

London Advertiser COOK-BOOK

1728

Recipes Supplied By Cynthla Grey's Readers

[From Just Snow Flake.]

to cover well. Let the dates cook well, spread on cake when cold. then add 2 cups of brown sugar; then raisins, dates or figs are nice sprinkled flow the filling to cook down as jam on after the icing is spread. Do not fill cookies till needed. Apple Sauce Cake.—Two cups of green apple sauce, 2 cups of brown sugar, half cup of butter, 31/2 cups of flour, 1

can immediately assimilate it.

knows this. Big folk know it too. Fry's is ALL splendid, body-building nourishment; there is no

waste, and it is in such soluble form that the system

and most concentrated food you can buy today, but-Remember, nothing will do but FRY'S

Here is just about the cheapest, most enjoyable

cup of raisins chopped fine and rolled cup of raisins chopped fine and rolled in flour, I teaspoon of soda, half teaspoon each of cloves, nutmeg and cinnaspoon each of cloves. Never a grouch or white mon. Bake slowly. Tory's Recipe.

An Eggless Cake.—Cream, one cup Sandwich Cookies.—One egg, 1 cup of yellow sugar with one-half cup of of white sugar, 1 cup of butter, 1 cup of butter or nice pork fryings; flavor with butter or nice pork fryings; flavor with vanilla, 1 teaspoon of vanilla, 2 teaspoons of baking powder sifted in a little flour. Mix all together and add flour enough to roll as thin as possible. Then cut in any design wished.

Filling for Sandwich Cookies.—Ten cents worth of dates, with enough water with vanilla. Let boil; beat well and CHORUS—O the One Four Nine, the One Four Nine, and her One Four Nine, and her One Four Nine, the One Four Nine, and her One Four Nine, and her One Four Nine, the One Four Nine, and her One Four Nine, the One Four Nine, and her One Four Nine, and her One Four Nine, the One Four Nine

EDDY'S MATCHES

BUYING THE CHEAPEST ARTICLE IS OFTEN THE

POOREST ECONOMY.

WE DO NOT CLAIM TO MAKE THE CHEAFEST

MATCHES, BUT WE DO CLAIM TO GIVE

THE MOST OF THE BEST FOR THE LEAST MONEY

THEREFORE ALWAYS, EVERYWHERE BUY

EDDY'S MATCHES

cents worth of dates, with enough water with vanilla. Let boil; beat well and Sing a song to keep up heart,
Sing it loud and long;
Make the woods and uplands shout
We're the brave and strong.
We're the lads in training now,
Lion hearts and bold;
Some day you'll be proud of us—
What we have we'll hold ECONOMY AND

What we have we'll hold, boys;
Then we'll add some more,
Little bits and little bits
Make a mighty score;
Right about, face about—
Keep a steady eye—
We're the leds to make them quail;
Ours to do or die.

THE "ONE FOUR NINE."

(Lambton Battalion).

Sent in by a "149th Mascot."

Measure yours with mine;

Now we're off, a long march For the One Four Nine,

Shout your voices hoarse, lads,
Ne'er a man repine.
Lambton shall be proud of us
And her "One Four Nine":
Lambton shall be proud of us,
Boys in khaki clad,
Future heroes marching on,

Faces bright and glad. Does not matter what your height,
Be you short or tall,
ean or lanky, dark or fair,
Any boy at all
With big heart within his coat
(Take your loath and sign),
With the soldier of you

Cynthia Grey's Mail-Box [Correspondents are requested to make their inquiries as brief as 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

turn. No letter can be answered privately.]

is ready. Some like a little vinds added, too.

3. The "fan" pattern in quilting, is really one of the most simple. But it is impossible to explain it without giving a diagram. If you care to send me your address and a stamp, I'll try to tell you all I know, and it may help a little.

Good luck to you at your housekeep
ing!

Ontario,

Sowing the Seed.

Dear Miss Grey,—1. What should one do for small flies on house plants?

