

SEEDS

For years we have handled the Reliable BRECK SEEDS. We still have them.

Telephone Peas	20c lb.
Golden Wax Beans	25c lb.
Kidney Wax Beans	25c lb.
Golden Bantam Corn	18c lb.
White Cory Corn	20c lb.
Yellow Canada Corn	10c lb.

GRASS SEEDS

No. 1 Timothy	13c lb.
No. 2 Timothy	12c lb.
Alsike Clover, Red Clover, Mammoth Clover at lowest prices.	

CORN SYRUP

2 lb. Tins	19c.
5 lb. Tins	40c.
10 lb. Pail	75c.

BUTTER SALT

Large Bags	30c.
Smaller Bags, 5, 10 and 20c.	

BUTTER COLOR

30c and 55c Bottle.

BUTTER PAPER

Best Quality and Printed
70c for 400 sheets.

COFFEE

Our Fresh Ground Coffee is Splendid Value. Try a pound.
57 cents pound.

TEA

Our sales of Bulk Ceylon Tea are steadily increasing.
55 cents a pound.
5 lbs. for \$2.75.

RANKINE'S SODA BISCUIT

Small Boxes about 5 oz.
6 pounds 14c lb.
Wooden Boxes .. 13c lb.

GOOD QUARTER TRADES

6 Cakes Laundry Soap	25c.
9 lbs. Whiteing	25c.
3 pkgs. Jello	25c.
3 pkgs. Bee Jelly Powder	25c.
2 qts. White Beans	25c.
2 qts. Yellow Eye Beans	25c.
2 Tumblers Prepared Mustard	25c.
1 Jar Jam	25c.
5 lbs. Baking Soda	25c.
5 lbs. Buckwheat Flour	25c.
5 lbs. Rolled Oats	25c.
4 lbs. Granulated Corn Meal	25c.
1 lb. Bulk Coconut	25c.
2 1/2 lbs. Mixed Starch	25c.
4 dozen Spring Clothes Pins	25c.
3 pkgs. Snowflake Ammonia	25c.

YERXA GROCERY CO.

2 STORES

York St. Queen St.

FRESH FISH IN SEASON AND CANNED VARIETIES FIND PLACES ON MENU

Fresh fish is enjoyed as the seasons arrive. The canned varieties are procurable in all places and at all times. For this reason they, together with fish in preserved forms, either salted or smoked, may be depended upon to act as standbys. With some of these always at hand on the pantry shelf, there will not be nearly the tendency to forget to include fish in the weekly menu as when the fresh varieties are depended upon alone. And they excel for emergency use.

Plus its face value of furnishing variety in the menu, fish contains a large amount of necessary iodine, and the fish oils are sources of vitamins. Though the canned and preserved fishes are not so rich in these properties, perhaps, as oysters, lobsters and other shell fish, nevertheless they are of value, and their more frequent appearance is to be encouraged.

Always Prime Favorite.

The salt-fish dinner has always been a prime favorite. In preparing this, select the thickest, whitest slice or slices of the best boneless cod; soak it in cold water for several hours and cook gently in successive fresh waters until well softened and swollen and not too salt. Remove to a hot serving platter, garnish with minced parsley and surround with part of a rich white sauce, prepared in the proportions of one pint of sauce to one pound of the fish. Either add to the sauce or sprinkle on top of it one or two chopped hard-cooked eggs. Or flake the fish, mix with the egg sauce, pour on the platter and sprinkle with the parsley. Accompany with new beets, latticed carrots, onions if you wish, white potatoes, of course, and a little sauce boat of cooked scraps of fat salt pork floating in their own fat. To make the scraps, cut the pork in small dice and fry out slowly until the bits are a delicate brown and crisp.

Served in "One Piece."

This dinner may be attractively

served in "one piece" by selecting for it a good-sized platter. Place the fish in the centre, surround with a ring of the latticed carrots; outside of these arrange the potatoes and whole beets alternatively. Place the onions in the interstices formed by the beets and potatoes. Sprinkle minced parsley over the fish and pass the egg sauce in a gravy-boat or pour some of it over the fish, as preferred.

