

The Strength in the Mighty Atom



OXO PRESENTS the vital principles of beef, which build new tissue and create reserves of strength. It is beef in the most assimilable form.

The energy-increase after taking OXO is remarkable. When weakened by influenza, or other illness, OXO stimulates nutrition so that strength is renewed, and vitality restored.

In addition, OXO makes other foods more nourishing, and for this reason alone should be taken in some form every day.

Convenience

OXO Cubes are among the really great food inventions of modern times. To those who use them regularly they are indispensable.

The old days when women spent the best part of every day over a hot stove are past. With electricity and gas, improved utensils, and OXO Cubes, the day's meals are a pleasure and a convenience to prepare.



In tins of 4 - 15c. In tins of 10 - 30c.

Tommy Tomkins Paint Book Free
Send four OXO Cube wrappers for this interesting and instructive paint book for your children. Oxo Limited, 232 Lemoine Street, Montreal, Que.

The Great Beef Economy

MUCH HALIBUT CHANGES HANDS

Ten and Half Cents was Highest Paid Here Today

Despite the fact that landings were heavy first class halibut offering at the local Fish Exchange this morning commanded a much better price than was paid on the last bidding day. Fifteen United States vessels brought in 311,000 pounds and were paid over 10c and 3c. Eight Canadian boats, with 15,500 pounds, were paid over 8c and 3c. Twelve express refrigerator cars arrived from the East on this afternoon's train. They will take the fish bought today to the Eastern market.

The day's transactions, totaling 359,500 pounds, were as follows:

American
T628, 4,000 pounds, at 10.5c and 3c; Valid, 7,000 pounds, at 10.4c and 3c; Teddy J, 9,000 pounds, at 10.4c and 3c; Democrat, 25,000 pounds, at 10c and 3c; and Portlock, 30,000 pounds at 10c and 3c, to the Canadian Fish & Cold Storage Co.
Reliance, 16,000 pounds, at 10.4c and 3c; and Majestic, 47,000 pounds, at 10c and 3c; to the Alia Fisheries.
Norris, 30,000 pounds, at 10.1c and 3c; Kanatak, 30,000 pounds at 10.1c and 3c, and Lumen 7,000 pounds, at 10.6c and 3c, to the Pacific Fisheries.
President, 28,000 pounds, at 10.1c; and Gladys, 7,000 pounds, at 10.2c, and 3c; Anna E., 15,000 pounds, at 10c and 3c; and Pioneer III, 14,000 pounds at 10c, and 3c, to the Booth Fisheries Canadian Co.
Kodiak, 45,000 pounds, at 10c and 3c, to the Royal Fish Co.

Canadian
Brant, 3,000 pounds at 8c, and 3c; Verna, 6,500 pounds, at 8.2c and 3c; Selma, 5,500 pounds, at 8.2c, and 3c; Fisher, 10,000 pounds, at 8.5c, and 3c; Hippo 5,500 pounds, at 8.2c and 3c; Point May, 4,500 pounds, at 8.2c and 3c; and Scrub, 4,500 at 8c, and 3c, to the Canadian Fish & Cold Storage Co.
Cape Spear, 6,000 pounds at 8.1c and 3c, to the Alia Fisheries.

NEW GRANBY MANAGER ARRIVING AT ANYOX

Mr. and Mrs. H. S. Munroe and Charles Boeking were Passengers Going North on Gardena Yesterday

Mr. and Mrs. H. S. Munroe and Charles Boeking were passengers going through from Vancouver to Anyox on the Gardena yesterday afternoon. Mr. Boeking will succeed Mr. Munroe as general manager of the Granby Consolidated Mining, Smelting & Power Co.
Mr. Munroe, who has been retired from the position at his own urgent request, will remain

AN INACTIVE LIVER IS THE CAUSE OF CONSTIPATION

When your liver gets sluggish and inactive your whole health suffers.

Your bowels become constipated; you have sick and bilious headaches; your tongue coated and furry; your breath bad; specks float before your eyes, and often you feel as if you were going to faint, especially if in a crowded place where there is little or no ventilation.

When in this condition there is only one thing to do, and that is to take

MILBURN'S LAXA-LIVER PILLS

They will stimulate the sluggish liver so that it will regulate the flow of bile to act properly on the bowels, and thus clear away all the poisonous matter that is responsible for all your liver troubles.

For sale at all druggists and dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

by Anyox for about three weeks before proceeding to New York where he is to take an important post with a large American mining concern.

SILVER FOXES NOT EXPENSIVE

Returns From New York Sale Show Prices Averaged Only \$101 a Skin

A detailed report of the New York February fur auction shows that silver fox pelts are not really as expensive as is usually thought. The highest price realized for a skin was \$155, while the very lowest had hardly any value. The average of over two thousand skins was \$101 each.

