

Spanish Valencia Oranges, etc.

Just received by S. S. Sachem and Rosalind:
 75 cases VALENCIA ORANGES—
 Large 40c. doz.
 Extra large 48c. doz.
 CALIFORNIA VALENCIA ORANGES.
 PORTO RICO GRAPE FRUIT.
 MESSINA LEMONS.
 FRESH JERSEY TOMATOES.
 RIPE BANANAS.
 WINESAP APPLES—125's and 138's.
 AMERICAN GREEN CABBAGE.
 LOCAL FRESH RHUBARB and LETTUCE.

Old Chum Tobacco—1/2 lb. tins and pkgs.
 VIM—For cleaning, scouring, scrubbing, polishing Metals, Marble, Paint, Cutlery, Crockery, Glassware, Windows, Bath Tubs, etc.; good for the hands and general household cleaning 10c. can

SINGAPORE PINEAPPLE—Sliced.
 No. 2 tins, 30c. each.

C. P. EAGAN,

2 Stores:
 Duckworth Street & Queen's Road

SIDE TALKS.

By Ruth Cameron.

GETTING OVER GRIEFS.



Did you ever know anyone who seemed to try to keep a grief alive, to water it and tend it as one would a plant? I think there are people like that, and instead of doing something to be proud of they are doing something to be heartily ashamed of. Or perhaps that is putting it too strong—blaming them for a folly when one should be pitying them for an abnormality.

If Your Mind is Normal.
 Time will heal the deepest wound in the tissues of the human body. If it doesn't we know there is something unhealthy about those tissues. Exactly the same thing is true of the wounds that life makes in the human mind. Unless time heals them there is something abnormal in that mind, something that needs looking after.

I once heard a very conscientious woman say that she was ashamed of herself because she had found that she was not grieving so much over her husband's death two years afterwards as she had at first. "Why I

died I should certainly lean out on the gold bar of heaven (provided I had been admitted) and cheer them on. (Any shocked Letter Friends will now take their pens in hand).

A Compliment, Perhaps.
 Once upon a time I used to say that I didn't care if one married again if one could only manage to wait a year. I am coming to wonder now if those who marry within a year do not sometimes do it because their life has been very happy and they are desperately lonesome. This happened after the wife's death in one of the most beautiful marriages I ever knew and I can just imagine the wife, who really loved her husband, being glad to see someone looking out for him and making his life less dreary.

For a man or woman never to marry again might be a compliment, and again it might be a mute expression of his idea about the married state. One never can tell, can one?

Singing for Health.

It is acknowledged by most people that the human voice is the most beautiful and certainly the most wonderful musical instrument in the world.

But how many are there who realize the health-giving possibilities which a development of vocal power will bring?

Yet it is only necessary to consider the rudiments of voice production to realize what an extraordinary, and at the same time perfectly natural, health-producer we have in the proper exercise of the voice.

But, however much we may shrink from the possibilities opened out, it is nevertheless, true; the only people excepted being, of course, those whose vocal organs are actually malformed.

Let us, then, consider some of the more general effects of singing in their relation to health, says the Daily Mail.

First, the breathing has to be got under control. Simple enough, that, you may say!

Not one man in a thousand breathes properly! Rhythmic breathing helps to produce a control over the breath which is the very first essential in singing, and while producing this control also brings with it a wonderful steadying of the nerves, which, in these days of nerve-rack, is worth a King's ransom.

Having attained the rudiments of breath control, we are then in a better condition to commence the actual voice production. The attempt to produce long-sustained notes on each of the vowels, commencing with the broad "AH," will reveal in a surprising manner how little under control is the normal person's voice.

NICKEL

The Greatest Heart Interest Drama the World has Ever Known!

L. CASE RUSSELL'S PHOTODRAMATIZATION OF

"TEN NIGHT'S IN A BAR-ROOM"

With JOHN LOWELL, BABY IVY WARD and Exceptional Cast.

