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price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Ministry)

Miss Evelyn Scammell of Boston, is FOR SALE—An Eastman folding cam-

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Buildings and lot on King street now occupied by the undersigned as a carriage factory.

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visiting Miss Mary Smithers for a era, 4x5, in good condition; will be sold at a bargain. Apply at the Mail Office, and boats. Stable in connection,

GOOD FOR

TABLE UP WEIGHTS AND MEASURES.

4 teaspoons of a figure equal 1 table 4 tablespoons of a liquid equal 1/2 gill

or ¼ cup.
½ cup equals 1 gill.
2 gills equal one cup. cups equal 1 pint.

2 pints (4 cups) equal 1 quart. 4 cups of flour equal 1 pound, or 1

quart.
2 cups of butter, solid, equals 1 Hb. or 4 ounces. 2 cups of granulated sugar equal 1 lb.

2½ cups of powdered sugar equal 1 lb.

1 pint of milk or water equals 1 lb. pint of chopped meat equals 1 lb. 10 eggs, shelled, equal 1 pound.
4 tablespoons of flour equal 1 ounce.

8 eggs with shells equal 1 pound. 2 tablespoons of butter equal 1 ounce 2 tablespoons of granulated sugar equal 1 ounce

4 tablespoons of butter equal 2 ounces or 1/2 cup.
4 tablespoons of coffee equal 1 ounce.

1 tablespoon of liquid equals a half-TIME FOR BAKING.

Beans-8 to 10 hours.

20 to 30 minutes. Bread-Medium loaf, 40 to 60 min Cake—Plain, 20 to 40 minutes. Biscuit—10 to 20 minutes. Sponge Cake-45 to 60 minutes,

Chickens—3 to 4 lbs weight, 1 to one and a half hours. Cookies—10 to 15 minutes. Custards—15 to 20 minutes. Duck (tame)—40 to 60 minutes. Fish—6 to 8 lbs., 1 hour. Gingerbread—20 to 30 minutes. Graham Gems—30 minutes.
Graham Gems—30 minutes.
Lamb—Well doe, per lb., 15 min.
Mutton—Rare, per lb., 10 minutes,
ell done, per lb., 15 minutes.
Pie crust—30 to 40 minutes.
Pork—Well done, per lb., 30 min.
Potstogs—30 to 45 minutes.

Pudding—Bread, rice and taploca, hour; plum, 2 to 3 hours. Rolls—10 to 15 minutes. Turkey—70 lbs., 3 hours.

Veal-Well done, per lb., 20 minutes

BRIEF BUT USEFUL RECIPES.

Restore Gilt Frames .- Rub with a ponge moistened with turpentine. well with turpentine till every trace

Make Leather Waterproof.-Satur ate it with castor oil; to stop shoes squaking, drive a peg into the middle

Clean the Hair.-Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce. also that there was a question in the Egg Stains on Spoons.—Rub with common salt.

til clean. If much soiled, they must be washed again through clean ben-zine and rinsed in a fresh supply.

Mr. Hughes pointed out

| Hang in the air to dry. | Clean Hair brushes.—Dissolve a little soda in warm water and pour in a small amount of amonia. Hold the brushes with the bristles downward be threefold,-the preparation of a and avoid wetting the back as far as platform, the outlining of a campaign

dip the mildewed places in this weak fective the first time repeat.

Apply a red hot iron to the head for pplied immediately while the screw

of rose water; shake well and apply. (If you hold your breath while a mosquito has its bill in you it cannot withdraw it until you breathe again). ounce.

G. HOWARD YOUNG, Proprietar.

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YORK-SUNBURY LIBERALS

cup of butter, solid, equals 1/4 lb. The Gathering was Well Attended and Most Harmonious— Messrs. R. B. Smith, P. J. Hughes and C. N. Goodspeed Selected as Delegates, with D. W. Mersereau, M. P. P., Lieut. Col. Osborne and ex-Warden Fawcett as Substitutes.

The convention of the Liberals of have to go, but as August was a most burn's Heart and Nerve Pllis offer an inestimable boon. They bring back the were marked by absolute harmony the convention that he would give and unanimity of opinion and every evidence of reunion of the party. The business was confined to the election of a secretary and a treasurer and asked if the convention would touch asked if the convention would touch of hearth. A friend recommended by the convention of the party. The business was confined to the election asked if the convention would touch asked up stairs I would get all out of hearth. A friend recommended by Beans—8 to 10 nours.

Beef—Sirloin, rare, per lb., 8 to 10 business was confined to the election minutes; well done, per lb., 12 to 15 business was confined to the election of a secretary and a treasurer and asked if the convention would touch 12 to 15 minutes; long or short fillet. the choice of delegates and substitutes upon the high cost of living. for the Ottawa convention.

