

for Fletcher's  
**ASTORIA**

ought, and which has been  
borne the signature of  
been made under his per-  
supervision since its infancy.  
one to deceive you in this.  
and "Just-as-good" are but  
and endanger the health of  
ence against Experiment.

**ASTORIA**

stitute for Castor Oil, Pare-  
syrups. It is pleasant, is  
syrupine not other Narcotic  
rantee. It destroys Worms  
or more than thirty years it  
the relief of Constipation,  
Toothache, Troubles and  
the Stomach and Bowels,  
healthy and natural sleep,  
the Mother's Friend.

**ASTORIA ALWAYS**

Signature of

**Fletcher's**

ve Always Bought

over 30 Years

ANY, NEW YORK CITY, I

and Platinum  
**ELRY**

nevel designs. You  
combinations of Stone  
are not shown in any  
ection.

nds for Quality  
Dealing  
**N & PAGE**  
nd - King Street

**RMOS**

w Shock Absorber

ort and convenience you should  
keeps your favorite beverage ice  
or steaming hot for twenty-four

**\$1.50**  
**\$1.75 to \$2.75**  
**2.75 to 4.50**  
**\$2.75**

weight and easy to carry

E and LUNCH CASES, REFILLS,

**NS, Ltd. 13 King St.**

**Specialties**

D IN STOCK:

Post Binder.

**Ltd.**  
**St.**  
Simple, Neat, Easy of Operation

**BELTING**

**undries, Dye-Houses**  
**ed Situations**

**AREN, LIMITED**

hone Main 1121. St. John, N. B.

**ENGRAVING and**

**INTING**

**LING PRESS**

arket Square) - ST. JOHN



**MEN'S**

We never had such an  
extensive range of up-to-  
date footwear in all the  
popular leathers and mod-  
ern designs, Back, Tan  
and Mahogany, Laced and  
Button, with leather and  
rubber soles.

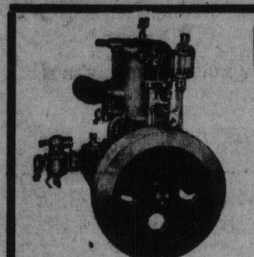
**\$3.00 to \$6.00**

**WOMEN'S**

Little wonder that our  
lady customers say that  
ours is the only place east  
of Boston where they can  
get a width, size and style  
to fit their feet. We  
carry all the leading makes  
and in all the popular  
materials.



**Waterbury &  
Rising, Ltd.**  
King Street  
Main Street  
Union Street



**Marine Gas Engines**

"ACADIA" MARINE ENGINES are  
of superior design and develop max-  
im horse power for which they are  
rated.

Recommended by all users as the  
most satisfactory engine for work or  
pleasure boats. Call and examine.

**P. CAMPBELL & CO.**  
73 Prince Wm. St.

## OUR COMPETITION For Boys and Girls Splendid Prizes

**Can You Draw a Horse's Head?**  
1st Prize a Silver Watch

To the boy or girl, not over fifteen years of age, who sends me  
in the best drawing of a horse's head, I shall award a BEAUTIFUL  
SILVER WATCH and as second prize, either a pretty brooch, or a set  
of cuff links.

All entries must be accompanied by the usual coupon, and  
arrive at this office not later than February 9th, 1916, addressed to

UNCLE DICK,  
THE STANDARD,  
ST. JOHN, N. B.

whose decision must be considered as final.  
Every allowance will be made in the judging, for kiddies under  
ten years of age, so that all will have equal chance.

**STANDARD COMPETITION.**  
For Boys and Girls

Full Name.....

Address.....

Age Last Birthday.....

## Printing

We have facilities equal to any printing office in  
Eastern Canada for the production of high-grade  
work.

Job printing of all kinds promptly attended to.

Phone today Main 1910

**Standard Job Printing Co.**  
St. John, N. B.

### PARKS CONVALESCENT HOME.

The workers recently enrolled in  
connection with the Parks Conva-  
lescent Home are as follows:

Professional nurses for regular  
work: Mrs. J. E. Earle, Mrs. Clifford  
Williams, Miss E. K. Matthews, Miss  
Wedderburn, Mrs. J. L. Daye, Miss  
Eason.

For occasional help when needed:  
Mrs. J. U. Thomas, Miss Addy, Mrs.  
P. R. Warren, Miss Denville, Mrs.  
Fenwick, Miss T. Hare, Miss Bravley.

