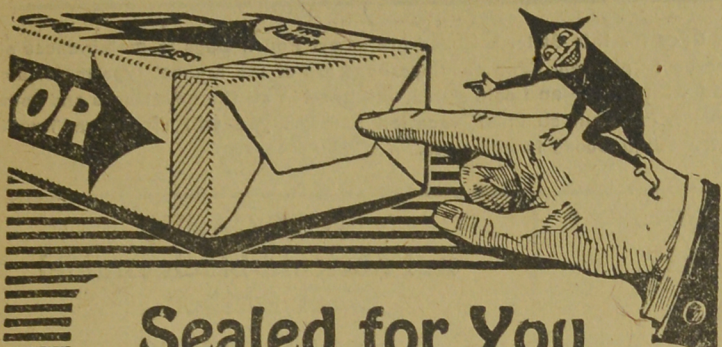


AFTER EVERY MEAL WRIGLEY'S



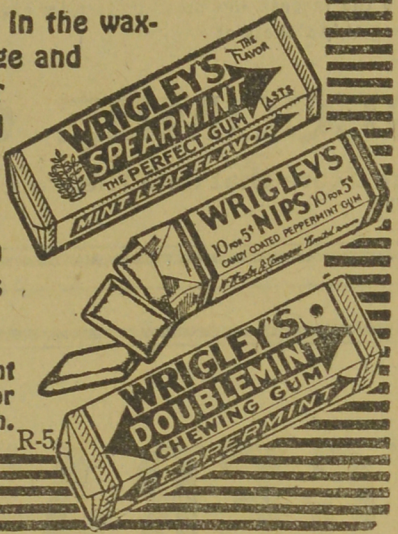
Sealed for You
Wrigley's is made of pure chicle and other ingredients of highest quality obtainable.

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-sealed package and WRAPPED IT TIGHT to keep it good—for you.

Aids digestion—keeps teeth white—helps appetite.

Wrigley's Doublemint is peppermint flavor in double strength.



Mamma—Edwin you have made a grease spot on the new lounge with your bread and butter!
Edwin—Well, don't worry mamma we can always sit on it when there's company in the parlor.

Try Our
ICE CREAM
ONLY 50 CENTS A QUART

WE ARE HEADQUARTERS FOR TEMPERANCE DRINKS.

TRY OUR OLD ENGLISH GINGER BEER.

STRICTLY FRESH EGGS
from my own Henneries
Fred. H. Ferguson
Corner Northumberland and Brunswick Streets.

Trap Nests

If you are in the Poultry business go at it systematically.
Keep tabs on your hens by trap nesting them.
It's the only way to pick out the boarders.

I make a complete set of four nests for only \$4.00. Satisfaction guaranteed. Send me a trial order.

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Of Interest to the Women

HOW TO DECORATE ROOMS.

In planning the decoration of a house one is confronted at the outset by the problem of whether to paint, panel or paper the walls. This is a serious matter for upon the background depends much of the charm of a room.

In deciding this question you must first of all consider the type of room. If a more or less formal living room or dining room is desired, then the walls should unquestionably be paneled. For paneling is the most formal of wall treatments and is adapted to rooms where a certain amount of dignity is required.

There is nothing more beautiful than the Georgian and Elizabethan interiors with their paneled walls and furnishings in keeping. Wood paneling is expensive and demands furnishings on the same scale of richness. A paneled effect can be simulated, however by means of wood moldings on plaster with extraordinarily good effect. This must be done by an expert or the results will be disastrous. Also furniture should be chosen with the size of the panel in mind if a truly harmonious room is to result.

Nothing is so disastrous as pieces of furniture hopelessly out of line with the paneled wall back of them and for this reason one should consider all the aspects of paneled walls seriously before attempting them. When the furnishings are on the same scale or dignity a room of this kind is charming, dignified and restful. Delightful results can be obtained by painting the moldings a different color from the rest of the wall.

Plain plaster walls make effective backgrounds for early English, Spanish or Italian furniture. These can be smooth or rough finish and can be tinted cream, buff, gray, yellow or the pinkish orange tone seen so much in Italy. An inexpensive way of finishing the walls of a simple country cottage is to use a water paint which is easily applied. Each room might be in different color—mauve, pink, blue, green, yellow, cream or gray.

If the furniture is covered in a plain material then it is necessary to introduce design into the room and this can be most easily done by attractive wall papers.

BANANA SUNDAY.

Select a medium sized ripe banana; peel, remove the coarse threads by scraping with a silver knife and cut the banana in halves lengthwise. Arrange on a cold plate set two small cones of vanilla ice cream above it, pipe chilled whipped cream, sweetened and flavored with vanilla around each cone and sprinkle with grated sweet chocolate set a maraschino cherry in the center of each cone.

