

Use All of the Milk—Waste No Part of It. Issued by the Canada Food Board

### White for Coolness

### Pumps for Daintiness

Cool White Pumps for Dainty Women

Handsome Styles, Leather and Fabric, High Curved Heels, Light, Flexible Soles



There never yet has been such a "white summer" as this promises to be. There are several reasons for this. First—White is essentially cool and clean looking. Second—It is truly a patriotic practice to wear white when possible.

And there is another reason of a bit more personal note why you will be glad to wear White Pumps. There is the most charming array of handsome, summerish footwear at our stores you could hope to see. Each style daintier than the rest. Each number so priced as to make it an object for you to co-operate in making this the Great White Summer.

Nothing so Cool—Nothing so Dainty  
OUR SLOGAN—"Service and Quality"

**Waterbury & Rising, Limited**  
61 KING ST. 212 UNION ST. 677 MAIN ST.

### BROAD COVE COAL

Limited Quantity for Immediate Delivery.  
CONSUMER'S COAL

## Not Sacrifice But Duty

To Save and Substitute For Our Allies



MRS. E. N. RHODES,  
Wife of the Speaker of the House of Commons.

"We are in no position to criticize regulations issued by the Food Board. We cannot be judge of what should or should not be, for we have no such accurate knowledge of the situation as the food authorities necessarily have. I firmly believe in our accepting all the Board's rules without any questioning."

MRS. E. N. RHODES.

This picture shows the wife of the speaker of the House of Commons in their beautiful garden at Amherst, Nova Scotia. Her work here represents her contribution to the cause of food production, for she is a keen gardener and not of the kind-gloved type who treat it as a hobby. Mrs. Rhodes knew all about digging and hoeing long before war clouds or war gardens appeared on the horizon. And she admits that it is hard work—quite hard work. But enjoyable!

Naturally, she thinks it is doubly important now to grow one's own vegetables, but she has done it for years, and thinks it is no hardship that women should have to busy themselves with rake and hoe.

"Then, naturally, you approve of the farmette idea?" Mrs. Rhodes was asked.

She did. Nevertheless, she thought it was going to be mighty hard work, and that a preparatory course was very essential. The girls would then go forth to their work with more confidence and fuller knowledge of their duties. Fruit-picking, on the other hand, had a special appeal for girls, and was pleasant work in comparison with the routine of a farm.

Mrs. Rhodes is an advocate of dairying for girls. With such a shortage of fats, she thinks that it would be profitable if more of them went in for butter-making. "I know that in England women are scrupulous about using as little milk and cream as possible in order that it may be made into butter," declared Mrs. Rhodes.

"The shortage of butter in Britain as a result of the war is 200,148,784 pounds. In 1916 Canada sold only 6,983,100 pounds. From this it can readily be seen that the butter-making industry needs some feminine impetus!"

Then canning! Already women are beginning to think about it, and to wonder if they are going to have enough vegetables to take care of the fruit crop.

"We should leave those things to the judgment of the Food Board," Mrs. Rhodes said. "We are in no position to criticize regulations issued by the food authorities necessarily have. I firmly believe in our accepting all the Board's rules without any questioning."

### Women With Weakness Find New Strength

For all special weakness from which girls and women suffer, no surer remedy exists than Dr. Hamilton's Pills; they maintain that bracing health every woman so earnestly desires, they uproot disease and bring strength that lasts till old age.

The blood is richly nourished by Dr. Hamilton's Pills. Appetite increases, weakness and secret ills give way to surplus energy and reserve vigor.

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### War Garden Bulletin

PRACTICAL DAILY GUIDE FOR VACANT LOT AND BACK-YARD GARDENERS ENLISTED IN GREAT-ER PRODUCTION CAMPAIGN

Issued by the Canada Food Board in Collaboration With Experts on the Staff of the Dominion Experimental Farm

**BELEATED GARDENERS.**

There are plenty of "eleventh hour" gardeners in Canada, and there is no reason why the beleated amateur should be discouraged. Even if his neighbor is already using his lettuce and radishes he may still do his bit and, assuredly, it's better late than never. Right up to the first of July even the so-called "early" seeds may be sown and no man or woman should call off because he or she thinks it is too late to make a start.

Weather and soil conditions vary all over the country and these bulletins do not pretend to be uniform for all our war gardeners. But cut them out and keep them on the shelves as a child's picture book, which is often a fatal mistake. The teachers in the country schools are in a position to do much for the cause of food saving and food production, and the children's interest is soon reflected by their parents.

And lastly—what do you think about the hue and cry to abolish "eleventh hour" gardeners? The teachers in the country schools are in a position to do much for the cause of food saving and food production, and the children's interest is soon reflected by their parents.

"I think it's a question that every woman can settle for herself in her own home without making any fuss about it."


Mrs. Rhodes does not believe, as many city people do, that there is waste on the farms. She inclines rather to the view that the farmer and his wife are extremely careful and save everything for marketing. The teachers in the country schools are in a position to do much for the cause of food saving and food production, and the children's interest is soon reflected by their parents.

**SMITH GOT WISE**

A sore corn, he said, was bad enough, but to have it stepped on was the limit. He invested in a bottle of Putnam's Painless Corn Extractor, and now wears a happy smile. Corn is gone—enough said. Try Putnam's Extractor, 25c. at all dealers.

