

# "SALADA"

TEA IS CLEAN AND FREE FROM DUST

Sealed Packets Only. Refuse Substitutes.

## OF INTEREST TO WOMEN.

### THE BREAD QUESTION.

During the Coming Year Wheat May Be Hard to Obtain.

They tell us there are 30 kinds of war bread. From news clippings collected since 1913, I should say that there might be 300. Of course, we are going to extremes in this matter, as

## SEEMS EVERYONE IS ANXIOUS TO TRY IT

Recent discovery of ether compound that dries up corns so they lift out.

Good news spreads rapidly and druggists here are kept busy dispensing freezone, the ether discovery of a Cincinnati man, which is said to loosen any corn so it lifts out with the fingers.

Ask at any pharmacy for a quarter ounce of freezone, which will cost very little, but is said to be sufficient to rid one's feet of every hard or soft corn or callus.

You apply just a few drops on the tender, aching corn and instantly the soreness is relieved, and soon the corn is so shriveled that it lifts out without pain. It is a sticky substance which dries when applied and never inflames or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

## 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.

## 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.

## YOUR OWN GARDEN

(Boston Record.)

One reader wants to know "what's the use of hoeing if there aren't any weeds in the garden?"

Getting rid of weeds is but the "by-product" of hoeing.

If you start to hoe as soon as the row of tiny sprouts come out of the ground and continue to hoe at frequent intervals you won't have any weeds.

It is a mistake to postpone hoeing until the weeds get a start.

Do it now; and every evening hoe at least a row or two.

Do not hoe deeply. By so doing you may cut the plant roots. About one inch is deep enough, especially near the rows.

When rows are close together hoe over the entire ground, for roots of many garden plants spread out. In any case, the ground should be hoed for one foot around the base of the plants.

Hoe after a rain or watering to break the crust which forms.

Use a pointed stick to get between plants where a hoe would injure the stem.

When hoeing have in mind the making of a cover of dust, earth as finely pulverized as you can get it, for that mulched earth acts as a blanket, keeping the moisture in the soil. Cultivation also lets air get below the surface.

You can't hoe too often, or too carefully.

we are always so inclined to do in extreme times.

The advocates of whole wheat flour are to the front. We are told that Germany is milling its wheat up to 95 per cent., while we mill only 80 per cent. That is we are being told this. But Mr. Hoover tells us he saw people die in Belgium from trying to live on this highly milled grain, because some people cannot eat bran breads.

Many people who eat bran breads are not fed. They go through the process of eating and get small or poor returns for their efforts. From eating too few laxative foods, we have now rushed to the other extreme and are eating too many.

### Cornmeal Bread.

Cornmeal is out most obvious substitute for wheat, as it is also the least expensive.

One and one-fourth cups of liquid (water or milk) one and a half teaspoons of salt, one tablespoon of sugar, one tablespoon of fat, one-fourth cake of yeast softened in one-fourth cup of water, three-fourths cup of cornmeal, two and a quarter cups of flour.

Pour the one and a quarter cups of liquid over the salt, sugar, fat and cornmeal, which have been mixed together, and heat the mixture gradually to near the boiling point. Cook for twenty minutes. This can be done in a double boiler best. Then allow the meal to cool to lukewarm and add the softened yeast and the flour in portions. Knead thoroughly. This dough must be stiff for the interior of

the loaf will be too moist and have a coarse texture. Allow it to rise until double in bulk, then knead and shape into loaves. Allow it to rise again until at least double in bulk. This bread does not expand after it is put in the oven. So it must rise as much as desired before baking. It should be baked in a moderate oven for 45 minutes.

### ORANGE CHARLOTTE.

Squeeze the juice of a lemon over a cupful of sugar and add a cupful of orange juice and a teaspoonful of the grated peel. Soak half a boxful of gelatine in a little cold water and dissolve it in boiling water and add it to the orange mixture. When the whole begins to set, fold in the stiffly beaten whites of four eggs. Line a mold or bowl with sections of orange or lady fingers and pour in the gelatine mixture. Chill and serve with custard made with two of the egg yolks. The other two can be used for mayonnaise.

## LABOR AGAINST CONSCRIPTION

Quebec, June 29.—The idea of a general strike throughout entire Canada as a means of preventing the enforcing of conscription if it is passed, was endorsed yesterday evening by the local union of stationary engineers.

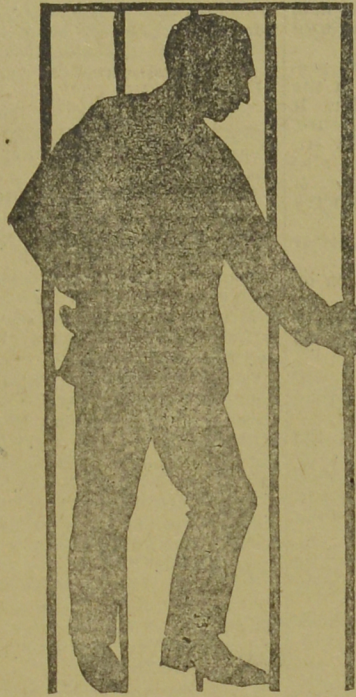
They did not take upon themselves to ask for a general strike, but endorsed the action of the trades and labor council of Calgary.