Would you be thrilled by reel after reel of intensive, heart-reaching drama, pathos, humor, comedy—the greatest acting the world has ever seen in the mightiest drama the world has ever produced—then go and see "TEN NIGHT'S IN A BAR-ROOM."

9 WONDERFUL REELS 9—Has broken all records for attendance wherever shown.

Yet here again practice will very soon bring in its train a metal feeling of stability as the pupil-patient begins to master and control the sound production.

In short, it is just that mental attitude which is produced by truly artistic singing which results in real health.

Is not self-control one of the first essentials to efficiency in any department of life? And surely physical health is no exception.

Then there is the matter of self-expression. And in this connection it is surely beyond controversy that the human voice is not only the natural endowment, but is the best-suited instrument for one type, at any rate, of expression, and that the expression of the emotions.

Only those who have experienced the marvellous relief to the feelings which singing gives can thoroughly appreciate what a truly wonderful avenue of expression our vocal organs are, and how wonderful the effect upon the health is when one has attained anything like mastery over the production of sound.

Yes, sing your health back again!

New Railroad Car Has Its Own Power.

A new type of car, which runs under its own power, was taken to the yards of the Boston & Maine Railroad Company, at the North station, to be turned over to the Millford and Greenville branches of the road, where it will be put into service. The car is the very latest in steam railroad types and is the posthumous result of the work of Francis E. Stanley, automobile man, who was killed several years ago.

Mr. Stanley was the inventor of the Stanley steam engine used in the Stanley automobile. It was his ambition to place in cars of steam railroads, and he had just completed experiments, marking the success of his idea, when he was killed.

The new car of the Boston & Maine road contains this Stanley motor adapted to steam railroad practice. The body of the car was built by the Laconia Car Company, while the engine and assembling work was done by the Unit Car Company of South Boston.

BIG VALUES

Men's Boots!

Men's Mahogany Calf Blucher

\$4.75

MEN'S MAHOGANY CALF—

Pointed last, Goodyear welt,

\$6.50



MEN'S MAHOGANY CALF BLU-

CHER—Goodyear welt, at

\$8.00 and \$8.50

MEN'S MAHOGANY CALF BLU-

CHER OXFORD—Goodwear

welt \$7.00

MEN'S BLACK GUNMETAL BLU-

CHER \$5.00

MEN'S BLACK VICI KID BLU-

CHER \$6.00

MEN'S BLACK GUNMETAL CALF

—Pointed last (welt) . . . \$6.00

MEN'S BLACK CALF BLUCHER

—Goodyear welt \$7.00

F. Smallwood,

The Home of Good Shoes, Water Street.

April 1921.

The car is geared to make a speed of 50 to 60 miles an hour, but can be geared to a higher speed. It is 50 feet long, and contains a passenger compartment, seating 26 persons, a smoking compartment, seating 14 persons, and a freight and power compartment. The boiler runs 200 pounds pressure. On the roof of the car are mounted condensers, a bell and a smoke stack.

The car can pull several other cars, but at present will use but one trailer. This will be either a passenger coach or freight car of the regular type.

For the present the car will be used for the experimental purposes as a shuttle car on the Greenville and Millford branches out of Arer. The purchase of the car has not been agreed upon by the company, pending the establishing of its success. There are at present about 15 of these cars being experimented with on various roads.

The car is equipped with every modern appliance including air brake and electric lights.

Bowring Brothers, Ltd.,

HARDWARE DEPARTMENT.

Refrigerators! Refrigerators!



Blizzard Ice Cream Freezers, 2, 4, 6, 8, 12, 14 & 20 Quarts.

Acme Ice Cream Freezers, 2 Quarts, \$2.00 each.

Electric Fans.

Electric Vacuum Sweepers.

Do You Take Pride In Your Kitchen?

