

A PAGE OF GENERAL INTEREST TO WOMEN READERS



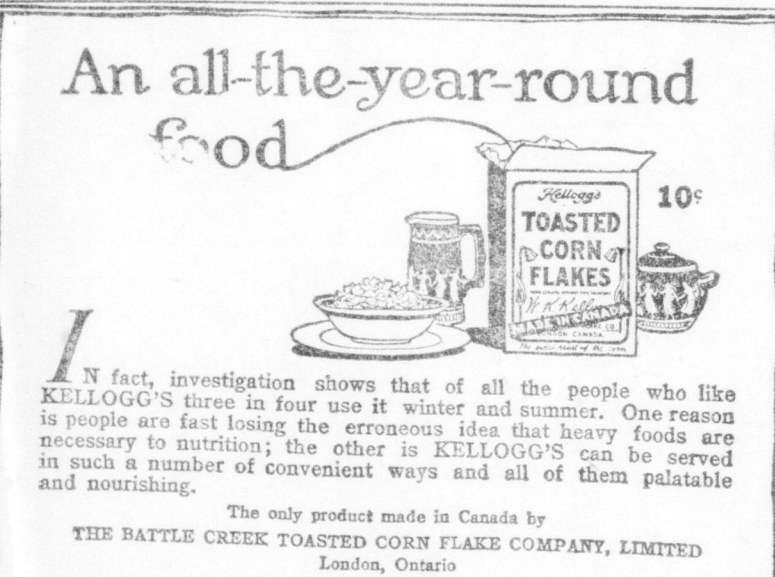
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Table Salt
Use it in your shakers
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THE CANADIAN SALT CO. LIMITED



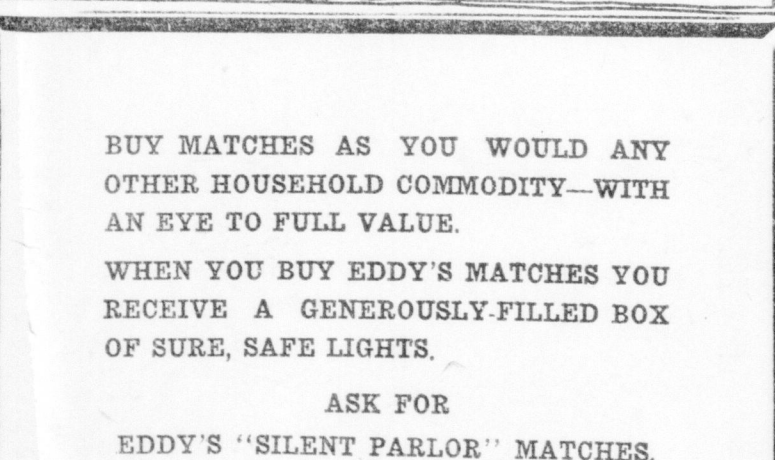
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Steel-cut Coffee Chaffless
Billy Coffey says: "Search the world from end to end, You will find no other blend, That equals—Rideau Hall."
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An all-the-year-round food
TOASTED CORN FLAKES
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In fact, investigation shows that of all the people who like KELLOGG'S three in four use it winter and summer. One reason is people are fast losing the erroneous idea that heavy foods are necessary to nutrition; the other is KELLOGG'S can be served in such a number of convenient ways and all of them palatable and nourishing.
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BUY MATCHES AS YOU WOULD ANY OTHER HOUSEHOLD COMMODITY—WITH AN EYE TO FULL VALUE.
WHEN YOU BUY EDDY'S MATCHES YOU RECEIVE A GENEROUSLY-FILLED BOX OF SURE, SAFE LIGHTS.
ASK FOR
EDDY'S "SILENT PARLOR" MATCHES.

"ALL GONE."
[By Elsie Wilson.]
There was a pathetic drop to her small figure, which was no longer young, and a trilling peevishness perhaps in her dress, as she was quietly made comfortable by her stalwart companion in the seat of a railway carriage one morning recently, and the journey began. A merry bunch of young girls whose attention was soon attracted to her vicinity showed signs of amusement approaching noisy merriment with the headlessness of youth, as on the fingers of her well-worn hands the little, old lady monotonously enumerated, "One—two—three. All gone." A weary sigh and a repetition of the dreary cadence caused a louder titter to ripple around the circle of giddy girls, as again and again was heard, "One—two—three. All gone." A dignified gentle-

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 in turn. No letter can be answered privately.]

