

# A PAGE OF GENERAL INTEREST TO WOMEN READERS





the daintiest hands or filmiest fabrics need never fear. LUX coaxes rather than forces the dirt out of clothes.



Made in Canada by Lever Brothers Limited, Toronto.

In hot, summer weather, use less then they will scarcely "set" unless ago, and she was to send me some placed on ice, or on the cellar floor.

## Cynthia Grey's Mail-Box

possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letter can be answered privately.]

is She Naughty?

Dear Miss Grey,-This is the first leter I have written to your Mail-Box. It s a very interesting page to me. 1, I am 12 years old, and have tried for the fourth book. Do you think I am far enough advanced in school for my

2. I would like the words of "Our Hired Girl" and "Every Nation Has a Flag But the Coon.' 3. The old, old question: What do you think of my writing? 4. May 1 call again?

NAUGHTY FLOSSIE. P. S .- Could you please publish the song and recitation?-N. F. Ans.-1. I think you are doing fairly

2. Referred to readers. I think that "Lost Heiress" offered the song you ask

You write very nicely. 4. Yes-if you'll promise to be a good girl. We have some stern schoolmarms among the "Cynthians," you know. 5. Cannot promise until I read them. Somehow the title of the song doesn't sound very attractive for our page.

"North Star" Beams In.

Dear Miss Grey,-I guess you will think I have forgotten the Mail-Box completely, but not so, for I have been reading it all the time. I haven't writen since I received the cosmos seeds; they are now almost half a foot high. lady. I did like the look of her picture. wonder where "Stranger" has gone? water in making jelly powders. Even I sent her some gum flags some time

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Makes 20 Slices of Toast for One

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you are away-and prevents train and

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any other necessary article. Errors in diet,

and change in mode of living while travel-

ling, often result in disorders of the stomach.

"ENO'S" quickly corrects any irregulari-

ties and keeps you healthy. Never travel without ENO'S FRUIT SALT.

Prepared only by

sea-sickness. You should pack-

long at this low price.

this, as I would like very much to get some. Where is "C. A."? I love to read Come along, "C. A.," and cheer up the Mail-Box readers once more.

I read in the Mail-Box column where omeone had some silk and velvet patches to dispose of. I just forget her penname, but I would be pleased to get a few of them. I will send postage for them if you have any for me; am also 20. Verses 9-11. Do Christians speak sending 3 cents in stamps for the cosmos seeds I received. Please, Miss Grey, pass your opinion on my writing. I know it is simply dreadful, so won't I know it is simply dreadful, so won't be surprised if you say it is the worst faithful to God, and not make some you have seen yet.

Well, success to the Mail-Box and yourself. NORTH STAR. Ans .- Oddly enough, I was thinking of there in him worthy of imitation? you just recently, and wondering if you were a "deserter." Pleased that your cosmos grew so well; mine are doing nicely, too.

and she has had more applications than she can fill. But I hope someone else have some for you. No, honestly, I have seen worse writblush to tell it.

It was "Wynne" who offered patches,

Thanks "Mother of Four."

signs.

patches in exchange. I hope she sees my heart for her, as I, too, am a mother of four. Yours sincerely, SUNNY SUSAN.

Ans .- It was silk, satin, and velvet tches that "Wynne" offered, so I 'our" made application for. She will be glad to see your note of appreciation,

Word for Prohibition.

Miss Grey .- As I was used ing again, as I am interested in rohibition question.

