoon from a business trip to Victoria and continued by train to the interior.

Miss Agnes Dawson returned to the city on the Prince Rupert yesterday afternoon after spending a holiday in Vancouver and Calgary. At the latter city she attended a Baptist Church convention.

Miss A. M. Barbeau returned by the Prince Rupert yesterday afternoon from a business trip to Vancouver and other southern cities. She was accompanied north by Miss Cameron who will join her millinery store staff.

Constable and Mrs. R. P. Ponder, Constable Harry Martin and Constable P. Carr (Burns Lake) returned to the city on the Prince Rupert yesterday afternoon after having made a trip south in charge of a party of provincial prisoners.

Mrs. George Little of Terrace returned to the city on the Prince Rupert yesterday afternoon after having enjoyed a holiday trip to Honolulu and California. Mr. Little has gone to the Antipodes on business and is not expected back for several months.

PLAYER'S

NAVY CUT CIGARETTES

"Super-Quality"

10 for 18¢
20 " 35¢
and in tins of 50 and 100

More Sold than all other brands combined

VACUUM Bottles

Useful Every Day in the Year
Price
75 cents
ORMES LTD.

The Rexall Store. The Pioneer Druggist.

CANADIAN NATIONAL 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, Feb. 27; March 12, 26

PASSENGER TRAIN, DAILY EXCEPT SUNDAY.
Leave Prince Rupert 6.15 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, Ogan Falls, and Swanson Bay, Tuesday, 5 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 Neze River Canneries, Friday A.M.
623 3rd Avenue. J. Barnetley, Agent. Prince Rupert, B.C.

Basketball games tonight instead of Friday, 7.30 p.m.

Alex. Donnelly was fined \$25 in the police court this morning for intoxication.

"Dad" Self is sailing tomorrow morning by the Prince Rupert bound for his old home in Oklahoma.

Adam Mackie, inspector of fisheries, is sailing tomorrow morning by the Prince Rupert for Vancouver.

Chase away the blues! See "A Modern Ananias" at the Westholme Theatre, Monday, March 3, at 8.15.

Mrs. W. B. Penney returned to Thurston Harbor on the Prince John last night. She left her daughter in school here.

H. S. Wallace, who has been here on business for the past week, is returning to Vancouver on the Prince Rupert tomorrow morning.

SMOKED FISH

AT ITS BEST

There are just Two Rules to Follow to Enjoy the BEST Smoked Fish, AT ITS BEST.

These Rules are—

- 1—Buy "Rupert Brand." Rupert Brand is always delivered to the stores in clean new boxes clearly stamped "Rupert Brand."
- 2—Wrap in cooking paper, cook in moderate oven for 20 to 30 minutes, remove paper and serve at once.

Four Kinds—Breakfast Kippers, Bloaters, Smoked Black Cod and Kipperd Salmon.

At all Fish and Meat Markets, and Grocers.

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

If You Are BOAT-BUILDING

We have Hardwood, Fir and Cedar Boat Lumber. If you are tired of Kalsomine and Paper, try Fir Veneer Panelling. If you are thinking of building a house, we have any lumber you require, also Sash, Doors, Glass.

SHOCKLEY'S Planing Mills
Cow Bay. Phone 383.

Phone 109. Helgerson Block.

Dr. F. P. KENNY

Dentist

X - RAY SERVICE.
Office Hours: 9 a.m. to 6 p.m.
Open Evenings by Special Appointment.

Electric-Bake Whole Wheat Bread

Is a Healthful Laxative.
This bread is being constantly recommended by prominent local doctors, where a well chosen diet is essential.
We Bake It. Your Grocer Sells It.

Electric Window Bakeries