

## If you only knew

How delicious the clean, dustless teas of "SALADA" brand are, you would hasten to use them.

# "SALADA"

Black, Green  
or Mixed ...

Sealed Packets only.  
To Preserve its Goodness.

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### OF INTEREST TO WOMEN.

#### COOKING THE DANDELION.

What to Do if You Want Efficiency in Preparing This Edible.

The dandelion has a long stout tapering root that may extend 20 inches or more into the ground. It is an exceedingly hardy plant. Dandelions gathered immediately after a rain or early in the morning while they are damp with dew, are best. The young leaves are always more tender than the old ones, and they keep their color better.

Imperfect leaves should be discarded at the time of gathering, because they are generally tougher than the

others, and there can be no uniformity in the cooking if they are allowed to remain in the lot.

Dandelion greens should be plunged into a deep pan or bucket of cold water and should be rubbed thoroughly between the hands. If the leaves are to be used fresh and uncut as a salad, care should be taken to prevent breaking them. They should be lifted from the first water and washed in clean water at least three more times. They should then be drained and wrapped in a damp cloth, if they are not to be used immediately.

On account of a bitter flavor, it is generally best to blanch dandelions. An easy way of doing this is to tie the leaves in a large piece of cheese-cloth, plunge them into boiling water and let them boil five minutes. They should then be removed, plunged into cold water and drained.

If cooked for immediate use, they should be cut or chopped, placed in a kettle, covered with boiling water and allowed to cook until tender, generally from 15 to 20 minutes.

#### CHEESE OMELET.

Beat up three egg whites and yolks separately and add to them a tablespoon of milk and a tablespoonful of grated cheese; add a tablespoonful more cheese before folding; turn into a frying pan on which you have put a bit of butter the size of a large walnut. When nicely browned, turn out on a hot dish. Grate a little cheese over it before serving.

#### BREAD DOUGH MUFFINS.

Roll raised bread dough in thin long strips. Cream butter and sugar and spread over the dough. Sprinkle with currants and roll. Cut into thin slices and when light bake in a hot oven.

Of the 31,819 school teachers in Ohio there are three women to every man.

## POTATOES DROP AT PHILADELPHIA

Philadelphia, Pa., July 3. — The railroad embargo on potatoes was lifted today and this article of foodstuff poured into the markets, causing a further drop in the wholesale price of from 50 cents to \$1.25 a bushel. Today the best grades of potatoes sold at \$5 to \$5.75 a bbl. against \$10 to \$12 a barrel for the same grades three months ago. A further lowering of the price is looked for.

## PROPOSED THAT CITY BUY A MOTOR-TRUCK

(Continued from page 2.)

Ald. Wilkinson, chairman of the Fire Committee, reported that the committee had conferred with the members of the department with regard to their petition for increased pay. It had been decided that no increase could be made this year but that the incoming council be urged to make the increase. The request to furnish additional waterproof hats and coats for the firemen had been met.

#### Repairs at Jail.

At the suggestion of Ald. Walker, Ald. Burnett reported that extensive renovations and repairs had been made at the county jail, having been considered necessary. The city's share of the expenditure would be larger than some of the aldermen anticipated. He understood that the city members of the Buildings Committee would meet with the county members shortly and consider the matter. The expenditure would reach \$1,000. The committee had decided to put a stop to further expenditure if possible. He believed, however, that if the jail were put in first class condition the present keeper would see that it was kept in that condition.

#### Dispute Re Exhibition Property.

In response to Ald. Burnett's query Ald. McLellan reported on the matter in dispute between the city and Agricultural Society No. 34. Ald. McLellan stated that efforts of the special committee of the City Council appointed to obtain an understanding with the officers of Agricultural Society No. 34 concerning the city's lien on the exhibition buildings had not succeeded and the committee met with scant courtesy. The Agricultural Society's officers had made no effort to discuss the matter.

Ald. Burnett having brought the matter up, he would suggest that a final effort be made before the next meeting to obtain an understanding with the Agricultural Society. Failing that, the city should resort to litigation.

