

Backache—Rheumatism

For over 70 years Minard's Liniment has been a household word in thousands of homes all over Canada. It quickly relieves rheumatism, backache, neuralgia, sciatica, sprains or bruises of any kind. None gives better satisfaction.

Minard's
King of Pain
Liniment
At all Dealers
Yarmouth Nova Scotia

**MR. Tonight—
Tomorrow Feel Right**
Get a 25¢ Box

You've Got to be Warm to be Happy

A COLD HOUSE is more than disagreeable. It is miserable. There is no relief. Warm Air—the simplest and least costly of all heating systems, is the best for cleanliness, health and comfort. Stoves and base-burners throw their dust all over the house and only heat parts of it. They heat the same air over and over again. The Enterprise Blazer combines heating and ventilation and it furnishes the moisture your lungs must have. The

ENTERPRISE BLAZER WARM AIR FURNACE

is a comfort that you owe to yourself and your family—to your pocket-book, too—for it is a money-saver on the coal. After thirty-five years of furnace building, it is the most economical furnace we know how to make.

Health and Comfort

Furnaces look alike—but they differ. Talk the matter over with your dealer and write us for our free booklet on the subject—“Warmth and Comfort”. It will give you a lot of useful information.

The Enterprise Foundry Co. Limited
SACKVILLE, N. B.
Makers of the well-known lines of Enterprise Stoves, Ranges and Furnaces

Sold by leading dealers everywhere and in Newcastle by
B. F. MALTSBY

NEW ARRIVALS

Just in 3 crates of Crockeryware, Chinaware and Glassware including;

96 piece Dinner Sets, 44 piece Tea Sets, assorted patterns
5 gross Cups and Saucers, assorted and Plates to match
Water Sets in Ruby and Gold.
Berry Sets in Ruby and Gold—Berry Sets “etched”
Golden Butter Sets, these are a nice assortment for Birth-day or Wedding Presents.
Printed Pitchers (assorted)
Bean Pots and Vegetable Dishes.
6 piece Toilet Sets in assorted patterns.
Enamelled Tea Kettles, Tea Pots, Potato Pots, Stew Pots
A large assortment of Fancy Lamps.

In Tinware we have:

Oval Boilers, Long Handled Dippers,
14 and 20 quart Kneading Pans,
Covered Pails in 1, 2, 3, 4, 5, 6 quarts,
Steamer Pails, Dust Pans, Chamber Pails, Granite Wash
Bowls, Granite Pots, Victor Sifters, Pie Plates, Galvanized
Wash Tubs, Dinner Pails, Loaf Sheet Iron Bread Pans (as-
sorted) A full variety of Perry's Garden Seeds.

THOMAS RUSSELL
PHONE 79 THE PARK STORE

NO, THE WAR HASN'T STARTED AGAIN

It's just the new tire that cost a bunch of money blowing out miles from nowhere. But never mind—stop worrying. Mr. Motorist, Our tire val-canting will fix you up in great shape. We'll save you money and make your tire better than ever.

LAWLOR & BARRY, Newcastle, N. B.

Clover Harvesting And Seed Growing

Clover seed may be grown in almost any part of Canada, and on almost any kind of soil. Although special machinery may be used in handling clover seed, it is not absolutely necessary.

The soil most suitable for clover seed are: Clay loam and Sandy loam. Clay loam, however, gives better results, as it gives a brighter and plumper seed.

Clover should follow a cultivated crop, such as corn, roots or potatoes or it should be sown on land which has been thoroughly prepared after harvesting the previous crop.

Clovers may be sown with barley, wheat or oats, barley being preferred, however, on account of its being an early ripener and less liable to lodge. The growing of clover will not lessen the yield of grain per acre and will be found a great benefit in smothering many weeds.

When seeding clover with barley 1½ to 2 bushels of barley should be sown per acre, with wheat 1½ to 1¾ bushels per acre and with oats 2 to 2½ bushels per acre.

With the above quantities of grain should be sown, Common Red Clover at the rate of 8 pounds, Timothy 6 pounds, Orchard Grass 6 pounds and Alsike 2 pounds. If the soils are rich in plant food, the total may be cut to 4 pounds less.