In making concordia fish sandwiches, rinse, drain and flake one small can of tuna. Mix to a paste that will spread easily with three tablespoonfuls of mayonnaise, a teaspoon of Worcestershire sauce, two tablespoonfuls of picadilli or chili sauce, one-quarter teaspoonful of salt, and one-eighth teaspoonful of pepper. Spread between buttered slices of white or whole-wheat bread. Cut in any shapes desired.

Making Salmon Chowder.

Making salmon chowder, chop coarsely and brown together very lightly in a large saucepan one slice of diced fat salt pork and one minced onion. Add two cupfuls of diced potatoes, one teaspoonful of salt and one-eighth teaspoonful of pepper, and cover with three cupfuls of boiling water. Simmer, covered, for half an hour and then add three cupfuls of hot rich milk and a small can of salmon or tuna, rinsed with cold water, drained and flaked. This procedure washes out some of the nutritious oil, but it improves the flavor for many people. Thicken slightly with a tablespoonful each of flour and butter cooked together. Serve with hot crackers.

It is real economy to purchase only the best varieties of canned salmon and tuna. Though there is a noticeable difference in price, this will not appear as great when one takes into consideration the fact that the best brands are solidly packed and meaty, while the cheaper varieties contain a goodly portion of skin and bones.

DENIZENS OF THE WATERS WERE A SOURCE OF FOOD FOR THE PRIMITIVE PEOPLE

How many of us when we buy fish ever stop to think that they are one of the earliest foods of man? Before man made weapons with which to kill other animals he probably caught fish.

We have evidence that primitive peoples living near the seashore depended mainly on fish and shell-fish for their food supply, for great heaps of shells—"kitchen middens" as they are called—are found all along the Atlantic coasts of America and Europe. These buried shells are the remains of prehistoric life and among them are found interesting relics of people long-forgotten.

Owe Much to Ancestors.

It is to these early ancestors of ours that we owe the two important methods of preserving foods, salting and smoking. Salt from the sea and fire from stones rubbed together—back in the dawn of history they were first used to preserve fish.

Even later, when men with rude implements cultivated the land they still found the sea their most certain source of food, and many wars were waged between tribes over fishing rights.

Today the fisheries of the world rank second to agriculture in their importance as sources of food. The annual harvest of fish and fishery products is worth \$800,000,000; and the waters of our own temperate zone yield most of this wealth.

From Sea to Consumer.

Sometimes it is a long way from the sea to the consumer, and if everyone is to enjoy fish they must be preserved in some way. So they appear on the market both fresh and preserved by freezing, canning, salting, pickling and even fermenting; and they are all good for us.

Generally speaking, there are two kinds of fish—fat fish and lean fish. Salmon, herring, butterfish, shad and mackerel are in the fat group. But the amount of their fat varies with the seasons and from year to year.

And in the same school of fish you'll find the large ones fatter than the small ones because they have been able to obtain more food. Among the so-called lean fish, are cod, cusk, pollock, haddock and flounder.

It is said we should eat fish, first, because it is a delicious food when rightly prepared. And, second, because it contains valuable food substances. The protein of fish is essentially of the same value as the protein of meats. These proteins of both fish and flesh are good for us even when taken alone, but they are especially good for us when we eat them along with vegetables, which also contain protein. This is because they give us certain substances, when digested, that go to make up our own body tissues and which we aren't so likely to get enough of in the vegetables and cereals.

Discoveries of Science.

During the past few years science has discovered that fish contain a new and hitherto unsuspected property which makes them of even greater importance as food, especially for children and young folks whose bodies are still growing. It is in the fish fats or oils that this remarkable property is found. And in the liver oils, such as cod-liver oil, there is a wealth of it. Vitamine D is the substance and the property it has is that of preventing rickets by causing normal bone growth. Rickets is a dread deficiency disease which causes bones to become softened and distorted.

Lean fish are essentially like the lean meats in the amounts of vitamins B and C they contain. And in the fat fish, besides these two important vitamins there is found a large amount of vitamine A.

Hostess—What, going already, Mr. Brown? And must you take your dear wife with you?
Brown—I am sorry to say I must."

BARENESS RELIEVED BY WINDOW-BOX

On a hot day a window-box cools the room by breaking the direct rays of the sun and by the evaporation of water. It also screens the inside of the room from curious eyes, but does not interfere with the view to the outside. In winter it relieves the bareness of the house and beautifies at all times.

