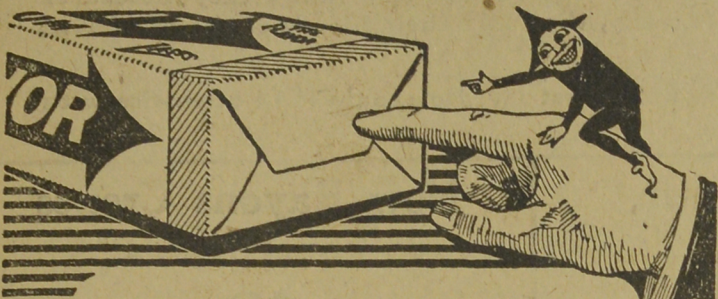


# AFTER EVERY MEAL WRIGLEY'S



## Sealed for You

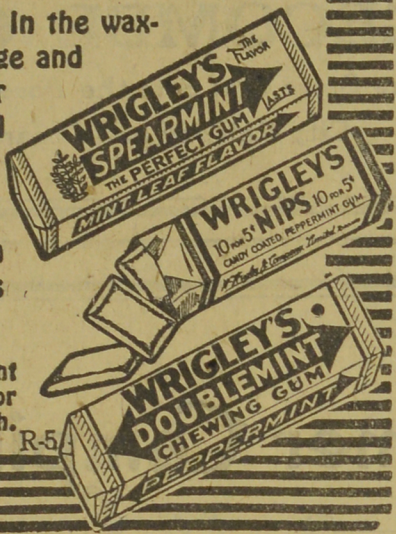
Wrigley's is made of pure chicle and other ingredients of highest quality obtainable.

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

### MY NEIGHBOR SAYS.

Before scaling a fish dip it into boiling water. The scales will then come off easily.

Use a fork instead of a spoon when blending flour and water. It quickly makes the mixture smooth.

To cook eggs for invalids or children, bring the water to a boil, take the saucepan off the fire and place the egg in it for five minutes. The egg will be cooked evenly and thoroughly and the white will not be hard and indigestible.

Wash your sweater on a windy day then put it in a pillow case or twine bag and hang out to dry. Shake it often until dry. All knit or choched articles should be dried in this way if you want them to keep their shape. Some dry sweaters on a coat hanger, but the bag is better for knitted things.

Sheets wear first through the middle always and most women need not to be told how to sew the sides together and cut through the worn place. Some however use a top sewing seam. Overlap the edges (selvedges) about one quarter of an inch. Sew down one edge then go back and do the other the same way. The seam will then be smooth and soft.

### SAVORY FRENCH DRESSING.

1/2 cup salad oil  
1/4 cup cider vinegar  
1 teaspoon salt  
1/4 teaspoon paprika  
1 drop tabasco  
Few drops Worcestershire sauce  
Mix thoroughly.

We haven't many dessert recipes for you today but in our humble opinion what we lack in quantity we made up for with quality. This pie, for instance doesn't it make your mouth water to read it?

### COCOANUT CREAM PIE.

3 egg yolks  
1 cup sugar  
1/2 cup boiling water  
1 cup flour  
1 teaspoon baking powder  
1/2 teaspoon vanilla extract  
3 egg whites  
Pinch of salt  
Beat yolks, add sugar gradually and beat well. Beat in hot water (the sugar should be entirely dissolved by this time). Fold in flour and baking powder mixed. Add vanilla extract. To whites add salt and beat until stiff. Fold into first mixture. Bake in two layer tins in an oven 325 degrees Fahrenheit for 30 minutes.

### FILLING.

6 tablespoons sugar  
3 tablespoons flour  
Speck of salt  
1 egg  
1 cup milk  
1/2 teaspoon vanilla extract  
1/2 cup cocoanut  
Mix sugar, flour and salt. Add slightly beaten egg and hot milk. Cook over hot water until thickened stirring all the time. Cool and add flavoring and cocoanut and spread between layers. Sprinkle top with powdered sugar.

And this, for ice, doesn't it sound cool and colorful and refreshing? We once knew a soda fountain where they served raspberry ice, topped with whipped cream and what do you think they called it? Willie's Dream. Well this is a dream without whipped cream. Try it, and see:

### RASPBERRY ICE.

4 cups raspberries  
1 cup powdered sugar  
1 1/2 cups water  
Juice of 2 lemons  
Mix the raspberries with half the sugar, let them stand one hour and mash them through a sieve. Cook the remaining sugar and water for eight or 10 minutes until a syrup is formed. Cool this add the raspberry juice, and lemon juice. Freeze as usual.

Little Joe—Pa, what's a bigamist? Big Joe—Abigamist son, a man with enough nerve to out talk two women.