Our Limberlost Girl.

Dear Miss Grey—I am leaving my moths and butterflies once more to scold as a "limberlost" bit.
Dear "Country Lad," so you enjoyed my poor little sayings. I am so glad (I wonder how many more did and do). Miss Grey very kindly sent me your address, "Country Lad," but am at present too busy to write personally to you. Probably when you are doing your wee bit in the war district, a letter will reach you from this elusive "Girl of the Limberlost." Cheer up! Until then and always I wish you every success possible, and the best of health and good luck, and please, sit snug 'em Germans for me. You seem to be a lucky chap to have had the privilege of crossing the ocean five times when my ambition is centred on crossing twice, once there and once back to the land of the maple. I must be dreary for you in London if you are not successful in meeting new friends. I do not know what kirk you have been attending for I hail not from the city of London.

And "Twenty-One" has gone on his long trip. I hope he will be able to see the "Ties" when over there, I am chuck full of curiosity to him.
In answer to "Harvester's" queries, I am only able to tell her that Wallace Reid was born April 15th, 1891, hence he is 25 years of age. I do not know much about Pauline Frederick's life, but do know that at the time, some few years ago, when she was prominent in the world, she was the wife of an English nobleman, but divorced him and returned to the stage, "for good," she says. I believe she has been married twice, but at present I cannot recall her husband's name.
THE GIRL OF THE LIMBERLOST.
Ans.—You will be pleased to know that one of our Mail-Box friends and her fellow church workers have "adopted" "Country Lad," and he at least will not be able to say that "no one has spoken" to him, in that particular church. Thank you for the moving help. Be your personal query, I really and truly think you will, and some day opportunity may be pecking 'round the corner at you just when you least expect it!

For "Curly Head."
Dear Miss Grey—Will you please forward the enclosed letter to "Curly Head," if you can get her address?
M. L. P.
Ans.—Friend, "Curly Head," I know not the name nor place of abode. Will send it, please?

A Plastered Wall?
Dear Miss Grey—Could you tell me through your page what preparation a new hard-finish wall would need before paper-hanging? Would a cheap grade of flour make good paste? I would also like very much to get recitations called "Mr. Perkins at the Dentist," "The Prisoner's Story," "The Christening," and also one that was mentioned as the "Crepe" recitation. I am MISS TWENTY-ONE.
Ans.—If by "hard finish" you mean a smoothly plastered wall, it would need no coating, so far as I know, to make the paper stick. Cheaper flour may be used, and the paste made as usual.
Recitation requests referred.

City and Country Economy.
Dear Miss Grey—I would like to tell the readers the cause of high prices. For one thing, the weather was very bad, the farmers could not grow a crop in this part, and I do not think crops next year will be very good in lots of places. But if the weather had been ever so good, crops would have been short, as most of our best land is serving the King, and much of the land cannot be worked, so "the worst is yet to come."

The crops here were such a failure that lots of farmers are making sales and selling their stock to pay the awful taxes, rent, or interest, and a hundred other expenses that no one but the farmer knows anything about. They will go to town to work in hopes of making a living for the winter. Others have hired out this fall instead of getting their land ready for a crop next year. It is a very poor way to do, but as they have nothing to sell, and have to buy even their vegetables (I am paying \$2.40 a bushel for potatoes, \$1 for tomatoes, and 65 cents a peck for onions, and meat we cannot afford), they must earn something at once to keep things going. But it will make poor crops next year, I am afraid. Hardly anyone has seen grain for next year, and no money to buy unless they can work out this winter and save enough to buy grain. That will mean the war case in some cases will have to wade in the snow to do the chores. One woman here is doing all the farm work as well as caring for her children, while her husband is away at work. I think she is doing her bit.
A reader some time ago told "A Farmer's Helpmate," I think it was, that she should have learned before now not to work such long hours. Will she kindly tell me how to avoid it, if the boys must fight and our girls go to the city to fill positions left vacant by those who have enlisted? What are Mother and Dad to do? The work must