At the time the Anglican Synod met

has to be used in our day; the trouble is, it is generally after the mischief is

#### Daily Bible **Question Club** By Rev. T. S. Linscott, D. D.

"Search the Scriptures-they are they which testify of me."-Jesus. The six daily studies for this week

constitute the International S. S. Lesson her letters. She must be some sport. for next Sunday. Read the Bible Story on which this study is based as you ponder the following questions:

Lessons for Sunday, July 23, 1916—PAUL AT CORINTH. Acts xviii., 1-22. Golden Text: Be not afraid, but speak

people angry? Why? 22. How do you estimate the character of this man Gallio, and what is 23. Verses 18-22. SUM UP THE RE-SULTS OF PAUL'S EFFORTS AS RE-VEALED IN THIS LESSON. (This is one of the questions which may b swered in writing by members of the

Lesson for Sunday, July 30, 1916-THE WORD OF THE CROSS. I. Corinthian's, i., 1; ii., 5.

club.)

ing than yours-much worse. About the suicides, accidents and every other impoorest writing I receive is from some of our fourteeners and sixteeners! I blush to tell it. morality that is going on. Then the bishop says, "Will it pay to abolish the liquor traffic?" If so, the state has a perfect right to enforce it, even with the power of the sword." Dear Miss Grey,-Received the quilt enforce it. My opinion is, if the church designs which you forwarded, and I wish of God would wake up and fight' this think "Aunt Annie" must be a dear old to extend my thanks to "Mother of accursed traffic they would be advanced to accurse the state of Four" for sending so many pretty de- ing the kingdom of Christ and bring happiness to many a home. We read I noticed in your column, where that in some dry towns the jails are 'Wynne' has sent "Mother of Four" nearly empty; that is a good argument patches. What kind of patches does she in favor of prohibition. Now, Miss Grey want? Maybe I could send her some, as please excuse all mistakes, and pardon would like to return the kindness me for taking up so much of your valuable time. Yours very truly,

Mrs. Homebird's Rosejar.

Dear Miss Grey,-About three weeks resume that was the kind "Mother of quilt block for "Aunt Nannie's" love ham, chambrey, lawn, sateen or alpaca. quilt, a letter and also a small con- It is cut in three sizes: small, medium have not seen the letter or the re- inch material for a medium size. ceipt of the quilt block noted, I bemight be loaded up with letters, but silver or stamps. ndly when I was here before, I am see letters in today's paper that were sent in since mine was, so I am afraid mine has become mislaid. Please let me know, as I should not like to be At the time the Anglican synod met in Khow, as I should not have to be London, I was surprised at the arment the bishop used on the ques-ument the bishop used on the quesday as soon as the dew had dried off ion. He said it was essentially a ques-ion of political economy, and not of I gathered the petals, and while fresheconomy, and not of political economy, and not of political econom says there is not a single warrant in down. When the roses were gone I Measurement: Bust..... Waist..... Christ's teaching to justify in using compulsion in ordering other men's ones were added; then turned them out and if the drunkard isn't the worst layers of the rose petals with the reach you in less that of a sinner, for he had no regard spices and powder between; the sachet date of application.

#### or God or man. In that case it ad- odors died out in about a year, but ances the kingdom of evil, for it is after four years, when I set the open sweet faint smell of roses carries you

I don't know what I'll do," he saidand a big tear splashed on his sun-

'Here's spring upon us; my wife planned.

've bought more land, there are me And hired girls are a careless breed. They smash your dishes and waste

and never think they're gettin' enough And they always boil the tea! wasn't like my Jane to quit; he's always been so full of grit,

At least without sayin' a word t

Then she wasn't ailing?" the ministe said. He had come when he heard Mrs Brown was dead.

To try and comfort the ones bereft O! She grumbled some as women will. But she never cost me a doctor's bill. in't this an awful way to be left? he was a dandy, was my Jane,

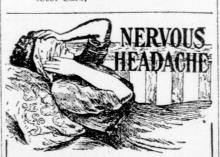
Strong as a horse and never com 'll never get her like again, Often when I had gone to bed She'd stay up to thump out loaves of

bread, And when I got up her work of the Was there, a bunch of them, brown and light.

tell you it was a splendid sight!" suppose you often told her so.' The minister said: "Well I don't never was one to make a show;

guess she knew I liked her gait," 'I suppose she had help?" the mir ister said,

But the' I never said so straight



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Mrs. Brown's Change and Rest "The house is large and the children

> One pair of hands could not do it all.' 'We tried a girl for two or three days, But I couldn't stand her dirty ways. Jane was patient, and thought she'd learn, But she broke far more than she could the "wee birdie." earn;

Of course, we always had Miss Frame Out here for a week when the children came. And I tell you I hated to pay, for a success with the Mail-Box. It has grown

dollar a day to that old freak. O! I know well what I'm in for now."

