



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.

AN IDEAL TONIC

When your head is dull and heavy, your tongue furred, and you feel done-up and good for nothing, without knowing what is really the matter with you, probably all that is needed to restore you to health and vigour is a few doses of a reliable digestive tonic and stomachic remedy such as Mother Seigel's Syrup. Take it after each meal for a few days and note how beneficial is its action upon the stomach, liver and bowels—how it restores tone and healthy activity to these important organs, and by so doing enables you to gain new stores of vigour, vitality and health.

MOTHER SEIGEL'S SYRUP

The new 1.00 size contains three times as much as the trial size sold at 50c per bottle.

OF INTEREST TO WOMEN.

SOME NEW RECIPES.

Sago or Tapioca Jelly.

Four ounces of sago or tapioca, two pints of cold water, the rind of an orange or lemon cut very thin, the juice of two lemons or four oranges, and one and a half ounces of sugar. Wash the tapioca and soak in one pint of the water over night. Put into a pan with the other pint of water and the orange or lemon rind, bring to a boil; simmer till the tapioca looks clear; then remove the fruit rind and add the orange or lemon juice and sugar and a spoonful of brandy or Mar-

sala if liked. Pour into wetted mold and turn out when cold. Serve with custard or cream. The above is nice made with the juice of any fruit in season.

A Delicious Salad.

Drain the juice off one quart of canned pineapple, cut same in small cubes and also cut one pound of marshmallows. Mix and let stand about two hours before combining with the following salad dressing:

Put in double boiler three table-spoons vinegar, half teaspoon sugar, half teaspoon salt, dash red pepper. When heated through, stir in yolks of three eggs just broken, then stir same until it is cooked (about one minute). Let cool and beat into this half a pint of whipped cream.

Prune Pie.

Soak and cook one pound of dried prunes, one and one-half cupsful prune pulp and juice, add two table-spoonsful cornstarch, one-half cup sugar. Cook slowly until thick. Cool. Have all ready baked a rich pie crust. When cool add prune filling and cover with whipped cream, sweetened and flavored.

Stewed Apricots.

After the apricots have been thoroughly washed, cover them with twice their bulk of cold water and soak over night. Cook slowly, closely covered, until tender. Drain out the fruit and add to the juice sugar to taste and boil until required thickness.

Banana Toast.

To make it prepare narrow slices of bread, two for each person. Butter them, and spread half of them in a baking pan. Then cover them with thin slices of banana, neatly arranged, and cover with the other slices. Put in the oven until the bread is brown. Then lift each little sandwich carefully to a plate and serve with lemon sauce, well sweetened.

Sporting News

CAPTAIN VOLO WON UNFINISHED RACE MONDAY

Woonsocket Meet Ended with Five Heats in 2.23 Trot—John B. Caused a Smash-up.

Woonsocket, R. I., June 22. — An unfinished race was the feature of the final day's racing of the Woonsocket meeting of the Bay State Short Ship circuit this afternoon.

The race was decided by consent of the judges, owners and management, Capt. Volo, with one heat, getting first money; The Counsellor which won the opening mile, second, and Bingen Boy, with two heats, third.

Binworth won the 2.17 trot; John B., won the 2.13 pace. In the third heat this horse shied into Miriam's sulky, throwing Bolduc, who was slightly injured when he was struck by the hoofs of one of the horses trailing. Miriam continued driverless until the heat was finished. The summary:

2.13 Class, Pacing.
Purse \$300.
John B., bg (Den) 1 1 1
Baron Miriam, bh (Bolduc) 3 2 9
Dorothy Audubon, bm (Van Houten) 2 4 5
Lady Gamage, bm (Small) 4 5 2
Queen Hal, Branham, Baughman, Red Norton, Lowando, Lady Wando also started
Time, 2.14½, 2.13½, 2.15.

2.13 Class, Trotting.
Purse \$300.
Captain Volo, bh (Bolduc) (Fox) 2 4 6 2 1
The Counsellor, rg (Mason) 1 3 4 4 3
Bingen Boy, brg (Martin) . . . 5 6 1 1 4
Benda, bg (Kingsley) 3 1 2 ds
Tom Axworthy, Coalta, Ruth Dillon also started.

Time, 2.23½, 2.19½, 2.19½, 2.18½, 2.22½.

2.17 Class, Trotting.
Purse \$300.
Binworth, bs (Crozier) 1 1 1
Alice Alfridi, bm (Kingsley) 2 3 2
Alliewood the Great, bh (Horton) 3 2 3
Caranthan, bg (Fox) 4 4 4
Tom Minton also started.
Time, 2.16½, 2.14½, 2.16½.

