



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
Dissolve the Oxo in a little hot water, add 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.

Education Conference at Wembley May 1924

In response to an invitation from the Directors of the British Empire Exhibition which is to be held at Wembley from April to October, 1924, the Imperial Studies Committee of the Royal Colonial Institute have undertaken the organization of an Educational Conference to be held within the Exhibition on May 26th, 28th and 29th, immediately after Empire Day.

The Imperial Studies Committee have invited all the leading educational associations to co-operate with them and delegates have been appointed to serve upon the organizing committee by practically every one, including the Headmasters' Conference represented by Dr. Rendell of Winchester, the Headmistresses' and Assistant Masters' Associations, Headmistresses' and Assistant Mistresses' Associations, the Educational Institute of Scotland, the National Union of Teachers represented by Mr. E. J. Sainsbury, the London Teachers' Association by Mr. W. P. Pincobbe, the Classical, Historical and Geographical Associations, etc. At the first meeting of the Committee it was decided that the general subject of the Conference should be "The Place of Imperial Studies in Education" and that it should be devoted to the practical task of discussing the methods by which it can be assured that in all grades of education a knowledge of the British Empire, its growth, its extent and above all its responsibilities shall be secured without adding any fresh burdens to an already over-weighted curriculum. The Conference will be opened on the afternoon

of Monday, May 26th, by H. R. H. the Duke of Connaught, K.G., who will take the chair at the first session. There will be two sessions each afternoon, separated by a short interval for tea, and it has already been arranged that the chair will be taken at two of these by Lord Burnham and Sir Charles Lucas, and at another by the Duchess of Atholl, M.P., who represents the Association of Educational Authorities in Scotland.

The problem will be considered in its different aspects at successive sessions: (1) in the Primary schools, (2) in the Secondary schools of all kinds, (3) in the education of the adult citizen. Many experienced teachers have already promised to take part in the discussions and full reports will appear in the press.

Arrangements have been made with the Exhibition authorities to issue tickets for the Conference including admission to the Exhibition at a reduced rate. These will be supplied to members through their respective associations. All communications respecting the Conference should be addressed to the Hon. Organizer and Secretary, Mr. Hugh Gunn (late Director of Education in the Orange Free State) at the Royal Colonial Institute, Northumberland Avenue, London, W.C.2.

The test of Ivory Soap is that it keeps its promise which is to cleanse the skin thoroughly. No soap can do more. Many promise to work wonders with your complexion—but how many soaps can faithfully keep that promise?

At the leading resorts one sees gay matching sets of hat scarf, and paragon will be opened on the afternoon



All out-doors invites
Your KODAK

The ice, the snow, and the fun you have will never melt away in Kodak pictures.

Your Kodak and Kodak film await you here.

TOOTON'S, The Kodak Store

Rum Pirates Made Big Haul and Escaped

THEY BOARDED THE TRAWLER LUTZEN AND DISPOSED OF CARGO FOR \$125,000.

NEW YORK, Feb. 11.—The story of a rollicking crew of rum pirates who boarded the liquor carrying steam trawler Lutzen two days out of St. John, N.B., kicked her sailormen into the hold, sailed to rum row and disposed of the cargo for \$125,000, was told recently by The Evening Post.

The Canadian and United States Governments, as well as Lloyd's who insured the cargo, have instituted searches for the sea highwaymen, the newspaper said.

The Lutzen was two days out of St. John, N.B., bound for Hamilton, Bermuda, when the pirates suddenly appeared, boarded her and subdued the unarmed crew, sending the supercargo below decks in irons and changing the course to rum row. The pirates' ship disappeared.

The name "Lutzen" was painted out and Lion substituted. The buccaniers competed with other ships in row until the whisky cargo had been sold over the side for \$125,000 cash when they signalled a tug from shore, were taken off and disappeared somewhere in this country. A few days before the pirates left the ship, an agent for the St. John firm, which had become worried over the delay in reaching Hamilton, sent an eviator to scout in rum row. He reported the Lutzen there, under a false name. When the pirates departed, the crew of the Lutzen proceeded to Hamilton and delivered what was left of the coal cargo which the buccaniers could not sell.

