



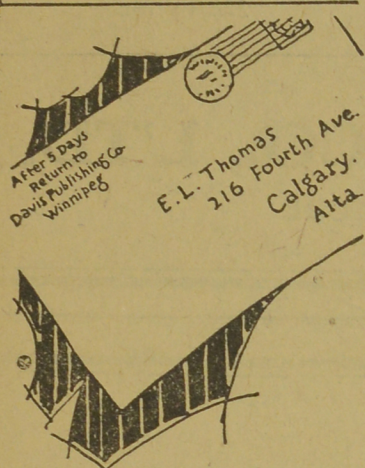
Almontinos

The name gives the flavour away—a meltaway caramel centre with that “just right” taste of freshly made almond paste. Coated the “G.B.” way!

Ask for GANONG'S Almontinos

Ganong's
CHOCOLATES

BLUNDERS



WHY IS THIS WRONG?

Thousands of letters are delayed in delivery from two to ten hours in big cities because business men do not place their return street address on letterheads and envelopes. Even though a company may be an important one, all postal employees do not have its address committed to memory. Consequently its mail will surely be delayed if persons who must reply to its letters are given no street address.

Try Our

ICE CREAM

ONLY 50 CENTS A QUART

WE ARE HEADQUARTERS FOR TEMPERANCE DRINKS.

TRY OUR OLD ENGLISH GINGER BEER.

STRICTLY FRESH EGGS

from my own HENNER

Fred. H. Ferguson

Corner Northumberland and Brunswick Streets.

Trap Nests

If you are in the Poultry business go at it systematically. Keep tabs on your hens by trap nesting them.

It's the only way to pick out the boarders.

I make a complete set of four nests for only \$4.00. Satisfaction guaranteed. Send me a trial order.

FRED LYONS

260 Aberdeen Street

FREDERICTON, N. B.

Get the Training

Take the advice of the winners, not the losers. A successful business man will inform you that it is necessary for you to have the right practical schooling to forge ahead.

Write for full particulars about our courses.

FREDERICTON BUSINESS COLLEGE

F. B. OSBORNE, Principal
Box 928 FREDERICTON, N. B.



Of Interest to the Women

SUMMER PRESENTS A FEW PROBLEMS OF ITS OWN.

Mary K. writes that she's troubled with a bad complexion—not pimples not blackheads, but little lumps that form under the skin and refuse to go away.

Such lumps come from clogged pores and the first thing to do is to investigate your diet, to avoid greasy, heavy foods, to drink plenty of water to eat plenty of fresh vegetables and fruit.

The second thing is to go in for some sort of exercise that will stir up the whole body—tennis, swimming even brisk walking will help or the “daily dozen” taken with a phonograph or under radio direction.

The third thing is to steam the face lightly with a wash cloth wrung out of hot water. Follow this with a good blemish lotion. Face tonics and astringents used before the daily makeup are all right, but vanishing creams should be avoided in such a skin condition.

Now that summer comes to try our complexions and find them wanting some of you would surely like to know about a good mild bleach that costs nothing but a trip to the kitchen and another to the standard shelf of the medicine closet.

To the kitchen first where you pick up a yeast cake. Then to the medicine shelf, where you take down the witch hazel bottle. Dissolve the yeast in the witch hazel to make a paste. Spread it over your hands, neck, arms and face, and allow it to dry. This will take from twenty minutes to half an hour. Wash it off with tepid water.

Simple Application That Dissolves Blackheads

No more squeezing and pinching to get rid of those unsightly blemishes, blackheads. There is one simple, safe and sure way to get them out, and that is to dissolve them. Get about two ounces of peroxide powder from your druggist—sprinkle a little on a hot, wet cloth—rub briskly over the blackheads for a few seconds—wash the parts, and every blackhead will be gone. Pinching and squeezing out blackheads make larger pores, and you cannot get all of the blackheads out this way—while this simple application of peroxide powder and water dissolves every particle of them and leaves the skin and pores in their natural condition.

Sweetbread and Cucumber Salad.

Cook a pair of sweetbreads cut in small pieces, marinate with French dressing let stand an hour or longer in a cool place; drain and mix with small cubes of cucumber and moisten with chutney mayonnaise dressing. Arrange on a chilled salad platter and surround with peeled, chilled and sliced tomatoes and arrange lettuce heart leaves around as a border. Set a rose of mayonnaise dressing on each slice of tomato. Serve at luncheon with small, hot buttered cream baking powder biscuits.

Bran Muffins.

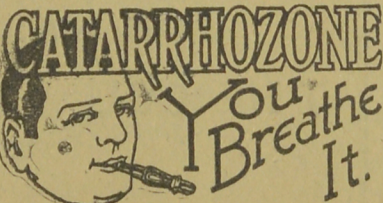
Cream together two tablespoons shortening and 1-4 cup of sugar and add one egg. Mix together one cup flour, 1-2 teaspoon soda, 1-4 teaspoon salt and one teaspoon baking

Inflamed Nostrils Cleared of Catarrhal Discharge

You'll be pleasantly surprised at the quick action Catarrhozone has upon Catarrh in the nose or throat. It is so soothing, so healing, so agreeable to use; so safe and reliable, that thousands use it every day.

No nasty medicine to take—you just breathe the balsamic vapor and the healing essences of Catarrhozone and you feel better at once. Catarrhozone is breathed through the inhaler into every air cell in the lungs, into every air passage in the throat and nostrils.

No matter where the Cold or Catarrh is, Catarrhozone will reach it. You can keep free from coughs, colds, bronchitis and the like by using Catarrhozone. Two months' treatment One Dollar, small size 50c.



powder. To the creamed mixture add one cup bran, then one cup of sour milk, alternating with the dry ingredients previously combined. Pour into greased muffin tins and bake in a moderate oven for 20 minutes.

