

Some Old-Time Big Cattle.

One English Ox, History Shows Weighed 4,700 Pounds, Another 4,840 Pounds.

With all the modern improvement in breeds of live stock it may be doubted whether there is living to-day a steer or ox equal in size to some of the fat cattle of olden times.

In 1545 there was disposed of by raffie at Pratt's Old London Inn, in Taunton, England, a giant ox of the Devon breed that stood 19 hands high and weighed 3,700 pounds. But this one was not in it with the Durham ox which earned a modest fortune for its owner, John Day, and brought the now famous Shorthorn cattle into high repute a little more than a century ago.

Favorite, the sire of this bovine wonder, was made famous by the prodigious size and remarkably fine form of the steer. When Charles Colling of Darlington, who is regarded as the founder of the Shorthorn breed, sold all his cattle at auction in 1810, Comet, a six-year-old bull by Favorite, brought \$5,000, and six cows by him, some of them eleven years old, made an average of \$730, which was unheard of in those days and for many years afterward.

A Good Night's Rest.

"How many hours do you sleep?" The question was put to me recently, and I answered:

"About seven, off and on. I manage four hours, then I lie awake for one or two, and drop off again, feeling sleepier when I should arise."

That, I suppose, means that I am not sleeping healthily. But I cannot help it. The more one strives to coax slumber, the farther away it seems to drift.

Yet my questioner has perplexed me. He has, in a sense, make me nervous.

"How many hours per night do you sleep? And are you satisfied that on wakening you are always completely rested?"

The old tag—"Six hours' sleep for a man, seven for a woman, eight for a fool"—has been the bane of my existence for years. I have always tried to persuade myself that I must be very foolish, because the more sleep I can get, the better I am pleased.

One man known to me gives appreciative backing to this standpoint, for he says:

"I must be a very real fool, for I sleep twenty hours solid out of every twenty-four."

What is the minimum necessary for purposes of health? One reads about distinguished politicians and authors and investors who make do with four hours' sleep per night. Are they superhuman physically as well as mentally, or is there some enviable peculiarity in their make-up?

"Nice to Get up in the Morning, But—" Is the whole thing a matter of personal habit or constitution, or should one be forced to rest in bed, even if unconsciousness cannot be attained, for a certain number of hours out of every day?

A novelist friend of mine who is one of the hardest-working and, at the same time, one of the healthiest men I know, confessed to me recently that he seldom went to bed before two, and always rose about seven a.m.

It would be an exaggeration to say that I was amazed, but certainly I was surprised. Also, I was uneasy. I couldn't help feeling that, compared with him, I was a woeful slug-a-bed.

Happily for my peace of mind, I learned later that, though he spent only some five hours in his bed, it was his pleasant habit to snooze in an armchair for at least one hour every day after lunch.

So far as one can judge, the hours of sleep required by each individual are peculiar to that individual. Yet certain sections of the community have, willy-nilly, to ration themselves as to their periods of dreamless nightmarish insensibility.

Sailors, for instance, learn very soon that four hours at a time is their customary ration, though, thanks to the dog-watch, they get automatically eight hours off after the shorter spell.

Obviously, too little sleep must be had for one, yet in certain medical quarters it has been argued that too much sleep is almost as harmful. Perhaps someone—doctor or layman—will come forward with a statement calculated to comfort and instruct plain John Smith and his wife.

By boiling potatoes in their jackets you not only save the best part of the potato, but also your hands do not get badly stained.

VALUES to IMPRESS the SAVING-WISE

THE CONSTANT ENDEAVOUR AT THIS STORE.

Motor Rugs

Reversible Plaid Rugs, full size, fringed, suitable for motor car, carriage, and an ideal rug for camping time. Special Friday, Saturday and Monday \$3.35

This Week's Specials hold Important Savings-- Too Important to Overlook.

Football Boots

Ours have just arrived, light in weight, good stub toe and securely fastened leather studs on sole; a popular boot with kickers. Special \$6.48 Special \$3.85

FRIDAY, SATURDAY and MONDAY

TAKE A PEEP AT THESE Excellent GLOVE VALUES



FABRIC GLOVES—Beautiful quality, fine suede like finish, 2 Dome wrist, shades of Navy, Sand, Ivory, each pair \$1.18

ELBOW GLOVES—Another very special Glove value, ladies Elbow gloves, shades of Sand, Blue and Ivory, in Chambré-Suede fabric Reg. \$2.00, Friday, Saturday and Monday \$1.89

SILK GLOVES—Ladies wrist length, all Silk Gloves, with 2 Dome wrist, particularly fine quality, shades of Mode, Grey, Ivory, Black and White. Reg. \$1.50, Friday, Saturday and Monday \$1.15



The change of seasons from gray dull days to the bright warmer days of Spring is abundantly reflected here in the new cheery looking Stocks on display. Not only good to see but bright with that promise for outdoor life at hand. Don the new things, then. The resources of the Store are truly wonderful in every sense.