Harvesting

Harvesting is one of the most particular points in clover seed growing. The first crop of hay must be cut before July 1, to give second crop of the same year time to mature the seed. As to the time for harvesting the second crop for seed, no special date can be set, as so much depends on the season. As a rule clover should be cut when the majority of the heads are well browned. It is a good plan to go over the field and rub a head here and there. If the seed is soft and not properly filled, it should stand even at the loss of a few ripe heads.

In cutting, with the mower with a table, the self rake rasper and the self binder may be used, the binder has been found to be the best machine for this purpose. When cutting with the binder, the cord should be removed and the spring slackened as to follow the clover a free course to the ground. The clover, in dropping to the ground, will not cell and will be light, so that the wind and sun can easily dry it out, the wind-row will be out of the way of the horses and machine and can easily be gathered with the barley fork.

The length of time which the clover should remain in the windrow depends on the weather, and on the condition in which the clover is cut. It sometimes should be allowed to remain two or three weeks. The fodder, however, should not be allowed to become black, as it would then be useless for feed. Just as soon as the forage will keep in the mow it should be gathered in. The seed can then be threshed almost anytime.

Election Information

The Act in Brief—
The present Prohibition Act legislates against the sale of intoxicating liquors for beverage purposes, and only allows it for manufacturing, sacramental, and medicinal uses.

The Act also provides for enforcement of the law and penalties for violation.

This Act was a war-time measure. Government now wish to know from the electors whether they still wish prohibition continued or not.

We know its Faults—
Act is weak in that it allows too much latitude in the case of Doctors, Druggists and Vendors who have practically the dispensing of liquor within their own hands.

Further Legislation Depends on You—
Application has already been made by the Temperance people to have the Act amended in regard to recognized weaknesses and the Government is sympathetic. But Note This—the Government put off the granting of these improvements to make the Act more effective, until the result of this election proves that the people want prohibition, and by the majority of the vote the Government will know just how badly the Electors do want it. Your vote at this election may have every important influence on the future action of the Government.

Are You Aware of This?
In 1919 an Act Passed, the House, providing that the Government shall take over the entire liquor business within the Province, for the three purposes contained in the Act, and also giving them more stringent control over the sale of extracts, essences, and tinctures. But mark you, the Government has refused to take action on this amendment, until the voice of the people has been heard at the coming election.

Stop Importation Our Next Move—
Authority to Prevent the Importation of Liquor into the Province does not rest with the Province, but with the Dominion Government, which has already stated that a vote may be taken on the question in New Brunswick on the recommendation

ROYAL YEAST CAKES

are now packed in square packages. Each package contains five cakes, which are equal in quantity to six round cakes. All dealers are authorized to guarantee that the quality of the round and square cakes are identical in every respect.

tion of our Legislature. If the result at the coming election satisfies them that the people actually want Prohibition—we are sure to get it!

What Your Ballot Can Do in July—
FIRST—Provide the way for necessary Amendments to the Act, that will make it really effective.

SECOND—Show the Government that the people demand Prohibition, and want the laws enforced.

THIRD—Hasten the election that can shut out the importation of liquor into the Province.

SLEEP

The other day a medical man, consulted by a patient who feared insomnia, instead of prescribing the expected drug, merely told his patient how to sleep. The threatened insomnia was banished.

One should lie on the right side—not because this affects the heart, but because it relieves pressure on the digestive organs. But the right side is not “a full right.” There should be a slight tilt to the left, so that the right shoulder, and not just

Millerton Women's Institute

On Thursday evening, June 17th, W. I. met at the home of Mrs. L. W. Flett, the President in the chair. Roll was called and answered with the payment of yearly dues.

The President expressed her desire to be relieved from office. The Secretary read her report for the year which showed cash on hand amounting to \$83.70.

An election of officers took place which resulted as follows:

President—Mrs. E. J. Parker.
Sec-Treas—Miss Jessie M. Lyon (re-elected)

1st Vice-Pres.—Mrs. M. Monahan.
2nd Vice-Pres.—Mrs. J. W. McN.

Mathews
3rd Vice-Pres.—Mrs. James Lyon
Directors—Mrs. P. M. Henderson,
Mrs. T. C. Miller, Mrs. L. W. Flett,
Auditors—Miss Zella Parker and
Andrey Simpson.

Delegates to Convention—M. S. M. Monahan.

The new President then took the chair and appointed as program committee—Mrs. Henderson, Misses Lyon and Flett.

11 members and 2 visitors present
1 new member received.

