

AFTER EVERY MEAL

WRIGLEY'S



Sealed for You

Wrigley's is made of pure chicle and other ingredients of highest quality obtainable.

But it is no use to make WRIGLEY'S 100% in quality and then reach you in poor condition.

So we put it in the wax-wrapped package and SEALED IT TIGHT to keep it good—for you.

Aids digestion—keeps teeth white—helps appetite.

Wrigley's Doublemint is peppermint flavor in double strength.



OF INTEREST TO THE WOMEN

FILLED COOKIES.

1 cup shortening
2 cups sugar
½ cup milk
4 eggs
4 teaspoons baking powder
½ teaspoon vanilla
Flour to make dough soft enough to roll easily.

Cream shortening and sugar and add the beaten yolks of the eggs. Sift two cups of flour with the baking powder and add alternately with the milk to the sugar, shortening and egg yolk mixture. Fold in the stiffly beaten egg whites and add the flavoring. Add as much more flour as needed and roll thin. Place half of the cookies on an oiled baking sheet. Place a teaspoon of the following filling on each cookie and then place another cookie on top of the filling. Bake in a hot oven.

FILLING.

¼ cup raisins
¼ cup pecans
3 tablespoons sugar
3 tablespoons chopped candied citron
3 tablespoons chopped candied cherries
2 tablespoons chopped candied orange peel
½ cup orange juice

Chop the fruit and nuts very fine and combine with the sugar and orange juice. Let stand fifteen or twenty minutes, then place on cookies as directed.

ALMOST CANDY COOKIES.

3 squares bitter chocolate
¼ cup butter
1 teaspoon vanilla
2 cups sugar
4 eggs
1 cup flour
1 cup chopped pecans

Melt chocolate in the upper part of the double boiler and add the butter. Stir until the butter is melted then add sugar and flavoring beating until all ingredients are thoroughly combined. Beat the eggs thoroughly and combine them, the flour and the chopped and floured pecans with the chocolate mixture. Pour into a shallow oblong pan and bake about twenty minutes. Cool and cut in squares.

CINNAMON BREAD.

1½ quarts bread dough
¾ cup melted butter
1 egg
¾ cup sugar
2 teaspoons cinnamon
¼ cup pecans or walnuts
Add one fourth cup of the melted butter and one half cup of the sugar, with the egg, well beaten to the bread dough. Mix in well. Let rise. Roll out about one half inch thick. Let rise again and spread with the remainder of the melted butter and the rest of the sugar mixed with the cinnamon. Sprinkle with the nuts, chopped up.

OCTOBER DAYS.

Shall I compare October days
To a golden saffron sea
Or to a gilded, open book
Of living Poetry;

I read a sonnet when I gaze
Upon a maple tree,
That lets the frost bedaub its leaves
With weirdest witchery.

I hear a lyric when the wind
Goes creeping through the corn;
A tasseled lyris, beaten gold
As an eastern sky, at morn.

I read a ballad when I see
A misty field of wheat
Or alfalfa purpling in
A yielding meadow, sweet.

I shall compare October days
To Poetry unspoken
Or to a glowing saffron sea
Where Gold's gold bread is broken.
PEGGY REID.

"I thought you farmers talked dialect."
"We uster talk dialect," said the old farmer. "But since we've been taking summer boarders we've all learned slang."

"Are you willing to learn our business;
"I know it now. It's selling insurance."

Here and There

This year's receipts from motor vehicles licenses in New Brunswick already amount to \$422,000. This amount is larger than the total for any year, except last year when the gross receipts for the whole twelve months were \$452,489. The estimate for the present year is half a million.

The mines and quarries of the Province of Quebec produced to the value of \$18,952,896 during 1924, according to the final report issued by the Provincial Department of Mines. Building materials account for \$11,380,977; other non-metallic minerals \$7,191, and metallic minerals \$390,804.

"In the Cascades and falls of the Canadian Rockies there is enough hydro-electric power to supply the American west with all the electric energy it will need for ages to come," declared W. Paxton Little, treasurer of the Niagara Falls Power Company, who recently visited Banff with a party of distinguished American electrical magnates.

That the Province of Quebec abounds in historic and romantic material for the construction of popular novels, is the judgment of two popular writers—James Oliver Curwood, author of scores of best sellers, and Edwin Balmer, well-known short story writer—who have recently toured the province and Western Canada in quest of "local color."

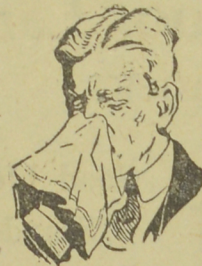
There has been an unusual distinction conferred upon Prof. Camille Couture, a Montreal musician, who, besides being a violinist is also a maker of violins. He has been honored with a medal and diploma from the British Empire Exhibition at Wembley for a magnificent violin of his make, which he exhibited there.

