

PRESS RELEASE
June 23rd, 2005

FOR IMMEDIATE RELEASE

**MIDLANDS MINERALS CORPORATION TSX-V: MEX
ANNOUNCES ELECTION OF DIRECTORS AND APPROVAL OF THE
COMPANY'S STOCK OPTION PLAN AT THE JUNE 15, 2005 AGM**

TORONTO, CANADA, Thursday June 23rd, 2005 - Kim Harris, Chief Executive Officer of Midlands Minerals Corporation ("Midlands" or the "Corporation" or the "Company") announces that at the Annual Special General Meeting of the Shareholders held on June 15, 2005, the shareholders of the Company received Audited Consolidated Financial Statements of the Corporation and approved the following:

1. appointment of Alfred Powis, O.C., Kim F. Harris, Edward A Harris, R. John Carruthers, Mark B. Keatley, Pierre Lalande P.Geo, Noel Nedrick and Karl Schmed as directors of the Company;
2. McGovern, Hurley, Cunningham LLP as the Auditors of the Company;
3. the Company's Stock Option Plan.

Consistent with the Company's Plan as approved by the shareholders, Midlands Minerals Corporation has allocated 10% of its issued and outstanding stock to be granted as options in accordance with the Policies of the TSX Venture Exchange. The Company currently has of 23,460,503 shares outstanding.

A total of 2,346,050 options will be granted to directors of the Company and other eligible persons for a period of sixty (60) months with an expiry date of June 22nd 2010. 1,876,840 options (or 80%) will have an exercise price of \$0.20, 234,605 options (or 10%) will be exercisable at \$0.30 and 234,605 (or 10%) at an exercise price of \$0.43 per share.

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

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