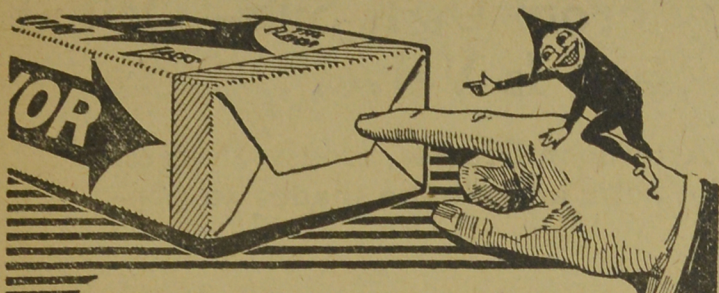


# AFTER EVERY MEAL WRIGLEY'S



## Sealed for You

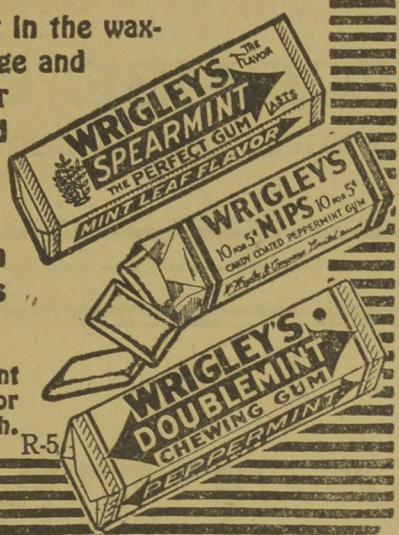
Wrigley's is made of pure chicle and other ingredients of highest quality obtainable.

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.



A Scotchman was leaving on a business trip and he called back as he was leaving:

"Good-by all; and dinna forget to tak' little Donal's glasses off when he isn't lookin' at aething."

Inquisitive Passer-By (to motorist changing tire)—What are you doing there, mister—changing a tire?

Irate Motorist—No, just pretending. I'm holding this parking place for another fellow.

## 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 Hennyery

**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.

**FRED LYONS**  
260 Aberdeen Street  
FREDERICTON, N. B.

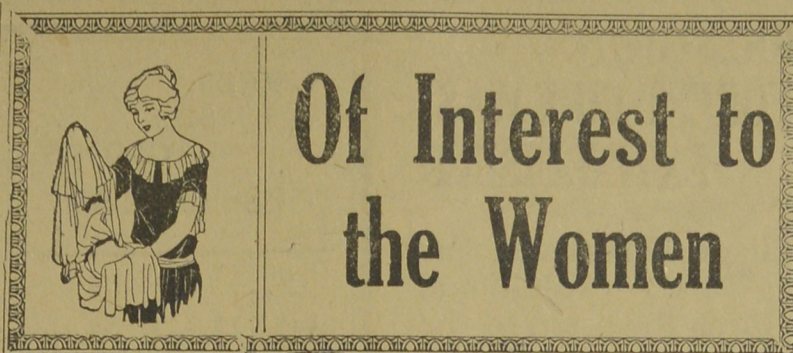
## Get the Training

Take the advice of the winners, not the losers. A successful business man will inform you that it is necessary for you to have the right practical schooling to forge ahead.

Write for full particulars about our courses.

**FREDERICTON BUSINESS COLLEGE**

F. B. OSBORNE, Principal  
Box 928 FREDERICTON, N. B.



## Of Interest to the Women

COLORS ARE PLACED ON NEUTRAL.

The pendulum refuses to learn new tricks and goes right on swinging as far one way as another. After many seasons—or did it just seem like a very long time that black was the vogue?—"out" went black before advancing ranks of brilliant colors. This is the point at which the pendulum may be expected to behave true to form. If it does swing back to black, at least it will swing in the opposite direction from brilliant color. It appears to have paused at a position of nicely balanced contrasts, black, beige, white or gray as a background, with flashes of interesting and arresting color introduced in accessories. It has so far been a season of color contrasts and of the combination not only of color but such materials as sheer and heavy or plain and printed ones.

On the beach even in the water this idea persists. The bathing suit abbreviated though it is sure to be is more often than not made of two colors, the brighter the better usually. Biarritz, Deauville and foreign resorts generally report white with blue, white with red, or beige with either and continue to lay great stress on kashas, bathriggans and novelty woolsens, leaving of course, plenty of room for the omnipresent crepe. It is all very well to look to such resorts for styles worn on the beach but one looks in vain for those worn in the water, since the swimming suit is the only one not frowned down by French folk.

Our own suits have taken on something of the simplicity of the swimming suit and we have been quick to clutch at the opportunity to wear capes or robes over our bathing costumes, heretofore regarded as complete. Nor are capes confined to bathers. They are found in every smart wardrobe, the officer's cape being a favorite.