## APPOINTMENT OF SECRETARIES CANCELLED

Halifax, July 16—Alvin F. MacDonald, editor-in-chief of the Halifax Morning Chronicle, was today notified by Thomas Mulvey under secretary of state, that his appointment and the appointment of Professor Norman M. Rogers, of Acadia University, as joint secretaries of the Royal Commission to investigate economic conditions in the Maritime Provinces, had been cancelled by order in council passed July 10.

Messrs. MacDonald and Rogers were appointed by the Governor General in Council as joint secretaries of the commission.

### RETURN.

Low in a cobalt sky the crescent moon  
Silvers the mistral of the fountain's spray  
Slow wavering shadows  
Upon the mirror of the hushed lagoon;  
Behind the mullioned windows' vacant stare  
No taper glows to greet the ghost's return  
After long wandering in the charnel air,  
Where lips are dust and hearts no longer yearn.  
Is it the wind that plucks the curtain's hem?  
Only a hand that trembles thin and white;  
Dim eyes peer out upon a garden where  
One lone pale petal faints upon its stem  
A whisper echoes through the hurried night,  
But sad, regretful—poignant as a prayer!  
—ROBERT V. HIGGINS in New York Sun.

We have just read a statement to the effect that while appearing in two different plays each day recently an English actor had to speak 20,000 words daily. There's a chap who was probably glad to have his wife do all the talking when he got home.

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## AN AMATEUR PRESS LEADS

### VIOLINIST A RAG TIME LIFE

Berlin, July 17—"My concert tour in the United States this year took me to Iowa City," says Carl Flesch, the violinist, in "The Vossische Zeitung," of Berlin. "This small town is, despite its only 20,000 inhabitants, the home of a university which is attended by no less than 8,000 students, thus a real university town. Simply everything is taught in such an American university, anything the human mind can digest—medicine, law, journalism, art and music.

"On the day of my concert I arrived after a thirty-six-hour trip very early in the morning at Iowa City. Two young men were waiting for me in the hotel, and were introduced to me as reporters of 'The Daily Iowan.' They gave evidence of an extraordinary curiosity about all things that really concerned nobody else but me. After I had satisfied their desire for knowledge as much as I could, I went to the breakfast room to regenerate myself there calmly with the aid of the delicious dishes which compose an American breakfast.

"But I was not allowed to stop for any length of time at this agreeable occupation, for two young women from 'The Iowa Telegraph' desired urgently to talk to me. The two girls, blonde and brunette, asked me whether I played the violin, when Stradivarius was born and whether he had been married. After I had got out of wrong dates, I unpacked my working this interview by the aid of a few clothes—my evening dress—and tried to get out the wrinkles caused by the long journey.

### More Calls From the Press.

"While I was busy with this job two delegates of 'The Iowan Express' appeared, with the request to tell them details about my family life, and also whether I believed in jazz music. The continued interest of the

Iowa press in my person made a sort of unrest arise in me, a mixture of feeling of artistic responsibility and the need of fortifying my self-confidence. This unrest could be overcome only by the contact with my instrument. I therefore decided to hold a short rehearsal with my pianist.

"When I left my hotel with my violin under my arm two young women stopped me and, after telling me about their official position, asked me urgently to tell the readers of 'The Iowan Dispatch' about my view of the difference between American and European concert life.

"This is now the fourth interview in an hour," I remarked. "There can't be more newspapers than that in Iowa City."

"We have only one newspaper in this city," said one of the young women.

### Then He Learned the Truth.

"Yes, but who on earth are, then, all these persons who since my arrival have interviewed me about everything?"

"Well," said the girl, with calm self-assurance, "we all are students of the School of Journalism here, and when a famous man comes to Iowa City the whole class interviews him for the training."

"And how many students are there in the School of Journalism?" I asked. "Two hundred and thirty-five," was the answer.

"Don't you know what happens to little boys who smoke?" "Yes, ma'am they have to hide the cigarettes or sister'll find them."

First Hobo—Say if you had \$10,000 what would you do with it? Second Hobo—I'd buy me a box car for my own use.

Dear Wife: I hasten now to say "Frank doesn't want to get married, does he?"  
I water all the plants each day, unless (I say this with regard) some times when busy I forget.  
"Oh, yes, but he says he needs a new suit of clothes first."