I suppose you always told your wife room and wishing you and all your read-

That home wasn't home without her as before, And how much you missed her from her place?

state, And I was tired of cold boiled tea, And Miss Frame couldn't quit too pleasing-and here's looking for a visit soon for me.

I told her my mother was never in bed. Two days in her life, till she lay there dead-I've often and often heard that told-She died when I was two days old."

'A splendid helpmate to you was given, You have children too?" "Yes, six or The youngest of them has not been strong;

We never knew just what was wrong See, here are the kids;" and in two short rows, Six children sat in their Sunday clothes.

Kind-faced women were busy there, Bestowing upon them unwonted care, But the sad old wonder was in their gestion. The battle with

The littlest one with the withered Nobody thought he could understand; But he gathered up the air of gloom, And his voice rang out in that quiet

If ever a baby spoke despair, That little one cried: "It is not fair!" 'Come out awhile," the father said, "That kid's sharp voice goes through my head."

Outside was a day of sparkling sun, Which warns old winter his days are wafer. Triscuit is made of The cattle fed at the oat straw stacks, Enjoying the sunshine on their backs, cooked, shredded and baked. And fat pigs did long tunneling stunts,

A young colt frolicked beside the That lazily yawned in the soft spring amount of nutriment in

And openly gossiped of prospects, too, [To Be Continued Tomorrow.]

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Apron, With or Without Band

This appropriate design will be found mfortable, convenient and serviceable. is fitted by shoulder and underarm ms, and has a belt over the back The free edges of neck, sleeve, pocket and right front may be trimmed with bands of contrasting material (pattern for these bands are furnished with the model), or the edges may be underfaced, bound or hemmed. The pattern ago-June 26, to be exact-I sent in a is good for percale, drill, jean, gingtribution towards the expenses. As I and large. It requires 51% yards of 36-

A pattern of this illustration mailed came anxious. At first I thought you to any address on receipt of 10 cents in belt which has become soiled from

ADVERTISER PATTERN DEPT.

let them stand a week after the last ones derived. Some were added; then turned them out on the table and tossed them around with my hands to loosen them up. Then I packed them in a jar, holding about two quarts, with one ounce allspice, one. Christ used compulsion when a made a scourge of small cords and mamon (all the spices whole), and 50 (Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust two quarts, with one ounce allspice, one ounce cloves, and one ounce cinmanum (all the spices whole), and 50 (Market one stand a week after the last ones were added; then turned them out on the table and tossed them around with my hands to loosen them up. Then I packed them in a jar, holding about two quarts, with one ounce allspice, one ounce cloves, and one ounce cinmanum (all the spices whole), and 50 (Market ones were added; then turned them out on the table and tossed them around with my hands to loosen them up. Then I packed them in a jar, holding about two quarts, with one ounce allspice, one ounce cloves, and one ounce cinmanum (all the spices whole), and 50 (Market ones were added; then turned them out on the table and tossed them around with my hands to loosen them up. Then I packed them in a jar, holding about two quarts, with one ounce allspice, one were added; then turned them out on the table and tossed them around with my hands to loosen them up. Then I packed them in a jar, holding about two quarts, with one ounce allspice, one were added; then turned them out on the table and tossed them around with my hands to loosen them up. Then I packed them in a jar, holding about two quarts, with one ounce all spice. namon (all the spices whole), and 50 desecrating the place of worship; he condemned sin wherever he met it, and if the drunkard isn't the worst layers of the rose petals with the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from

the direct cause of all the murders, jar in the room it is not long till the Christmas. Hoping nothing has happened my former letter, I will make this one short. MRS. HOMEBIRD. on, Ans.—Dear Lady, your letter never reached me, I'm sorry to say. Do you think there's a possibility of the postage being insufficient? Several letters containing blocks have been held up in this way lately, and this blessed newspaper has had to pay double postage on the same, until the office "heads" are grumbling. Certainly sorry

Welcome Back.

if your block is among the "missing.