The outside window-box should be placed well below the window, so that the flowers and not the box are seen from the room. Drooping or trailing vines and sprays and very short-stemmed flowers are most satisfactory. Tall flowers or high-growing foliage will keep out light and air and will be broken by shutters or case-ment windows.

Arrangement For Drainage.

The material of which the house is built is suitable also for the window box. It is imperative, however, that there be small holes in the bottom for drainage. A wooden window-box must never lie flat upon a window-sill as it will then stand in water and the roots will be starved for air and drowned. Put narrow strips at the ends of the box to raise it slightly and permit drainage.

For a very wide window, it is better to have two window-boxes of moderate size than one long one. Red cedar, white pine and cypress are the best woods as they are not perceptibly injured by moisture.

Results in window-boxes are largely dependent upon the right flowers for the exposure. It is not possible to have window-boxes at every window identical with those at every other window if the exposure is different, but they may harmonize.

Used in Sunny Locations

For sunny locations use nasturtiums, verbenas, sweet alyssum, petunias, pansies, cornflower, snapdragon and marguerite; for shady places, non-flowering plants—the ferns, palms, English ivy, begonia, trailing evonymus, asparagus sprengeri. Drooping effects may be had from lobelias, sweet alyssum and others. For half-shady windows, hanging fuchsia with bush fuchsia, or bush fuchsia with marguerites and vincas, or hanging petunia with cobaea scandens, or pink fuchsia, white marguerites and vincas can be combined. Verbenas may be planted alone, as they form a luxuriant mass of bloom and foliage. Pansies and sweet alyssum are a delightful combination.

Ivy For Formal House.

Geraniums and English ivy are formal, and go well in a formal house or along a dusty street, which would thwart the growth of something more delicate. Very effective results may be had by trailing ivy upon a heavy cord to frame the window.

In selecting flowers, color effects must be considered. Orange-red nasturtiums or pink geraniums will not look well against red brick. The fresh touch of color provided by a well-cared-for window-box carries a suggestion of personal pride and thrift that distinguishes a house from its surroundings. It means little work, but it reveals the fact that the housewife is willing to do more than the minimum amount to make her house a home and to add to its beauty and dignity.

"How can we pedestrians protect ourselves!" shouted the orator at a mass-meeting.

"Start driving 10-ton trucks," came a voice from the gallery.

BLUNDERS

After a Day's Return to Winnipeg
E. L. Thomas
216 Fourth Ave.
Calgary, Alta.



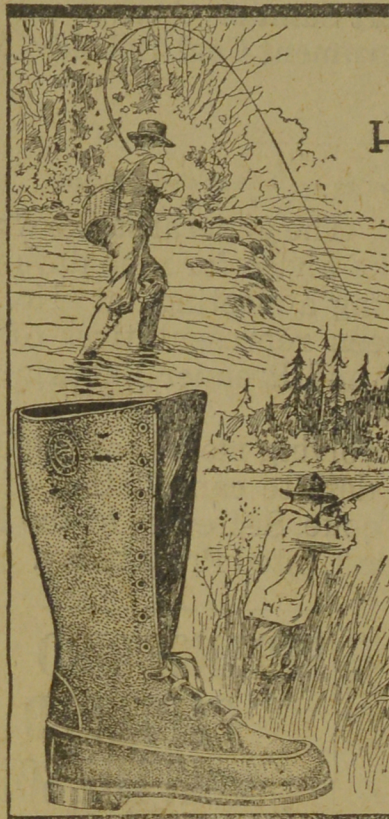
WHY IS THIS WRONG?

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.

SEEDS

NO. 1 TIMOTHY SEED
NO. 2 TIMOTHY SEED
ALSIKE CLOVER SEED
RED CLOVER SEED
MAMMOTH CLOVER SEED
at Lowest Market Rates.

G. W. HODGE



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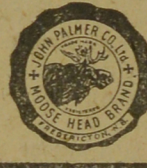
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Moose Head Brand

Shoepacks 10 in. tops to clear at \$5.00
Nothing better for sugar making season.

We also have in stock the
NEW MODEL MOOSE HEAD BRAND

Driving Boot, 10 in. top	\$6.00
Driving Boot, 12 in. top	\$6.75
Driving Boot, 14 in. top	\$7.50
Driving Boot, 16 in. top	\$8.50

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