Miss A. McOwen, Miss A. Haley,  
Miss Eason, Mrs. G. E. Girvan, Miss  
Marion Magee, Miss Helen Church,  
Miss Alice McLean, Mrs. Lambie, Mrs.  
Fred. Fowler, Miss Lois Grimmer,  
Miss Catherine McAvity, Miss Mary  
MacLaren, Misses Emily and Kathleen  
Sturdee, Miss Lily Raymond, Miss  
Nita Carridge, Miss Marion Moore.

Misses Constance and Dorothy Ewing,  
Miss Margaret Teed, Miss Gertrude  
Fleming, Miss Miriam Knowlton,  
Miss Louise Holly, Miss Rosemond  
McAvity, Miss Edith Miller, Miss  
Doris deVeber, Miss G. Lee, Miss D.  
Jack.

McLaughlin-McGinn.

At St. Dunstan's church, Frederic-  
ton, on Wednesday, Charles McLaugh-  
lin of Minto, was married to Miss Ger-  
trude Beatrice, daughter of Mr. and  
Mrs. Edward McGinn. The bride was  
given away by her father and was  
costumed in fawn henrietta cloth suit  
with white hat. The ceremony was  
performed by Rev. F. L. Carney in  
the presence of a large number of  
friends of the bride and groom. The  
young couple will make their future  
home in St. John.

## MILITARY NOTES AND NEWS

**URGENT PLEAS FOR  
SOLDIERS MADE BY  
RECRUITING AGENTS**

**Good meeting in Recruit-  
ing Rooms — Spirited ad-  
dress at Lyric — Two  
names on Honor Roll.**

ROLL OF HONOR.  
+ Lawrence Holmes, Beaver Har.  
+ Milford Hawkins, Beaver Har.

At the recruiting room last night  
the room was fairly well filled but not  
with recruiting material. A number of  
soldiers were present and men beyond  
the age for enlistment. S. H. Mayes  
acted as chairman and D. A. Fox as  
secretary. Mr. Joseph Matthews gave a  
song and dance. Mr. J. Mulvey ac-  
companied him. Rev. F. S. Porter was  
the speaker. He was surprised that  
more men were not present of re-  
cruiting age and asked if the time had  
come when other methods would have  
to be adopted? He compared the young  
men to what is known to the ministers  
as gospel hardened. By this he meant  
that they had heard the story so often  
that it made no impression on them,  
and they were the hardest class of men  
to deal with. He also compared them  
to the ancient Greeks who refused to  
believe that their country was in dan-  
ger until it was too late. He referred  
to the Prophet Ezechiel warning the  
people of Israel and their regarding his  
warnings as sweet music. When it was  
too late they found out that the  
prophet told the truth. He did not  
want to be considered a pessimist for  
he believed the Allies would win, but  
the measure of success attained would  
depend on the efforts put forth.

At the Lyric Theatre.

Last night at the Lyric, Lieut. Lam-  
bert-Godber spoke for a few minutes  
between the shows. He said that  
there were at least 50 young men in  
the audience that should be in khaki.  
There were a lot of young fellows who  
only needed a little urging to get them  
into the ranks and he thought the girls  
were the ones to do the trick. The  
man who was fit and out of uniform  
had no right to sing "God Save the  
King" and cheer the flag. The man  
who had a right to cheer was the man  
who was doing his bit. The English  
needed men and needed them at once  
and the sooner they came the sooner  
this awful war would be over. He ad-  
vised the girls to tell the fellow in  
civilian clothes to get in uniform, if  
not they would get fellow who was.

**BREAK A CHILD'S  
COLD BY GIVING  
SYRUP OF FIGS**

**Cleaves the little liver  
and bowels and they  
get well quick.**

When your child suffers from a cold  
don't wait; give the little stomach,  
liver and bowels a gentle, thorough  
cleansing at once. When cross, peev-  
ish, listless, pale, doesn't sleep, eat or  
act naturally; if breath is bad, stom-  
ach sour, give a teaspoonful of "Cal-  
ifornia Syrup of Figs," and in a few  
hours all the clogged-up, constipated  
waste, sour bile and undigested food  
will gently move out of the bowels,  
and you have a well, playful child  
again.

