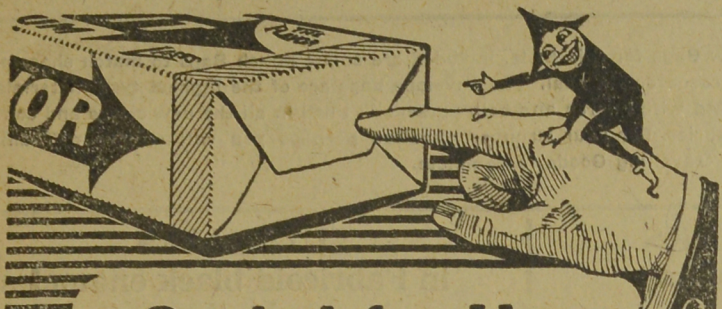


AFTER EVERY MEAL WRIGLEY'S



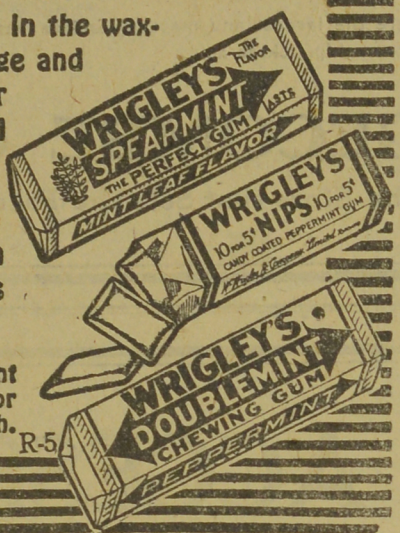
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Wrigley's is made of pure chicle and other ingredients of highest quality obtainable.

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

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Passenger—Pardon me, my error. Home, Jesse James!

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Of Interest to the Women

WOMAN'S COLUMN .. N. NN

Most women, old and young, subscribe to the two piece dress, especially for sports wear or as near any such activity as circumstances permit. Participants in sports still have a way of ordering balbriggans and novelty woollens, while onlookers, those who see most of the game certainly the sartorial side of it, are inclined to vacillate between chiffons and kasha, a wide range of course, but both within reason. The georgette ensemble has many sponsors, women finding a transparent coat sufficient for some occasions and convenient when one is inclined to prefer gayly printed gowns.

Probably when dresses first divided themselves into jumper and skirt, they had little social aspirations but it has come to pass that the jumper dress has met with success in rather formal interpretations so that designers of more than ordinary daring have submitted it for formal occasions, including dances.

The scalloped edge has been found a likeable decoration not only at neckline and around the jumper's edge, but frequently on the skirt as well. Interesting group pleatings add a great deal of charm to most skirts and one must be blind who has not noted that jumpers and skirts may frequently be in contrast in color and material crepe and balbriggan having a recognized affinity. The jumper is of balbriggan and the skirt of crepe, rather more frequently than the other way about.

Deauville Biarritz and other European resorts have set their seal of approval on white combined with two shades of blue, for instance or of red. That the Parisienne is loyal to her bandanna, or kerchief scarf, justifies a continuance of it even after several seasons.

PIMENTO SALAD.

One can pimentos, one can French peas, mayonnaise dressing, lettuce. Drain the Pimentos from the oil in which they come in the can and dip them carefully, so as not to break, into a dressing made of four tablespoons of olive oil, two table-spoonfuls of lemon juice, one tea-spoonful Worcestershire sauce, one salt-spoon salt. Allow to remain in this for ten minutes, then lift out and place one of the pimentos on each salad plate on top of a few delicate lettuce leaves.

Open the pimentos and stuff each with all the French peas it will hold and avoid using the liquid from the peas but pour it into a cup, and in case you have a soup you may add to the flavor of it by adding this liquid which would otherwise be wasted.

Over the top of this salad serve a generous portion of mayonnaise dressing.

CHEESE STRAWS.

Six cups of grated cheese, three cups of butter, one and a half cups of water, one teaspoon salt, one-quarter salt-spoon cayenne pepper enough flour to make a dough which can be rolled out and cut.

Soften the butter by crushing with a fork and then into this mix the grated cheese, still using the fork. Next add the water, into which has first been added the salt and the cayenne. Lastly is added the flour, and about three cupfuls are what is needed, but it is unfortunate that

this depends on the quality of the cheese, which is not always uniform. One sometimes is able to get a dry cheese, which is the best for the purpose of cheese straws and sometimes one must be content to buy a very fresh cheese which is not so desirable.

But add the flour, and then roll out on a biscuit board and cut the dough into strips about one half inch wide and about four to six inches long—according to one's taste.

Bake in quite hot oven and serve cold with salad or coffee.

DATE AND FIG SANDWICHES.

One half pound of dates, 1-2 pound washed figs, 1-4 pound blanched almonds 1-2 glass orange juice.

Put the dates, the figs, the almonds through a meat chopper. Add the juice of the orange and pack the mixture into a half pound baking powder can. Dip the can in hot water and allow to stand for ten minutes before turning out. Slice in very thin slices and put between two thin slices of white bread which has been buttered.

The bread should be cut round like the filler, and this can easily be accomplished by using the lid of the baking powder can in which the sandwich filler has been pressed.

ROUTINE.