2. How early should ton-ato and celery seed be sown?

3. On what finger do you wear an engagement ring?

A Letter From Kent. Dear Miss Grey,—A few months ago
I noticed where someone had asked
what would stop a mole from growing.
If she would rub saliva on the mole first
thing when she awakes in the morning,
and keep at it, she will find the mole
will disappear altogether. This will also
come wards and course tends of the will she will she will disappear altogether. This will also
come wards and course tends of the will also
come wards and course tends of the will also
come wards and course tends of the will also
come wards and course tends of the will also
come wards and course tends of the will also
come wards and the will also
come wards cure warts and corns. Lon't dritate 2. Am curious to know if you are like the mole, but if either of the others are "London's Own Drummer Girl"—going sore, they will leave the quicker. This to be a gardener this year? Do write is not superstation; the salva is pois—us about it after reading ner letter. My

the mole, but if either of the others are sore, they will leave the quicker. This serving in the morning, and I am writting from experience.

Don't you think sone of the folks and the morning, and I am writting from experience.

Don't you think sone of the folks and the morning and I am writting from experience.

Don't you think sone of the folks and the morning and I am writting from experience.

She simply expressed her view of the matter. We all like to do that some times, as I am going to do see so many answers to "J. O. C.'s" letter. You would think by the answers she was one in a hunty of the control of the

erence to the guest chamber being aired once a year for guests. I have one
married not a great while, and of course
made lots of plans, like all young married people. I was going to entertain
my girl friends, and thought I would
write to the Y. W. C. A., city, giving
references, and ask if they know of
any deserving girls that would care to
write "Joyce"?

among bright pinks and yellows, jade
green is mentioned as a leading shade.
In the suitings, though, there are dark
shades shown, such as myrtle and olive.
In the suitings, though, there are dark
shades shown, such as myrtle and olive.
In the suitings, though, there are dark
shades shown, such as myrtle and olive.
Am sorry if you sent anything of
yalue to a reader, and did not receive it
grain. Is "Oh So Lonesome" still a
shades shown, such as myrtle and olive.
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yalue to a reader, and did not receive it
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If the suitings, though, there are dark
shades shown, such as myrtle and olive.

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shades shown, such as myrtle and olive.

In the suitings, though the increased cost of
wards lowering the more step towards lowering the increased cost of
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wards lowering the increased cost of
wards lowering the more step towa any deserving girls that would care to spend their holidays in the country, and

By Rev. T. S. Linscott, D.D. (All Rights Reserved.)

The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

"Jesus at the Pool of Bethesda." John, v., 1-16.

"Jesus at the Pool of Bethesda." John v., 1-16.
Golden Text—"It was Jesus who had made him whole." John, v., 15.
11. Verse 7—What proportion of sinners, now living in sin, would have been cured of their malady if someone had brought them to Jesus? (This is one of the questions which may be answered in writing by members of the club).

club).

12. Verses 3-9—If this man had not made the effort to rise, at the command of Jesus, what effect would that have had upon his cure?



gagement ring?
4. Your opinion of my writing? 4. Your opinion of my writing:
Wishing your circle every success.
SCOTCH LASSIE.
Ans.—1. At a florist's or seed store,



spend their holidays in the country, and couldn't afford to pay, that I would take four, two at a time, for two weeks each, as guests. But before I got my spring cleaning one, they started to comethem the city—to try my the people from the city—to try my three cheers for Lambton's Drummer diril's gray pastry." Most of them were my "soggy pastry." Most of them were my whishand's relations, people I had never met, and folks that, if I had gone to their homes for one night, without an invitation, would have been horrified. The first summer for three months I had gust one week to myself, and the half day. I had to be first up in the morning to manage my work at all, as morning to manage my work at all, as morning to manage my work at all, as possible to the first up in the morning to manage my work at all, as gardening to manage my work at all, as morning to manage my work at all, as morning to manage my work at all, as gardening to manage my work at all, as morning to manage my work at all, as gardening to manage my work at all, as morning to manage my my man did to do to morne. I've just popped in to give morning are deresting to morne my politic. The benefit of "La my politic morning to morne my politic my morning

Advertiser Patterns

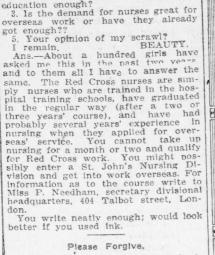


Figured challe was used for this style. It is also nice for crepe, embroidered or plain batiste, organdie and lawn. The bertha may be omitted. The waist may be finished in high or low neck outline. The sleeve has a deep cuff, in wrist length finish, and in puff style it has a wide heading that forms style it has a wide heading that forms

10 and 12 years. It requires 3½ yards of 44-inch material for an 8-year size.

