

NEW CANNED GOODS

Tomatoes 15c.
Corn 15c.
Peas 17c, 3 for 50c.
Clarks Pork & Beans 23c
Smaller sizes, .. 13c, 11c.
Peaches 25c.
Corned Beef 25c.

Corn Syrup

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

Corn Flakes

SUGAR CRISP
12c pkg. 6 pkgs for 66c.
\$3.60 Case of 3 dozen.

Brooms

We have a nice line running in prices
44c, 55c, 65c, 75c, 95c.

Granulated

Sugar

FINE GRANULATED
14 lbs for \$1.00.
100 lb Bag \$6.90.

Small Picnic Hams

Nice fresh cured 30c lb.

Monarch Pickles

45c Bottle. Try one.

Starch

MIXED STARCH 10c lb.
ACME GLOSS STARCH 13c pkg.
(2 pkg. for 25c.)
CANADA CORN STARCH 10c pkg.
BENSON CORN STARCH 12c pkg.

Beans

YELLOW EYE 13c qt, 2 qts, 25c.
\$1.00 peck.
WHITE BEANS, .. 13c qt, 2 qts, 25c.
90 cents a peck.

Flour

98 lb. Bag
5 Roses and Purity \$4.80
5 Crown \$4.70
Snow White \$4.70
Small Bags, all kinds \$1.25

Raisins

NEW AUSTRALIA Fine Cooking Raisins, 13c lb, 2 lbs for 25c.
15 oz. SEEDED 15c.

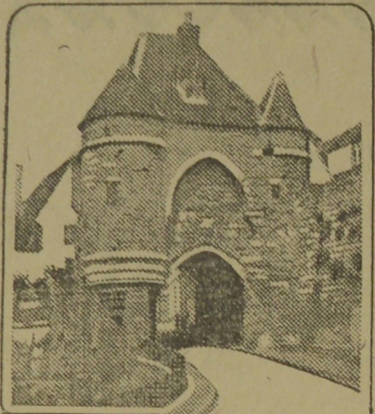
Good Quarter Trades

9 lbs. WHITING 25c.
5 lbs. BUCKWHEAT MEAL 25c.
5 lbs. ROLLED OATS 25c.
3 pkgs. SNOWFLAKE AM. 25c.
6 cakes LAUNDRY SOAP 25c.
6 Rolls TOILET PAPER 24c.
2 1/2 lbs. PUL. SUGAR 25c.
2 lbs. BULK MACARONI 23c.

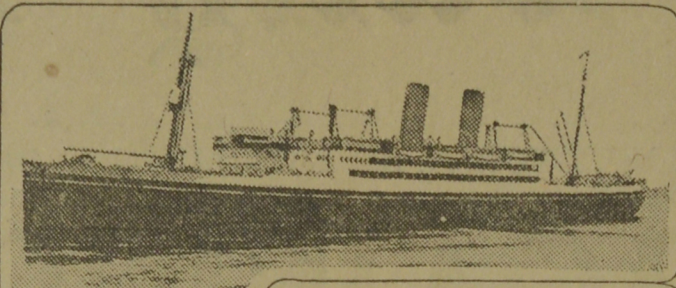
YERXA GROCERY CO.

2 STORES
York St. Queen St.

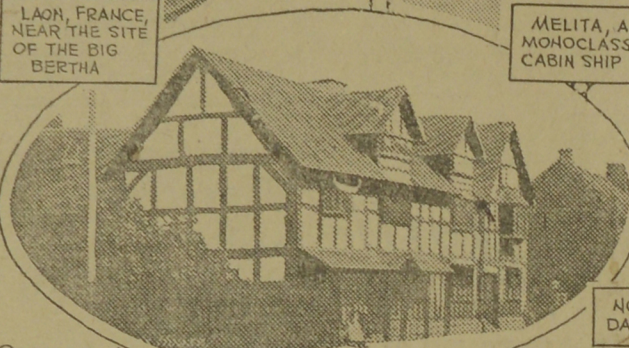
Rah! Rah! Collegians Planning to Invade Europe To Call Upon England, Holland Belgium and France



