

Make your *Strawberry Preserves* with



Lantic Sugar
"Pure and Uncolored"

The pure cane sugar with "FINE" granulation that dissolves instantly, giving a clear bright syrup.

A book of preserving labels FREE if you send us a red ball trade-mark cut from a Lantic Sugar bag or carton.

Atlantic Sugar Refineries Limited
Power Bldg., MONTREAL

In 10, 20 and 100-lb. sacks
2 and 5-lb. cartons

OF INTEREST TO WOMEN.

THE BEST IN BANANAS.

A Fruit That is Always With Us, No Matter What Other Crop May Fail.

No matter how other fruit crops may fail us or how high priced apples, plums and cherries may be, there is the comforting fact that bananas are always with us, and at about the same price.

So the best thing to do if you would keep down your food bills is to cultivate a taste for bananas. And baked bananas are really excellent and taste quite unlike the fresh fruit.

To Bake Bananas.

To bake them select good plump fruit and remove the skin about one-third of the length of the banana.

Loosen the remainder by running a blunt butter knife between the skin and the fruit. Lay them on a baking dish, sprinkle a very little castor sugar on each, a little butter and some lemon juice. They should be baked for about 20 minutes.

Fried Bananas.

Fried bananas may be used as a vegetable or as an entree by themselves or for a luncheon dessert. They are made by peeling small, plump bananas and dipping each in beaten egg and then in breadcrumbs. Fry in hot fat to a golden brown. If served for dessert, sugar and powdered nutmeg may be passed; if for a vegetable most persons prefer a little lemon juice.

The usual way to fry bananas is to cut them in two lengthwise and fry them in a frying pan. The frying pan should be greased with butter and then the bananas placed on it with the flat side up. They should be fried over a slow fire for 40 or 50 minutes. If necessary a little more butter may be added, but no water.

Banana Pudding.

Banana custard pudding is very good. To make it slice ripe bananas and place in a baking dish. Sprinkle with a little brown sugar and then pour over them a good mixture for baked custard. Sprinkle the top of the custard with nutmeg and bake.

Victoria County News:—Mrs. Arch. Tibbits and son James Tibbits of Ottawa, are visiting at Mr. and Mrs. H. H. Tibbits' for a time.

A pleasant drink is made of ice water and sugar with bruised mint leaves.

METHODIST HONOR ROLL

Sixteen Names of Those Enlisted Added to Original List of Sixty-two Names.

The Fredericton Methodist church has now the honor of having enlisted seventy-eight of its members and adherents for overseas service since the war began. Sixty-two names appear upon the first honor roll of the church, and last Sunday morning a supplementary honor roll containing the names of sixteen young men who have joined the colors within the last year was unveiled. The new list is as follows:

James Lawrie, Clarence Jewett, Vradenburg, Raeburn Hawkins, Gordon Vradenburg, Raeburn Hawkins, Gordon Boyd, Gordon Osborne, A. Hallam Slipp, Fred Harris, Alonzo Smith, Hugh Smith, R. B. Dayton, Carl Kenny, William Parsons, Albert Ballard.

Major W. J. Osborne performed the ceremony of unveiling the roll, and also delivered a patriotic address, referring to the noble and self-denying spirit which had actuated so many of the boys of this church. He spoke from his own experience of the hardships undergone by the boys at the front, and of the cheerful spirit in which they faced every difficulty, and paid a high tribute to the Y. M. C. A. and other organizations which are



Old Dutch

Fruit Jars and other Glassware can easily be kept immaculate with

Old Dutch

And remember, this cleanser never harms your hands



THE FIGHTING AROUND LENS IS DESPERATE

British Attack in a Blinding Thunder Storm and Have Taken a Number of the Suburbs.

British Headquarters in France, June 29.—The fighting is more intense in the vicinity of Lens. The British made a brilliant attack last night during a blinding rain that accompanied a thunder storm, on a number of the southwestern suburbs of the great mining city, including the one known as Avion. All the first objectives of the attack were attained and the indications are that the British are still surging forward today.

Nearly six hundred prisoners have already been collected in the cages, and more captives are reported on the way back from the fighting front.

A number of machine guns also were reported taken. The fighting took place in and out among bits of ruined buildings, cellars, pit derricks and the usual litter and paraphernalia of a mining settlement, only in this case the tangle had been made greater by the shell fire of many months.

The bombardment which preceded the attack was carried out on a fairly wide front and was of but slightly less intensity than that which preceded some of the greater actions on the British front.

working to lighten the burdens of our soldiers

The pastor of the church, Rev. Thomas Marshall, also spoke briefly of the history and prospects of the Dominion of Canada and of the service that Canadians are now rendering to the Empire and to civilization.

The church was handsomely decorated with many Union Jacks and with the flags of the Allies, and a number of patriotic selections were sung by the choir.

Making Good.

The Wonderland Shows, Ltd., who have been engaged to furnish the shows and attractions for the Firemen's Carnival next week, are at present playing in Woodstock under the auspices of the fire department there. They report that both the firemen and the public are highly pleased with the organization and can gladly recommend them as having the classiest, the cleanest as well as the largest up-to-date amusement outfit ever exhibited in Woodstock.