### ANOTHER PRESSED VEAL OR CHICKEN RECIPE.

3 to 4 pound knuckle of veal or 4 pound chicken.  
2 cups boiled rice  
1 cup white sauce  
1-2 cup cold veal or chicken stock  
2 eggs  
1 tablespoon grated or scraped onion  
2 tablespoons finely cut parsley  
2 tablespoons finely cut green peppers  
Salt and pepper  
1 tablespoon Worcestershire sauce  
Put the rice through the food chopper with the veal or chicken, which has been boiled as usual; add the white sauce; well beaten eggs, seasoning to taste and flavoring; mix well. Brush bake dish or brick pan with drippings and put in the veal mixture. Cover and place in hot oven; bake 35 to 40 minutes. This is baked the day before.

### MEAT LOAF.

4 cups cold boiled meat  
2 cups bran or dried bread crumbs  
2 tablespoons grated onion or 1 teaspoon grated nutmeg  
2 tablespoons finely chopped parsley  
1 teaspoon Worcestershire sauce  
Dash white pepper  
2 eggs  
1 cup thickened meat stock  
Put the meat through the food chopper then add the thickened stock, bran or bread crumbs, onion parsley salt and pepper, Worcester-

shire sauce and the well beaten eggs; mix well. Form into oblong loaf and put into pan, which has been brushed with drippings. Brush the top of loaf with a little of the egg and sprinkle with a little bran or bread crumbs. Cover and bake in moderate oven 20 minutes; remove the cover and bake 30 minutes longer.

### GINGERBREAD.

2 eggs  
1 cup sugar  
1 cup molasses  
2 tablespoons each of cloves, ginger and cinnamon  
3 cups pastry flour  
1 cup boiling water  
2 level teaspoons soda  
Pinch salt  
Cream sugar, molasses and shorten- ing together add beaten eggs and spices, then flour with soda and salt; lastly add boiling water. This should be light and moist in texture and about three inches thick. It should be baked in a meat roasting pan 12 x 12 or 9 x 12 inches.

## PRETTY GIRLS AND HANDSOME HORSES AT CIRCUS

Manager Charles Sparks of the Sparks Circus which exhibits in Fredericton, Saturday, July 10 prides himself on two things—his ability to raise blooded horses, and his ability to select charming girls to ride them.

At Macon, Ga., where Mr. Sparks maintains his home and where the winter quarters of the circus are located, are his large training barns, where much time is devoted to the training of the splendid steeds which play so prominent a part in his circus. Although a large corps of expert horsemen are retained there all year round at an enormous expense, Mr. Sparks gives his horses his personal attention.

While he has specialized in native breeds, his stables include a number of fine Arabian and German horses, all trained to a remarkable degree of equine intelligence—the latter group of sixteen being a recent importation from Stellingham, Germany, and are valued at the modest sum of fifteen thousand dollars. But it takes more than perfect horses to make an exhibition of equestrianism complete and attractive. The fine, sleek, well kept animals are shown at their best only when ridden by pretty girls. Here Mr. Sparks finds his southern home ideally located, for within a short radius are hundreds of beautiful girls—"Georgia Peaches" in birth and looks—from whom he selects his dashing equestriennes who have added so much to the fame of the Sparks Circus. The public will have ample opportunity to view both maidens and horses in the lengthy parade which leaves the grounds promptly at 11.00 circus day. This feature will display many open dens of rare wild animal specimens, herds of elephants and countless other features and music will be contributed by three brass bands and two calliopes. The main performances this season are on an even more pretentious scale than those of previous years, and commence at 2 and 8 P. M. the doors being opened one hour earlier for the reception of the public in the menagerie department where each animal cage is individually electrically lighted to permit a closer inspection of the comprehensive zoological display. Tents located at Race Track. Seats can be secured Circus day at Goody Candy shop same price as at show grounds.

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Mail Orders Receive Careful Attention

## The Mail Printing Co.

## LYONS IS A MODEL CITY UNDER THE RULE OF THE EX PREMIER; FAIR LURES A LARGE TRADE

Paris, July 6.—To the world at large Edouard Herriot is known as the former Socialist Premier of France and now President of the Chamber of Deputies. But in his native Lyons which he has made a model French city, Herriot is first of all the Mayor. Writing of him in "Le Matin," of Paris, Dr. E. Marchoux says:

"Lyons is a big model city. Its manager is its Mayor. Whether one shares the political ideas of M. Herriot or not, one can't help admiring and respecting the job he accomplished since 1905, when he started directing this city. In Lyons Herriot is no longer the President of the Chamber of Deputies, he is the Mayor who is interested in city questions and who neglects Cabinet meetings to visit the building grounds in the city, who abandons political speeches for active, practical work. He shows there a penetrating spirit of foresight, a sincere love of progress, a veritable enthusiasm for the material and social welfare of his town.

