

Best for brightening and preserving

Aluminum Ware



Free from harmful substances that scratch and discolor.

Recommended by leading Aluminum Ware Manufacturers

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.

Any Woman's Struggle For Good Health Quickly Rewarded

A SIMPLE HOME TREATMENT NOW ADVOCATED THAT GIVES FINE RESULTS

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong.

Putting off only make matters worse. The best advice we can give any sickly woman is to test out the following treatment.

At the close of every meal, with a sip or two of water, take two chocolate coated Ferrozone Tablets. This seems to be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine.

Ferrozone's action aids the three principal functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferrozone supplies nutrition—this gives strength, vim, stability.

Elimination is assured because Ferrozone quickens the action of the liver, kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferrozone puts you on the right road—the one that leads to health.

Not a man, woman or child needing blood, vigor, endurance—not a person who is weak, nervous or sickly, not a person in ill-health who won't receive immediate help from Ferrozone.

As a tonic and restorative, as a health-bringer and body-builder, Ferrozone is unrivalled. It cures because it feeds and nourishes, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 50 cent boxes, 6 boxes for \$2.50, or by mail from The Cartharzone Co., Kingston, Ont.

HOT WEATHER RECIPES.

Fruit Cocktail.

One orange, one apple, two bananas, Pare, dice and then mix. Now melt one-half glass of jelly and then pour over the cocktail. Serve in sherbet glasses.

Banana Fritters.

Cut four bananas in half and then place in a bowl one-half cup of milk, one-half cup of flour, one teaspoon of baking powder, one teaspoon of sugar, one teaspoon of shortening, pinch of salt, yolk of one egg. Beat to mix and then roll the bananas in the batter. Fry until golden brown in hot fat. Serve with vanilla syrup.

Vanilla Syrup.

One-half cup of sugar, three-quarters cup of water, one tablespoon of cornstarch. Place in a saucepan and dissolve the starch. Bring to a boil and cook for three minutes. Now add one and one-half teaspoons of vanilla extract.

We are now fairly launched in the season when complexions may be expected to run a little here and there.

All honor to the wide mouth of the good-natured man. He can beat all comers smiling a mile.

TABLE OF WEIGHTS AND MEASURES.

- 4 teaspoons of a liquid equal 1 table spoon.
- 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 (fame)—40 to 60 minutes.
- Fish—6 to 8 lbs., 1 hour.
- Gingerbread—20 to 30 minutes.
- Graham Cakes—30 minutes.
- Lamb—Well done, per lb., 15 min.
- Mutton—Rare, per lb., 10 minutes, well done, per lb., 15 minutes.
- Pie crust—40 to 45 minutes.
- Pork—Well done, per lb., 30 min.
- Potatoes—30 to 45 minutes.
- Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
- Rolls—10 to 15 minutes.
- Turkey—70 lbs., 3 hours.
- Veal—Well done, per lb., 20 minutes.

CONDITIONS IN NEAR EAST DESCRIBED AS TERRIBLE

The Population Suffering for the Want of Food and Clothing—A Raw Herring Costs Fifty Cents—Clothing is Difficult to Obtain at Any Price—Women Wear Dresses Made Over From Army Shirts—Children Turned Into the Streets.

(Montreal Star)

Terrible conditions exist in Rumania and in the Near East generally, according to word brought by officers of the Furness-Withy steamship Maplemore, which made port yesterday in light from Galatz and Constanza, to load grain here for Hull.

The want of food and clothing is the principal cause of the suffering of the population, although all necessities of life are exceedingly scarce. A single raw herring, of microscopic size costs 50 cents, and the price of a regular meal is prohibitive for the average citizen. For example, a dinner for five persons eaten in an ordinary restaurant in Galatz by some of the ship's officers, and consisting of soup, tiny portions of fish and meat, a small quantity of hard and dirty bread, and two small bottles of very inferior wine, cost \$70. As for clothing this is almost unobtainable, and it is very fortunate for a man to possess an ordinary civilian suit, the majority of the men having to content themselves with mere odds and ends of clothing, which are nearly always in rags. The women appear to be rather better off, and manage to retain a fairly decent appearance. Grey suits and skirts have for some time past been the most common apparel of the fair sex in Galatz, and it is common knowledge in that Black Sea port that the material of which these clothes are made was originally destined for army shirts but by some mysterious process found its way into the wardrobes of the fashionable ladies, including officers' wives, of the town.

As a further instance of the food shortage in Rumania the ship's officers told of children being turned into the street by their parents to shift for themselves, as there was no food in the home. Horses shared a similar fate because there was nothing in the stables for them to eat.

