

FOR IMMEDIATE RELEASE

JUNE 21st, 2007



**MIDLANDS MINERALS ANNOUNCES INITIAL RESEARCH
COVERAGE BY HAYWOOD SECURITIES IN HAYWOOD'S
JUNIOR EXPLORATION UNIVERSE**

TSX-VN: "MEX"

TORONTO CANADA, June 21st, 2007: Midlands Minerals Corporation ("Midlands" or the "Company") is pleased to announce that Haywood Securities Inc. initiated research coverage of Midlands Minerals in their June 14, 2007 publication of the Haywood Junior Exploration Universe. The Haywood Junior Exploration Universe is an index which provides technical information and research, highlights the performance of, and gives updates on selected junior exploration companies which are considered promising.

Midlands Minerals, a junior exploration company which trades on the TSX Venture Exchange under the symbol "MEX", is focused on gold and diamonds in Ghana and Tanzania and is a new addition to the Haywood index. "We are particularly pleased to see Midlands included in the Haywood index of junior exploration companies. With this type of research coverage, Midlands Minerals will be able to reach a larger audience and get the word out on the Company's performance to a broader base of people", said Kim Harris, President and Chief Executive Officer.

Haywood Securities is a Canadian broker-dealer and a member of the Toronto Stock Exchange and the TSX Venture Exchange. You can access the Research Report on the Haywood Junior Exploration Universe at <http://www.haywood.com/pdf/files/JRXJun142007.pdf> or on the Company's web Site at www.midlandsminerals.com/research_reports.html or on the Company's Web Site at www.midlandsminerals.com under Research Reports.

Midlands' priority is the Sian gold project, a past gold producer in Ghana. The Company completed phase one of a diamond drill and an RC drill program during April and May 2007 with encouraging results. The Sian property has a resource (1.3m tonnes @ 2.28 g/t as reported in the May 1, 2006 Press Release), and is on trend, 30 km northeast of Newmont Mining's Akyem deposit with over 8 million ounces of gold. The objective is to increase the resource as quickly as possible and bring the Sian property to a feasibility stage by the end of 2008.

The results from the first two diamond drill holes with intersections of 10.81 g/t over 7 meters, including 24.3 g/t over 3 meters in the first hole, and a 65 meter pyrite zone in the second hole together with the results from the third and fourth holes, demonstrate not only the continuity of the zone but also confirm that the mineralization extends to a vertical depth of 220 meters on the Esaase gold deposit. Results from diamond drill holes numbers 3 and 4 include values as high as 45.2 g/t over one meter in hole number 4 on Sian's Esaase gold deposit.

Hole MEDD- 001 and MEDD- 004 indicate the presence of two types of mineralization. The carbonate-potassium pyrite zone with gold values between 1.0 to 5 g/t Au and large widths, and the grey silica flooding with pyrite and chalcopyrite with high grade value above 10g/t Au with widths from 0.5 m to 7m as the high grade intersections in hole MEDD-004 and MEDD-001.

“This first type of mineralization has potential for open pit mine operations near surface and the second type has potential for deeper underground operations”, said Marc Boisvert, P.Eng. Vice President Exploration.

The scientific and technical information contained in this press release has been reviewed by Marc Boisvert, P.Eng. Midlands’ Vice President - Exploration, who is a Qualified Person within the meaning of National Instrument 43-101.

Certain statements contained in this news release constitute forward-looking statements. Such forward-looking statements involve a number of known and unknown risks, uncertainties and other factors, which may cause the actual results, performance or achievements of the company to be materially different from actual results and achievements expressed or implied by such forward-looking statements. Readers are cautioned not to place undue reliance on these forward-looking statements, which speak only as of the date the statements were made. Readers are also advised to consider such forward looking statements while considering the risks inherent in the business of mineral exploration.

The TSX-V has in no way passed upon the merits of the proposed transactions and has neither approved nor disapproved the contents of this press release.

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