### Lyons Fair is Trade Magnet.

"Since the end of the war, he has kept the first to try to get for France the business which Germany formerly had appropriated. The commercial fair of Paris followed only after the Lyons fair, which now is held every spring and fall and attracts an ever growing number of visitors. When he was sure about the success of this fair, Herriot made it at once a permanent institution and built a huge palace where cars and even railway trains can enter. The place is wide open to buyers and sellers. The city has anticipated that the building might grow too small some day, and so big stretches of adjoining land have been bought for future extension.

"While the wholesale merchants and the flourishing local industries are thus well taken care of, the rest of the population of Lyons is just as paternally attended to. Everybody knows how perfectly the food transports to this city functioned during the war. In the same way sales prices are nowadays being well regulated in the city of Lyons. Several big cold storage plants are filled with provisions at the time of the maximum production and are then put on the market when one or the other sort of food is growing scarce. This applies to fruit, vegetables, eggs, cheese and the like.

### Modern Slaughter House.

"As to meat, it is plentiful and will soon be so abundant that Lyons will be able to take care of the meat demands of that entire part of France. The model slaughter house in Lyons which was started before the war and which now is nearly finished, is one of the greatest municipal enterprises of modern times. The building covers

twenty-five hectares and is equipped with the latest machinery; it stands comparison with the finest enterprises of the kind. It includes a special railway station with stables and barns where the animals will be lodged before their sale. The slaughter rooms, the meat-working rooms, the sales stands and the ice installations are arranged in a logical order and are connected by air railways and perfected machines. Every animal that seems ill is taken to the sanitary rooms, where there are an experimental station, an expert's office and bureaus for scientific examination of meat, as well as apparatus for sterilization, treatment of by-products and so forth. The interests of the producers are as well protected as the health of the consumers.

"The health problem of the lower classes has caused the building of a big hospital with seventeen separate houses connected by galleries where a thousand beds can stand. The sick are not only comfortable in this hospital but they can hear health lectures in auditoriums and the physicians have private laboratories in the building.

"Students of medicine may do research work in this hospital, and, in order to facilitate their students, comfortable lodgings have been erected for them. These are rented by the municipality at low rates. University refectories are also in this neighborhood.

"Municipal administrators of Lyons take the housing problem seriously. All around the city are small homes for workers, employees, middle-class families, who have left their old tenement lodgings, where tuberculosis flourished.

Shanghai, July 6.—Plans have been launched for long-distance telephones to connect five of the southeastern provinces of China, with main stations at Shanghai, Nanking and Tsin-giangru. The establishment of a service from Shanghai to Hangchow will be the first step toward a full development in the near future. Gen. Sun Chuan-fang, military governor of Kiangsu, has given the plan his indorsement and is of the opinion that inasmuch as the establishment of a telephone service would be beneficial to both commercial and military circles, it is desirable that the service be started at once and completed in the shortest possible time. Stations will be established in the provinces concerned as soon as possible.

Delia—Is she as dumb as she looks?  
Celia—No, nor as beautiful.



DAINTY BETTY WATERS—"THE CLASS AND SPEED GIRL", AMERICA'S FOREMOST HIGH WIRE ARTIST COMING TO FREDERICTON WITH SPARKS CIRCUS SATURDAY, JULY 10.

### Cook's Regulating Compound

A safe, Reliable, regulating medicine for women. Sold in three degrees of strength: No. 1, \$1. No. 2, \$2. No. 3, \$3. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. THE COOK MEDICINE CO. Toronto (formerly Windsor) The Proprietary and Patent Medicine Art. Registered 9467

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To Overcome Constipation and to Keep the System Free of Wastes You Need

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Always Prove a Mild, Yet Certain, Regulator

Those fortunate people who have proved the value of Dr. Hamilton's Pills know they get you in the habit of performing a certain function at a certain time, and thereby restore normal conditions. Dr. Hamilton's Pills are best because they help nature help herself, and thereby keep the stomach strong, digestion good, blood pure, complexion clean, spirits bright and happy. Price 25c. at all dealers.

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A FEW DROPS BRING RELIEF

The wonderful relief you get from twenty drops of Nerviline will surprise you. Take it in sweetened water, and almost immediately you feel better. Nerviline brings up the gas caused by fermenting food, and relieves that distressed feeling in the stomach. When colic or cramps strike you at night, Nerviline is a sure relief. For general use in the family for emergent ills, always keep trusty Nerviline on hand. 35c. at all dealers.