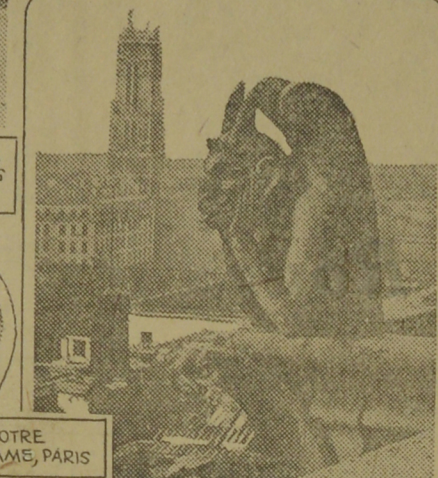
LAON, FRANCE,
NEAR THE SITE
OF THE BIG
BERTHA



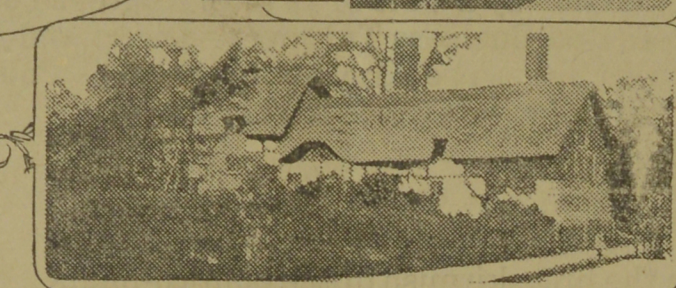
MELITA, A
MONOCLASS
CABIN SHIP



SHAKESPEARE'S
HOUSE,
STRATFORD-ON-AVON



NOTRE
DAME, PARIS



ANN HATHAWAY'S COTTAGE

England, Holland, Belgium and France are the popular countries for collegiate tours during the summer of 1926, and the St. Lawrence route seems to be the popular short route for many students. The idea of being able to cross the ocean and get back home again at the price usually paid for one way, seems to be the necessary inducement to college people, and bookings are much ahead of last year.

No one should attempt to see Europe without a background of England. The experienced travelers arranging the collegiate tours realize this, and plan a week visiting Oxford, the great intellectual centre, Stoke Poges and other bits of rural England, and London. London, so full of interest historically and with many nooks and crannies filled with the ghosts of famous literary personages!

France comes next to England in popularity with college folks. Some there are who become so thrilled with life in Paris that a second trip across the ocean would be incomplete

without at least a week in the gay boulevards and art galleries of France's capital. But there are others to whom the somewhat superficial atmosphere of the chic Paris is less attractive than the wooden shoes and quaint caps and flaxen braids of the Hollandaise.

Very few in Canada have not some keen personal interest in the battle areas of France and Belgium, and so most of the collegiate tours embrace an extensive motor trip through Belleau Wood, Chateau Thierry, Soissons, Senlis, and Rheims.

The idea of the collegiate tours is rapidly becoming an accepted thing.

At first, to travel third class did not appeal even to the enthusiastic graduate unable to do travel without a substantial reduction in even the second class fares. But, realizing the increasing number of professional people willing to travel at reduced rates, the steamship companies inaugurated the tourist third rate, put rugs on bare stateroom floors, revised the menus to suit Canadian tastes instead of foreign, and the result was that students and professors last year hobnobbed with each other below decks. This year ever increasing numbers will follow the example set by the venturesome ones of last year.

SOME PRACTICAL WAYS TO RECOVER PEP AND STRENGTH

Are you driving your human machine with kerosene instead of gasoline? You could take the finest car made out of a factory, and if you put poor fuel in it, the chances are it would not run.

There are many human machines that are organically perfect, but owing to poisoned blood they lack the power that nature intended they should have. Faulty elimination, poor posture, lack of exercise, poor circulation, insufficient sunshine and fresh air are some of the causes for this loss of pep. People so suffering give many excuses for this general sluggishness. They feel that they are not getting the proper food, or that they don't get enough sleep. They smoke too much, work too hard, or something of the sort. Of course, these conditions have a tendency to exaggerate their general run-down condition, but the way to build good healthy blood is to tone up the body by regular systematic exercise and proper living, selecting foods that are nourishing and laxative and not having any heat fuel, such as sugar and starch, which are responsible in a great many cases for these functional irregularities.

Just as we prepare mechanical devices for hot and warm weather, so we should prepare our bodies. Mechanical machines use different grades of oil and grease in the cold weather then they do during the warm weather. Water pipes have to be well protected to prevent freezing. We, too, should have a schedule for our human machines.

A great many people live on practically the same diet the year around, regardless of the changes in temperature. A person's occupation has much to do with the amount of food he can thrive on. A physical worker can eat without injury a meal that would bring a less active person down with an attack of indigestion. Sedentary

workers on the other hand should eat sparingly. The latter people require just about one-third the amount of heat food necessary to the man who does manual labor.

The following set of health rules conscientiously persisted in will help nature build up good healthy blood so that the human machine will be operating on good fuel and hitting on all eight.

Rule 1. Upon arising start exercising.

Rule 2. After the exercise a warm, then cool bath.

Rule 3. After the bath, two glasses of water—blood temperature.

Rule 4. A well balanced breakfast, having some bulk and coarse cereal such as oatmeal, bran or Grape-Nuts.