MARSHMALLOW SAUCE.

Boil three fourths cup of sugar and one fourth cup of milk without stirring until it spins a thread, or about six minutes. Set the syrup aside to cool. When lukewarm beat with a spoon until thick and white. Set the saucepan into boiling water

and stir until of the consistency to pour. Stir the half pound of fresh marshmallows with two tablespoons of water in the double boiler until well blended. Pour the syrup over the melted marshmallows and beat until smooth. Keep warm (but not hot) while in use.

BANANA SAUCE.

Remove the peel from ripe bananas, scrape off the coarse threads, mash and press bananas through a sieve there should be one cup of pulp. Add one cup of sugar and juice of one lemon. Place over a slow fire and stir constantly until hot throughout; let cool, add one teaspoon of vanilla and use as sauce for vanilla ice cream.

Man of 60 Helped by Simple Mixture

"After taking Adlerika I feel better than for years. At my age (60) it is ideal—so different from other medicines." (signed) W. W. Carter, Adlerika is a simple mixture of buckthorn bark, glycerine, etc., which removes GAS in ten minutes and often brings surprising relief to the stomach. Stops that full, bloated feeling. Brings out old waste-matter you never thought was in your system. Excellent for chronic constipation. Dibble's Drug Store, Ltd.

SAFETY LEAGUE GIVES WARNING ABOUT CANOES

(Toronto Globe.)

The Ontario Safety League, in fulfillment of its mission to protect life against accident by disseminating sound advice for the public observation, has issued a bulletin upon the dangers which attend canoeing to which the patrons of that frail but popular craft would do well to give heed. The rules which it lays down for the guidance of the canoeist may be for the benefit, especially of the learner or of those who are inexperienced, but even the most skilled will find the counsel they contain worthy of being followed. Six suggestions are offered by the League:

1. Stay out of a canoe—(a) unless you can swim; (b) unless you can keep a cool head.
2. Do not change seats after starting.
3. If you have a passenger who wants to "rock the boat," put him ashore.
4. You take a fool's chance if you ride the waves of a steamboat. The chance-taker is the accident-maker.
5. If upset, lay your hands on the canoe or the paddle; either will keep you afloat until help arrives.
6. Do not attempt to use a canoe in rough water.

No craft appeals to the youth of Canada so forcibly as does the canoe, and the reasons for this are not far to seek. It is light, easily propelled and, in smooth water, piloted without difficulty. It can be navigated in waters in which the heavy rowboat is unusable; it is easily carried across portages, and it offers the advantage to the paddler of always having his face turned in the direction in which he is going. But the frailness of the canoe, an advantage in calm conditions, makes it a perilous craft when the surface of the water is disturbed. The great number of deaths from drowning through its use calls not only for experience in the paddler, but for the utmost care. So much is this the case that the warning to "stay out of a canoe unless you can swim and unless you can keep a cool head" points to the only real security to the public.

The Safety League has no desire to spoil sport in offering the advice it does. It wishes to save lives, and those who desire to preserve their own will give attention to its instructions.

Take Your Corns Off In Hot Foot Bath

The hot water removal of corns is the surest, quickest way. It takes only a minute to apply a covering of Putnam's Corn Extractor, and it soon frizzles the corn or callous so that a hot foot bath shells them right off. Get Putnam's Corn Extractor; it's a wonderful antiseptic corn softener. It costs little and is absolutely sure to give you the desired results for corns, thickened foot lumos or sore callouses.

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SIXTY UNIONISTS FACING TRIAL FOR TURKISH PLOT

Angora, July 21—The Turkish government is ready to raise the curtain on the second act of its prosecution of political opponents, 13 of whom were hanged in the streets of Smyrna last week for allegedly having plotted to kill the President but only with an attempt to profit by his assassination, and by the overthrow of the Kemalist regime.

The atmosphere of mystery and whispered conversation recalls the days of the Sultans. All those under arrest are Unionists—members of the committee of union and progress—feared for their political sagacity and influence abroad.

Well Guarded.

Not possessing a prison sufficiently large, the government has rented an old inn resembling that described by Dickens, to imprison the 60 Unionists who are to come up for trial. Soldiers with fixed bayonets and wearing German war helmets, guard the approaches to the inn, as they likewise do Kemal's Chankaya residence which is surrounded like the Yildiz kiosk in Constantinople during the days of Sultan Abdul Hamid.

Chankaya is a section set aside for the diplomats and the fashion-

ables of the city of the future. It possesses water, sewerage and trees and less of the atrocious heat and dust of downtown Angora. The city is filling with visitors, mostly diplomats and legislators and Turkish and a few foreign newspaper men. Khaki-clad troops are to be seen everywhere giving the city the appearance of an armed camp.