Blue foxes, such as are raised on the fox farms of Alaska went all the way from \$15 to \$112 each, a decline of twenty per cent on previous sales.

Marten fetched \$10 to \$60 for the very best dark pelts but for dark B.C. skins the price was \$36 to \$42 and coast varieties sold for \$21.50 to \$25 for the best, grading down to as low as \$16 or less.

Dark Eastern mink fetched \$21 to \$25 for best grade and B.C. mink sold for \$14.50 to \$17.50 down to \$8.25, according to quality.

Muskat fetched \$1.30 to \$1.10; wolf, \$18 to \$20 with extra fine timber wolf skins going up to as high as \$44.

BIRTHDAY PARTY

Master Gerald Roberts, Son of Capt. and Mrs. Roberts, Entertained His Little Friends

Master Gerald Roberts, son of Capt. and Mrs. F. A. Roberts, 1208 Second Avenue, celebrated his ninth birthday by entertaining a number of his girl and boy friends at the home of his parents on Saturday afternoon. A splendid time was spent between the hours of 4 and 7 playing games and refreshments were served in English style.

Those present were: Misses Phyllis Harvey, Alice Brass, Muriel Rogers, Lillian Rogers, Gwendolyn Macdonald, Pearl Gill, Phyllis Ryan and Kasha and Meki Kanaya; Masters Jack Rogers, Walter Smith, Donald Lipsin, Gordon Brochu, William Brass and Edmund Gill.

DIED FROM DRINKING PINT OF WHISKEY TO WIN BET AT YONKERS

YONKERS, Mar. 23. — After winning a bet that he could drink a pint of whiskey without stopping, Barney Williams was found dead in the backyard of his home today.

FORMER PRESIDENT WESLEY COLLEGE DEAD

WINNIPEG, Mar. 23. — Rev. Andrew Stewart, D.D., LL.D., professor of theology at Wesley College and former president of that institution died here Sunday. He was born in Ontario in 1851.

Rastus—Don't let them chickens out, Mirandy.
Mirandy—Why not? Won't dey come home?
Rastus—Dead dey won't. Dey'll go home.

Save Your Money!

You Can Save

25c - on every - \$1.00

BY BUYING YOUR GIFTS, BRIDGE PRIZES, JEWELLERY, AND HOUSEHOLD NEEDS IN CUT GLASS, SILVER-PLATE, etc., the many things you have put off buying because you felt you could not afford them are now very cheap, by reason of our

25 per cent. Discount

on nearly every article in the store.

WE HAVE TO MOVE IN A WEEK—WE ARE PAYING CUSTOMERS 25c ON THE \$1 TO HELP US MOVE.

Max Heilbronner

Jeweller and Diamond Specialist.

Third Avenue West

SITE FOR NURSES' MEMORIAL CHOSEN

War Heroines to be Commemorated by Statue in Ottawa Hall of Fame

OTTAWA, Mar. 23.—The government has finally approved the site of the Hall of Fame in the House of Commons for the memorial to Canada's gallant nurses who gave their lives or served during the Great War. The location decided on is in the first recess south of the library in the nation's pantheon.

The erection of the statue is made possible through a fund which was raised among the nurses of the Dominion.

WIRELESS REPORT

8 a.m.
DIGBY ISLAND. — Raining, fresh southeast wind; barometer, 29.76; temperature, 50; sea moderate; 8 p.m. spoke steamer Mogul, Ocean Falls for Anyox, 238 miles from Anyox; 8 p.m. spoke steamer Catherine D., Ketchikan for Nanaimo, 186 miles from Nanaimo; 8 p.m. out steamer Gardena northbound; 8 a.m. spoke tug Lorne abeam Gunn Island bound for Prince Rupert.

BULL HARBOR. — Overcast, fresh southeast wind; barometer, 29.97; temperature, 38; sea smooth; 7:55 p.m. spoke steamer Camosun in Millbank Sound northbound.

DEAD TREE POINT. — Raining, calm; barometer, 29.77; temperature, 38; sea smooth.

Noon
DIGBY ISLAND. — Raining, strong southeast wind; barometer, 29.69; temperature, 38; sea rough; 10:30 a.m. in tug Lorne.

BULL HARBOR. — Overcast, fresh southeast wind; barometer, 29.86; temperature, 43; sea moderate; 8 a.m. spoke steamer Princess Beatrice abeam Pine Island southbound.

DEAD TREE POINT. — Raining, light southeast wind; barometer, 29.77; temperature, 42; sea smooth.