The Mail-Box sends its best love to

Dear Miss Grey .- I just simply had to drop in and congratulate you on your so since my vacation last year. I hardly think you will recognize the writing. but I am again visiting in the old Ston Town of St. Marys,

Hoping I haven't taken up too muc That she was the joy and pride of your ers success, and as good a time, when on your vacation, as I am having. I am, TORONTONIAN. Cityite"; give her a real Mail-Box handshake all around, you folks, and hand Well, maybe I didn't say so straight, her a fan. It's nice to hear that you But I said things was in an awful think the Mail-Box a "success," for sometimes, you know, one has doubts. Hope your vacation continues to be from you next year.

> Christmas Gifts. Dear Miss Grey,-Please answer these

1. I am making a cushion, and I ran out of flags, and I would like to get some more. Any kind will do. 2. Could any of the readers loan m the book called, "A Noble Lord"? It is a sequel to "The Lost Heir of Lin lithgow." If anyone will loan me this I will copy any of the following songs: "Mill Stream," "Genevieve," "Nellie

The Joy of a Vacation may be turned to the sorrow that comes from indi-Which only comes when a mother dies. notel menus is a losing one for the man with a weak stomach. Happy is the man who listens to the call of the wild-who goes fishing, hunting and canoeing—who takes with him Triscuit, the Shredded Whole Wheat the whole wheat, steam-Filling the air with contented grunts: A tasty Summer snack, supplying the greatest As she nosed it about with motherly smallest bulk. Delicious While hens and roosters cackled and with butter, soft cheese or

> marmalades. Made in Canada

Gray," "C, Canada," "The Girl I Left Behind Me," "Tenting on the Old Camp Ground" and "Massa's in the Cold, Cold I inclose enevelope for flags, and is

ook comes I will send postage. Hopng I receive flags soon, yours sin-P. S.-I am 13. I have started m Christmas box, too. Please tell m some suitable gifts for mother, father brothers, sisters, married brother-in law, sister-in-law, niece, nephews aunts, uncles, cousins and friends. Also teacher. The niece is two years; th nephews 7 and 4 years. I think the yould appreciate something I could make. Please answer soon. Do you know "Twenty-One," "Mrs. Homebird," "Beautiful Doll," or "Caamity Anne"?

Ans.-1. Have sent you a few flags and hope you like them.

. Referred to readers. 3. Whew, but this is a large order, onsidering that the weather's so hot Mother might like a pair of pillow cases, embroidered or hemstite her very own bed, or a bit of table linen, pretty centre, etc. A laundry bag made of crash, a draw-string in the top (or small hoops are better) and the word "Laundry" outlined in red on the front, makes an accept able gift; or cretonne may be fashion ed into a nice duster bag. Hemme dish towels, or cheesecloth dusters are very practical gifts; for a friend who does Red Cross knitting, a khaki bag with a red cross stitched on the side is quickly made. For girl friends, dainty vanity case is made by cutting a circle of chamois, sew pretty lac beading around the edge and run bit of baby ribbon in the holes. For men relations, crocheted ties, handnemmed handkerchiefs with initial he corner; elastic sleeve bands, pretty pin-cushion for a bedroom dresser and e-ribboned necktie holder, are among suitable gifts. The kiddies are apt to appreciate toys more than the work o one's hands, don't you think? 4. Not personally,

Is It Turkish Delight? Dear Miss Grey,-Please print an-

1. Could you or any of your readers supply me with the recipe for marshmallow candy? The kind I have reference to was of different colors, red. white and yellow, and it had been rolled in powdered sugar, and I should like very much if it be in your cook-2. How could I clean a white kid

3. Criticise my writing, and can you

ead my character from i MATILDA. Ans.-1. I fancy it is really Turkish elight for which you seek the recipe. Perhaps some of our candymakers will

end us their method, which I shall be glad to print. shoe stores sell a "polish" for white kid shoes, and this answers nicely for a belt, I am told.

