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## Aluminum Ware

Free from harmful substances that scratch and discolor.

Recommended by leading Aluminum Ware Manufacturers

Old Dutch Cleanser

## West End Pool and Shoe Shine Parlor

Purest of Beer, Cigars, Cigarettes, and all kinds of Soft Drinks.

First Class Pool and Shoe Shine Parlor in connection.

Samuel Campbell Prop.  
273 King Street

IF YOU ARE INTERESTED IN

## LOWER INSURANCE RATES

Than You are Now Paying, Consult

## CRUIKSHANK & BOX

BROKERS

Insurance, Real Estate, Stocks and Bonds.  
Queen St., opp. Post Office, Fredericton, N. B.

## 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 Company, of Toronto, the largest Military Tailoring Company in Canada.

## WALKER BROS. MERCHANT TAILORS

QUEEN STREET, WEST END

## HAVE YOU A MODERN BATH ROOM IN YOUR HOME?

If Not, Why Not?

We can equip your farm, home and buildings with every city convenience. Heating, Lighting, Sewage disposal System, Bath Room, Hot and Cold Water at the Tap. Pneumatic Water System and Efficient Fire Protection.

HOW TO GET FULL INFORMATION.

Call at our establishment and we will show you, or drop us a postcard and we will call upon you at your convenience.

**D J. SHEA**

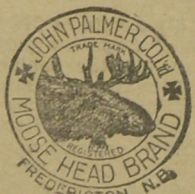
## PALMER'S

SUMMER PACKS and PLOW SHOES

The Ideal Work Boot for the farmer and the man who works out of doors.

COMFORTABLE, WATERPROOF, DURABLE

Get a pair from your local dealer.



Be sure they are stamped  
Moose Head Brand  
Manufactured by the

**JOHN PALMER COMPANY LIMITED**  
Fredericton, N. B., Canada.



## A CALIFORNIA GIRL'S WORK FOR THE SOLDIERS

Was the Originator of a System of Vocational Training for Disabled Soldiers—Landed in England the Day Antwerp Fell to the Germans, and Established California House in London—To Make Tour of Continent.

New York, June 2—Miss Julie Heyneman of San Francisco, portrait painter and writer arrived here the other day on a four-month leave of absence from the British Red Cross, with a new distinction for an American woman, that of being the originator of a system of vocational training for wounded soldiers by means of which thousands of British, Belgian, French and American fighters crippled apparently beyond repair have been restored to lives of happiness and usefulness.

Before returning to England Miss Heyneman will make a transcontinental tour of America, speaking before various women's clubs, Red Cross and Belgian war relief organizations on her work abroad. Her itinerary at present includes Philadelphia, Chicago, Washington, Baltimore, Boston, San Francisco, Pittsburgh, St. Louis and Denver.

This little American woman, who landed in England on the day Antwerp fell to the Germans, found herself in a whirl of war terror and confusion. Belgian civilian refugees, old and young penniless and despairing, and Belgian soldiers, terribly wounded, were arriving in London by train loads.

### Other Americans Aid

She established in London, after much difficulty an institution which she named "California House," after her native state, where the disabled defenders of Namur and Liege and other Belgian strongholds were nursed back to health and strength and taught languages or vocations that fitted them to earn their own living.

So successful was this adventure in war philanthropy that the British Red Cross two years later enlisted Miss Heyneman's services took over her institution and established three similar big homes in London known as "Kitchener Houses" Nos. 1, 2 and 3. The California woman was aided in her work by other Americans who sustained the enterprise by voluntary donations. Everything was supplied free to the soldiers and in three years more than 60,000 meals were given them.

The grateful Belgians, desirous of perpetuating the work for yellow war sufferers in their native land, besought Miss Heyneman to establish a similar reconstruction center there and to this end she visited Queen Elizabeth at La Panne and was assured her sympathy and support.

### Works in Belgium

The queen of the Belgians, upon request designated the Edith Cavell School for Nurses in Brussels as the institution likely to benefit most by the expansion such as Miss Heyneman proposed, that of establishing at least 25 beds and entailing an outlay of \$5,000 each.

