

FANCY CHEESE

(In Cans)

New York Corned Beef, etc., etc.

Received ex S.S. Rosalind, the following high grade Groceries and Provisions:

PIMENTO CHEESE, 4-oz. and 8-oz. Cans.

CHILLI CHEESE, 4-oz. and 8-oz. Cans.

ROQUEFORT and CAMEMBERT CHEESE, 4-oz. Cans.

WELSH RAREBIT, 4-oz. Cans.

PIMENTO LOAF CHEESE, by the pound.

CANADIAN CHEDDAR CHEESE, by the pound.

The following Continental CHEESE in stock:

DUTCH CREAM—8-oz. Cans.

GORGONZOLA—8-oz. Cans.

STILTON—8-oz. Cans.

CHEDDAR—8-oz. Cans.

NEW YORK CORNED BEEF.

NEW YORK SAUSAGES.

MONTREAL SAUSAGES.

P.E.I. MILK FED CHICKEN.

NEW YORK CARROTS, PARSNIPS & BEETS...

C. P. Eagan,

TWO STORES:

Duckworth Street & Queen's Road.

Our Montreal Letter.**CRIMINAL CASES SHOW A DECREASE.**

The total number of criminal cases dealt with during 1923 reach 12,600, which is a decrease of 2,416, from the year in 1922. The Quebec Liquor case caused 1,000 offenders to appear in court. There were 1,110 automobile cases and 5,000 cases in which crimes of violence were responsible for the arrests.

The revenues from all sources including fines in automobile cases, revenues from legal stamps, cost of the court and warrant taking, reached three quarters of a million dollars. The records are kept by G. L. Levesque, K.C., clerk of the peace office. The amount of the criminal courts who are men and women under his supervision.

Prisoners who forfeited bail last year before the Recorder's Court gave the city coffers a revenue of \$17,234. In 1922 the amount of bail forfeited was slightly over \$15,000.

INMATED ON STREET CAR STEPS.

Four men were swept from the steps of a swiftly moving street car and injured when a car passed a stationary truck standing too close to the tracks. It is a common thing to see the cars crowded on the principal streets both morning and evening, and the conductors cannot prevent it so long as the passengers pay their fares. The affair now has become an old time custom, especially crowding the entrance and the steps. Unless the street car authorities will make new rules, the custom will continue, and the passengers take a risk by standing on the steps, there is no chance back for damages against the company in case of serious accident.

TRAIN TO BE INCAUTERATED BY C. N. R.

The Canadian National Railway has inaugurated on its trans-continental trains a radio service of news, music, etc., for the benefit of the passengers.

For the first time in the history of the country at least, a railway president has addressed by radio, executives, directors, employees and the public to the number of 200,000 or more when Sir Henry W. Thornton spoke into the broadcasting machine. He gave his New Year's greetings to all. Sir Henry said that he was well pleased with the progress made by the road during the year just closing; that those connected with it had shown a fine devotion to duty and added that while the coming year was one of keen competition it would be one of a healthy kind which would be to the benefit of the country. He paid a tribute to the Canadian Pacific, with whom his system is always ready to join hands in any policy or undertaking for the country's good. He also paid a tribute to the Lord Shaugnessy.

C. P. R. HAD A PROSPEROUS YEAR.

Gross earnings of the Canadian Pacific Railway for the last ten days of December were \$5,542,000, as compared with \$5,321,000 for the corresponding period of 1923, being an increase of \$221,000 or 4.02 per cent. The gross earnings for the whole month of December as indicated by weekly returns, amounted to \$18,558,000, as compared with \$17,365,639 in December, 1923, an increase of \$1,192,361. This brings the total for the twelve months of 1923 well above the record of the year 1922. Gross for the year amounted to \$195,568,415, as compared with \$188,676,035 in 1922, an increase of \$6,892,380.

The net profits for the year will be near the million mark.

AN ECHO OF THE RED LIGHT DISTRICT.

The "Red Light" District of the city can reveal many things, some of them pitiful in the extreme, and others show the wickedness, sordidness, and the animal instincts of the human race, not stopping at anything for the mighty dollar, even to ruining and damning the souls of the young. Here is an example:

Having spent six years of the same she has lived in a disorderly house, uneducated and ignorant of the ways of other children, forced to act as a slave and maid of all work in the establishment kept by her mother, a pretty little miss was called to the Recorder's Court to give evidence against her mother, charged with keeping a disorderly house on St. Dominique street.

The house was raided by officers of the morality squad who recently received complaints from neighbors. When the raid was carried out the little child was found. Unaware that those around her had been guilty of an extraordinary conduct, she could not understand why they had been arrested. Her total lack of communication with anyone outside her mother's circle of acquaintances had left her in a cloud of ignorance with regard to the lives and habits of ordinary people.

She had in her keeping the liquor supply of the establishment and was familiar with its uses and mixtures as a bartender.

Efforts are now being made by Recorder's Court officials to have the child taken away from her mother and placed under the care of some institution.

WHY MANY GOOD ASSOCIATIONS FAIL.