ROSEBERRY TO RACE IN U. S. A.

New York, June 22. — Lord Roseberry, once premier of England and one of the staunchest supporters of the English turf, is planning to race a stable of horses in this country.

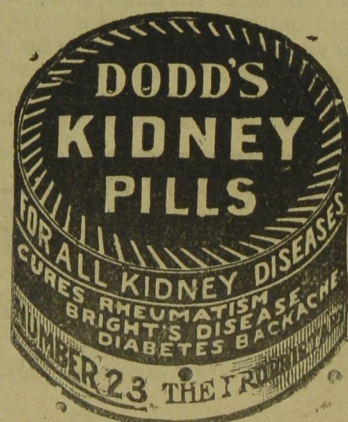
An agent of the Atlantic Transport Line said today that 68 horses would be shipped from England on the return trip of the Minnehaha, some of which are the property of Lord Roseberry and some of them the property of Frank Hartigan, his trainer, and of Capt. Robert Hartigan, of the Royal Irish Fusiliers, now at the front in France.

ROYAL BUYS NEW YORK BANK

New York, June 24. — Interests identified with the Royal Bank of Canada are reported to have acquired control of the Merchants' National Bank of New York. The price paid is said to have been about \$1,250,000. Officials of the institution referred all inquiries to the Canadian Bank.

JONES BREAKS WITH WILLARD

Buffalo, N. Y., June 22. Tom Jones announced here tonight that he had broken with Jess Willard, "after I had hooked my family jewels to make him champion," the Chicago manager said.



WASHINGTON WOULD LIKE TO BUY N. LAJOIE

McCaffrey Says There is Not Money Enough—Old Veteran Batting in International for .340.

"Larry Lajoie will manage the Toronto club as long as I have anything to say in the matter," remarked President McCaffrey, when told of the report that the Washington club was in the market for the veteran. "The only way in which Griffith can secure Lajoie is to transfer his franchise to this city—that is his only chance." It is not to be wondered at that Larry's services are in demand. Veteran that he is, he is by long odds the class of Barrow's league as a second baseman and whatever success the Leafs have enjoyed this season has been largely due to his individual efforts. It was Lajoie's batting and general all-round play that kept the team in the race in the early part of the campaign, when the pitching was of a decidedly mediocre variety and it was his supreme ability as a leader that was responsible for the team's return to winning form after the bad slump at Newark. Lajoie has been batting at a .340 clip all season and fielding with the same skill and gracefulness that marked his play when he was rated as the best second baseman in either big league. On Thursday last he clipped off four hits, two for extra bases in as many times at bat and drove in half of the Leafs' scores. He also stole third base and handled five chances in the field. Pretty good for a 42-year-old recruit. The Washington club, or for that matter any other club in the majors cannot produce enough money to tempt the Toronto management to part with the old timer. He is the backbone of the Leafs, the team's greatest attraction at home and abroad and the Toronto club might as well close up shop as dispose of him at this stage of the season.

FAMOUS TROTTER ARION IS DEAD

New York, June 22. — Arion, 2.07½, died today at her owner's farm near Lexington, Ky., at the age of 28. Arion was bred by the late Senator Leland Stanford at his famous Palo Alto Farm, Menlo Park, Calif., and was sold by his owner to the late Boston breeder and noted horseman, J. Malcolm Forbes, for \$125,000, the highest price ever paid for a trotter.

British women are now taking the places of lumbermen being called to the front for war service.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Winkler's)

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Neat Road Wagons in Steel and Rubber Tires, Top Buggies, Two-seated Wagons, Light and Heavy Express Wagons. There are some at prices like they were before the advance.

A few of our own make of Carriages that cannot be duplicated at the prices we now offer them.

Electric Light Outfits for Carriages, \$14.00 complete.

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BEST FOR BREAD MOTHER'S FAVORITE FLOUR

Is the most satisfactory Bread Flour on the market.

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A GRAND SHOWING OF Summer Attire for Ladies, Misses and Children STYLES GALORE.

The highest class merchandise at the lowest possible prices. Suits, Dresses, Blouses, Skirts, Underskirts and Whitewear; Middies, Wash Skirts and Raincoats; House Dresses and Aprons. Come and see the latest styles.

Alterations made free of charge by an experienced dressmaker.

We are always glad to show you around whether you are going to purchase or not.

Wm. R. FRASER & Co.

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Telephone 423.

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, a smothering sensation, dizziness, and a weak, sinking, all gone feeling of oppression and anxiety.

The nerves become unstrung, you dread 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 50c.