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OF INTEREST TO WOMEN.

### GREENS WE FORGET.

One of the first things we cut out of our list of foods are the greens—that is if we have not had the advantage of learning that greens are a valuable part of the diet. It is easy enough to see that beans and peas and other "meaty" vegetables are nourishing, but some people have an idea in the back of their heads that "greens" don't amount to anything as foods.

However, though not very rich in actual food value—that is, though they do not contain much that is actually transformed into brawn and muscle—they contain extremely wholesome properties, salts and minerals that make them indispensable in the well-rounded diet.

When greens are expensive it is quite well to know that certain parts of vegetables usually thrown away, when boiled and seasoned, make excellent substitutes for spinach and beet tops. The outside leaves of let-

tuce are in 50 p. c. of our kitchens thrown away. If we must be extremely saving we use them as salads, reluctantly, because the outside leaves are far from crisp and tender. But few persons realize that these outside leaves make excellent greens when boiled. When there is hardly enough to use as a vegetable they may be put into the mixture of vegetables for vegetable soup.

Beside beet tops the tops of many other vegetables may be used to advantage as boiled greens. Kohl-rabbi leaves when they are not too old may be boiled and served as green, and so may the tops or leaves of rhubarb.

The tops of leaks and onions also make decidedly appetizing greens. If the taste of the onion is too strong the greens should be cooked in two or three changes of water; but anybody who likes boiled onions will be almost sure to like boiled onion tops, even if they strongly suggest the taste of the root.

## SINN FEINERS WELCOMED

London, June 18. — Large crowds gathered in Dublin this morning to welcome the released citizen prisoners all of whom with the exception of Countess Markievicz, arrived at Thoclock. Men with banners escorted the former prisoners to their homes. There was much singing of Irish songs and a great deal of cheering, but there was no sign of disorder.

Countess Markievicz led a band of revolutionists which attempted to capture Dublin Castle, killing a guard. She was sentenced to death but the sentence was commuted to penal servitude for life.

## LEGISLATURE MAKES GOOD PROGRESS WITH SUPPLY

(Continued from page 3.)

Cuba. When the estimate was made up it had been thought that Mr. Manzer would accept an offer of a position from the Dominion government, but not having done so, it would be necessary to make up the balance of his year's salary in the supplementary estimates.

On the item of \$500 for butter and cheese factories, Hon. Mr. Tweeddale said that \$100 had already been expended in two grants to parties in Madawaska made by the late government.

Mr. Murray (Kings) thought that his hon. friend from Madawaska, who sat to the right of the minister, would agree that the late government had done almost more to encourage dairying in Madawaska than in any other county in the province.

Mr. Burchill wanted to know where the lime-crusher was operating, and what arrangements were made for its use.

Hon. Mr. Tweeddale said that the crusher could go to any county where it was wanted, on proper notice being given in order that the time schedule might be prepared.

Mr. Burchill asked what was the advantage in using ground lime-stone rather than burnt lime.

Hon. Mr. Tweeddale replied that the limestone when crushed fine, while slower in action, was safer to use than burnt lime, particularly in the hands of inexperienced persons. Burnt lime, used in excessive quantities, would do more harm than good.

Mr. Hetherington wanted to know what was to be done in counties where no limestone deposits were found.

Mr. Tweeddale said that the only thing to do was to get lime from somewhere else.

### Flour Mill Bonus.

On the item for bonusing wheat mills, Mr. Burchill thought some arrangement should be made by which a mill which had received a bonus should be compelled to continue in operation. Some years ago a mill in Northumberland was erected and the people in the district commenced to grow wheat on a much more extensive scale than they had been used to. Then without any warning the mill gave up operation, with the result that wheat growing went out also.

Incidentally he spoke of the good work done by the mill at Newcastle.

Hon. Mr. Veniot said that another point which should not be overlooked was an alleged arrangement which the firm who fitted up the mills made with the mill owners, that they would not fit out another mill in the county. For instance, the mill at Bathurst was only available for wheat growers in the northern part of the county, and the southern part, which was more suitable for wheat growing, could not

The onion and leek tops should be cut into inch lengths before cooking. They can, of course, be chopped before serving, but they are delicious served just as they are cooked. They should be seasoned with pepper and salt and the addition of a little butter or cream adds to their flavor.

A thin white sauce poured over the greens augment their bulk, and if they are served on slices of toast they become a dainty that can well take the place of asparagus or form the main vegetable served at dinner.