HOSIERY of Distinction Away Under Regular Prices

LADIES' HOSIERY—Half Silk leg Hosiery, in shades of Navy, Putty, Tan, Champagne, Black and White. Special 65c. MORE SILK HOSIERY—42 dozen of beautiful quality Silk Hosiery, come to us as seconds, many pairs perfect others with a slip thread or so, value for 90c pair, Friday, Saturday and Monday 38c. MISSES' HOSE—All Wool Cashmere Hosiery, in fancy ribbed, shades of Beaver, Mole and Nigger, to fit 6 to 14 years. Reg. \$1.20, Friday, Saturday and Monday 95c.



Seen on the Smallware Tables

- RUBBER BALLS—Plain and Fancy painted, semi-solid, great bouncers, in a full range of sizes. Special \$1.18
EGG CUPS—All White, Gold lined; strong, made in Japan; each 5c. The Dozen 55c.
STATIONERY—Boxed, 18 sheets of Paper & Envelopes for LUX—For all line laundries; 12c. WOOLLEN SHIRTS—Woolens, very strong. 22c.
IVORY SOAP—A pure White Toilet Soap, refined; only 5c. GARDEN SETS—Junior Sets, three-piece galvanized, very strong. 22c.
SHAVING STICKS—Cleaver's, large size Shaving Sticks in aluminum case 19c. SOAP BOLLS—All Soap, amuse baby while washing; assorted colors; each 9c.

Housecleaning Time calls for many New Things

- MARCELLA QUILTS—Light weight, all White Marcella Quilts, in very handsome patterns, easy to wash, especially suited for warm weather. Reg. \$5.00, Friday, Saturday and Monday \$4.49
WHITE SCRIMS—Plain White Scrims, very strong, self striped border, nice for bedroom curtains. Special Friday, Saturday and Monday 18c.
WHITE SCRIMS—All White Scrims, showing a handsome imitation lace insertion border, looks particularly good. Reg. 60c, Friday, Saturday and Monday 49c.
HUCK TOWELING—19 inch, strong White Huck Toweling, offering a really good value Friday, Saturday and Monday 42c.
TOWELING—Coloured striped Turkish Toweling, nice for rollers or kitchen use, half bleached finish. Special Friday, Saturday and Monday 32c.

Just Arrived, MEN'S NAVY RAGLANS, STRAW HATS and SUMMER UNDERWEAR, Etc. Everything New Here

- FOOTBALL BOOTS—Ours have just arrived, light in weight, good stub toe and securely fastened; leather studs on sole; a popular Boot with kickers. Special \$6.48
SILK SOCKS—Beautiful weight in Silk Lisle; shades of Navy, Grey and Brown; applied heel; marvelous value. Special 59c.
SILK NECKWEAR—Men's fashionable broad spread Neckwear in a charming range of nifty looking patterns. Dollar Scarves. Special 85c.
NAVY RAGLANS—Men's Navy Raglans, belted, cuffed, plaid lined, very popular. The new ones are here. Special \$24.50
BOYS' RAGLANS—Same as the Men's, fitting from 10 years up; fast Navy shade. Special 20.00 to 22.50
COMBINATIONS—Balbriggan weight, perfect fitting Suits; short sleeve; knee length; ideal warm weather Underwear; assorted sizes. 98c. Special The Suit

