Give them OXO everyday

It is MEAT and DRINK to their growing bodies

For delicate or backward children a little "OXO" in a cup of hot milk creates a most nourishing and easily digested food. 45

At all grocers. "OXO" cubes in tins; "OXO" Corp dial in bottles and flasks.

OXO

OXO LIMITED 350 ST. ANTOINE ST. MONTREAL

A SERVICE

Devoted to the Protection of Your Health

Good health is a priceless possession—the basis of happiness and success. For 21 years Ormes have assumed the serious obligation of protecting the health of it patrons by a strict adherence to the highest ethics of the profession of Pharmacy—by intelligent co-operation with doctors — by the use of the finest medicinals obtainable—by the knowledge gained through many years' experience and by a sincere desire to give the unusual in Prescription Service.

It is a service worthy of patronage.
Specialists in Sick Room Necessities

Ormes Ltd.

The Pioneer Druggists

THIRD AVE. & SIXTH ST. — TELEPHONES 82 & 200

DEMAND

"Rupert Brand"

Kippers

"THE DAINTIEST BREAKFAST FOOD."

Smoked Daily by

Canadian Fish & Cold Storage Co. Ltd.

Prince Rupert, B.C.

All Sweaters, Mackinaws, Wind Breakers

REDUCED 15 PER CENT

RUBBERS, sizes 6 and 7, regular $2.25, now ..... 85¢

Shoe Sale Continues. Every pair must go.

THOR JOHNSON

Blanket Sale

100 Pair Super Quality Pure Wool Point Blankets
In Red, Green, Fawn and White.

10 lbs. weight. Regular $16.50 pair, for $13.95
12 lbs. weight. Regular $19.50 pair, for $16.95

Fraser & Payne

Universal Trading Co.

Local and Personal

B.C. Undertakers Phone 41.

Read the Louvre's advertisement.

Dentist. Dr. J. R. Gosse Phone 686

Skating daily, 2 to 4 and 8 to 10. tf

J. C. Gavigan sailed last evening by the Camosun for a week's business trip to Vancouver.

Rebekah and Oddfellows concert, Boston Hall, March 14. Admission 50c. Visitors and friends welcome.

D. C. McRae has been confined to his home, Fourth Avenue East, the past few days suffering with a severe cold.

Women's Hospital Auxiliary Tea and sale of Home Cooking at the home of Mrs. Dan Jebour, March 8, from 3 to 5.30.

Provincial Constable Robert Gibson of Port Essington arrived in the city from the Skeena River on yesterday afternoon's train.

Two grain ships which were expected to load wheat at Vancouver have been diverted to load at Prince Rupert.—Vancouver Province.

H. G. Olsen, manager at Smithers for the Hanson Lumber & Timber Co., arrived in the city from the interior on yesterday afternoon's train.

Miss K. Gibson of the nursing staff of the Port Simpson General Hospital sailed last evening by the Camosun for Vancouver on a holiday trip south.

Miss Longwill arrived in the city on yesterday afternoon's train direct from the south of Scotland and will take up residence here with her brother, Walter Longwill.

Foundations are being put down on the corner of Fourth Avenue and Bowser Street for a new residence to be built for interests represented by Thos. McClymont.

Owing to a florist's error, the name of Mr. and Mrs. H. R. Hill and family was omitted yesterday from the list of those who sent flowers to the funeral of the late Mrs. Sim.

Passengers sailing last evening on the Camosun for Vancouver included J. G. Gavigan, C. H. Allan, Miss K. Gibson, John A. Clark, and Eugene Rousseau and Mr. and Mrs. J. Bell.

W. H. Manuel, travelling auditor for the Canadian National Railways with headquarters in Winnipeg, is in the city on official duties, having arrived from the East on yesterday afternoon's train.

In the semi-final of the Canadian Legion billiard handicap, Frank Aldridge last night defeated C. L. Youngman and will go with D. Dougherty to the final which will be played this week.

The condition of James C. McRae, who has been a patient in the Prince Rupert General Hospital since suffering a stroke last Saturday night, was reported this morning to be not so favorable.

John A. Clark, manager of Oceanic Cannery, and Eugene Rousseau, manager of Walker Lake cannery, who have been in the city and district for the past couple of weeks on business for the B.C. Packers, sailed last evening by the Camosun on their return to Vancouver.