PRINCE RUPERT TIDES

Monday, March 23
High 0:38 a.m. 20.0 ft
12:47 p.m. 20.7 "
Low 6:53 a.m. 4.2 "
19:13 p.m. 2.2 "
Tuesday, March 24
High 1:17 a.m. 20.7 ft
13:31 p.m. 21.0 "
Low 7:38 a.m. 3.3 "
19:54 p.m. 2.3 "
Wednesday, March 25
High 1:55 a.m. 21.3 ft
14:14 p.m. 20.8 "
Low 8:18 a.m. 2.7 "
20:32 p.m. 3.0 "

NOTICE

An examination for Forest Rangers will be held at Burns Lake on March 31st, 1925. Applications will be received up to noon of March 24th by the District Forester, Court House, Prince Rupert, from whom application forms and full particulars may be obtained. Fee, \$1.00. Candidates must be British subjects, not more than forty years of age, resident in British Columbia for at least one year, of good character and physical condition, with woods experience and familiar with the practical side of logging, timber cruising, surveying and forest protection, with knowledge of the Forest Act and able to organize work and handle men.
This examination is to establish an eligible list for the next year from which appointments will be made as rangers are required. One ranger is required immediately.
W. H. MacINNIS,
Civil Service Commissioner,
Victoria, B.C.

WESTHOLME THEATRE

Tonight and Tomorrow Night, 7 and 9 p.m.

"Women Who Give"

A stirring drama of storm-bound love. The story of a woman who gave without thought of price. She had promised to wait for Jim and he returned with another woman. A romance of Cape Cod. Thrilling sea scenes. What were the struggling passions or the clashing lives of a handful of human beings to the terrific, conflicting forces of the raging elements? A picture teeming with exciting scenes ably performed by an exceptional all-star cast.

Robert Frazer, Barbara Bedford, Frank Keenan, Renee Adoree and many others.

COMEDY — "PUBLICITY PAYS." INTERNATIONAL NEWS. Admission 35c and 10c

THE POPULAR FOOTWEAR THIS YEAR IS

"Sandals"

For Ladies, Misses and Children
And our stock is complete.
Sandals for Ladies and Growing Girls—Sizes 2 1/2 to 11. Patent, Brown, Gray and Elk. Per Pair \$3.25
Sandals for Misses—Sizes 11 to 2 in Patent and Brown. Per Pair \$2.25
Sandals for Children—Sizes 8 1/2 to 10 1/2, in Patent and Brown. Per Pair \$1.85
See Our Windows.

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Fresh Frozen—All varieties.
Fresh Fish—All varieties in season.
Smoked Fish—Our well known "Rupert Brands."
Finnan Haddie—"Thistle Brand" Nova Scotians.
Canned Salmon—Pinks, Skeena Sockeye, etc.
Salt Fish—Herring, Salmon, Black Cod, Grey Cod
Shell Fish—Crabs, Shrimps, Clams.

Canadian Fish & Cold Storage Co., Ltd.

Prince Rupert, B.C.

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PERSONAL SERVICE AND RELIABLE DENTISTRY go hand in hand. No matter what the nature of your dental work may be, when you come to my office you get the benefit of such service and receive dentistry that is honest.
GET MY ESTIMATE FIRST.

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Sailings from Prince Rupert

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March 6, 16, 27
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S.S. PRINCESS BEATRICE
For Butedale, Swanson Bay, East Bella Bella, Ocean Falls, Namu, Alert Bay, Campbell River, and Vancouver, every Saturday, 11 a.m.
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Full information from—
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Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C.

SAVAGE Washer and Dryer

Has no Wringer, needs none. Won Gold Medal at last Quebec Exhibition over all American and Canadian Machines.
Cash Price \$185.00; also sold on terms.
Kaien Hardware Co.

New Spring HATS

BROCK \$6.00
BILTMORE \$5.00
BILTMORE \$4.00
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Open Evenings Only For Special Appointments.

Specials! Specials!

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Plain Colored Crepes—Special, 4 yards for \$1.00
Ginghams, 32 inches wide—Special, 3 1/2 yards for \$1.00
Heavy English Ginghams, 32 inches.—Special, 2 yards for \$1.00
Striped Galateas—Special, 2 1/2 yards for \$1.00
The Season's Latest Dress Goods, Woven Linen Plaids, fast colors, per yard 85c
CUP AND SAUCER SPECIALS WHILE THEY LAST
China Cups and Saucers, to clear at 10c, 20c, 25c and 30c
China Lustre Tea Sets, 21 pieces.—Special \$9.00
English Paragon China Tea Sets, 21 pieces—Special \$11.50

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