The July meeting will be held at the home of Mrs. Annie Cluston, Lower Derby.

the shoulder, takes the weight.

The proper position is to elevate the feet three inches or so higher than the head, and just to “crook” the legs slightly. Read pillows should not be used, or but just a small one. And that should come under the neck. Nature's pillow is the sleeper's own right arm, curved.

Bedclothing should be just sufficient for warmth. Over-eight or over-tightness—some sheets are tucked in much too tightly—induce restlessness, which may easily develop into insomnia, which is as much a habit as a disease.

Each individual has a nervous system which is his own, and unlike any one else's. It is, therefore, advisable, in the case of persistent inability to sleep, to move the bedstead. Try an east-west position, instead of a north-south, or vice versa.

What's the Matter with Your Horse?



Is a Splint, Curb, Cracked Hoof, Enlargement or Soft Bunch laming the animal?
Is a Cough, Cold, Distemper or Pink Eye keeping you from working him regular?
Is Colic, Kidney Trouble, Fever or a Cut or Sore making the horse thin, weak and practically useless?

DR. J. WOODBURY'S
Horse Liniment and Condition Powders

will relieve all these troubles and save and preserve the lives of your horses and cattle.

These two preparations are standbys with horsemen and farmers because they are so dependable.
Don't sell or trade a lame or sick horse until after you have tried Dr. J. Woodbury's Horse Liniment and Condition Powders. These reliable remedies may save you the cost of a good horse.

Sold by Druggists and General Stores

Prepared by
FRASIER, THORNTON & CO. LIMITED
COOKSHIRE, QUE. 106

Keep Them Growing

Children who are over-thin, listless or delicate, should take

Scott's Emulsion
regularly every day as an aid to growth and sturdiness. Nothing surpasses Scott's Emulsion as a tonic-nutrient for a child of any age.
Scott & Bowne, Toronto, Ont. 20-06

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The Big Value
in **FLOUR**
for Bread, Cakes & Pastry

The St. Lawrence Flour Mills Co.
Montreal, P.Q. Halifax, N.S.

Another Royal Suggestion

BISCUITS, BUNS and ROLLS

From the NEW ROYAL COOK BOOK

BISCUIT! What delight this word suggests. So tender they fairly melt in the mouth, and of such glorious flavor that the appetite is never satisfied. These are the kind of biscuits anyone can make with Royal Baking Powder and these unusual recipes.

Biscuits

3 cups flour
4 teaspoons Royal Baking Powder
1/2 teaspoon salt
2 tablespoons shortening
1 cup milk or half milk and half water

Sift together flour, baking powder and salt; add shortening and rub in very lightly; add liquid slowly; roll or pat on floured board to about one inch in thickness. Handle as little as possible; cut with biscuit cutter. Bake in hot oven 15 to 20 minutes.

Royal Cinnamon Buns

3 cups flour
1 teaspoon salt
4 teaspoons Royal Baking Powder
2 tablespoons shortening
1 egg
1 cup water
2 cups sugar
2 tablespoons cinnamon
1 tablespoon seeded raisins

Sift 2 tablespoons of measured sugar with flour, salt and baking powder; rub shortening in lightly; add beaten egg to water and add slowly. Roll out 1/4 inch

thick on floured board; brush with melted butter; sprinkle with sugar, cinnamon and raisins. Roll as for jelly roll; cut into 1/4 inch pieces; place with cut edges up on well-greased pan; sprinkle with a little sugar and cinnamon. Bake in moderate oven 20 to 25 minutes; remove from pan at once.

Parker House Rolls

4 cups flour
1 teaspoon salt
6 teaspoons Royal Baking Powder
2 tablespoons shortening
1 1/2 cups milk

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients stirring until smooth. Knead lightly on floured board and roll out 1/4 inch thick. Cut with biscuit cutter. Grease each circle with back of knife one side of center. Butter the small section and fold larger part well over the small. Place one inch apart in greased pan. Allow to stand 15 minutes in warm place. Brush each with melted butter and bake in moderate oven 15 to 20 minutes.

FREE

Write TODAY for the New Royal Cook Book; contains all other recipes just as delightful as these. Will show you how to add interest and variety to your meals. Address
ROYAL BAKING POWDER CO.
St. Lawrence Street, Montreal

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Absolutely Pure

“Bake with Royal and be Sure”