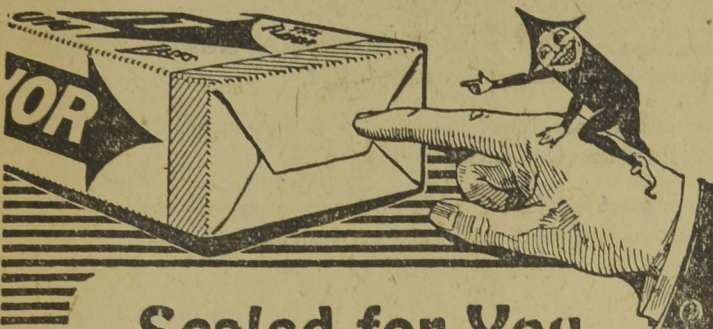


AFTER EVERY MEAL WRIGLEY'S



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

TESTED RECIPES RELIEVE MONOTONY OF 'THREE SQUARES' A DAY.

Soften one tablespoonful of gelatin in a half cup of cold water. Boil two quarts of stock (from left over meat or bones of the day before) and one tablespoon of vinegar until reduced to a quart then add gelatin. Before mixture has begun to harden add vegetables which have been boiled separately. Carrots, turnips, potatoes, onions, beets, peas and corn may be combined in different dishes. When potatoes are used for other parts of meal omit them in the loaf.

BAKED CODFISH.

Take about two cups of sliced raw potatoes lay them in the bottom of a stewpan and spread over them one cup, level, of shredded fish; cover with cold water and boil until the potatoes are done. Drain off the water and mash all together. Add a tablespoon of butter, half a cup of milk a little pepper and the beaten yolks of two eggs. Beat well until light and then add the whites which have been stiffly beaten. Spread the mixture on a buttered pie plate and sprinkle with cheese or buttered cracker crumbs and brown. If the fish is very salt put it in a wire sieve and let the water run through it a little to freshen it.

BACON OMELET.

Cut thinly sliced bacon in small squares there should be a half cup. Wash, pare, slice and cut potatoes in quarter inch cubes there should be a cup. Fry bacon until crisp and brown and drain. To bacon fat add potatoes and fry until delicately browned then drain and mix with bacon dice. Make a French omelet; fold half the bacon and potato with omelet, turn on a hot platter and surround with remaining potato and bacon. Garnish with parsley. Left over potatoes may be used.

EGG BISCUITS.

Beat one egg light for each cup of entire wheat flour used. For each cup of flour use a level teaspoonful baking powder, tablespoon sugar, one third teaspoon salt; sift all together into beaten egg, add cold water gradually until just soft enough to handle and roll. Place on floured board, knead, lightly until smooth. Roll out three-eighths of an inch thick. Cut out and wipe over with milk. Bake in hot oven until well browned.

MACAROON CREAM.

This delicious cream is made by adding a dozen macaroons rolled fine to ice cream before freezing. It is sometimes called "bisque" cream. If the macaroons are not at hand, grape-nuts make a fair substitute. This cream may be packed in individual paper cases and sprinkled with powdered macaroons.

CAPRI.

Under this cliff of flowers moves the sea,
The fishing boats are lifted up the beach,
The murmuring tide is loud around Capri,
The long brown nets lie in the sun to bleach.
A young bead seller hums a little air;
Out of a winding street, another comes,
A water jug against her sultry hair
Below, in the green coves the water strums.

The afternoon grows dim and languorous,
The Italian night creeps up the drowsy sands;
A wind harp quavers in an olive tree—
Beyond Sorrento smokes Vesuvius.
We are bewildered by these lotus lands,
And Naples, a spangle of lights, forgets the sea.

HAROLD VINAL.

There is some talk of dressing the male of the human species in flaming colors and if that sad day comes we suppose the best dressed among them will want to strut to music.

Here and There

The output of silver from Cobalt during July amounted to about 400,000 ounces, according to preliminary estimates. This had a value of less than \$300,000, or at the rate of about \$3,500,000 a year.

All attendance records for the Central Canada Exhibition were broken this year. There was a total attendance of 349,200, or 42,400 greater than the previous record of 307,000, made in 1922.

The first Italian ship to visit Vancouver in several years will be the steamer Piave II, of the Navigazione Libera Trestina, due here at the end of this month. This boat will inaugurate a new service between this port and points on the Mediterranean.

Production of paper by the Powell River Company, at Vancouver, will be increased 80 per cent by the completion of a \$5,000,000 development programme, now under way, according to an announcement made by M. J. Scanlan, a director of the company. At present, the plant is turning out about 75,000 tons a year.

Signs of returning prosperity to Canada are evidenced by the fact that more Canadians are registered in the Canadian Pacific Rocky Mountain resorts during the past week than at any time since the beginning of the year. These resorts, which are usually filled almost entirely by Americans, contain a guest list last week which is 50 per cent Canadian.

Production of gold in Ontario for the first six months of this year amounted to \$14,506,219, as compared with \$11,810,060 in the corresponding period of last year, according to a report issued by the Provincial Department of Mines. Silver production increased from \$3,262,100 to \$3,792,662. Total mineral production was \$41,560,355, as compared with \$37,997,776.

John Edwin Hoag and Frank S. Wilton, who travelled across the entire continent in a small motor-boat arrived recently in Montreal and moored their craft to Canadian Pacific Pier No. 8 having come from Astoria, Oregon, via Columbia River, Celilo Falls, Fort Benton, the Missouri and Mississippi Rivers, the Chicago Drainage Canal and Lake Michigan since May, 20th. From Montreal they continued their journey to New York and returned to the States, via Canadian Pacific Railway to Vancouver and Seattle in order to see the country.

The groundwork for what promises to be a big industry is now being developed by the Singer Sewing Machine Company at Thurso, a point on the Canadian Pacific Railway, on the north shore line to Ottawa. It is planned by the Singer Company to manufacture at Thurso all the woodwork required for their numerous plants in different parts of the world. Work on the new plant is being pushed with all possible speed and it is anticipated that shipments from Thurso will commence sometime early next year.

While the Canadian Railway Commission is besieged with all kinds of applications for reductions in Canadian freight rates, the Western group of railways in the United States is asking for a five per cent increase and the northwestern section of the group is asking more than that "as a measure of relief." Some of these roads are in the hands of the receivers. Yet these American railways already have higher rates than the Canadian roads, the freight revenues in the U.S.A. being 1.293 cents per ton mile on western lines as compared with 1.011 cents on all Canadian railways. The average American rate is 28 per cent above the average Canadian rate. Owing to the low grain rates in Canada, the C.P.R. average rate is 1.011 per ton mile, so that the average rate on American western lines is more than 30 per cent above the average C.P.R. rate.

ENVOIUS AGE.

Mrs. Lambert Chambers the tennis champion said in Newport in defense of the flapper: "After all, the flapper with her vitality, liberal education and abounding health, will make the best of mothers." "Most of the criticism of the flapper comes from old people and this criticism makes me think of the old maid who hissed: "What impudent cubs the young men of today are! They pass you on the street without so much as looking at you."

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