The season of the year was most unfavorable to a large attendance from the farming districts but never- ing upon the high cost of living and theless there was a very representative attendance from both counties of coming campaign. He said he personthe constituency. ally was strongly in favor of the re

Election of Officers

The chair was taken by ex-Ald. A. had become necessities. H. VanHart of Fredericton, president. The resignation of C. L. Sypher from the office of Secretary treasurer consequent to accepting an office under the Provincial Government, was formally accepted. J. B. Dickson was nominated as secretary on the motion of N. W. Brown seconded by Col. W. J. Osborne but declined on account of press of business which would prevent him from giving the attention to the dudties which they deserved. He was pressed to reconsider his decision but said that he must adhere to it. Drive Away Ans — A little quick lime placed in the infested places.

Remove Tar from Cloth—Rub it well with typenstine.

G. T. Feeney then was elected secretary on the motion of P. J. Hughes seconded by N. W. Brown, J. B. Dicktary on the motion of P. J. Hughes son was elected treasurer on the motion of D. W. Mersereau, M .P. P., seconded by Col. Osborne

Selection of Delegates

Mr. Brown stated that there were minds of some concerning the pay-Clean Gloves.—Pour a little ben-zine into a basin and wash the gloves in it, rubbing and squeezing them un-ing to arrangement, delegates would

Mr. Hughes pointed out that the se'ection of delegates was a matter of importance as the duty to be performed by the Ottawa convention would possible; shake until the grease is and the choice of a leader. All were important, the selection of a leader Remove Mildew from Cloth .-- Put a particularly so. Mr. Brown as a cansolution and lay in the sun. If not ef. as a delegate. All Liberal premiers of provinces were also delegates ex officio. In the selection of delegates would be well to follow a suggestion of the chairman and provide for dis-Cure Mosquito Bites.—Put ten drops tinct representation for Sunbury of refined carbolic acid into an ounce County. Substitutes also should be selected to fill any possible vacancies. Mr. Dickson spoke along similar

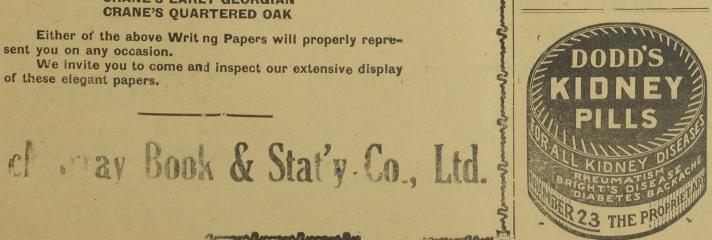
Proceeding to the choice of delegates the convention selected P. J Hughes of Fredericton, R. B. Smith M. P. P., of Oromocto and C. N. Goodspeed of Penniac. In choosing substitutes the convention selected Lt. Col. W. J. Osborne of Fredericton substitute for Mr. Hughes, W. R. Fawcett of Southampton substitute for Mr. Goodspeed and D. W. Mersereau, M. P. P., of Fredericton Junction subst. tute for Mr. Smith.

Mr. Mersereau explained that twelve delegates would be selected by the Provincial Government and he had reasons to believe that his colleague Mr. Smith would be one of the twelve. In that event he as substitute would

There are some aliens who will nev er feel at home in this country until they are kicked out.

Lima Beane says high cost has reduc ed life to mental arithmetic—addition multiplication and distraction.

Grown-ups are like children in that the ones who can't have their own way make the most noise



Thousands of people all over the country ask this question, but still continue to toss night after night on a sleepless bed, and it is impossible for

WHY CAN'T I

them to get a full night's refreshing Some constitutional disturbance, worry or disease has so debilitated and irritated the nervous system that

it cannot be quietened except by the pernicious use of opiates or narcotics. Or again, you have heart palipitation or again, you have heart palipitation and sensation of sinking a feeling you are going to die, or perhaps you wake up in your sleep feeling as though you were about to choke or smother, and the only way you can get relief is to sit up in bed. To all who suffer in this way, Mil-

to attend the Dominion Liberal Convention in Ottawa in August was held had urged hi mto go but he had given the heart, enriching the blood and Saturday afternoon in the Y. M. C. A. him the same reply. On Mr. Mersereau building, Rork Street. The proceedings being urged to reconsider he informed harmony—then you sleep as peaceful

of breath. A friend recommended Mil-burn's Heart and Nerve P'lls and after using two boxes, I can sleep all night from Mr. Brown in which he pointed and am not out of breath after walk

> Milburn's Heart and Nerve Pills ara 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

moval of any duty on motorcars which the Liberals must look ahead. He was too much a Liberal not to believe that Speaking further concerning the fu- he was entitled to his own views on ture of the party Mr. Brown said that matters and he gave everyone else what was past was gone forever and the same right.

This will be THE ONLY SHOW TO VISIT CANADA THIS YEAR. The Canadian Government Railways decided to haul only one show. John Robinson's Circus was selected because it is the oldest, largest and best.

query was followed by a brief address

out that the tariff had a direct bear-

would be the important issue of the

FREDERICTON TUESDAY, JULY 8

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