If your child coughs, snuffles and  
has caught cold or is feverish or has  
a sore throat give a good dose of  
"California Syrup of Figs," to evacu-  
ate the bowels no difference what  
other treatment is given.

Sick children needn't be coaxed to  
take this harmless "fruit laxative."  
Millions of mothers keep it handy be-  
cause they know its action on the  
stomach, liver and bowels is prompt  
and sure. They also know a little  
given today saves a sick child to-  
morrow.

Ask your druggist for a 50-cent bot-  
tle of "California Syrup of Figs,"  
which contains directions for babies,  
children of all ages and for grown-ups  
plainly on the bottle. Beware of  
counterfeits sold here. Get the genu-  
ine, made by "California Fig Syrup  
Company."

### OBITUARY.

Rev. J. B. H. Dore.

Much regret was expressed today  
when it was learned that Rev. J. B. H.  
Dore, who was locum tenens of St.  
John Baptist church, Paradise Row,  
had passed away in the St. John in-  
firm. He was a native of Man-  
chester, England, and had been in  
this country for the last two years.  
Rev. Mr. Dore succeeded Rev. Father  
Collins and remained acting priest in  
charge of the church until November  
30, when Rev. Mr. Young took charge.  
He had applied for a chaplainship in  
the British army and had booked his  
passage for England.

Mrs. A. Christian.

Many will learn with regret of the  
death of Mrs. A. Christian, which  
occurred in Vancouver on January  
22, Mrs. Christian was a resident of  
this city until two years ago. She  
leaves one daughter, Maud B. O-  
neal, Albert, one sister, Mrs. E. War-  
ing, and one brother, James H. Cros-  
ley, of Fall River.

## SEVERAL PLANS HEARD TO SECURE RECRUITS

**Have Police Chief furnish List of Eligibles, one meth-  
od—Voluntary Registration and Posting of Lists  
in different city districts also suggested.**

At the meeting of the Citizens' Re-  
cruiting Committee held yesterday af-  
ternoon in the Board of Trade rooms  
several matters were dealt with in  
connection with the work of influen-  
cing recruiting upon a more extensive  
scale. W. C. Cross presided in the  
absence of the chairman and deputy  
chairman.

A. W. MacMackin reported that he  
was making arrangements for giving  
addresses before the Knights of Py-  
thias and that he would soon be in a  
position to deal with the matter more  
fully in conjunction with Rev. R. J.  
Haughton. The committee on registra-  
tion reported that D. McArthur  
would take up the matter with the  
chief of police with the object of ac-  
quiring information as to those men in  
the city who were physically fit and  
fulfilled requirements as to age and  
otherwise who had not already joined  
the colors. A member of the commit-  
tee suggested that voluntary registra-  
tion would be desirable.

Captain Tilley said that he did not  
look with favor on registration by  
means of the police. He thought that  
any registration should be official and  
conducted by the military authorities.  
It might be possible, he thought, for  
the political parties to get together,  
and by means of reference to the list  
of names of those who were fit and  
unfit, for service.

J. H. Barber suggested a system of  
registration such as is adopted in  
the old country which provides for  
the posting of lists of the men in the  
various districts and the gradual elimi-  
nation of the names of those who had  
been proved to be unfit for service.  
The further consideration of the var-  
ious matters involved in regard to  
registration was left in the hands of  
the registration committee, D. McAr-  
thur, A. M. Rowan and G. F. Fisher.

'Longshoremen Offer to Help.

A letter was read from the 'Long-  
shoremen's Association stating in ef-  
fect that the members would be glad  
to assist in every way possible the  
recruiting movement and would make  
a recruiting meeting at their hall on  
Friday afternoon to be addressed by  
anyone nominated by the committee.

death of Mrs. Ada Christian, which  
occurred in Vancouver on January  
22, Mrs. Christian was a resident of  
this city until two years ago. She  
leaves one daughter, Maud B. O-  
neal, Albert, one sister, Mrs. E. War-  
ing, and one brother, James H. Cros-  
ley, of Fall River.