To Face Trial.

Capt. Reouf Bey, Turkey's one-time naval hero, and Mustapha Kemal Pasha's first premier, who was desired at the Smyrna trial, has written the president of the Turkish Parliament in response to a demand that he will appear at Angora for trial. He is reported to be in London at present and engaged to Princess Chavaklar, an Egyptian, sister of Prince Seiffendine, who escaped from a sanatorium in England by airplane last year. She formerly was the wife of King Fuad of Egypt.

Another important personage to be tried is Adnan Bey, who represents Constantinople in the Angora Assembly. He is now in London. He plans to visit Egypt shortly with his wife, Halide Edib Ihanum, novelist.

TO HUNT BURIED GOLD IN NOVA SCOTIA TRACT

New York, July 21—Lured by the time yellowed records of a Spanish privateer, Maj. R. A. Logan, manager of the mapping department of the Fairchild Aerial Survey, Inc., today was on the way to Nova Scotia to hunt for treasure worth perhaps \$2,000,000.

Bought Trust of Land.

Maj. Logan, who is a member of three geographical societies and an aviator left New York by rail on a five month leave of absence. He has bought 100 acres of land in Nova Scotia on which he hopes to find gold from a French pay ship which never reached its destination.

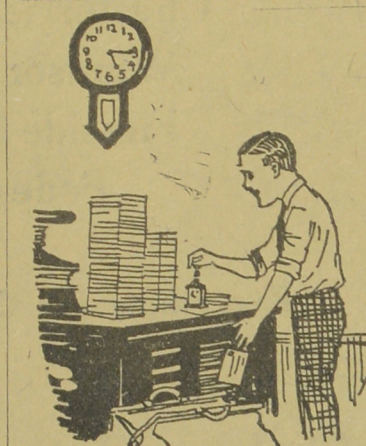
"Some of my friends think I'm talking through my hat," he said and they may be right. It's a 50-50 gamble at the best, but if I win it's \$1,000,000 at the least and some have estimated the loot I'm after as high as \$2,000,000."

Sailor Told Secret.

After he came to New York Maj. Logan found in a private library the records of a Spanish—not British—privateer in which was a parallel tale of a Nova Scotia treasure. The records told of a French sailor whose life was spared by the crew of the Spanish privateer when it seized a French prize. The sailor revealed the secret of the hidden gold.

The privateer sailed for Nova Scotia. Its crew found the gold but heard the booming of guns on a French ship and rebuffed the treasure. The captain never returned for it but left instructions to his son as to its location. The son, however also failed to go, after it, as far as Maj. Logan was able to learn.

BLUNDERS



WHY IS THIS WRONG?

When mail is allowed to accumulate in offices until closing time, it not only places an additional burden on the postal service, but is apt to miss important early afternoon train dispatches. This often causes a whole day's delay in delivery. Mail should be posted as soon as it is ready, and at frequent periods of the day.

GUARANTEED NOT TO PEEL

London, July 21—Young men about town in London are becoming strong patrons of artificial sunlight treatment, by means of which a tan bespeaking at least a month's holiday in the sun can be obtained in a few hours of treatment. According to Fernandez, one of London's beauty experts, this treatment is much more popular among men than with women. Women, he says, prefer sunburn powder, which they can change at a moment's notice should they grow tired of it. It has become indiscreet to ask where a friend has been should he be found to be looking very bronzed and well—the chances are that he has been no farther than to a "sunny parlor."

Cook's Regulating Compound

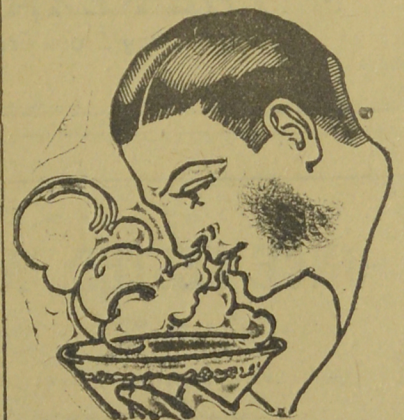
A safe, reliable, regulating medicine for women. Sold in three degrees of strength: No. 1, \$1. No. 2, \$3. No. 3, \$5. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet: O. THE COOK MEDICINE CO. Toronto (formerly Windsor) The Proprietary and Patent Medicine Act Registered 1925.

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ALONZO STAPLES, 100 York Street.
A. J. HANLON, 83 Regent Street.
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RAY BARKER, Cor. Carleton and King Streets.
WESLEY ERB, 266 York Street.



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