ITEMS OF INTEREST SHOWROOM selected from the

- JUNE RIBBONS—4 inch Cardinal shade, Silk Taffeta Ribbons for June month, nice Hair Ribbons. Reg. 40c, Friday, Saturday and Monday 35c.
LAWN KNICKERS—Ladies' White Lawn Knickers, wide legs, embroidered trimmed and hemstitched, open. Reg. \$1.30, Friday, Saturday and Monday 89c.
GIRLIE CORSETS—Easy fitting, nice for warm weather wear, sport wear and vacation time, they come in Pink shades, of good grade coutil, long bust, assorted sizes. Reg. 79c, Friday, Saturday and Monday 79c.
DRESSING JACKETS—Fancy Muslin Dressing Jackets, collar and belt, trimmed with Satin facings; sizes 38 to 44. Bust. Reg. \$1.00, Friday, Saturday and Monday 89c.
CHILDREN'S UNDERSKIRTS—White Flannel Underskirts with body, narrow trim and button hole edge, of Pink and Blue, to fit 6 to 12 years. Regular 95c, Friday, Saturday and Monday 49c.
CHILDREN'S VESTS—A nice line in the White Jersey, just the weight required, long neck and short sleeves; to fit 4 to 12 years. Special 23c, Friday, Saturday and Monday 23c.
SPANISH COMBS—Spanish Hair Combs, with plain and fancy backs, firm teeth, pretty shell finish. They're new. Regular 70c, Friday, Saturday and Monday 63c.
GIRLIE JUMPERS—White and colored Jumpers in good wearing Linen Crash and Jeans; embroidered sailor collar and tie, pocket and belt; shades of Rose, Sage, Helio, Maize, Peach and White; to fit 6 to 12 years. Regular \$2.50, Friday, Saturday and Monday \$1.37.
RIBBON TAMS—Ladies' and Misses' Ribbon Tams with tassels; shades of Nigger, Crimson, Navy and Pink. Regular \$1.40, Friday, Saturday and Monday \$1.29.

We excel in FOOTWEAR VALUES



- MEN'S SHOES—Laced Shoes, in dark Tan shades, semi pointed rubber heels and perforated. Reg. \$5.50, Special \$4.78
LADIES' BOOTS—9 inch height, laced, in pretty dark Tan shades, pointed to 6. Reg. \$3.50, Friday, Saturday and Monday \$3.48
BOYS' BOOTS—Dark Tan Boots, with block and toe, rubber heel, sizes 8 to 6. Reg. \$3.50, Friday, Saturday and Monday \$3.84
LADIES' SHOES—Laced style shoes, in Gun Metal leather, perforated front and sides, dressy. Reg. \$3.00, Friday, Saturday and Monday \$2.78

Girls' & Boys' SANDALS

Absolutely the most serviceable knockabout footwear for summer time, cool, good wearing and easy fitting, choice of laced or double strapped, in dark Tan shade, extended well, sizes 8 1/2 to 2. Our special \$1.49

Neat fitting, neat appearing Fine Wool Jersey COSTUMES

Distinctive, neat fitting fine wool Jersey Costumes. Tuxedo front, belt & pockets, others with G u a n p Dresses and Tailored Coat, all in a dark Heather mixture. Reg. \$15.00, Friday, Saturday and Monday \$9.98

Children's Wash Dresses

See this range of charming Wash Dresses, in check, Plaid and plain Gingham, collar, belt and pockets, round neck, 3/4 and long sleeves; to fit 6 to 12 years. Reg. \$3.50, Friday, Saturday and Monday \$1.98

TO CLEAR MEN'S KHAKI PANTS

A very special value in well made Khaki Pants, the ideal thing for a working, small man's and large size men's the bigger boys, values up to \$3.00 pair, Friday, Saturday and Monday 98c.



A few tickets left in C.L. Straps, and there are prizes amongst these. Is your chance!

My Habits

International committee on research, which was incorporated into the investigation of the Government of Ottawa. For the first time in a representative... French fishery officer... European country. Hereto... Committee has compromised... from the United States... and Canada... Unfortun... was impossible for the... delegates to attend this... were laid to facilitate the... life habits of cod and... summer. It is generally... these fish are caught in... numbers at those points... Grand Banks where the... of the Gull Stream... cold waters from the... but since these cur... from year to year, the... for these fishermen... to carry on their oper... the officials hope to over... situation... started last season... were returned... continued this summer... greater numbers of... upon the surface of... allowing them to drift... and containing o... to those people who... to the biological... of St. Andrew's, New... from 25 to 50 per... bottles were returned... it was possible... places where return... were picked up with the... to make a study as... of the currents. It is gen... that there is a regul... in the fluctuations of the... the officials are confi... can discover the... causing the currents then... taken a step in the... of the fisherman... the value of the year's... to be adopted. This... to catch cod from as... as possible, from Bon... andland, the cool... of the fish. From this... able to make a study... of these fish and learn... have any special... the ocean.—(Canadian... cut in 4... medium, 38-40... large, 46-48... medium size... of 36 inch... foot is 2 1/2... to any address... all over or sta... CITY GOWN.