Will YOU give up a little cake that a hungry Belgian child may have bread?

Their need is appalling! Give as freely as you can to the

BELGIAN RELIEF FUND

59 ST. PETER STREET, MONTREAL.

Imperial Beef, Iron and Wine

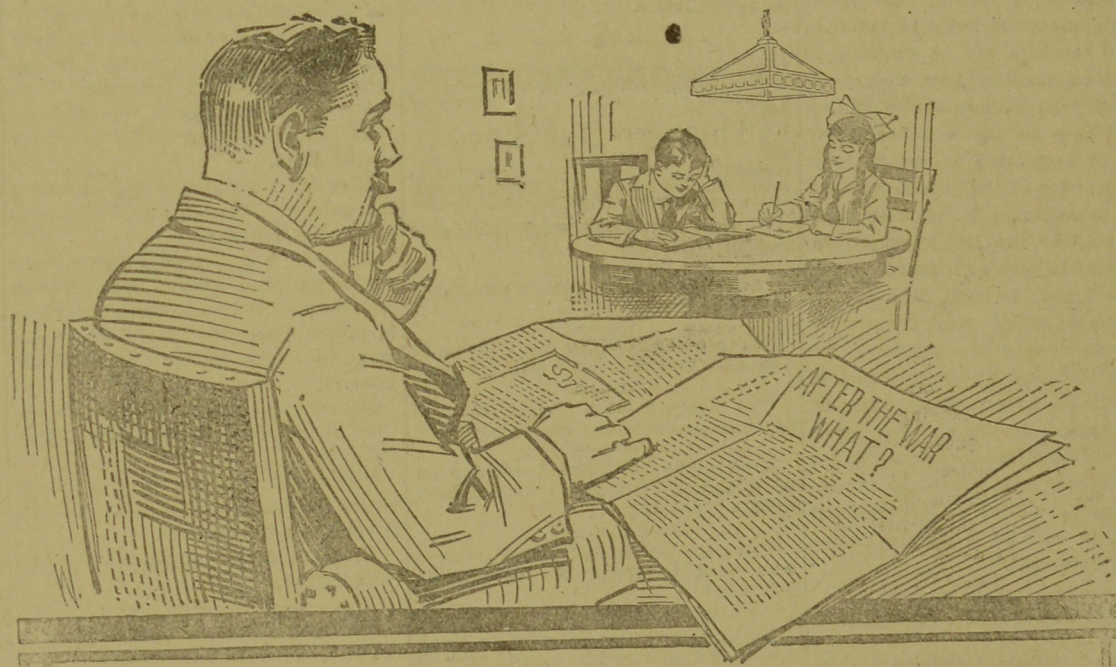
When you are tired, fatigued or over-nervous, IMPERIAL BEEF IRON AND WINE is the best tonic. It will quiet your nerves, strengthen you physically and give you the vivacity that comes of perfect health. IMPERIAL BEEF, IRON AND WINE is a nerve food and a body builder. There is nothing "just as good." Price 75c.

C. Fred Chestnut

The Quality Drug Store

572 QUEEN STREET.

Mail Ads Will Bring You Results



Where You Cannot Prophecy — PREPARE!

NOT even the best-informed man in government or business circles dares to attempt a prophecy of conditions after the war. We hope for the best—meantime wise men are preparing now for anything.

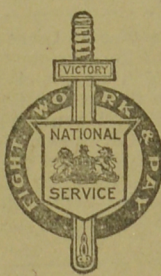
How?

By regulating their expenditures according to their actual needs rather than by their prosperity—by husbanding the surplus—and by investing to the limit in Canadian War Loans that help so much to maintain present prosperity.

Money saved and loaned to Canada by Canadians is a two-fold safeguard for the future. The lenders will benefit directly from the excellent interest return and absolute security—and indirectly because the interest thus kept in Canada will help to keep business good after the war.

Canadian War Savings Certificates are issued in denominations of \$25, \$50 and \$100, repayable in three years. At the purchase prices of \$21.50, \$43 and \$86 respectively, they yield over 5% interest. Buy them at any Bank or Money Order Post Office.

The National Service Board of Canada.
OTTAWA.



Custom Tailoring

THE NEW IMPORTATIONS for the Coming Season are now on display. An early inspection will assure you of a large and varied selection to choose from.

WE ARE ALSO PREPARED to fill all orders entrusted to us for MILITARY CLOTHING at a reasonable price. We are sole agents for the Crown Tailoring Co. of Toronto, the largest Military Tailoring Co. in Canada.

WALKER BROS. MERCHANT TAILORS
QUEEN STREET, WEST END.

PALMER'S Summer Packs or Plough Shoes

"Moose Head Brand"

(Established 1877)

Our Skowhegan Packs, Larrigans and Sporting Boots are the leaders on the market today in this line.

The satisfaction the wearer gets from our famous "Moose Head Brand" footwear is so well known that leading dealers invariably handle them—and them only. They are roomy, durable, waterproof and comfortable.

No. 101 IS IN GREAT DEMAND FOR SPRING, SUMMER AND FALL WEAR. Be prepared to supply this demand!

Write now for booklet and prices.

JOHN PALMER CO. Limited
FREDERICTON, N. B.