The Lutzen was involved in another rum row escape in December, 1922, in which one of her crew was murdered. It was testified that the vessel was stationed with the other runners for three months disposing of a cargo of liquor.

Majestic Artists Win New Laurels

The attention of lovers of music and movie is directed to the Majestic Theatre advertisement elsewhere. The Zylas are in a class by themselves as musical entertainers and their offerings for to-day, Friday and Saturday will set up a new record. They have fully justified the advance notices respecting their ability as artists and entertainers. Already thousands of patrons are more than delighted with them and the great majority will make it a point to attend every performance during their engagement.

The feature picture to-day, "3 Jumps Ahead," shows the celebrated Tom Mix in a five reel Western special. It is one of the most thrilling and hazardous pictures ever seen in which Tom Mix is all at home. A News Reel that illustrates world-wide events is also shown and the bill concludes with a very laughable comedy "The Three Gunmen." The big eleven reel extraordinary special "One Exciting Night," arrived yesterday after considerable delay. It will be exhibited on Monday.

When Rain Means Riches

Industries That Depend Upon Weather

While it is obvious that the umbrella-maker derives profit from a wet season, and that the manufacturer of rubber hose does best in a dry summer, it might not occur to you that our supply of aluminum depends largely upon weather.

Visiting the great works at Foyers last July, the writer found that half the turbines were idle, and that the usual flow was largely reduced. This, explained the manager, was simply on account of the unusual dryness of the early part of 1923.

The famous Scottish works derive all their power from the Foyers River. Two lochs have been joined together by the raising of dams and embankments, and when full these give a supply of water sufficient to run the factory for fifty days and nights continuously.

Timber Trade Troubled.

But if the water supply fails the power available is reduced, and hands have to be discharged. The men obtain employment elsewhere, and cannot be recalled at a moment's notice when heavy rain fills the lochs.

The timber industry is equally dependent upon weather. Most of our timber for building purposes comes from the United States and Canada. The trees are cut and the huge trunks are sawn into lengths and floated down rivers to the sea.

But the main part of the work is getting the timber from the spot where it is cut to the river. The loads are sledged over roads made of ice, and in order to make these roads a good snowfall is necessary. If there is no heavy fall of snow the timber cannot be moved.

Coal mining depends upon weather in a curious fashion. What the miner has to watch is the barometer. So long as it is high, well and good, but when it falls the decreased atmospheric pressure means a leakage of gas from the seams, and consequent

danger of explosion. If the leakage is severe, all work may have to be held up in a gassy mine.

Cannot Speak Too Highly of Your Medicine

90 SAYS MR. AND MRS. T. ARMSTRONG AFTER USING DODD'S KIDNEY PILLS.

Ontario lady who suffered from neuritis, backache and headache, tells of Dodd's Kidney Pills.

Sprucedale, Ont., Feb. 20.—(Special)—"I thought I would write and tell you how much your Dodd's Kidney Pills have helped both my husband and myself. We have used several boxes and they have helped me wonderfully. I cannot speak too highly of your medicine."

This testimonial comes from Mrs. T. Armstrong, of this place—well known and highly respected resident. The reason Dodd's Kidney Pills have come to occupy such a prominent place in the family medicine chest, is that so many of the ordinary everyday ills come from sick kidneys. Rheumatism, Lumbago, Backache, Urinary troubles, Diabetes and Heart Disease can all be traced directly or indirectly to sick kidneys. Insist on having Dodd's, the Kidney Pill your neighbors use.

Irish Concert by the Colored Trio

AT STAR MOVIE TO-NIGHT.

To-night Messrs. Foster, Hawkes and Zabrickie will render an Irish concert, singing, as will be seen from the ad, all Irish selections, and the kind of songs we all love to hear. Judging from their Southern concert the past three nights, there is no doubt but to-night is again going to be a high class musical treat. The numbers they have selected are such as will be seen at a glance to be most pleasing, especially so in the hands of such a talented trio. The feature "Dyking," last evening was one of the finest jewels that has been seen here for some time. As will be seen from the ad, William Duncan is featured for to-morrow night in "Playing It Wild," a Vitaphone Production in seven parts.