David McCavour.  
David McCavour, a respected life-  
long resident of Lorneville, St. John  
Co., died yesterday morning after a  
week's illness. Mr. McCavour was  
born in Lorneville, and was a well-  
known fisherman and attendant at  
the Presbyterian church. He is sur-  
vived by his wife, a daughter of the  
late James and Ellen Galbraith, and  
eight children: Mrs. James Murray,  
Jr., St. Stephen; Mrs. Wm. Downey,  
Jr., Lorneville; Miss Annie, at  
home; Percy, city traveller for the  
Geo. D. Barbour Co., Ltd.; Stuart,  
telegraph operator at Sherbrooke, Me.;  
Walter, with the Atlantic Sugar  
Refinery; Arthur, in the Princess  
Garage; and Roy, at home. Mr.  
McCavour's death is the first break  
in a large family circle.

George A. Freeze  
Word was received in the city yes-  
terday by his brother Robert of the  
death at Edmonton of George A.  
Freeze, a former well-known resident  
of this city. Mr. Freeze went to the  
United States when a young man and  
on the outbreak of the civil war en-  
listed with the army of the north. He  
received his discharge in 1865 and in  
1866 entered the employ of the Inter-  
colonial Railway as relieving station  
agent. Upon the completion of the  
European and North American Rail-  
way he was appointed station agent at  
McAdam. After a short time he  
resigned his position and entered the  
employ of the Maine Central as joint  
freight agent for the Maine Central  
and Rochester roads. On March 31st,  
1895, he was appointed provincial  
agent for the Maine Central and Bos-  
ton and Maine railroads with head-  
quarters at Moncton. Mr. Freeze was  
the same age as the late King Ed-  
ward. He leaves his widow, five sons,  
two sisters and two brothers.

sons are Charles M., George, Thomas  
and Harry of Edmonton, and Albert  
of Calgary. The sisters are Mrs.  
Captain Thomas Blanch of this city  
and Mrs. Melburn Scott of Church-  
ill, Ontario. The brothers are  
Robert of this city and Havelock E.  
of Calgary. Mr. Freeze was formerly  
Miss Annie Lyons of this city.

Mrs. Alfred E. McCullough received  
news last night of the death of her  
sister-in-law, Mrs. Joseph Bradley, of  
Red Mill, Quebec. The deceased was  
the wife of Joseph Bradley, manager  
of the Canada Paint Company's plant  
at Red Mill, and before her marriage

J. L. Sugrue was asked to convey to  
the 'longshoremen the thanks of the  
committee for assenting to the propo-  
sal to address the men.

Captain Tilley asked at some length  
on the necessity of better organization  
in the province. He pointed out that  
about 3,000 men are still required to  
fill the ranks of the battalions already  
in course of formation and that this  
number should be forthcoming before  
other battalions could be put on an  
initial basis. He remarked that he  
thought that at least two men in each  
county should be specially appointed  
to assist in recruiting and that he pro-  
posed as provincial organizer to take  
up the matter with Col. Guthrie with  
the view of devising a scheme upon  
the lines he had in contemplation.

Says Business Houses Not Doing Part

E. A. Schofield spoke in detail upon  
the fact that representative business  
houses were not giving the assistance  
expected in the direction of giving en-  
couragement to their employees to en-  
list. He said he thought employers  
should take hold of the situation with  
more energy and from a business  
standpoint encourage the young men to  
engage for service at the front.

Rev. Mr. Haughton said he was of  
opinion that the employers of labor  
should get together and discuss re-  
cruiting matters with the Citizens'  
Committee on such days as might be  
agreed upon. It was decided that the  
committee of which W. C. Allison is  
chairman should go into these mat-  
ters, J. L. Sugrue and E. A. Schofield  
being added to such committee.

Mr. Schofield called attention to the  
fact that Rev. M. Conron had been ad-  
vanced to the rank of captain in the  
140th Battalion and asked that gentle-  
man to address the meeting. In a brief  
speech Rev. Mr. Conron said he had  
entered the ranks as a private without  
thought or hope of promotion. He  
considered the honor done him had  
made him feel the equal of a field  
marshal. He then pointed out the  
possibilities of advancement in the  
ranks today, remarking that in no  
time in the history of military activity  
had there been finer opportunities  
for the private soldier to get promoted  
to the top of the ladder than the pre-  
sent.

was Miss Caroline Shaw of Prince  
Edward Island. Besides a sorrowing  
husband she leaves four small chil-  
dren. A few months ago the de-  
ceased's young son was killed in an  
automobile accident at Three Rivers,  
Que., and since that time Mrs. Brad-  
ley had been in poor health. Some days  
ago she was removed from Red Mill to  
a private hospital in Montreal in  
which institution she died. The fun-  
eral will take place on Saturday and  
interment will be in the Church of  
England cemetery in Three Rivers.