Rule 5. After breakfast your evacuation. This is very important. The exercise will greatly aid in improving intestinal sluggishness.

Rule 6. Spend at least one hour in the open air daily.

Rule 7. Sleep in well ventilated room.

Rule 8. Eight hours sleep, ten hours work and six hours for relaxation and recreation are essential.

Rule 9. Get at least six glasses of water daily, preferably between meals. Drink more if you can. Nature is the best provider.

My chart of twelve exercises, which are too lengthy to be put in a short article, will be sent free to any of my readers who will send me a self-addressed stamped envelope.

Mild Reduction Diet.

Drink two glasses of water before breakfast.

Breakfast: Raw fruit in season; about six spoonfuls of bran with cream; two soft boiled eggs; coffee substitute. Avoid sugar and bread as much as possible. Two glasses of water between breakfast and luncheon.

Luncheon: Clear soup or creamed vegetable soup; vegetable or fruit salad; cheese or nuts; cocoa or milk. Two glasses of water between lunch and dinner.

Dinner: Broiled lean meat such as steak or chops, chicken or fish; at least two vegetables; salad; fruit, cheese or nuts; cocoa or milk. Two glasses of water between dinner and retiring hour.

"Willie, how long will it take you to go to the drug store?"
"What am I going for mother, ice cream or pills?"

MANY WILL GO TO CHICAGO FOR EUCHARISTIC CONGRESS

Largest Special Passenger Traffic Movement in History of Canadian Railroads is Looked For.

According to advices received by Passenger Traffic Officials of the Canadian National Railways, one of the largest special passenger traffic movements in the history of Canadian Railroading will take place in June next in connection with the Eucharistic Congress at Chicago.

Preparations are being made in Chicago for the reception of more than a million pilgrims during the Congress which will be held from June 20th to June 24th, and the problem of transport for this multitude is already engaging the close attention of both American and Canadian Railroad Officials.

The Canadian Delegation will, of necessity, be a very large one, and will be thoroughly representative of the whole Dominion. Already the Canadian National Railways have contracted with various Organizations for ten special trains from the Maritime Province as far west as Alberta. Most of these specials will be operated from Quebec and Ontario, but already enough travel is assured from the Maritimes for a special train to leave Moncton at or about 2.30 P. M., on Friday, June 18th. This train will reach Chicago early Sunday morning. The train equipment will be of the very best, and standard C. N. R. diners will serve meals enroute. The return trip will be made by special, leaving Chicago Thursday, June 24th, allowing side trips to Niagara Falls and Ste. Anne de Beaupre, reaching Moncton on Monday, June 28th. Delegates from Saint John and all Maritime Provinces points, outside of Moncton, will make their connection with the special train by the regular C. N. R. train services.

This tour includes five days in Chicago, and a half day side trip to Niagara Falls. There will be one whole day at Montreal, and one at Quebec or Ste. Anne de Beaupre. It will be a notable tour under the very best auspices, and in the Railway Service there will be nothing lacking.

All applications for transportation, fares and reservations on this special train should be made to Reverend J. E. Brown, Secretary of the Congress Pilgrimage, care Bishop's Palace, St. John, N. B.

The so-called "road" in the American theater seems to have dwindled down to half a dozen of the larger cities and London.

The important thing, if one is a Great Dictator, is to have a good safety zone in mind.

FEEDS! FEEDS!

BRAN SHORTS
FEED FLOUR
CORN MEAL
CRACKED CORN
WHOLE CORN
SCRATCH FEED
GOOD FEED OATS
at Lowest Market Rates

G. W. HODGE

WE HAVE IN STOCK OUR SPRING AND SUMMER SUITINGS OF GRANITES AND SPORTEX TWEEDS, ENGLISH WORSTEDS AND GUARANTEED BLUES AND GREY SERGES. Also a nice line of SPRING O'COATINGS. English and American Style plates. PRICES RANGE FROM \$35.00 TO \$65.00.

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Queen St. Fredericton

PALMER'S

Moose Head Brand

Hunting & Fishing Boots

For generations hunters and fishermen all over the continent have appreciated the utter dependability, honest materials and sterling construction of these time-tested boots.

Through bush, streams and the roughest going, these sturdy yet flexible boots will ensure your entire foot comfort. And their wear is proverbial.

Knee High, waterproof with noiseless Flexible Sewed-on Sole of heaviest oil-tanned leather.

Hand made to your individual measure.

Send for Catalogue, showing our complete line.

A Boot For Every Purpose

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Clearance Sale

JOHN PALMER'S 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

Don't fail to see this boot, it's the best yet.
Also a full line of MOOSE HEAD BRAND FARM BOOTS at Reasonable Prices.

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CALL ON US FOR BARGAINS