Monday next Mr. Foster will sing his masterpiece, entitled "The Bell of the Lighthouse," and Mr. Foster asks as a special favour, that all his kind and enthusiastic admirers remain silent during the rendition of this number, as by so doing it will greatly help him to put over this most difficult selection.

King Who Was Barred

Coventry is associated in the minds of most people with motor-cars and cycles, but it has a much earlier claim to fame. It refused to admit a king when he approached the city gate.

Thus, before a blow had been struck or a shot fired, the shutting of the town gate against Charles I. might be called the first act of hostility in the Civil struggle between King and Parliament which made Cromwell uncrowned king, and forty years later brought William from Holland to be the first constitutional monarch of what is virtually, as the poet calls it, a "crowned republic" and the freest nation on earth.

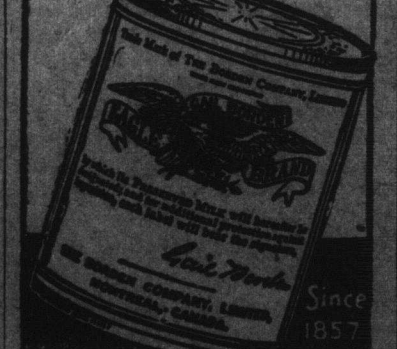
A place now called Shut Lane in Coventry is said to be the spot where the King was shut out of the city because the citizens sided with Parliament and not with the Royalists. He turned away and proceeded to Nottingham, where he unfurled the royal standard on the castle hill, and thus started the Civil War which cost him his head on a scaffold erected in Whitehall.

Wings of black ribbon trim a small cloche of black felt.



Start baby on Eagle Brand if you cannot nurse him. Do not experiment with foods and risk his health, may be his life! For 67 years Eagle Brand has been the leading infant food. Write for free helpful Baby Welfare Book.

The Borden Co. Limited, 1100 MONTREAL.



Famous Stage Classic at THE NICKEL Wed. & Thursday

American Releasing Corporation Present HELENE SULLIVAN (Late of John Murray Anderson's "Greenwich Village Follies") in

'THE SIGN OF THE ROSE'

A gripping tragic story of circumstantial evidence and the fight of an innocent man to clear himself. A drama of the rich and poor and how their ways meet, clash and come together in beautiful understanding.

DOROTHY DEVORE in the Christie Comedy Special "BABIES WELCOME."

DEPARTMENT STORE ON WHEELS (Pictograph Reel)

FRIDAY—The famous Saturday Evening Post Story: "DON'T WRITE LETTERS."

MONDAY NEXT—Clara Kimball Young, in "ENTER MADAME," Special Attraction in 9 Acts.

Law Suits That Last Centuries

The recent case, in which a couple of years elapsed between the commission of a crime and its discovery, falls short of a record.

The famous case of Eugene Aram, which later formed the subject of the novel by Lytton and the poem by Hood, is a leading one, for the murderer was committed in 1745, and Aram was executed in 1759. In the same century a man named Horne was executed for the murder of his child thirty-five years earlier, and there is also the case of Governor Wall, who was hanged in 1802 for a murder committed in 1732.

Apart from capital crimes, the law's delays have always been notorious. It was stated recently, for instance, that a lawsuit about some land, which had commenced in 1776, had just been finally settled, and a litigant is even now suing the Government of the U. S. A. over property alleged to have been alienated during the American revolutionary wars.

A well-known barrister used to recall a most remarkable case of this kind. In 1863 he prosecuted, as counsel for the Crown, a man who was charged with stealing a leaf from the parish register in 1803.

WOMEN! DYE ANY GARMENT OR DRAPERY

Waists Kimonos Draperies
Skirts Dresses Gingham
Coats Sweaters Stockings

Diamond Dyes

Each 15 cent package of "Diamond Dyes" contains directions so simple any woman can dye or tint any old worn, faded thing new, even if she has never dyed before. Drug stores sell all colors.

Rome on the Sea

(Public Opinion.)

Professor Guido Calza, Director of the Excavating, explains in the Sphere the great interest and value of the excavations at Ostia—Rome by the Sea—which, he says, is one of the most interesting and best preserved towns ever discovered through excavation.