According to the plan each bed is to be dedicated to the memory of some fallen American soldier and already the mothers of two officers have indicated their desire thus to honor the memory of their heroic dead. After her tour in the United States, Miss Heyneman intends to return to Belgium to put her plan into effect.

"I have passed through four and a half years of the nightmare of war," said Miss Heyneman. "I never would have believed until I got into this work that I ever could have done it. It has been a severe but beneficial experience. Of the 600 men who have passed through California House, once practically helpless cripples, 90 per cent have been fed and cared for and made self-supporting. The British Red Cross as the result of our initiatory efforts, is now similarly re-educating

"Real Tea" The Flavor is distinctly Agreeable, and the Strength Abundant.

# "SALADA"

An Everyday Luxury—within the reach of all.  
Sealed Packets Only - - By Grocers Everywhere.

## LABOR MEN IN POLITICAL FIELD

Quebec, June 10.—There is some talk of the labor men of this city having at least two straight labor candidates in the present elections. It has been decided that Mr. A. E. Lortie will oppose Mr. Arthur Paquet, present Liberal member for St. Sauveur, and the Federated Council of Trades and Labor has a project for putting forth a candidate in Quebec East.

It's just like this: If an aviator gets across the London Daily Mail will come across.

The Polish idea seems to be that there's little fun in being a nation if you can't lick somebody else.

and train 6,000 wounded soldiers a year, in the Kitchener Houses and we believe that ultimately the British war office will put the work upon a permanent basis.

Miss Heyneman said she was a member of the executive committee of vocational training for England of which Maj.-Gen. Fielding, of the British army, commander of the London district, is chairman.

## A CHANCE FOR TRADE IN HORSES

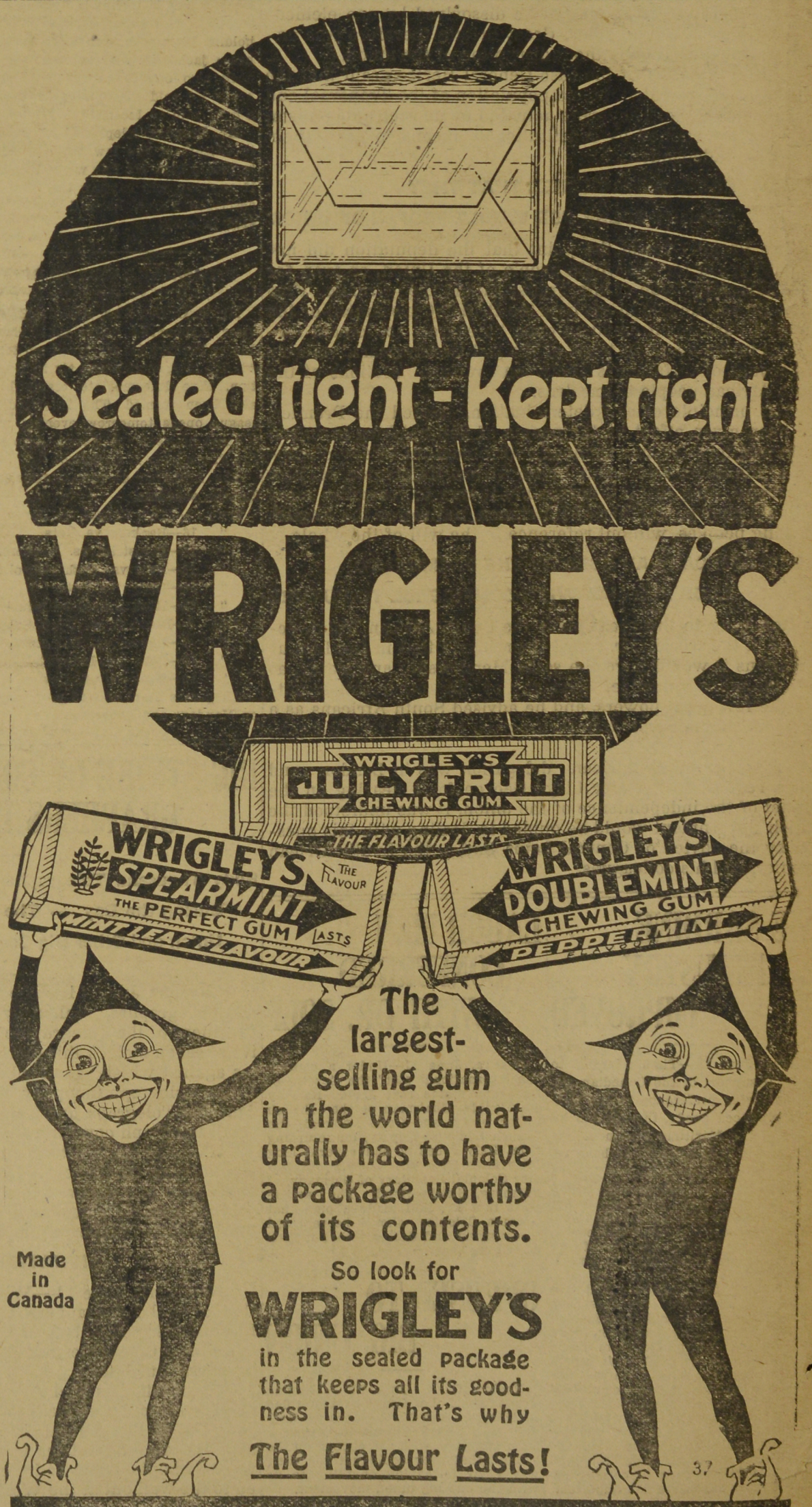
Ottawa, June 10.—The Canadian Trade Commission has information from an authoritative source in France that the Ministry of Agriculture has permitted the importation of horses into France free. All animals are subject to sanitary inspection and must be accompanied by a certificate of origin stating freedom from contagious illness. The trade commission adds that there is now a possibility of a large trade in horses between the Dominion and the French republic.