Fudge Cake.

One egg, 1 cup sugar, 2 tablespoons cocoa, 1-4 cup melted butter 1-2 teaspoon salt, 1 teaspoon soda in 1-2 cup sour milk, 1-4 cup boiling water, 1-2 cups flour, 1 teaspoon vanilla. Bake in 2 pans and use the following for filling: 3-4 cup sugar 1-2 tablespoons cornstarch, 1 tablespoon cocoa 1 cup boiling water, 1 tablespoon butter, 1 teaspoon vanilla cook till thick.

PINEAPPLE MOUSSE.

2 cups grated pineapple
2 cups whipping cream
1-2 cups sugar
Ice and sat for freezing
Put the grated pineapple in saucepan over fire; add the sugar stirring until the sugar is melted; then mash through wire strainer. Whip the cream until dry and slowly fold in the cold pineapple. Rinse mold in cold water put in the mixture cover with wax paper put on lid and pack in finely cracked ice and salt. It should stand two or three hours before using. Wipe mold with cloth which has been wrung out of cold water before opening.

On Reading Serialized Mystery Stories.

I hold my breath as the villain “took sweet Alice to a house that was bleak.” And then right there the installment ends. Alas! I can't hold my breath for a week!

Mr. and Mrs. James R. Connors of Moncton are in the city today visiting old friends.

Mr. O. D. Duncan of Montreal is in the city today.

CORNS DROP OUT IN HOT WATER

It's very easy to take out a sore corn by the “Putnam's” method. Take a special foot bath which is described in the directions. Apply a few drops of Putnam's Corn Extractor, and out comes the corn—roots and all. There is no pain, not even soreness; the thick tissue is softened, and healing “Putnam's” goes to the heart of the corn. Success guaranteed. 25c at all dealers.

Counter Check Books ALL SIZES AND STYLES

All Orders Filled Promptly and at Lowest Possible Prices.

Mail Orders Receive Careful Attention

The Mail Printing Co.

POLITICAL BATTLE IN ALBERTA WILL END ON MONDAY NEXT

Edmonton, June 20—With 184 candidates contesting the 60 seats, and not only the record of the U. F. A. Government, but the previous Liberal Administration as well. He is urging definite action in developing Peace River.

While not attacking the Wheat Pools, he would change the system of Government relation and supervision of the various co-operative marketing schemes, and has plans for widening Alberta markets in British Columbia and the adjoining States.

Independents and Labor have 11 candidates in the field, mostly in the cities. The Government is not entering the contest in several of the city seats, and has only 47 candidates.

“Does your wife darn your socks?” “Oh, no. She uses stronger language than that!”

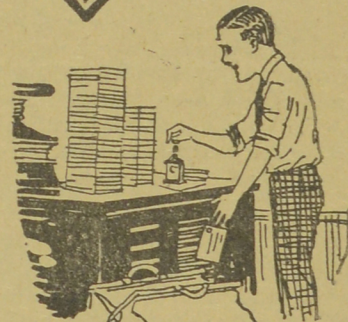
No strikingly new policy is offered by any of the three parties.

On the platforms so far all parties have handled the separate school angle of the natural resources question with caution, though it figures as one of the features of the campaign. Both Liberals and Conservatives are attacking the Administration for its failure to have the resources definitely turned over to the Province.

J. T. Shaw, of Calgary, the new Liberal Leader, whose party has 54 candidates entered for the 60 seats, is urging drastic changes in the present coal policy. He advocates negotiations with Ontario for the sale of Alberta fuel, and blames the Administration for the decrease in the coal output of the Province during the last four years. He charges that the Government, irrigation system in Southern Alberta has been bungled, claims that the Government has been extravagant, and promises to inaugurate civil service reform.

Conservatives Active. With the smallest representation in the present House, the Conservatives have the largest number of candidates entered, all but three of the sixty seats being contested. A. A. McGillivray, K. C., their Leader, is assailing

BLUNDERS



WHY IS THIS WRONG?

When mail is allowed to accumulate in offices until closing time, it not only places an additional burden on the postal service, but is apt to miss important early afternoon train dispatches. This often causes a whole day's delay in delivery. Mail should be posted as soon as it is ready, and at frequent periods of the day.



Chateau Frontenac Complete Again

The famous Chateau Frontenac at Quebec has entirely recovered from the fire which on January 14th destroyed the old wing. Work has been going on night and day since the fire with the result that the rebuilt wing entirely reconstructed in steel and concrete looks as though it had never known a conflagration. The official opening took place on June 5 which was made the occasion of a celebration. On June 16, 17 and 18 the weekly newspaper editors of Canada hold their annual convention at this hotel.

The new wing of the hotel contains 189 guest rooms, bringing the total accommodation up to 678 guest rooms. Throughout it maintains the old French Chateau spirit in its public rooms. The famous old central lounge is re-done in marble and carved oak, and its chief decorations are 34 colored shields bearing the coats of arms of some of the principal personages who had to do with the founding of Quebec, and a fine carved fireplace of which the chief ornament is a reproduction of Jacques Cartier's ship.

THE DAILY MAIL

Is on Sale at the following places of business in the city:

D. H. CROWLEY, 612 Queen Street.
MISS QUINN, 147 Westmorland Street
ALONZO STAPLES, 100 York Street.
A. J. HANLON, 83 Regent Street.
W. GRIEVES, Cor. Regent and King Streets.

RAY BARKER, Cor. Carleton and King Streets.
WESLEY ERB, 266 York Street.