Ald. Burnett stated that \$11,000 had been invested in the exhibition property by the city. The province had received an adequate return for what it had advanced, but the City of Fredericton had not. There was no desire to crowd the Agricultural Society but he believed that unless the officers of that society would manfully meet the city and reach an understanding in this matter, the city should refuse to give any further financial assistance.

Ald. McLellan embodied his suggestion in a resolution which was passed. The committee of the council which has the matter in hand is composed of Ald. McLellan, Ald. Burnett and Ald. Reid.

#### Bread Inspection.

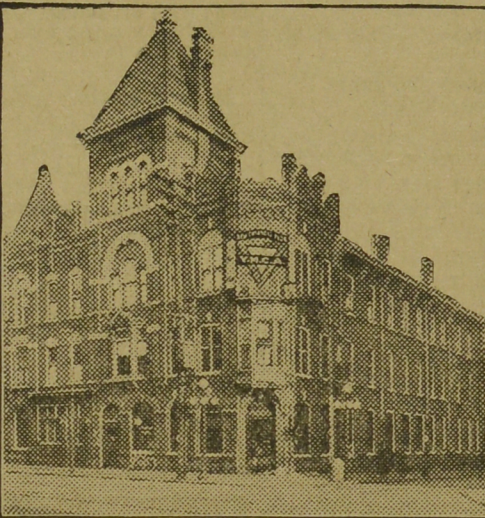
When the report of James Roberts, Bread Inspector, was presented, Ald. Everett called attention to the fact that the city by-law required all loaves to be stamped according to weight—one pound, one and a half pounds and two pounds, was not being complied with.

The Bread Inspector reported that all bread was being stamped either on the wrappers or the loaves. He would recommend that there be a uniform weight for loaves. The pound and a half loaf was generally made but purchasers thought they were getting a

(Continued on page 5.)

# The Transformation

Right in the heart of the great city of Toronto, in the centre of the principal business district, close by the cross-roads of main traffic, stands the "second longest bar" in all Canada. Observers say they used to count hordes of men entering this stronghold of the Traffic. Were the frequenters of the bar better men when they came out?



On September 16th, 1916, Prohibition went into force in Ontario, and, of course, the bar lost its license. On the 16th of April, 1917, the old bar was busier than ever! But what an arresting, beautiful transformation! Would that you and your sons could have been there to see the sight. The old bar-room was a bevy of flowers. Fifty fair ladies served refreshments to Toronto's most prominent citizens and their wives, and not one of them all but was proud to be seen in the old barroom.

The aching, worrying hearts of the army's mothers are relieved now when they see their sons enter this building—for the old bar is helping to save men now instead of ruining them.

The hotel is now the "Y.M.C.A. Soldiers' Club," one of the Young Men's Christian Association's long chain of clubs, marquees, huts and "dug-outs" extending from Vancouver to the firing line in France—those helpful sentinel-posts that safeguard our precious soldier men and boys wherever soldiers are congregated. To the Y.M.C.A. Canada owes a debt of gratitude she never can adequately repay.

Like New Brunswick, the Traffic in Ontario has the opportunity, after the war, of putting Prohibition to the test at the polls. But Prohibition in Ontario is being enforced, and the old strongholds of the Traffic—the long bars we mean—are one by one being turned to useful purposes. Many of the hotel buildings that depended for existence upon bar trade are now devoted to commercial enterprises—constructive instead of destructive.

Does New Brunswick want to return to the destructive license system, and again be a partner in the old firm of John Barleycorn and Company, Limited?

Or does New Brunswick want to maintain Prohibition for ever? If so, Enforcement must be province wide, must be both strict and effective.

## Help to Enforce Prohibition

Every man and woman in this province shares the responsibility for the proper enforcement of Prohibition—not the officers of the law alone. **Your** duty is clear.

## Dominion Temperance Alliance NEW BRUNSWICK BRANCH

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## 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"

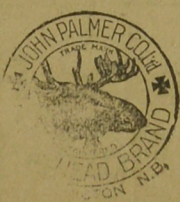
(Established 1877)

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.



## 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.

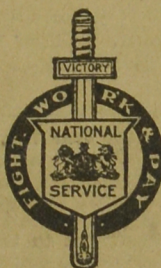
How ?

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.



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