C.N.R. steamer Prince Rupert, Capt. D. Donald, arrived in port at 10.45 this morning from Vancouver, Powell River and Ocean Falls and will sail at 10 o'clock tonight for Stewart and Anyox, returning here at 6 o'clock Friday morning to sail on her return south at 9 a.m.

R. E. Allen, district forester, returned to the city on the Prince Rupert this morning after a holiday trip south and proceeded by train to the interior, accompanying E. C. Manning, former district forester here and now assistant chief forester at Victoria, who will hold rangers' examinations at Terrace, Smithers and Burns Lake.

ANNOUNCEMENTS

"Aunt Susan's Visit" at United Church, March 8 and 9.

Moosehead Ladies' St. Patrick's Whist Drive and Dance, March 16.

Anglican Cathedral Tea March 17.

St. Patrick's concert, Monday, March 19, Westholme Theatre.

United Church Easter Sale of Work, April 3.

Anglican Church Easter Sale April 10.

Catholic Women's League spring sale of work April 12.

Elks Cabaret April 20.

Royal Society of St. George Whist Drive and Dance, April 23.

SANTAL MIDY

PAIN in BLADDER

Promptly Eased by SANTAL MIDY

Be sure to get the Genuine Look for the word "MIDY" Sold by all druggists

SO EASY NOW TO BANISH PERSPIRATION ODOUR

One never knows when one may offend. Perspiration odour is so elusive, so subtle.

To perspire is natural, even healthful . . . one to two pints daily say the doctors.

But perspiration need no longer be offensive. Simply change to Lifebuoy Soap for face, hands and bath.

Lifebuoy is all that a superior toilet soap should be — and more. It neutralizes perspiration. Costs no more.

Lb853

LIFEBUOY HEALTH SOAP

Purifies and Protects

LEVER BROTHERS LIMITED TORONTO

Get the Big 4 habit! When thinking of a Taxi, phone 4 tf

Mrs. Alex McNeill returned to the city on the Prince Rupert this morning from a brief trip to Vancouver.

C.N.R. steamer Prince John, from Vancouver via the Queen Charlotte Islands, is expected to arrive in port about tomorrow evening.

Enjoy a real laugh at "Aunt Susan's Visit" in United Church Thursday and Friday at 8 o'clock. Adults 50c. Children (Friday) 25c.

E. C. Gibbons returned to the city on the Prince Rupert this morning from a business trip to Vancouver and other points in the south.

George Taylor, travelling auditor for the Canadian National Railways, arrived in the city from Vancouver on the Prince Rupert this morning.

William Burken was admitted to the Prince Rupert General Hospital yesterday and will be a patient there for the next week or ten days.

We are Headquarters for shoe repairing. Send them to us for value, service and satisfaction. MacArthur's Shoe Store. tf

Miss Vi Cameron of the C.N.R. city ticket office, who has been on a holiday trip to Chicago, returned to the city on the Prince Rupert this morning.

Mr. and Mrs. Olof Hanson, who have been on a six weeks' vacation trip as far south as California, are expected to return to the city next Wednesday.

Motorcycle Constable F. E. Bradner, provincial police, transferred from Nanaimo to the city detachment here, arrived from the south on the Prince Rupert this morning to take up his duties.

A. A. Connon, who has been on a business trip south, returned to the city on the Prince Rupert this morning from Vancouver. Accompanying him was his young daughter Yvonne who made the trip with him.

George G. Bushby, head of the Rupert Marine Products Ltd., is in receipt of a telegram from J. C. Brady, M.P., at Ottawa, stating that careful consideration is being given his protest against his being unable to secure herring at Pearl Harbor for his reduction plant here while the fish at the same time is being exported to Alaska.

Mrs. A. D. Baillie, who has been visiting for the past two or three weeks in Vancouver following her recent arrival from the East, arrived in the city from the south on the Prince Rupert this morning and will take up residence in the Besner Apartments. Mr. Baillie is engineer at the plant of the Rupert Marine Products at Tucks Inlet.

G.N.R. steamer Prince Rupert, coming up the coast this trip, made a special call at the Englewood logging camp, just south of Alert Bay, with a party of some sixty or seventy longshoremen. The Prince Rupert had a large list of some 140 passengers out of Vancouver, the most of them coming through to Prince Rupert. They were a number of people bound for the prairies who proceeded East from here by train.