A pattern of this illustration mailed to any address on receipt of 10 cents of the specialize on him even at the

3. Is the demand for nurses great for



I hope none of those who wrote to the page in answer to "Just Eighteen's Friend" will feel hurt if their letters are not printed. It certainly is not because I do not appreciate your kind intent, but it will hardly lo to fill up the Box with these alone. Some more the Box with these alone. Some more subscriptions might be stopped! Ahem! Kind expressions from "The Missing Link," "E. J.," "English Violet," "Pete" and others, have been received, but I feel that the sooner we cease to think about "J. E. F." the better, al-though she has not written making definite the "charges" half given be-1787—Giri's Dress, With Two Styles of fore, nor has she sent her address for the stamp I presumably owe her. As

"You make my heart chump mit choy; The pattern is cut in four sizes, 8, 8. Luf me, undt I vill be de gootest boy. can I specialize on him, even at the hope of making him goot?

a more ir.enuly spirit between our not got, but who, I feel certain, country and city friends, I shall be sided in this city. I am sure I do

Health Triumphs over disease every time you use Lifebuoy Soap. For its mild healing and cleansing oils are charged with cleansing

properties that make it simply invaluable.

HEALTH SOAP Mild and pure enough for Baby's skin-therefore eminently suitable for yours. The mild, antiseptic odor vanishes quickly after use.



CEETEE UNDERCLOTHING Guaranteed Not To Shrink.

HORLICK'S

Malted Milk for the Home

A nourishing food-drink for All Ages. Anywhere at anytime. Delicious sustaining. No cooking

SPINACH, PECK ... For excellence and delicacy this is the cheapest vegetable now offered. Main & Collyer

TELEPHONE 2831. P. O. BOX 97

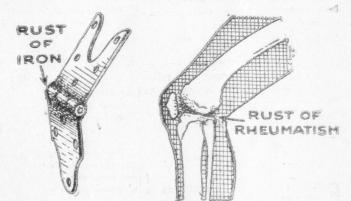
and Bowels Costs 10 Cents a Box.

Only True Tonic for Liver your head is clear, tongue is clean stomach sweet, breath right, and cold gone and you feel grand. Get a 10 or 25 cent box at any drug

store and enjoy the nicest, sautlest lives and bowel cleansing you ever experienced. Stop sick headaches, bilious spells, indigestion, furred tongue, offen-Cascarets are a treat! They liven sive breath and constipation. Mothers your liver, clean your thirty feet of should give cross, peevish, feverish, bilbowels and sweeten your stomach. You ious children a whole Cascaret any time.

DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast.



Just as coal, when it burns, leaves | ize and then wash behind a certain amount of incombus- stomach, liver, kidneys and bowels tible material in the form of ashes, so the food and drink taken day after ing, and freshening the entire day leaves in the alimentary canal a mentary canal, each morning, certain amount of indigestible ma-terial, which if not completely elimin
A quarter pound of limestone ph ated each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over rheumatic or lumbago sufferer an expense of the manufacture of the morning levels but is sufficient to make a rheumatic or lumbago sufferer and the morning levels but is sufficient to make a su waste material, toxins and ptomaine-like poisons, called uric acid, is formed Millions of people keep their jo and then sucked into the blood where it continues to circulate, collecting grain by grain in the joints of the glass of hot water with a teaspoon

phosphate in it. This will first neutral- stomach acidity.

previous day's accumulation of tox Millions of people keep their joi body much like rust collects on the of limestone phosphate, drank befor

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more urle acid forming in the prevent more urle acid forming in the prevent more eating breakfast, each may find themselves, free from stall day.

This is a fac-

simile of the prevent more uric acid forming in the package bearing system. Before eating breakfast each may find themselves free from sich morning, drink a glass of real hot headaches, constipation, bilious at water with a teaspoonful of limestone tacks, sailowness, nasty breath an

BEFORE-STOCKTAKING SHOE SALE!

Orders are Take stock Monday, clear out all odds and ends, and discontinued lines regradless of cost, on Friday and Saturday. So out they go. Many pairs of Men's, Women's, Boys', Girls', Infants' and Children's Shoes, Rubbers, Rubber Boots, Lumbermen's Rubbers, Felt Slippers, etc., will be cleared out Friday and Saturday at greatly reduced prices. COME, COME, COME, and get a good supply of these wonderful money-saving bargains.