3. You write a very attractive hand.

Dear Miss Grey .- Am inclosing a quilt block for "Aunt Nannie" which is not quite satisfactory to me, but as I haven't time to make another I will pass it on, hoping it may fill in 10 "Clover Vinegar" recipe, which was published a while ago.

LOVER OF FLOWERS 2. Ans.-Your block is very nice, make another. The rest of your letter is being discussed and considered, and But if you pay attention I have just I shall let you know the result later

Newcomers Welcome. Dear Miss Grey,--I am a newcomer to your Mail-Box, and hope I am welcome. If not, let me know. I am send-

May I ask a few questions? What day did July 18, 1903, fall 2. Have you any gum flags? If so, will you let me know through the Mail-

Box, and I will forward my address for 3 Did Lord Kitchener have a military 4 I would like a song, a few words o

which go like this: "Mother is the battle over? Thousands have been slain they say 5. What do you think of my writing? 6. May I call again? I will sign myself.

MISS GREY'S TRUE FRIEND. Ang.-1. A Saturday. 2. None on hand just now. o disappoint a "true friend." 3. Do you mean a memorial service:

4 This was printed the other day. 5. It's not very good. 6. Yes: our new readers are always

I like your great inventions, and I'm

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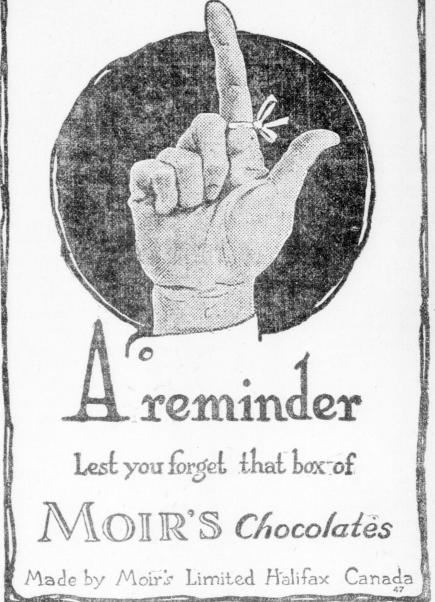
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EDDY'S





ERSE--New

THE MAN BEHIND THE PLOW. Your father's strength is failing, soon high-faluting chaps, My voice it may be husky, and a little For the greatest of the great men is loud, perhaps;

For I have been a-plowing, with a taxy think, Am sure there was no need to They kept me pretty busy, with my "Git-up." "Whoa-haw." About a great mistake you make, and make it ev'ry day,

In dealing out your praises, and want to tell you now, Too often you forget the man that walks behind the plow. You talk about your learned men, your wit and wisdom rare.

praises ev'rywhere: They're well enough to make a show but will you tell me how The world would ever do without the man behind the plow?

'Tis very nice to go to school and learn to read and write, Tis nicer still to dress up fine and sport around at night; Your music, painting, poetry, may all But tell me what you're going to do for You say my boots are muddy and my

clothing is too coarse make a good companion for the oxen My face is red, my hand is hard, 'tis true, I will allow, But don't you be too quick to spury the man behind the plow,

Clean to handle. Sold by all Drug-

gists, Grocers and General Stores,

glad you're gittin' smart, like to hear your music, for it kind

And so I call attention to a kind of

Then, boys, don't be too anxious for to leave the good old farm,

If you're honest in your purpose, a your feet the world must bow,

the man behind the plow.

he'll need your youthful arm;

Packet of

(e) (e)

TICKY FLY CATCHER

of stirs my heart, But 'twill never touch the stomach o'

a real hungry man,

thing that can.

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