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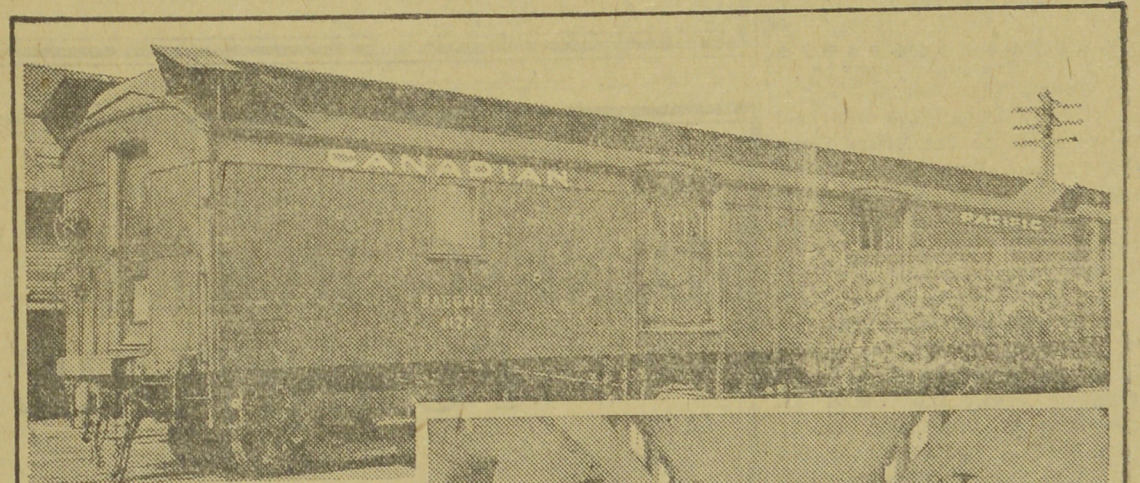
## THE DAILY MAIL

Is on Sale at the following places of business in the city:

D. H. GROWLEY, 612 Queen Street.  
MISS QUINN, 147 Westmorland Street.  
ALONZO STAPLES, 100 York Street.  
A. J. HANLON, 83 Regent Street.  
W. GRIEVES, Cor. Regent and King Streets.

RAY BARKER, Cor. Carleton and King Streets.  
WESLEY ERB, 266 York Street.

## New C.P.R. Cold Storage Cars

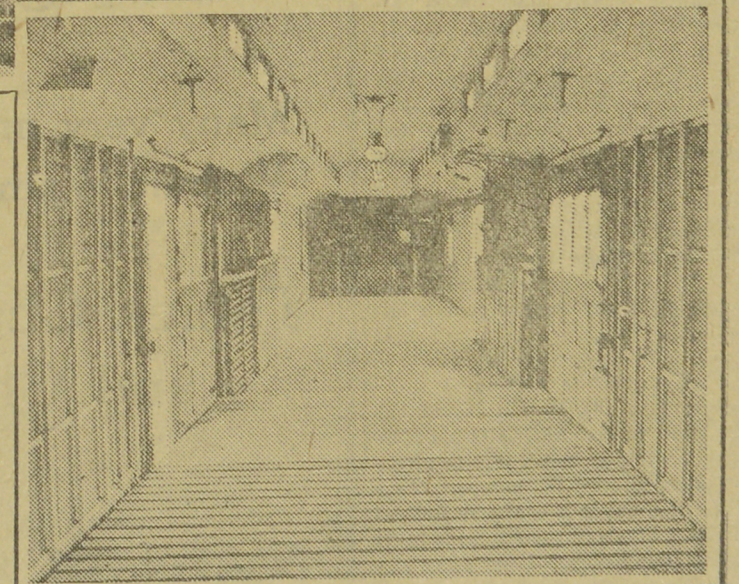


Under old conditions there was always a certain amount of risk in shipping fruit. The entry of dust or cinders, or the high temperature of the car, was frequently the cause of fruit becoming spoiled during transit. But under present conditions, fruit not only retains its coloring, freshness and firmness when it is shipped from one point to another, but it is actually improved.

For many months officials of the Canadian Pacific Railway and the Dominion Express have been carrying on experimental work with a new type of ventilated express car to be used in the handling of soft fruits by express to prairie points, and they have recently arrived at an entirely new method of ventilating express equipment, which is known as the "B. C. Ventilator."

This device allows the air to be received into the car through two spacious intakes located at the ends of the car at the roof, carried to the floor without decreasing in velocity and effectively distributed through the lower sections of the car. Three times a minute there is a complete change of air, 10,276 cubic feet of air per minute being recorded through the intakes and 9,522 through the exhausts.

The new type of ventilator was tested out under full load conditions



New type of fruit car showing special ventilators, on the top of the car, which aid the fruit to retain its freshness. Lower picture shows interior of modern fruit car.

This month, the car containing more than a thousand crates of strawberries, which were carried from Vancouver to Calgary in excellent condition and the new type car is expected to greatly help the fruit growing industry of British Columbia inasmuch as it opens up the entire prairie district to that trade