John J. Jones.

Word was received in the city yes-  
terday, of the death of John J. Jones,  
which took place yesterday at Arm-  
strong's Corner. The deceased who  
was 77 years of age, had only been ill  
a few days with pneumonia. He leaves  
one brother, Robert Jones of Main St.,  
this city. The late Mrs. Thomas Mor-  
rison, mother of Thomas Morrison of  
the water and sewerage department,  
was a sister.

Mrs. Sarah MacKellvie.  
The death occurred at Rockland, N.  
B., on Feb. 2nd, of Sarah Armstrong,  
relict of the late Thos. MacKellvie,  
who was for many years the agent of  
the British and Foreign Bible Socie-  
ty. Mrs. MacKellvie survived her hus-  
band by nearly twelve years and was  
seventy-eight years of age. She was  
a daughter of John Armstrong of this  
city.

## NEGLECTED COLDS VERY OFTEN TURN TO CONSUMPTION.

Never neglect what at first seems to be  
but a slight cold. Your head becomes  
stuffed up; you start to cough; an irri-  
tation in the throat follows; it gets lower  
down; settles on the lungs; you start to  
raise phlegm of a greenish, yellowish  
color sometimes streaked with blood,  
and you cough persistently.

You think perhaps you are strong  
enough to fight off this trouble, but colds  
are not easily fought off in this northern  
climate. Colds if not attended to will  
sooner or later develop into some serious  
lung trouble.

Mrs. Willis H. Monk, Lower Ship  
Harbor, N.S., writes: "Last winter I  
took a severe cold on my lungs, and I  
would cough and spit up phlegm and  
blood. I had the cough for nearly a  
month, and I got medicine from the  
doctor, but it did me no good. I  
thought I had consumed. My friends  
advised me to use Dr. Wood's Norway  
Pine Syrup, which I did, and it gave me  
great relief. I am the mother of ten  
children, and I always keep a bottle of  
"Dr. Wood's" in the house. I will highly  
recommend it to all, especially to all  
who have little ones to care for."

Manufactured only by The T. Mil-  
burn Co., Limited, Toronto, Ont.

## LOCAL BATTALIONS WERE KEPT HARD AT DRILL YESTERDAY

**Except men of 140th who  
paraded for pay—69th at  
early route march — Pro-  
motions in 115th.**

The 115th.  
Yesterday the 115th spent the day  
quietly in the usual round of drill and  
instruction classes. Today the officer  
of the day will be Lieut. Clarkson.  
Parades at the usual hours. The fol-  
lowing promotions go in effect today,  
Lance Corporal Ivor White to be Pro-  
visional Corporal, Private Perkins to be  
Band Sergeant, Private C. V. Arm-  
strong to be Lance Corporal.

The 140th.  
The 140th held the one parade yes-  
terday which every man attends if he  
possibly can—the pay-parade. Cheques  
were issued in the morning and in the  
afternoon the Battalion marched to  
the bank to get them cashed. An  
issue of trench caps was made to the  
men yesterday. Today will be spent  
in the ordinary routine work.

The 69th.  
C and D companies must surely  
have enjoyed themselves yesterday  
as they were out all day on a route  
march, starting at seven o'clock in  
the morning and getting back at seven  
at night. Today, in the morning B  
company will have entrenching; A  
company handes and gabions; C and  
D, bomb throwing. In the afternoon  
A company, entrenching; B company,  
handes and gabions; C and D, ad-  
vanced guide. In the evening from  
seven to eight lecture on rear and  
flank guide.

### FUNERALS.

The funeral of Mrs. Sarah Skinner  
took place at 2.30 o'clock yesterday  
at St. A. Cady conducted services  
and was in Fernhill.  
The funeral of Miss Maria Strain  
took place at 8.45 o'clock yesterday  
morning from the residence of Mr.  
George Carvill, Waterloo street, to the  
cathedral. Rev. H. Belliveau cele-  
brated Solemn Requiem High Mass,  
assisted by Rev. M. P. Howland as  
deacon, and Rev. M. O'Brien as sub-  
deacon. Rev. Wm. M. Duke was  
master of ceremonies, and His Lord-  
ship Bishop LeBlond officiated at the  
final blessing. Interment was made  
in the old Catholic cemetery.  
From the Home for Incurables yes-  
terday morning, the funeral of Elijah  
Carr took place to St. John Baptist  
cathedral, Broad street, where Requiem  
High Mass was celebrated by Rev. J.  
J. McMurray. Burial was in the old