We often wonder why many good associations fail in their undertakings. Two things seem to stop their progress, and very often make them end in failure, "Cliques" and "Sore Head" members. The following has much food for reflection:

"Here are eight ways to kill an association:

1. Don't come to the meetings.
2. If you do come, come late.
3. If the weather doesn't suit you, don't think of coming.
4. If you do attend a meeting, find fault with the work of the officers and other members.
5. Never accept office, as it is easier to criticize than to do things.
6. Nevertheless, get sore if you are not appointed on a committee, but if you are do not attend the committee meetings.
7. If asked by the chairman to give

your opinion regarding some important matter, tell him you have nothing to say. After the meeting tell everyone how things ought to be done.

"8. Do nothing more than is absolutely necessary, but when other members roll up their sleeves and willingly, unselfishly use their ability to help matters along, howl that the association is run by a clique.

WHAT A DOCTOR SAYS ABOUT TEA DRINKING.

Recently, a medical man, through the columns of the Montreal Herald gave his views on the dangers people incur in drinking too much tea. The article says:

It is very singular, though none the less a fact, that a doctor should find more cases of chronic intoxication amongst people who pride themselves in being total abstainers; than amongst the followers of Bacchus. Yet it is so. Teetotallers are only too often tea-drunkards.

What is intoxication. It simply means a poisoning of the system by certain "toxins" or poisons. When we speak of alcoholic intoxication we really imply that the system has become drugged to a condition of acute poisoning by alcohol. But alcohol is by no means the commonest intoxicant taken in this country. Granted that the abuse of spirits is one of the predisposing causes of poverty and vice, but it does not account for one half as much disease as does the simple habit of excessive tea-drinking.

Now tea is used largely, though unconsciously, as a stimulant, for the psychological process that guides a man's foot-steps at 5.30 p.m. is more or less identical to that which makes every woman put a kettle on some where between four and five o'clock. Seemingly rather far-fetched, doesn't it? Yet it is an absolute truth! Tea is as much a drug as any other form of "poison," and its abuse is as prejudicial to health. Besides containing tannin—the cause of stomach trouble so prevalent amongst excessive tea-drinkers—it contains a drug called Thein, to which its stimulating properties are due.

Now tea-drinking is so prevalent amongst all classes of the community that we have come to regard it as almost a necessity. This, of course, is all wrong. It is seldom we hear any mention of the evil results of the tea vice, possibly for the very simple reason that nine out of ten of us are victims, yet do not realize it! It is, for instance, the commonest cause of that type of neurasthenia which we loosely speak of as "nerves." It is frequently the origin of chronic dyspepsia with all its concomitant discomfort. It predisposes to disease of the stomach, for like the nicotine of tobacco, tea, in excess, acts as a nerve poison.

There is, of course, no doubt that weak tea is considerably less harmful than strong infusions. It should never be infused for more than three to five minutes in the case of Indian and Ceylon tea, and only slightly longer in the case of China product. Yet even weak tea, taken in excess over a long period, will act as a slow poison and ultimately produce harmful symptoms.

If you think that this does not apply to yourself, just count the number of cups of tea you consume in any one day from breakfast-time. Take a teacup as averaging about eight

ounces, and total up at the end of the day. You will be surprised at the amount consumed. That will demonstrate to you how so many people, both men and women, have become addicted unconsciously to the tea habit.

THE REASON FOR MANY OF OUR TROUBLES.

"If I knew you and you knew me if both of us could clearly see, And with an inner sight, divine I'm sure that we should differ less The meaning of your heart and mine, And clear our minds in friendliness; Our thoughts would pleasantly agree If I knew you and you knew me."

As each one knows his ownself, we could look each other in the face And see therein a truer grace. Life has so many hidden woes, So many thorns for every rose; The 'why' of things our hearts would see.

The above stanza furnishes us with some real thought, some serious reflection on one of life's problems. Our troubles are many at times, caused by a want of better understanding of one another. The little babbling brook makes more noise rushing on to join a mighty stream, than the stream itself, and so there is more harm done by a small thing, or a slight misunderstanding, than the human mind sometimes can fathom. Common labors can dig the foundation for a building, but only skilled mechanics and architects can lay the foundation and erect the building. Henry Drummond says:

I wonder why it is that we are not all kinder than we are? How much the world needs it. How easily it is done. How instantaneously it is done. How infallible it is remembered. How superabundantly it pays itself back for there is no debtor in the world so honorable, so superbly honorable, as love.

"We talk about the questions of the hour," said Gladstone, "There is but one question of the hour—how to bring the truths of God's Word into vital contact with the hearts and minds of all classes of people." When once that has been done, a new hour will have struck. With every heart and mind in vital accord with the gospel, all questions of right and wrong would settle themselves in the light of Christ's teaching.

A writer speaking of Keeping Friends, says:

Making friends is only part of the art of friendship; keeping them is the other part and by far the larger. Many people make friends only to lose them almost as quickly as they are gained. Others who are slower in acquiring friends, and who win few real friends, actually have more of them, persons because they hold so tenaciously to the few they have. Making friends is one of the most important things anyone can do. A true friend is one of the most precious possessions one can achieve. It is therefore a terrible waste to be careless about friends, and to let them slip through one's fingers.