At Salonika the personnel of the Maplemore found conditions almost as bad as they were in Rumania. As a result of the big fire in the Grecian port, thousands of people not excluding the wealthiest families, were compelled to live like animals in the basements of what had once been their homes. Here, too, food was very scarce, along with other necessities of life. Everywhere in the town were to be seen the multi-colored uniforms of Allied soldiers large numbers of whom, of many nationalities, still remain in Greece.

Thousands of British and French troops were pouring into Constantinople when the Maplemore called there, but the town appeared quiet under Allied control, and there was no sign of the Bolshevik uprising reported in recent despatches as having broken out in the country districts of Turkey.

The Maplemore called at Fayal, in the Azores on the way over, and was in that port at the time the American seaplane N.S. 4 arrived at St. Michaels, although the aircraft was not sighted by the ship.

A Monkey Yarn

An amusing story is told by the Maplemore's second engineer of an imaginative New York reporter who wove an ingenious story around the presence of a monkey aboard one of the Prince Line boats, in which he was at that time third engineer, when the vessel was loading on Gotham's waterfront. After noticing the monkey and being told it was the property of the second engineer, the reporter went back to his paper the New York Herald, and wrote a wonderful story of how the engineer had gone big game hunting while the ship was at Zanzibar. How he had been taken prisoner by natives in the bush, and how, just when his life was about to be taken, the monkey jumped on his shoulders—a sacred monkey! Instantly all the natives fell down and worshipped him, dethroned their king, and ate him, and appointed the engineer in his place. The latter eventually made his escape and regained his ship. The story created a furore and was quoted widely by newspapers all over the world, so that the first suery which met the Prince boat wherever she docked, was "Where's the sacred monkey?" The story was finally reprinted by a Newcastle-on-Tyne newspaper and the owners of the vessel reading it, immediately wired the captain of the ship asking him what business the second engineer had to go ashore hunting and in-

WEEPING ECZEMA SOON RELIEVED

A Perfect Treatment For This Distressing Complaint

WASING, ONT.
"I had an attack of Weeping Eczema; so bad that my clothes would be wet through at times."

For four months, I suffered terribly. I could get no relief until I tried 'Fruit-a-tives' and 'Sootha Salva'. The first treatment gave me relief.

Altogether, I have used three boxes of 'Sootha Salva' and two of 'Fruit-a-tives', and am entirely well!"

G. W. HALL.

Both these sterling remedies are sold by dealers at 50c. a box, 6 for \$2.50, or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

"Fruit-a-tives" is also put up in a trial size which sells for 25c.

very pretty road is Taymouth a very busy and pretty little village, the home of the prominent member for York County, Mr. John A. Young who has a saw mill and large farm giving employment to a large number of men who seem contented and happy in their quiet and peaceful little homes. Taymouth has a very fine Methodist church recently opened for worship, which is a credit to the place. Near the church is the magnificent concrete school house erected last year which is the best and most up-to-date school building of its kind in any rural district in the province of New Brunswick. At present Mr. White of South Devon is supplying as teacher in the absence of the regular teacher Mrs. Edney who is on sick-leave. Taymouth supports several stores and a large well conducted hotel. The men of Taymouth are very enterprising and up-to-date, several owning their own motor cars, while the women for good looks and sociability are unsurpassed anywhere on the map. A business trip to Taymouth and Nashwaak Bridge with a little fishing between times is a day's outing never to be forgotten and as one can return to 9.30 p. m. any person can have an enjoyable, quiet day in the country.

SOME OVER PAYMENTS TO SOLDIERS

Ottawa, June 11.—The inquiry by the public accounts committee into over payments made by the separation allowance and assigned pay branch of the Militia Department to soldiers and dependents, was held this morning with Mr. T. Cox, Chief Accountant of the branch as the chief witness.

Mr. Cox informed the committee that over payments totalling \$202,000 had been definitely ascertained but that there are twenty to twenty-five thousand ledgers showing over payments in addition and that the total had not been figured up.

The witness explained that when an undischarged soldier is overpaid the amount is recoverable from his pay, and when he is discharged the department still has recourse to the soldier's war service gratuity.

Over payments were first discovered as a result of an inquiry held in 1917. They are in most cases due to overlapping of payments in England and Canada, which could not always be avoided.

There are five simple ways to tell good tea.

First, by the bright copper color of the tea when steeped.

Second, by the exquisite aroma.

Third, by the delightful, refreshing flavor.

Fourth, by the satisfying richness.

Fifth, by the economical strength.

Make a brewing and you will find all these qualities combined in Red Rose.