EVERY thorough housekeeper has pardonable pride and joy in the appearance of her kitchen. Nothing adds so much to the appearance and efficiency of the kitchen as a good refrigerator that keeps foods sweet and wholesome. The

LEONARD Cleanable Refrigerator

will delight the heart of every careful housewife. Not only is it an attractive and well made piece of kitchen furniture, but it can easily be kept clean and sanitary. It is built with one-piece porcelain extending entirely around the door frame, over the edges, and with rounded front corners. Non-leaking device. Automatic locks keep the Leonard air tight.

If you take pride in your kitchen be sure and get a Leonard Cleanable Refrigerator. Come in and see our wide display, and note how reasonably priced they are.

Bowring Bros., Ltd.

Hardware Department.

Don't Say Paper, Say The Evening Telegram



How Ironized Yeast Clears the Skin

Is your complexion blemished with pimples, blackheads, blotches or other embarrassing skin defects? If so, here is a test which will certainly astonish you. Simply mail coupon below for the Famous Three Day Free Trial Treatment of IRONIZED YEAST. Take these pleasant-tasting tablets—two with each meal. Then watch the results!

Note the Quick Improvement!

See how quickly pimples, blackheads, etc., begin to disappear—how your skin suddenly takes on a new freshness and charm. Note how paleness gradually gives way to the healthy glowing color of youth. See how your appetite increases. Note how "that tired feeling" disappears, and how your figure fills out with new firm flesh. Indeed, many thin folks report gaining five pounds and more on the very first package of IRONIZED YEAST.

Never before has any tonic been able to bring such seemingly "miraculous" results. And all because IRONIZED YEAST embodies a remarkable scientific process—a process which enables yeast to bring its wonderful results often in half the usual time!

How the New Process Works

While science admits that yeast is of wonderful value in clearing the skin and building health, it is found that yeast alone is not enough to bring 100 per cent results. For while yeast contains certain vital elements—lacking in diet, yet essential to health—experiments prove that some other agent is needed in order to quickly CONVERT these important yeast elements into new firm tissue, energy and health.

Everyone knows the great value of iron in converting our food into living cells and tissues. So working on this problem, our scientists finally discovered the remarkable process of ironization—the process which enables you to derive from yeast ALL of the wonderful benefits it holds for you.

Only One Genuine Ironized Yeast
 The process of ironization is embodied ONLY in IRONIZED YEAST. Beware of inferior imitations, which in most cases are merely inefficient mixtures of ordinary yeast and iron. Always insist upon the genuine IRONIZED YEAST and you will be sure of getting the best.

FREE!

Mail Coupon for the Amazing Three Day Trial Treatment of IRONIZED YEAST—Watch the Quick Results!

Amazing Results

"My pimples and blackheads have disappeared, and my complexion has shown a splendid improvement."
 —Miss D. K. E.
 "Ironized Yeast is wonderful! I have gained 8 pounds, and the eruptions on my face have faded away, leaving a clear skin."
 —Mr. J. F. G.
 "Ironized Yeast has cleared my complexion wonderfully, and I have gained 10 pounds."
 —Mrs. W. E. J.
 "Twenty days ago I weighed only 110 pounds! Today I weigh 120 pounds. Ironized Yeast is a God-send to me."
 —Miss A. T. S.

Mail Coupon Now!

You simply will not believe what a wonderful improvement IRONIZED YEAST can bring in your appearance and general health until you try it. Mail coupon today—now. The Three Day Trial Treatment will be sent you by return mail.

Free Trial Coupon

Harold F. Ritchie & Co., Ltd.
 10 McCaul St., Toronto DEPT. 54
 Please send me the famous THREE DAY FREE TRIAL TREATMENT of Ironized Yeast.
 Name _____
 Address _____
 City _____
 Only One Trial Package to a Family

IRONIZED YEAST
 Tablets
 THE ONLY YEAST THAT IS GENUINELY IRONIZED
 Sole Importers: HAROLD F. RITCHIE & CO., LTD., Toronto

Note: Full sized packages of IRONIZED YEAST are sold at all dealers on our positive guarantee of satisfactory results from the first package or your money instantly refunded.