CARD OF THANKS

The Sim family and Mr. and Mrs. J. L. McIntosh desire to convey their sincere thanks to their many friends for the kind expressions of sympathy in their recent bereavement.

Owing to Pioneer's Banquet, Valhalla will meet March 23. 57

A. W. Lipsin, who has been on a business trip to Vancouver and other points in the south, returned to the city on the Prince Rupert this morning.

Milton Gonzales left on this morning's train for Smithers on legal business in connection with mining affairs. He expects to return to the city on Sunday.

Mr. and Mrs. J. Bell sailed last evening by the Camosun for Vancouver enroute to Cornwall, Ontario, where they have been called on account of illness of relatives.

J. E. Miller, inspector of customs, and his assistant, Thomas Mason, arrived in the city on the Prince Rupert this morning from Victoria, being here on official duties.

Major McLaren of Montreal, general tie agent for the Canadian National Railways, arrived in the city from Vancouver on the Prince Rupert this morning and proceeded by train to interior points.

John Haahti, well known pioneer mining man of Stewart, better known as "John the Finn," is a passenger aboard the Prince Rupert today going through to the mining camp following a business trip south.

Lieut.-Col. R. L. Gale, Smithers broker, who has been on a business trip to Vancouver and Victoria, arrived in the city from the south on the Prince Rupert this morning and proceeded to the interior by train.

During the past twenty-four hours, thirty carloads of grain have arrived from the prairies for the Alberta Wheat Pool's Prince Rupert Elevator, railway offices this morning reporting 325 carloads on the division bound here.

The play-off between the Canadian National Ladies and Moose men for the city whist championship will take place tomorrow evening at the home of Mr. and Mrs. F. E. Wermig, 537 Ninth Ave. West, it was announced this morning.

DINNER GIVEN K. OF C. MEMBER

A farewell supper was given last night by the Knights of Columbus to J. G. Atherly, formerly cashier here for the Canadian Express Co. About forty Caseys and friends sat down to a sumptuous repast in the Catholic Hall, and the supper was interspersed with speeches and music. Harry Astoria, Sam McPherson and Frank Fortune sang and gave recitations, while Clifford Cameron presided at the piano.

A presentation on behalf of the Knights of Columbus was made to Mr. Atherly by Rev. Father Godfrey, and the recipient very suitably replied. Other speakers were J. J. Muldoon, A. E. McDonald, A. D. Gillies, J. J. Gillis, A. S. Lewis and P. J. McCormick.

Mr. and Mrs. Atherly and family left this morning for Calgary where they will take up their future residence.

ONLY ONE GAME IN BILLIARDS PLAYED

Only one of the five games in the billiard fixture scheduled for last night between the Gyro Club and Maple Leafs was played. A. Donald of the Gyros defeating M. M. McLachlan of the Maple Leafs by a score of 200 to 166. Other games yet to be played are:

C. Balagno (Gyro Club) vs. J. Hamilton (Maple Leafs.)
W. J. Nelson vs. M. Andrews.
Bert Morgan vs. F. Williams.
K. Meagher vs. G. Howe.

	Played	Total	Av.
F. Williams (M.L.)	1	200	200
W. Baillie (C.S.)	1	200	200
J. May (C.S.)	6	1185	198
W. H. Long (C.S.)	9	1752	195
A. Murray (C.S.)	10	1942	194
F. G. Pyle (G.T.)	10	1937	194
A. Macdonald (C.S.)	10	1935	194
D. Brown (Grotto)	10	1918	192
G. Howe (M.L.)	10	1899	190
J. Beesley (G.T.)	6	1113	186
W. J. Nelson (G.C.)	10	1849	185
C. Youngman (G.)	9	1664	185
M. M. McLachlan (M.L.)	10	1839	184
J. Judge (Grotto)	7	1291	184
A. Donald (G.C.)	7	1290	184
Ben Self (G.T.)	9	1627	181
C. Balagno (G.C.)	10	1790	179
B. Morgan (G.S.)	8	1433	179
Mayor McMordie (M.L.)	10	1777	178
J. Hillman (C.S.)	10	1749	175
J. Andrews (G.T.)	10	1721	172
M. Andrews (M.L.)	10	1720	172
G. Waugh (Grotto)	10	1716	172
F. Zieman (G.T.)	6	1029	172
G. A. Woodland (G.C.)	8	1370	171
W. E. Williscroft (G.T.)	7	1176	168
J. Hamilton (M.L.)	10	1668	167
R. Young (Grotto)	8	1335	167
G. P. Tinker (G.C.)	7	1164	166
Bert Hoskins (G.)	1	161	161
K. Meagher (G.)	2	318	159
John Bulger (C.S.)	4	616	154
G. Krause (G.T.)	2	271	136
J. Brown (G.)	6	787	131