### "TIZ" FOR TIRED PUFFED-UP FEET

Instant Relief for Sore, Aching, Tender, Calloused Feet and Corns



"Pull, Johnny, Pull!"

You're footsick! Your feet feel tired, puffed-up, chafed, aching, sweaty, and they need "Tiz".

"Tiz" makes feet remarkably fresh and sore-proof. "Tiz" takes the pain and burn right out of corns, callouses and bunions. "Tiz" is the greatest foot-gladener the world has ever known. Get a 25-cent box of "Tiz" at any drug store and end foot torture for a whole year. Never have tired, aching, sweaty, smelly feet, your shoes will fit fine and you'll only wish you had tried "Tiz" sooner. Accept no substitute.

### FRECKLES

Don't Hide Them With a Veil! Remove Them With Othine—Doubtless Strength.

This preparation for the removal of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold by any druggist under guarantee to refund the money if it fails.

Don't hide your freckles under a veil that gives an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Be sure to ask the druggist for the double strength Othine. It is this that is sold on the money-back guarantee.

### LEG SORE

A huge sore—very deep—full of foul discharge. Agony all day; no rest at night. This—just a few drops of the gentle, cooling liquid, D. D. D. Irritation and pain gone. Sweet, refreshing sleep at night. In due time, complete cure. We guarantee D. D. D. E. C. Brown, Druggist, St. John.

**D. D. D.**  
The Liquid Wash

## Manchester Robertson Allison, Limited

Stores Close Tonight at 10 o'clock

ISSUED BY THE CANADA FOOD BOARD

All must help if we are to win. The soldier must obey orders or there will be no army. The people must be one or there will be no nation.

### SPECIAL TWO DAYS SALE OF Wool and Linen Beach Cloths

IN DRESS GOODS DEPARTMENT

on Tuesday and Wednesday

We will offer these beautiful, rich, serviceable Wash Materials, known to stand hard wear, in natural, fawn and sand colors, light, medium and dark, plain and stripes, 36 in. wide.

**Sale Price 80 Cents a Yard**

Also in the Same Sale Several Hundred Yards of

**WIDE SHEPHERD CHECK SUITING**

Now worth \$1.60 yard. Remarkable Sale Price, \$1.00 yard

Note the Widths—50, 52, 54 inches Wide.

### Sale Starts Tuesday Morning

Dress Goods Department

## Manchester Robertson Allison, Limited

### MOTHERS' ALLOWANCES

An Appeal for a Pension Act For The Province of Ontario

(Toronto Globe.)

"Is anything being done about mother's pensions?" asked an anxious feminine voice over the telephone the other day, and the speaker, a well-known woman physician, went on: "I tell you why I ask. I have a patient whose husband volunteered for overseas service and she has no child to look after. He was making \$17 a week for his widow and she has no child to look after. He was making \$17 a week for his widow and she has no child to look after. He was making \$17 a week for his widow and she has no child to look after."

### MAKING YOURSELF WELL AND STRONG

You Can Improve Your Physical Condition by Keeping the Blood Pure

People with strong constitutions escape most of the minor ills that make life miserable for others. Don't you envy the friend who does not know what a headache is, whose digestion is perfect, and who sleeps soundly at night? How far do you come from this description? Have you ever made an earnest effort to strengthen your constitution, to build up your system, to ward off discomfort and disease? Unless you have an organic disease it is generally possible to so improve your physical condition that perfect health will be yours.

### WOMEN WITH WEAKNESS Find New Strength

For all special weakness from which girls and women suffer, no surer remedy exists than Dr. Hamilton's Pills; they maintain that bracing health every woman so earnestly desires, they uproot disease and bring strength that lasts till old age.

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## Matting Week

IN CARPET DEPARTMENT

### The Cheapest Floor Coverings on the Market Today

Beginning June 4th, we will make a big exhibit of all the newest patterns, qualities and makes of Straw Matting for various uses.

**ATTRACTIVE, SANITARY, DECORATIVE**

PLAIN AND FANCY MATTING..... 30c. to 70c. yard  
JAP MATTING BUGS..... 45c. to 75c. to \$2.85 yard

**OKEK and other heavy Rugs in the following sizes—**  
8 ft. x 6 ft.—4 ft., 6 in. x 7 ft., 6 in.—6 ft. x 9 ft.—8 ft. x 10 ft.—9 ft. x 12 ft.

**DON'T FAIL TO SEE OUR SPECIAL RUGS**  
6 x 10 feet ..... \$6.50  
9 x 12 feet ..... \$7.50

NO APPROBATION

During the Summer months, commencing June 4, our stores will close at 5:45 each afternoon, except Fridays and Saturdays. On Fridays they will remain open until 10 p.m., and then will close Saturdays at 12:45.

## Manchester Robertson Allison, Limited

### FOOD REGULATIONS AND BUSINESS LICENSES

According to the regulations of the Canada Food Board practically every person serving food as a business or selling food or food products was required to have a license by June 1, or be liable for a heavy fine after midnight tonight.

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### Girls! Use Lemons! Make a Bleaching, Beautifying Cream



The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold cream. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoother and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is simply marvelous to smoothen rough, red hands.