In order to dispel the existing impression in England regarding the coldness of the Canadian climate, five thousand peony blooms are being distributed at the Canadian Pacific Railway Pavilion at the British Empire Exhibition. These plants were produced by W. Ormiston Roy, of Montreal, who states that peonies are the best landscape flower and can be grown in all parts of Canada, irrespective of climatic conditions.

Hon. W. G. Nichol, Lieut.-Governor of British Columbia, and D. C. Coleman, Vice-President of the Canadian Pacific Railway, opened Crystal Gardens, the new and unique indoor salt-water swimming pool at Victoria, B.C., recently. This amusement centre, which has two dancing floors, a gymnasium, art gallery and tea-rooms, is regarded as the largest and finest of its kind on the continent.

Being exceeded only by Mexico and the United States, Canada now ranks third among the silver producing countries of the world. Records of Canadian production have been kept since 1858 and show a total recovery of 451,000,000 fine ounces to the end of 1923. In 1924 production was slightly in excess of 20,000,000 ounces. During 1858-1923 the value of production totalled \$290,705,532, while for last year it amounted to \$13,519,043.

Never
Let a
Cold
Get a
Start



Vapors Check a Cold Overnight

There are many ways to treat a cold but only one DIRECT way—with vapors that can be inhaled.

Vapors penetrate immediately into every corner of the air passages and lungs, soothing and healing with every breath.

Vicks is so remarkably successful in treating cold troubles because it acts like a "vapor lamp in salve form."

When rubbed over throat and chest the body heat releases vapors of Eucalyptol, Camphor, Eucalyptus, Thyme and Turpentine. At the same time Vicks is absorbed through and stimulates the skin like a poultice or plaster. This double, direct action often checks the worst cold overnight.

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VAPORUB
OVER 21 MILLION JARS USED YEARLY

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From Purity Flour you will get more loaves than from the same quantity of ordinary flour. Purity is the strongest and most nutritious flour made—it absorbs more water, and the housewife benefits in her baking and reduces the family budget.

The Purity Flour Cook Book will be mailed postage paid to you for thirty cents—it's worth more. Write for one to-day to Western Canada Flour Mills Co., Ltd., Toronto, St. John, N.B., Winnipeg.

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More bread and better bread

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RUB Zam-Buk in to relieve the sharp twinges of rheumatism, sciatica or lumbago. Rub it in to aching backs, stiff joints and sore muscles, and to move cold-on-the-chest. Zam-Buk does far more real good than poisonous liniments. Its penetrative pain-killing essences get right to the root of trouble, all ying soreness, congestion, swelling and inflammation in a wonderful way.

Use Zam-Buk for all cuts, wounds and bruises. It prevents festering and blood-poison and ensures rapid healthy healing. 50c box all dealers.

Zam-Buk

Also for eczema, pimples, rashes, bad legs, piles, poisoned wounds, etc.,

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For generations hunters and fishermen all over the continent have appreciated the utter dependability, honest materials and staying construction of these time-tested boots.

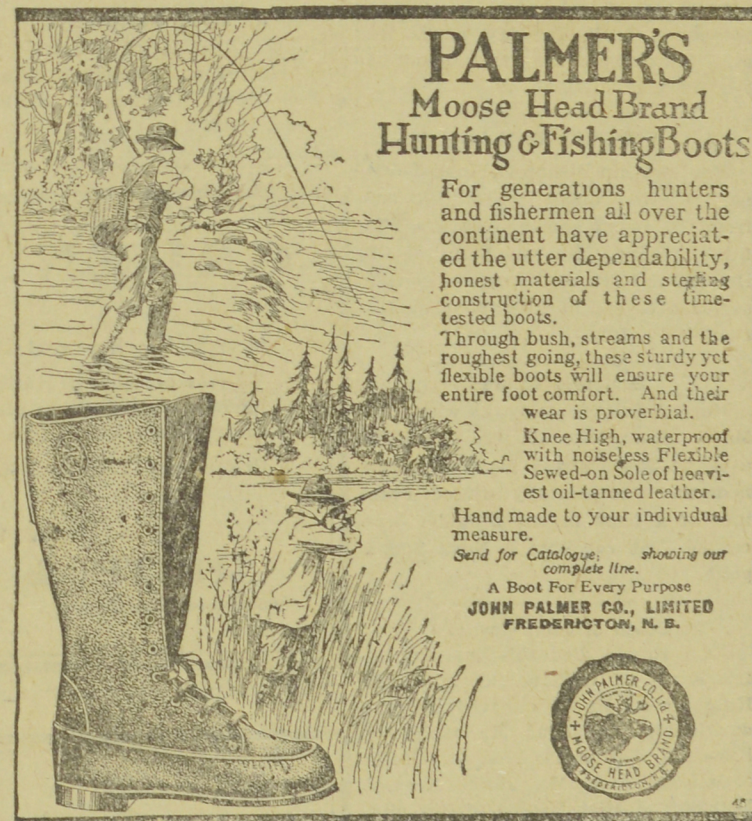
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Hand made to your individual measure.

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For Calendar, apply Principal W. L. Archibald, M.A., Ph.D.
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