When Children Cough PERTUSSIN brings safe relief

MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor

I've Never Tasted Better Fudge Than This

I don't often boast as proudly as this, but really, fudge made by my recipe has a different body, a finer, creamier texture, a smoothness that you won't find ordinarily. I myself claim no credit for these results. I know that the explanation of these outstanding qualities lies in three things: cooking the fudge just to the soft ball stage and no longer, vigorous beating, and the use of Carnation Milk.

"But why," so many people ask, "should Carnation Milk give results different from those of ordinary milk?"

There's a very definite reason for this notable superiority. Carnation Milk is "homogenized"—that is, its cream content is broken up into tiniest particles and distributed uniformly all through the milk. As Carnation Milk is evaporated to double-richness, this means that every drop of milk has a double share of enriching cream. Not only that, but the greater fineness of the cream particles gives a smoother, finer texture to all cookery in which Carnation Milk is used.

You'll Like Carnation Better for All Cooking

As in making candies, so in all cookery—Carnation gives a richness, a smooth creaminess, a fine, fragile texture that even the best of bottled milk cannot equal. Try this better milk. Evaporated to double creaminess, "homogenized," and sterilized for safekeeping, it places at your disposal an exceptionally convenient supply of milk, and in the most dependable and economical form.

I have a whole Carnation Cook Book full of recipes, which I'd like to send you, that you may know this better way of cooking. Ask for "My Hundred Favorite Recipes." It's free. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Pralines

1 cup brown sugar, 2 cups white sugar, 3 tbsp. corn syrup, 1½ cups nuts, ¾ cup Carnation Milk diluted with ½ cup water, 1 tbsp. maple sugar or mapeline. Boil together all ingredients (except nuts and flavoring). When soft ball is formed in cold water, remove from fire, add flavoring, place pan in cold water, without shaking, until hand can be held against bottom of pan without discomfort; add nuts; beat with slotted wooden spoon; when stiff drop from spoon on buttered sheet.

Carnation Fudge

2 tbsp. butter, 2 squares bitter chocolate, 3 cups sugar, 2 tbsp. corn syrup, ½ cup Carnation Milk, diluted with ½ cup water, 1 tsp. vanilla.

Melt butter and shaved chocolate in sauce pan, add sugar, corn syrup and diluted Carnation. Cook until mixture forms a soft ball in cold water or reaches a temperature of 235° F., stirring occasionally to prevent sticking. Remove from fire and add vanilla. When cool beat until creamy and mold on buttered plate.

Smoother Candy

IF you want the richest, smoothest fudge or other candy, use Carnation Milk. *All* foods made with milk or cream are smoother and richer when Carnation is used—just pure, whole milk evaporated to double richness and sterilized. It keeps. It is always the same. It saves butter and cream.

(See recipes above)

Produced in Canada

Carnation Milk

"From Contented Cows"

Special :: Offering

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LADIES, MISSES AND CHILDREN

COATS FOR CHILDREN

Regular value up to $18.00. Special price $8.75

COATS FOR LADIES AND MISSES

Regular value up to $25.00. Special price $12.75

Have your choice of these splendid garments while they last, for they will not last long at these prices.

B.C. Fur Company

Third Avenue

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The Largest Railway System in America

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Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE, and intermediate points, each FRIDAY, 9.00 a.m.

For STEWART and ANYOX, each WEDNESDAY, 10.00 p.m.

For NORTH and SOUTH QUEEN CHARLOTTE ISLANDS, Fortnightly.

PASSENGER TRAINS LEAVE PRINCE RUPERT

Each MONDAY, WEDNESDAY and SATURDAY at 11.30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

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