A monster meeting of labor men is called here for Sunday night to discuss the means of preventing the putting into force of conscription in Canada.

Interesting and important decisions in the matter are expected at next Tuesday's meeting of the Central Labor Council of Quebec City.

Mr. and Mrs. A. D. Richardson of Chipman, are guests at the Queen.

## Toronto's Experience



Theodore Roosevelt

says that liquor trade is "A business that tends to lawlessness on the part of the one who conducts it and to criminality on the part of those who patronize it."

### The Canada Temperance Act

The policy of the Dominion Alliance is to encourage the repeal of the Canada Temperance Act (Scott Act) in counties to which it has been operating. Where this is done the new Provincial Prohibitory Law would then become effective.

It is always easier to enforce one uniform law. The New Brunswick Government cannot put its new law in effect in Scott Act counties as the latter is Dominion legislation, which has precedence over Provincial legislation. Friends of temperance, who live in Scott Act counties, are, however, asked to co-operate in the more thorough enforcement of that Act so long as it continues in operation.

## Dominion Temperance Alliance NEW BRUNSWICK BRANCH

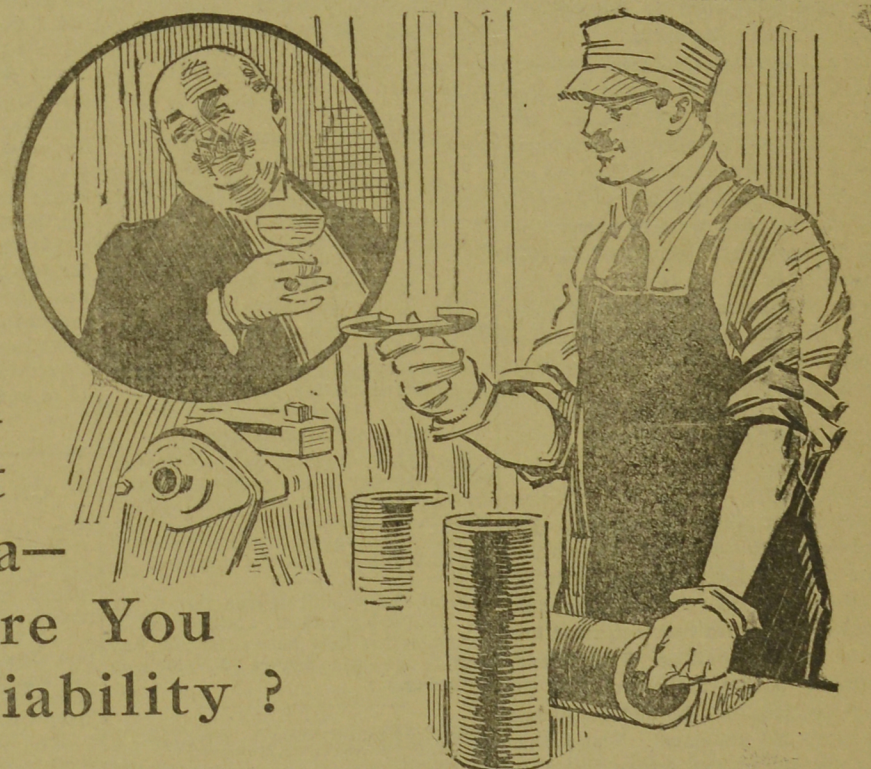
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Are You  
an Asset  
to Canada—  
or are You  
a Liability?



ARE you helping to win the War? Or could Canada put up a better fight without you?

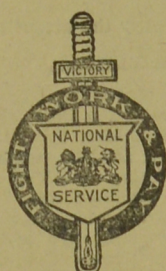
Are you working—saving—paying—to back up the men at the front? Or are you loafing—wasting—spending on selfish indulgences the money that should be loaned to the Nation?

Man-power is at a premium! The time and strength of every man in Canada should be devoted wholeheartedly to really useful work—work that will help, directly or indirectly, in the Struggle.

Food is short the world over! Every housewife in Canada should devote herself earnestly to the problem of conserving it—of feeding our people well, yet economically and without waste.

Everyone should save—and lend the savings to the nation!

Canada needs every dollar you can invest in War Savings Certificates, and for every \$21.50 you loan now, she will repay you \$25.00 at the end of three years—or you can get your money back at any time. Certificates are issued in denominations of \$25, \$50 and \$100, which may be purchased at \$21.50, \$43 and \$86 respectively, at any Bank or Money Order Post Office.



The National Service Board of Canada,  
OTTAWA.

## 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!

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