The Sphere publishes photographs of these ancient buildings. "To speak of Ostia is to speak of Rome, because Ostia, Rome's first colony, founded at the mouth of the Tiber four centuries B.C., signals the first expansion of Rome on the sea," says Professor Calza. It matters little that history tells us almost nothing of her life and development for her ruins speak with eloquence and truth. Ostia had, in fact, all the typical characteristics of a commercial city. Ostia placed herself in the service of Rome, and by harbouring trading vessels from every part of the world, ensured food for the Plebe and luxury for the Patricians.

Built even as the republic, according to a prescribed plan, she widens her streets during the Empire and constructs new ones, bordering them with arcades, improves her warehouses, erects dwellings three and four storeys high, multiplies the number of her temples in order to welcome the gods of all the peoples, and lavishes a wealth of marbles and mosaics on these public buildings, which she has copied directly from those of Rome. And the Emperors interested themselves in her development.

"The population of such a city must be cosmopolitan. Romans, Italians, Africans and Orientals, and pilgrims and barbarians congregate here, forming a population of eight thousand souls, with slaves and workmen in the port—sailors, tradesmen, manufacturers, and rich and enriched commercial agents. Every kind of merchandise arrives here—grain and wine and oil, and Spanish wool, and silk and glass, carpets from Alexandria, even furs from Pontus, medicinal herbs from both Sicily and Africa, Arabian spices and perfumes, pearls from the Red Sea, wood from the Atlantic, and Asiatic marbles.

"The commerce of the whole Latin world flowed into the port of Ostia. The larger boats were unloaded

here; the smaller ones were towed up the Tiber to Rome. Ostia sees—even before Rome—what marvels the world possesses, and what tributes the Empire receives from her subject provinces.

"Studying Ostia, we find that our antiquarian education, got almost entirely at Pompeii, is not sufficient; the narrow, tortuous streets of the charming Campanian town do not correspond to the broad, straight streets of this ocean city, which was laid out in the very beginning on a regular systematic plan. The regular plan of Ostia is like that of a modern American town. It has often been affirmed that the Roman dwelling was like the Pompeian dwelling-house, with its atrium and peristyle, were the exception in the great city of Rome—just as the house and garden, or the cottage, are in a modern city. Ostia has preserved for us the house of the middle-

class and of the people—that is, the most ordinary type of house.

"And it is also at Ostia that we can study the elegant severity and grandiose force of Roman architecture in its various forms—even the private house—for the great height of her ruins (ten metres in some places) permits us to admire and study the facade, a very important architectural detail rarely found among the ruins of the ancient world.

"To excavate the ruins of Ostia signifies bringing the picture of Rome's great august spirit to the light of day, and feeling and understanding how and why the history of Rome became the history of the world."

To the Younger Set

(By Margaret Widdemer.)

When you are old
And have, perhaps, the time for play-
ing,
Think of us, then,
And our too stormy and too tragic
spring . . .
You'll have forgotten us; we shall be
dead;
Yet it was we
Whose bodies made the bridge for
you to tread.

You do not fear?
You ride abroad with neither pain nor
ruth,
But we,
We tattered, we hold dumb,
We too were Youth—
With our unlearned and close chained
hands we lit the spark
in terror. Nay, we were not brave,
as you
You have no fear—but now the light
has come.

You are most brave,
But yet your light—it was the light we
gave.

Think of us, then,
Whose bodies made the bridge for
you to tread,
When you are kind and old—and we
are dead.

MINARD LEBLANC FOR READ,
ACRE.



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SOOTHES IRRITATIONS
In the treatment of all skin irritations, such as itching, dryness, and other conditions, Cuticura is the most effective remedy. It is a powerful skin cleanser and soothes the most sensitive skin.

Berkshire Typewriting Paper

There is a
"Berkshire
Quality"
for every need.

DICKS & CO., Ltd.
Booksellers and Stationers.

Fads and Fashions.

Green is one of the smartest shades in spring millinery.

There is a tendency to use light trimming on dark frocks.

A long Chinese tassel finishes the pocket of a kasha frock.

The large square handbag is among the smartest types carried.

Figured and moire silks are used for the fashionable flat hand-bags.

The small, brightly colored felt hat will be a leading item for spring.