### WHAT, NEVER?

"Ve Chermans vill nefer sign!  
Ve say it again und again!  
But—a people, alas, must dine—  
Pass us dot foundation pen!"

What has become of the pre-war telephone girl who used to give up the right telephone number the minute we asked for it?

When a gallant man is asked to guess a woman's age he first makes a silent guess and then knocks off one-third.



## Sealed tight - Kept right

# WRIGLEY'S

WRIGLEY'S JUICY FRUIT CHEWING GUM  
THE FLAVOUR LASTS

WRIGLEY'S SPEARMINT THE PERFECT GUM  
MINT LEAF FLAVOUR

WRIGLEY'S DOUBLEMINT CHEWING GUM  
PEPPERMINT

The largest-selling gum in the world naturally has to have a package worthy of its contents.

So look for **WRIGLEY'S** in the sealed package that keeps all its goodness in. That's why **The Flavour Lasts!**

Made in Canada

### TABLE OF WEIGHTS AND MEASURES.

- 4 teaspoons of a liquid equal 1 tablespoon.
- 4 tablespoons of a liquid equal ½ gill or ¼ cup.
- ½ cup equals 1 gill.
- 2 gills equal one cup.
- 2 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 lb.
- ½ cup of butter, solid, equals ¼ lb. 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.
- 1 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 ¼ cup.
- 4 tablespoons of coffee equal 1 ounce.
- 1 tablespoon of liquid equals a half ounce.

### TIME FOR BAKING.

- Beans—8 to 10 hours.
- Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 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.
- Lamb—Well done, per lb., 15 min.
- Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.
- Pie crust—30 to 40 minutes.
- Pork—Well done, per lb., 30 min.
- Potatoes—30 to 45 minutes.
- Rolls—10 to 15 minutes.
- Turkey—70 lbs., 3 hours.
- Veal—Well done, per lb., 20 minutes.