WE LIST ONLY A FEW OF THE HUNDREDS OF BARGAINS THAT AWAIT YOU AT THIS STORE.

75 pairs Men's 1-Buckle Pure Gum Rubbers; 2.25 value. Go at......1.49 50 pairs Men's Buckle and Lace Stub-Proof Rubbers, red soles and heels; 2.50 value. Friday and Saturday 1.98 75 pairs Men's Good Strong Work

37 pairs Youths' 1-Buckle Pure Gum Rubbers; 1.50 value. Go at98c 25 pairs Men's Felt Slippers; 1.00 value.

75 pairs Men's Overshoes, heavy and

light weight; 2.25 and 2.50 value. Go

250 pairs Men's High Grade Sample Shoes, in gunmetal calf, velour calf, tan calf and mahogany tan leathers, made to sell for 7.00 and 8.00. On sale Friday and Saturday See them in our east window. They speak for themselves.

20 Lunch Boxes; 25c value. Go at 19c Big Lot Infants' Soft Sole Shoes, assorted colors. Go at39c

200 pairs Men's, Women's and Children's High Grade Rubbers, go at49c pair 40 Juvenile Suit Cases; 75c value. Go at

Big Lot Infants' Kid Lace and Button Shoes; 1.00 value. Go at......69c 150 pairs Women's Gunmetal, Fine Kid, Brown and Grey Suede, Button and Lace Shoes; 3.00 and 3.50 value. Go at

......1.98 25 pairs Women's Felt Slippers; 1.00 value. Go at49c

Another shipment of those swell dark brown walking shoes (low heel) just received and will be on sale Friday and Saturday (7.50 value). At.....6.00

See Our Windows

238 DUNDAS STREET.

See Our KNECHTEL and COMPANY

THE SHOE STORE THAT SAVES YOU MONEY.

OPPOSITE MAJESTIC THEATRE.

DAUGHTERS OF THE EMPIRE Miss Perley, chairman of the ladies' committee, C.W.C.A., London, England, in a letter to the secretary-treasurer of the supply committee, acknowledging the receipt of a number of bales shipped by the Daughters of the Empire of London, Ont., says: "I am directed to convey through you the very grateful thanks of the association for this spiendid contribution. The bales arrived in good condition, and the supplies checked up quite corectly with your lists. We are particularly glad to have the socks just now, as the demands upon our stock are very heavy on account of the severe weather." Contents of bales packed and shipped by the I. O. D. E. February 15, 1917: Bale 316, 192 towels; bale 317, 192 towels; bale 320, 34 towels: polarized for the supplies checked up quite corectly with your lists. We are particularly glad to have the socks just now, as the demands upon our stock are very heavy on account of the severe weather." Contents of bales packed and shipped by the I. O. D. E. February 15, 1917: Bale 316, 192 towels; bale 327, 36 suits polarized by a late 320, 38 towels; bale 321, 120 towels; bale 322, 36 suits polarized by a late 322, 36 suits polarized by a late 323, 25 grey flannel shirts; bale 324, 160 pairs socks, 4 pairs bed socks; bale 322, 36 suits polarized by a late 324, 160 pairs socks, 4 pairs wristlets. The converger of the supply committers and many contents of the city. Mrs. Gladys Sinter; standard-bearer, Miss Margaret Simson.



The convener of the supply committee acknowledges the following contributions for the bales to be sent overseas: Lord Roberts Chapter, fourteen suits pyjamas, eighteen pairs socks, four pairs bed socks; Hamilton Gault Chapter, six suits pyjamas, 48 Terry towels, thirteen pairs socks; Overseas Chapter, 41 Terry towels, 503 huck towels; Avonton Chapter, Avonton, 39 pairs socks, 20 grey flannel shirts.

At the regular regular regular contracts of the supply committee and the following contributions for the bales to be sent overseas. The Original But Imitations Only Disappoint There are many imitations of this great treatment for coughs, colds, croup, bronchitis and

The Lord Elgin Chapter acknowledges the receipt of eighteen pairs of hand-knitted socks from the Chesley Avenue Mothers' Club. This club has been very energetic ever since the war began, in doing its share of work in aid of our soldiers, and have provided quite an amount of clothing for that purpose. It also supports one of our boys in a German prison by monthly con-

