



PRESS RELEASE

MINT announces Third Quarter 2005 Distributions and Investment Update

Middlefield Group is pleased to announce that distributions will be payable to MINT *Income Fund* unitholders as follows:

<i>Record Date</i>	<i>Payable Date</i>	<i>Distribution Per Trust Unit</i>
<i>July 31, 2005</i>	<i>August 15, 2005</i>	<i>\$0.10</i>
<i>August 31, 2005</i>	<i>September 15, 2005</i>	<i>\$0.10</i>
<i>September 30, 2005</i>	<i>October 14, 2005</i>	<i>\$0.10</i>

The total return for MINT for the one year ending May 31, 2005, based on its net asset value, was **40.6%**. The asset class weightings for the MINT Investment Portfolio as at June 30, 2005 were:

<i>Asset Class</i>	<i>Portfolio Weighting</i>
<i>Business Trusts</i>	<i>36.8%</i>
<i>Oil and Gas Royalty Trusts</i>	<i>32.2%</i>
<i>Real Estate Investment Trusts</i>	<i>22.2%</i>
<i>Power and Pipeline Trusts</i>	<i>7.0%</i>
<i>Cash</i>	<i>1.8%</i>

The Fund's Distribution Reinvestment Plan allows unitholders to automatically reinvest monthly distributions in additional units of the Fund. This feature provides unitholders with an excellent opportunity to benefit from compounding by investing distributions at a high reinvestment rate. Please contact your investment advisor or Middlefield to enroll in the Plan.

The trust units trade on the Toronto Stock Exchange under the symbol MID.UN.

For further information, please visit our website at www.middlefield.com or contact the undersigned:

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This press release contains forward-looking information. Actual future results may differ materially. The risks, uncertainties and other factors that could influence actual results are described in MINT's annual report and other documents filed with regulatory authorities.