Keeping friends often is as hard as making them. Many who are willing to take considerable time to win a friend seem to think that after the friendship has been formed it will take care of itself. But friendship is a tender plant; it needs as much care after the seed has sprouted as before the ground was broken and the seed sown. Weeds will spring up and choke it. Harmful insects will attack it and heavy animals will trample it down. If we do not set aside enough time for our friends; if we do not cultivate our friendships, we might as well never have started them.

Also we must take thought as well as spend time if we would keep friends. It will never do to say, "I ought to know that I am his friend without my constantly telling him and proving it to him every day." Friendship thrives on, telling and proving, and shrivels without it. "Let the redeemed of the Lord say so" is as true of friends of men as of the friends of God. This is because friendship is not an event but a life. It is not something that can be done once for all like a marriage service, but it is a continuous blessed experience like the wedded life that follows the marriage service.

So friends if they are to be kept, must be taken constantly into account. We must share with them our joys and sorrows, our hopes and fears.

LATEST PARKER'S NEWEST STYLES SHOE SHOPS IDEAS**Folks who appreciate Good Footwear--Better Footwear--the Best of Footwear--Come Here to be Shod****Ladies' STYLE SHOES of Quality**

Ladies' Lace Street Shoes—In shades of Black and Tan, medium heels. Special, \$2.39

LADIES' STRAP SHOES. Ladies' Brown 1 and 2 Strap Shoes—Rubber heels (wonderful values) \$2.50, 3.00, 3.25

Ladies' Black Kid Shoes—Novelty x strap; medium heels; all sizes. Only . . . \$3.00

Ladies' Arch Supporting Shoes—Made especially for people troubled with weak arches and tender feet . . . \$5.50

HERE They Are! Real Boot Bargains

Men's Black Calf Boots—Blucher style; all sizes, rubber heels. Special . . . \$4.50

Men's Tan Calf Boots—Blucher style, solid leather soles and heels, for . . \$4.50

Men's Black Vici Kid Boots—A real comfortable shape, rubber heels . . . \$5.00 Same style in Brown \$5.00

YOUNG MEN'S STYLISH MODELS.

Men's Tan Pointed Toe Boots—With fancy perforations, rubber heels at \$5.00, \$5.50, \$6.00, \$6.50 up

Men's Brown Army Boots—\$3.00 the pair.

Get YOUR SHOES for the BARN DANCE Here and Your Feet will Assure You a Good Time**For Infants**

Infants' Lace Boots—Shades of Black and Brown, good quality. \$1.10 the pair.

Infants' Boots—"Turn sole" button and lace, Black and Brown; sizes 3 to 6, \$1.40, \$1.50.

**For School Children**

Child's Black Kid Boots—Heavy soles and heels; sizes 6 to 10 . . . \$2.50

Misses' Kid Boots, 11 to 2 \$3.00.

Child's Box Calf Boots, 6 to 10 . . . \$2.75

Misses' Box Calf Boots, 11 to 2 . . . \$2.90

SKUFFER BOOTS—Made in Nature's own shape, to fit growing feet, fitted with strap and buckle. 6 to 8, \$2.90; 8½ to 11, \$3.40; 11½ to 2, \$3.90 the pair; (rubbers to fit).

PARKER & MONROE, Ltd., The Shoe Men

195 Water Street East. 361-363 Water Street West.

July 25, m.w.f.

Corns**No Paring—End Them**

Don't let the agony of corns destroy your comfort. Apply Blue-jay—and instantly the pain ceases. Then the corn loosens and comes out. Does away with dangerous paring. Get Blue-jay at any drug store.

Blue-jay**Cuticura Soap AND OINTMENT Clear the Skin**

Get Cuticura Soap and Ointment at any drug store.

We must make them our partners in life. We must be awake to their troubles, and we must rejoice with them in their happiness. Continually we must be devising little pleasures for them. And if they are not so near and dear that these things are spontaneous, easy, inevitable, it is a question whether they are really friends at all.

R. J. LOUIS CUDDIRY.

If your hair seems a little dry, add a small amount of tomato juice. This will both soothe and moisten.

Among the London health "spas" which used to be much frequented, the last survivor was in Streatham. The well with its medicinal waters was advertised as recently as 1903.

A Russian prince and princess have started a restaurant bar in Paris; all the waiters are ex-military or ex-officers in the Russian Army, while the princess' aunt is in the cash-desk.

NOTHING ELSE MATTERS.

Give a girl a string of beads and a pair of earrings and she feels all dressed up.

Every parent these days knows what it costs to keep a girl decently unclothed.

Some of the new derby hats look as if they would be quite serviceable, in case a man expected to fall from a second story window head first.

—By Bud Fisher.

MUTT AND JEFF**NINETEEN TWENTY-THREE WAS A LEA N YEAR FOR LITTLE JEFF.**