## TO SAVE EYES Is the Object of This Free Pre- scription—Try It if you Eyes Give You Trouble.

Thousands of people suffer from eye  
troubles because they do not know what  
to do. They know some good home re-  
medy for every other minor ailment, but  
none for their eye troubles. They neglect  
their eyes because the trouble is not suf-  
ficient to drive them to an eye specialist,  
who would, anyway, charge them a heavy  
fee. As a last resort they go to an  
optician, or to a oculist, and get reports  
and oftentimes get glasses that they do  
not need, or which, after being used a  
few months, do their eyes more injury  
than good.

Here is a simple prescription that every  
one should use: 5 grains Ben-Opto dis-  
solved in 1 1/2 glass of water. Use three or  
four times a day to bathe the eyes. This  
prescription and the simple Ben-Opto  
system keeps the eyes clean, sharpens the  
vision and quickly overcomes inflamma-  
tion and irritation; weak, watery, over-  
worked, tired eyes and other similar  
troubles are greatly benefited and often-  
times cured by its use. Many reports  
show that wearers of glasses have dis-  
carded their glasses and are cured.  
It is good for the eyes, and contains no  
ingredient which would injure the most  
sensitive eyes of an infant or the aged.  
Your own druggist can fill this prescrip-  
tion, or the Valma Drug Co. of Toronto  
will fill it for you by mail. Try it, and  
for once what you read you can comfort  
it.

A prominent City Physician to whom the above article  
was submitted, and who is a very successful  
physician, writes: "Ben-Opto is a very valuable  
remedy. Its constituent ingredients are well known to  
be of great value and widely prescribed by them.  
It can be obtained from any good druggist and is one of  
the best eye remedies I have ever used. I feel sure it is best  
and for regular use it is almost every family."

## Today

—don't  
forget  
to order  
**Sunkist**  
California's Selected  
Oranges  
All good dealers sell  
them. Order now.  
Send for tested rec-  
ipes. Save wrappers  
for beautiful silver-  
ware.

California Fruit Growers Exchange  
Co-operative—See-post  
105 King St., East, Cor. Church  
Toronto, Ontario [C4]

## "I HEAL SORES"

To heal sores, does not mean to  
heal over the outer skin, only to  
have the sores break out again.  
Real healing, means going to the  
root of the trouble and curing from  
the base upward. That is the way  
Zam-Buk heals, and that is why  
Zam-Buk cures are lasting.  
Zam-Buk, as soon as applied to  
a sore, commences three processes.  
It soothes the pain by drawing out  
the inflammation. Being a strong  
germicide, it thoroughly cleanses  
the sore by destroying all germs;  
and then by its marvellous healing  
power, it promotes the growth of  
new, healthy tissue. As the new  
tissue gradually develops, it casts  
off the old, until the diseased patch  
is replaced by new, healthy flesh.  
Effectuated by this unique method of  
healing, Zam-Buk cures are thor-  
ough and permanent. Send this  
article and 1c stamp for return  
postage, to Zam-Buk Co., Toronto,  
and we will send you a free trial  
box.

**ZAM-BUK**

burying ground, Carleton.  
The funeral of John Seely took  
place yesterday morning from St. John  
under taking rooms to St. Peter's  
church, where High Mass in Requiem  
was celebrated by Rev. J. McDougall.  
Interment was made in the new Cath-  
olic cemetery.

Wedding Anniversary.  
About fifty of the friends of Mr. and  
Mrs. A. S. Osborne gathered at their  
residence, King street, west, last night,  
to celebrate the 30th anniversary of  
their wedding. During the evening  
the Rev. Mr. Westmacott, on behalf  
of those present, presented to Mr. and  
Mrs. Osborne a handsome set of china.  
The party broke up about midnight af-  
ter a very pleasant evening.

**For Strength,  
Purity,  
Flavor**

in Bread, Buns and  
Biscuit, hundreds  
of householders  
prefer

**LaTour  
Flour**  
milled by special  
Sanitary Process,  
from Cheicest  
Manitoba Hard  
Spring Wheat.  
Ask Your Grocer for it