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Grape Fruit

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Fresh Celery.
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Carrots.
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New Artichokes.

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RIPE GORGONZOLA CHEESE
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The quality of Prince Albert Tobacco is widely recognized as unsurpassable in merit. We have 1,000 lbs. of this brand in stock which we offer to the trade.

Cash's Tobacco Store.

A Midshipman Sees Napoleon.

"Rummaging among old papers, discovery has been made of a remarkable letter, dated July 30, 1815, addressed to his mother-in-law by a midshipman in the Navy, stationed on the English ship Bellerophon, which conveyed Napoleon Bonaparte from France to St. Helena. "A part of it gives a vivid portrait of the fallen Emperor," says the Scotsman. "Bonaparte is a fine-looking man, inclined to corpulency; is five feet six inches in height, has hair turning grey, and is a little bald on the top of his head, no whiskers, complexion French yellow, eyes grey, Roman nose, good mouth and chin, neck short, big belly, arms stout, small white hands, and shows a good leg. He wears a cocked hat, somewhat like our old-fashioned three-cornered ones, with a tri-coloured cockade in it, plain green coat, cap red and cuffs the same, plain gold epaulettes and a large star on the left breast, white waistcoat and breeches and white silk stockings, thin shoes and buckles. "He eats but two meals in the day, breakfast and dinner, and these are sumptuous—fish, fowl, and fowl, wines, fruit, various French dishes, etc. He breakfasts about 11, and dines at 6, is about half-an-hour at each meal, when he generally comes on deck or goes into the after-cabin to study."

He Wants all the World to Know THAT IT WAS DODD'S KIDNEY PILLS THAT HELPED HIM.

Mr. Alfred Labbie, who Suffered From Rheumatism and Backache, Tells Why He Recommends Dodd's Kidney Pills.

St. Honore, via Armand, Que., May 30th.—(Special)—Mr. Alfred Labbie, a well-known and highly respected resident here, is recommending Dodd's Kidney Pills to all sufferers from rheumatism or backache. He has a reason.

"I suffered from backache and rheumatism," Mr. Labbie states. "I spent much money on other remedies. But it was Dodd's Kidney Pills that helped me. I work now and I am well. That is why I would like all the world to know about Dodd's Kidney Pills." Dodd's Kidney Pills are purely and simply a kidney remedy. They strengthen the kidneys, and enable them to do their full work of straining the impurities out of the blood. Healthy kidneys make a healthy body. Ask your neighbors if Dodd's Kidney Pills do not make healthy kidneys.

The Significance of the Wedding Ring.

For over a thousand years the wedding ring has been the necessary feature of the Religious Wedding Ceremony, and for thousands of years to come it will probably hold its place as the symbol of marriage. In the old days of Pagan Rome, betrothals and weddings were symbolized by the gift of a ring to the bride-elect, but the ring was made of iron.

In the second century A.D. gold was introduced, and it was then that the custom of indicating the marriage state by the use of a wedding ring became more general until to-day the whole civilized world recognizes the wedding ring as the accepted sign of marriage.

For many years the wedding ring has been of plain gold, but there is now a tendency to adopt a wedding ring with various designs carved in the gold, which makes it possible for the giver to add to the significance of the wedding ring itself something particularly appropriate to the circumstances under which it was given such as the month of the year, or a special design which might have a meaning only known to the bride and her husband.

As the wedding ring indicates one of the most sacred and vital of human associations, it is quite natural that anything which would add to the worth and beauty of the symbol will be appreciated by the brides of this year and the years to follow. From the charming designs that have been chosen to represent the months, the bride may choose. Should she be married in January, she will find the snowdrop symbol; in February the almond blossom; March, the violet; April, the tulip; May, the pansy; June, the bridal rose; July, the lily; August, the pond lily; September, the daisy; October, the maple leaf; November, the oak leaf, and December, the holly.

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are wonderful in their help to the stomach troubled with over-acidity. Pleasant to take—relief prompt and definite. MADE BY SCOTT & BOWNE, MAKERS OF SCOTT'S EMULSION

Why Do You Sleep?

IS IT BECAUSE YOU'RE TIRED, OR—? Have you ever wondered why you sleep? Nine out of ten people asked the question would probably answer: "Because I'm tired when I go to sleep." Scientists and doctors have for years been trying to find out what exactly causes sleep, and what takes place during sleep to make one awake refreshed. Many different theories have been advanced, but Edwin F. Bowers, M.D., in an interesting little book, "Sleeping for Health," says that the only point upon which everyone is agreed is that the nine people out of every ten are right—we sleep because we are tired. One theory is that the physical basis of sleep is a temporary anoxia in the brain, but against this idea we have the fact that some people can't get to sleep without a stimulant as a "night-cap"—which has the effect of sending more blood to the brain. Other people say that sleep is the period when the "clinkers" are removed from our bodies. In other words, we derive energy while we are awake by eating, breathing and drinking, and throw off the refuse while we sleep. The explanation of sleep which Dr. Bowers seems to favour is that the human dynamo, which is constantly giving us energy while we are awake, is busy recharging itself—accumulating another supply of vitality—during the hours we sleep. For many years past we have laboured under the delusion that the average person only requires a few hours' sleep, and that anyone who stays in bed for nine or ten hours is a sluggard. The vast majority of people need at least nine hours' sleep; and the few who can get along with only four hours are exceptions. While you are asleep, the "wear and tear" upon your body during your waking hours is being made good, and unless when you wake, you feel refreshed and reinvigorated, this hasn't been done.