I do not know how long this will go on,

This dull mechanical misery of our lives;

Somehow a pitiless scheme of things contrives

To give us new strength when our strength is gone;

And listlessly, like automaton

We speak, make gestures, clatter forks and knives,

Revive the ghost of the thing that never revives

Go through the motions that are never done,

And we grow old; the mirror points to lines

Along the mouth and ark lines under the eyes;

These are the evident signs; but there are signs

Withdrawn and unrevealed; we tell soft lies

To hide the loneliness, the furtive sobbing—

And the old wound of love continues throbbing.

—JOHN MEFFERT in New York Sun.

MILLVILLE.

Millville, July 17—The Millville Branch of the Women's Institute held a regular business meeting in the hall on July 16th. Meeting opened by singing O Canada. The president was in the chair. There were twelve members and four visitors present. General business was discussed. A very enjoyable evening was spent by all.

STARTED BAD FIRE.

Quebec, July 19—An attempt by a 5-year-old boy to light an oil stove caused an explosion which resulted in the disastrous fire at Ste. Marie de Beauce yesterday, causing damage estimated at \$300,000.

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CANADIAN VERSE IN THE FIRST QUARTER OF TWENTIETH CENTURY

(Toronto Globe.)

Among the war poems there is, on the whole a commendable lack of jingoism. The exaltation of spirit that saw the coming of everlasting peace, or the strain of bellicose excitement have been outgrown and only the genuine poetry survives. Cuthbert Goodridge MacDonald has a fine martial strain:

Out of the West they come,
Into the East they go;
And ever the throbbing drum
Beats on against the foe.
Along the sunlit street
Rank upon rank they swing;
And ever the tramp of feet
Keeps time to the songs they sing.

Katherine Hale, whose notable poems of wartime spirit gave her a wide circle of readers has described the air service:

My son sails high,
His ocean, azure sky;
He in the shining sky—
And swift death everywhere.

It is quite natural that human love should become the theme of writers in the war years, when parting was such sweet sorrow throughout the land. Robert Norwood's "His Lady of the Sonnets" using the form consecrated to love by Shakespeare's

Let me not to marriage of true minds
Admit impediment.

has portrayed beautifully the ideal of love. There are courtly grace and winning dignity in Alan Sullivan's "Came those who saw and loved her," or in "A Soldier's Shrines," by J. D. Logan.

There is a tendency among Canadian writers to take themselves very seriously on this as on many subjects. Women writers like Jean Blewett and Katherine Hale have caught the lighter touch. They consider the details of love (a disconcerting habit peculiar to the sex) and "Peter Pan in Winter" and "The Woman With a Heart of Gold" have piquancy and reality. There is subtle charm in Arthur Stringer's ballad "At the Comedy" with its intricate comments:

"If love were all—if love were all,"
The viola sobbed and cried,
"Then lover were best what'er befall!"
Low, low, the flutes replied.

Bliss Carman has added a new world thought to the age old theme of love. His passionate love of growing things centres on lilacs because "she" loves lilac best. In "Mirage" he contemplates the moor and sky and sea, and vision of a lovely face dominates the beauty of the landscape. It is many an age in the long history of the tender passion since man first desired woman to make more perfect his enjoyment of his lovely surroundings by sharing in it.

Such thoughts are the basis of Bliss Carman's title to highest rank as a Canadian poet. In the 25 years of this century he has written 20 volumes of essays and poems. In this concentrated effort he has succeeded in a complete expression of his own spiritual development. A great writer unconsciously reveals himself. His progression from vague pantheism to more distinct and definite belief in God is the story of a sensitive spirit responding to life's lessons. His technical skill contributes new value to poetry as he builds rather on vowel harmonies than on rhythmic lines. Such expressions as "Aprillan adours," "eternal trine," "shambling seas" have an intrinsic

auditory appeal. The emotional appreciation he exhibits from his earliest sea poems to such later poems as "On the Plaza" a most comprehensive study of personality, argues intense perception of human problems.

Young Canada works and dreams. Twenty-five years have proved the necessity and wisdom of an optimistic vision in the field of poetry. Noble personalities faithful, to the finest traditions of language, combat the modern tendency to rush into print and the all enfold grace and tolerance of their thought serves best the Empire's cultural need. For the variegated interests of the age there is heard anew through poetical power the voice of one crying in the wilderness.

CORNING HERD OF GUERNSEYS CHANGES HANDS

Truro, July 19—The famous Corning herd of pure bred Guernsey cattle, purchased last fall by F. W. Swindells, arrived at the Beech Hill Farm, Princeport, last night. The transaction between the estate of the late Howard W. Corning, Cheggoggin, Yarmouth County, and Mr. Swindells is stated to be the largest of its kind in the Province.

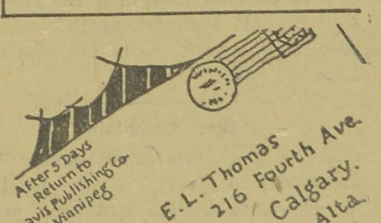
Mr. Swindells is having large barns built on his farm to house these cattle. The barns are nearing completion and are as modern and comfortable as money and expert advice can produce.

The bringing of the Corning Guernseys to Colchester places this County in the lead as a pure bred Guernsey constituency. The encouragement of this particular breed for Colchester will be greatly enhanced by the action of Mr. Swindells in this respect.

Much interest is manifest, throughout the district, in this famous herd of cattle so much so that Mr. Swindells is requesting that the public delay visiting the farm to view the cattle until such time as they get used to their new surroundings. He will announce the days and hours that the herd will be placed on exhibition to the public.

Here's to Grandma's strawberry jam!
Long may she live to hear
Its praises sung by old and young
Who sample it each year.

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E.L. Thomas 216 Fourth Ave. Alta.

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