### GARDEN PROVERBS.

A garden without work is as a fig tree without water; it bringeth forth no good thing.

Blessed be the man who tends well his garden, for greatly will it produce and many-fold repay him.

The growing tomato given a staff will lean thereon and bear the more abundantly.

Behold the humble potato. He boasteth not, neither showeth himself above ground. Yet his presence in abundance putteth the high cost of living to rout.

And the cabbage, round headed or flat, helpeth much the potato.

The radish and the pea soon flourish and soon perish away.

The bean and the beet come early and stay late.

Good is the vegetable for summer, but forget not the one for winter.

The can is much puffed up and vaunteth himself to high prices. But his vanity affecteth not that which requireth him not.

The sun ripeneth the fruit to luscious sweetness in the shade of its own tree, and then drieth it to perfection on your own roof.

Blessed is he who soweth his own food, and doubly blessed when he hath it to sell also.

## Was Troubled With Shortness of Breath

When the heart becomes affected, there ensues a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular beating, smothering sensation, dizziness, and a weak, sinking, all gone feeling of oppression and anxiety.

The nerves become unstrung, you derailed to be alone, have a horror of society, start at the least noise and are generally fatigued.

On the first sign of the heart becoming weakened or the nerves unstrung, Milburn's Heart and Nerve Pills should be taken. They are just what you require at this time. They regulate and stimulate the heart, and strengthen and restore the whole nerve system.

Mrs. C. M. Cormier, Buctouche, N. B. writes: "Since two years ago I was troubled with a shortness of breath, and sometimes I could hardly breathe. I went to see several doctors and they said it was from my heart and nerves, but they did not seem to do me any good. One day I got one of your B. B. B. A-manacs and read of a case similar to mine."

"I bought a box of Milburn's Heart and Nerve Pills, and after taking it I noticed such a change that I kept on taking them until I had used four more boxes, when I was cured."

Milburn's Heart and Nerve Pills are 50c. a box, three boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Toronto, Ont.

get a mill. He thought the department ought to see to it that that sort of arrangement was put an end to.

Hon. Mr. Tweeddale said that with flour selling at its present high price New Brunswick farmers could raise wheat at a good profit, but when flour sold at \$5 and \$6 a barrel it paid them much better to grow oats. He felt that a man who would start a flour mill at the present time would be a public benefactor. In reference to the hon. minister of public works' complaint he would say that if a mill were needed in Gloucester county remote from the section which already had one he would see that it was bonused.

Hon. Mr. Veniot said that the company which supplied the Midget mill entered into an agreement by which only one was available for a county. If the Government gave a bonus of \$10,000 another mill could not be obtained under the circumstances.

Mr. Smith (Carleton) said that in his county flour mills had been bonused and three were still doing business. He thought the hon. minister of public works must be mistaken.

Hon. Mr. Veniot said that the hon. member for Carleton had reference to roller process mills, but the kind to which he (Veniot) referred was the Midget mill.

### Mussel Mud Fertilizer.

Mr. Burchill called attention to the great value of mussel mud as a fertilizer and hoped the Government would take steps to enable the farmers living in North Shore counties to obtain a supply. In his own county the matter had received the attention of the agricultural societies and with some assistance from the government a supply could be obtained for farmers who do not live adjacent to the seashore. He thought if it was right to assist farmers living in districts where there is lime rock, those who live in places where mussel mud is available, should also be assisted.

Mr. Murray (Kings) said that the late government had encouraged the use of mussel mud by granting a bonus of \$500 towards the cost of a dredge. He thought they had spent as much on mud diggers as on lime rock crushers.

Hon. Mr. Tweeddale said that a grant of \$500 was authorized by law for mud diggers and he would be pleased to look into the claim of Northumberland county.

On the item of \$5,000 for greater production Hon. Mr. Tweeddale said that \$1,136 had already been expended. The school inspectors were giving the month of June to the work and

(Continued on page 7.)

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NEW FLORAL MARQUISSETTE for over-draperies, one yard wide, in shades of green and rose, specially prices at 65c. per yard.

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NEW GINGHAM in Checks, Stripes and Plaids in good neat patterns, 27 inches wide, at 18 cents per yard.

NEW INDIAN HEAD and PIQUE at 18c., 20c., 22c. and 25c. per yard.

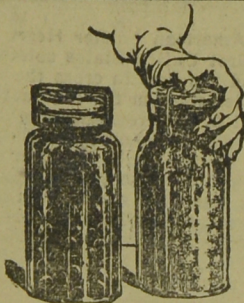
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