

Office in McLean Bldg.

to Gas on Stomach a few minutes can and seal.

Nervous Feeling Due Pressure of gas on heart and other

Tressure of gas on heart and other rgans often causes a restless, nervous feeling. Simple buchtorn bark giveerine, etc., as mixed in Adrika, speedicities are usually our first program which observing gas and relieves pressure and nervousness. almost INSTANTLY, Atler the your system which observes matter you never thought was in your system which onervousness. EXCELLENT to guarantiat appendicitis. A. McG. Mc Donald, Druggist.
The motern jelly-bag mounted on the preserving-kettle of enamel of the restring have no how at the submet here and eurrants.
The motern jelly-bag mounted on the preserving-kettle of enamel of the restring have no how at the submet here and eurrants.
The motern jelly-bag mounted on the preserving-kettle of enamel in the submet here with a fine soft chamois.
Wether the in the banefits every body.
Aids digestion, diagestion body.
Aids digestion, bases the tert.
Maids digestion, bases the tert.
Marker fire alle the melt down over moderne fire' after which they turn the min a kettle with a half-pint of water and let them melt down over moderne fire' after which they turn the min a kettle with a half-pint of water and let them melt down over moderne fire' after which they turn the min a kettle with a half-pint of water and let them melt down over moderne fire' after which they turn the moter to the sum of the drain all night. WRIGLE a good thing ts Purity THE. **FLAVOR LASTS**



can wear your old fy" shoes and have look bright and smart a keep them well pol-lwith Black "O". Only them last longer.

Use Tan-O for Ta Boston Blacking Company

succepan with a tiny bit of water and cook until the cucumbers are tender. Then turn into the hot vinegar, cook a few minutes can and seal. Important Points to Remember in During the successful the two with a few minutes can and seal. The cure of silver should be under-stood by its owners, so that it may al-ways look its best. Dirty silver is in-excusable. Before cleaning, the sil-ver should be immersed in hot water and washed with a soft cloth and silver and washed with a soft cloth and silver and washed with a soft cloth and silver

t Futile Plans

them off to drain all night. t This is a practical way for then Two Scotsmen decided to become Two Scotsmen decided to become teetollers. But McGregor thought it sugar may be measured and the jelly is out of the way in an hour or so be-fore the day gets well under way. fore the day gets well under way. fore the day gets well under way. Three quarters of a pint of sugar to a pint of juice is a good rule to follow. After three days Sandy could bear

A pint of juice is a good function of the second se where they make a wonderfully clear- "Too late," says McGregor. "I was ing sort of mother. ill all day yesterday."

The length of time taken to cook the jelly depends greatly on the at- ilized jars with the fresh berries, then nosphere. It may vary from 12 to 20 pour in the hot syrup, partially screw utes. The jelly will be finer if on the tops and process them 20 minmade in smaller quantities. So it is utes Remove from the boiler, tighten the tops and turn upside down to better to make two batches. In preserving strawberries for per- cool.

erving, use only perfect fruit and Rubbers of the jars should be new wash the berries before hulling each season and tested to make sure them. An innovation in this very that they are fresh and disilient. fine form of preserving is to measure Scald the covers and make sure that ring three quarters of there are none eracked, or immerfec a pint of sugar to each pint of the Have at hand some squares of course

perfect fruit, then melting the sugar cheese-cloth to save tea-towels. If down with a finely cut fresh pine- one does not want to go to the expensive of getting a canner, an ordinary

When it has boiled 10 minutes strain wash-boiler will do with a wire rack through a cheese-cloth stretened over in the bottom to keep the jars in place, a fine strainer Return Who the ket- A box of labxels should be prepared tle, and when it comes to a boiling, and any other little things that are point, add the strawberries Cook un-'apt to be needed. Fresh spices should til the berries are done, then can. not be forgotten if spiced fruit is to The newer way would be to fill ster- be prepared.

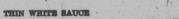


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Carnation is rich enough to take the place of cream in tea, coffee, etc. By adding a little more than an equal part of water you get "whole" milk of natural consistency. Order several tall (16 oz.) cans or a case of 48 cans from your grocer.

Try this recipe and write for the free Carnation Cook Book.



I'wo tablespoonfuls flour, 2 tablespoonfuls butter, 16 tem-spoonful sait, 2/8 cup water, 1/8 cup Carnation Milk. Mais butter, add flour and stir unfil thoroughly mixed. Add thy milk with the water and coûk about five minutes or until the mixture thickens, then add sait. This resipe makes one

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The label is red and white

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Dr. A. Pierce Crocket, eye nose and th the St. Louis Hotel. FRIDAY, JULY 27th, be consulted pro GR/ NOTICE tember 1st I will be

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