Carried His Bride Home.
EARL OF MINTO ADHERES TO ANCESTRAL CUSTOM.

Lord Minto, who has just arrived at his ancestral home in Scotland, carried his bride into his ancestral home. This is in accordance with an ancient custom of the house. For generations it has been the custom for the new bride to be carried over the threshold for the first time by her husband. Those who watched the ceremony gave the bride and bridegroom a hearty welcome.

Minto House is a fine four-storied mansion standing above the vale of the Tiviot near Hawick. Lady Minto was Miss Marion Cook, daughter of Mr. and Mrs. G. W. Cook, of Montreal. Her engagement to Lord Minto, announced in November, 1920, from Montreal, created great interest in English society at the time. They were married in January of this year at Montreal, and spent part of their honeymoon in South Carolina.

The Earl of Minto is thirty years of age. At one time he held a commission in the Scots Guards. He is a brother of the Countess of Cromer and Lady Violet Astor—English noper.

A 3,000-Year-Old Woman.

Compared with the skeleton found at Tibury some years ago—to say nothing of Eoanthropus, whose skull was found in the Piltdown, (Sussex) and whose antiquity is almost incalculable—the woman whose body has been discovered buried in a hollowed-out tree trunk at Etival, in Jutland, is almost modern, says the Mail. "She is perhaps 3,000 years junior to that primitive lady revealed by the breaking away of the cliff at Walton-on-the-Naze, who made a meal of haws and blackberries just before she died and whose skull measurements correspond, according to Professor Keith, almost exactly with those of the average woman student of to-day.

Nevertheless, she is very interesting to people in this country, in whom there is so much Jute or Anglian blood. The ornaments buried with her, the skirts and the mere fact that she was interred in a coffin all point to the existence among these remote and inaccessible ancestors of ours, of a higher degree of civilization than that with which we are accustomed to credit them."

Household Notes.

Wipe your pantry shelves with denatured alcohol every few weeks if you are troubled with red ants. Marshmallow coffee sauce is delicious with caramel ice cream. Tartar should not be removed from the baking sheet until cold. A fresh egg, if placed in a bowl of water, sinks nearly to the bottom. Bread sandwiches are good with moulded vegetable salad. Mint and currant loaves are nice served with puff paste cut in fancy shapes. A meringue baked slowly in a warm oven with the door open will not fall.

War Memorial to Convicts.

Major-General Seely, as Lord Lieutenant of Hampshire, recently visited Parkhurst Prison, Isle of Wight, and unveiled in the presence of about 700 convicts a brass tablet erected in the prison chapel, and subscribed for by convicts only, in memory of their fellow-prisoners who were liberated to fight during the war and who fell in action. The inscription on this pathetic memorial ran thus:—"To the Glory of God and in memory of those men who went out from imprisonment in this place and gave their lives on the Field of Honour in the Great War, 1914-1918. "These are they which came out of great tribulation." Rev. 7, 14. "Erected by their fellow prisoners."

One Interview in 110 Years.

"The Dalai Lama of Lhasa, in Tibet, has just given an interview to an electrical engineer. This is the first time that a Lama has talked with a European in 110 years," says the Scientific American. "Lhasa is on a plateau 11,000 feet high, which is perhaps desirable as sanitation is non-existent. Tibet seems to want telegraphic communication with the outside world and there are faint signs of an industrial awakening. Mr. Fairley, a telegraph engineer, had an audience with "His Holiness," who proved to be kindly and very inquisitive. He also visited the Tibetan Council called the "Council of Shapas." A twenty-four course luncheon followed."

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- Remnants Fancy Coloured Art Tickings and Striped Bed Ticks, only 22c. yard.
- Remnants Grey Calicoes (quantity limited), only 17c. yard.
- Remnants White Lawns and Soft Cambrics and Longcloths, suitable for fine lineries, etc.; 36 inches wide, only 29c. yard.
- White Shirtings, 36 inches wide; soft finish, no dressing, from 25c. yard.
- Remnants White "Indian Head" and "Middy Twill", 36 inches wide, only 39c. yard.
- Remnants Fancy Coloured Dress Voiles, wonderful bargain, only 30c. yard while they last.
- Lot of New Fancy American Dress Voiles, full pieces, Jobs, at Low Prices.
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