"Beans Is Beans"
—and the cost is soaring skyward with pork, beef, eggs and other foods until the cost of living represents an increase of from 30 to 50 per cent. While meats and vegetables are beyond the reach of many millions of families, Shredded Wheat Biscuit continues to sell at the same old price and retains the same high nutritive quality. Shredded wheat biscuit contains all the rich body-building nutriment in the whole wheat grain, including the bran coat, which is so useful in keeping the bowels healthy and active. Eat it for any meal with milk or cream or in combination with fruits.
Made in Canada

man at the rear of the coach approached the merry group, and addressed them, saying:
"Girls, that lady has been bereft of her three gallant sons by the cruel hand of war. A month since when word reached her of the last—her little—she was too great for the mother-heart to bear, and soon alarmed the symptoms of mental trouble became all too apparent. Today she is being conveyed to the hospital for the insane, in fond hope that under proper treatment the poor, crushed intellect may regain its former brilliancy."
This was their gaily subdued, and womanly sympathy and respect now shone on the youthful countenances, while the seemingly senseless refrain was fraught with touching sadness, "One—two—three. All gone."
God bless our soldier-mothers.

be done, and we cannot hire help, if we had the money. I guess some folks have never known what it is to be right up against it, and have to work all day and half the night, as farmers have to.

This summer everybody who was big enough to do anything had to work to try to grow a crop; everything failed by the hay, and we saved it. In first-class hay, but oh no, they say not. It seems there is no good hay, so what are we to do, but quit and go to town and stand a chance with the rest. We will at least only have to work ten hours instead of sixteen and more, but if many more leave the farms how are people to get anything to eat? There is no grain to fatten the hogs, and poultry and eggs cannot help but be high, for we do not even see eggs. Sugar will be high next year, for we cannot grow sugar beets without help. This is a place where a great many beets were grown, but I have not seen any this year. I tried to get a few to use, but could not find any to buy. We cannot get vegetables here at any price most of the year, just when they are shipped in. All the food will have to be sent out, as so many of our men have gone. It cannot help but make the living high, and if we cannot get help, the people in the cities will have to do as we are doing, work harder and cut out everything, but necessities, cut out shows, and sports, walk instead of riding, not buy candy, gum, ice cream, soft drinks (hard either), haberdashery, and things that we would be better without, but that we would be better without, but people in the cities have to do without lots of these things at any time. And say, why cannot the women in town do their bit by papering and painting their homes instead of hiring it done? Perhaps some do, but lots never try to. We women in the country do all such work. I have a twelve-roomed house, and have never hired anyone to help. Some of the roof, I do once a year, and some once in two or three years, when times were good, I wish you could see the one I did today, and it costs very little when one does the work themselves. Oh! there are lots of ways to save when times are so hard, and if we save that way there will be more for the soldiers' wives.

Oh, yes, about the soldiers' wives. The only ones here are also farmers' wives, with large families. Just think of being left with from six to eight kids and a large farm, and no help to be hired if they had the money to hire a man! The men could not make it go this summer, so what about the women? I think it is awful to leave so much on the mother.

In one family, the father and only son enlisted; no one left to do anything but the mother. Lots of boys have gone where there was no other help and the father old. In the Advertiser I saw the father old. In the Advertiser I saw the father old. In the Advertiser I saw the father old.

How can we expect but that living will be high? The farmers will do well if they grow enough for themselves next year unless there is a big change. If any more boys go from here what are we to do? We will do our best, but we cannot feed the people in the cities unless we have help of our own, for the weather is not to be depended on, and a man may hire for a month and get hardly any work done. More ears should be taken when the boys sign up, for lots of them spent six or eight years in the army, and then were rejected, with a loss to everybody. It was a clear waste to all. The farms that have been fired is another awful loss, and some are giving up farming on that account.

Ans.—Oh, "Scribbler," your letter gives out such a blue atmosphere, I'm nearly indigo by this time! But there's certainly food for serious thought in what you say, and it does us good to consider these things. From the other side, please, however, do not regard all "us city folks" as pleasure loving. There's some of us who don't patronize the amusement places these war times—unless it's to treat a country visitor! I'm very glad you wrote us, though.

"News From Home."
Dear Miss Grey—I see where "Alien" has asked me if I knew of any place where she could send a "News From Home" scrapbook.

There are several places. One is to send same to the Red Cross Society at Hyman Hall, London; another is to write same to Miss Glass, 3 Haymarket Court, London; or the O. D. E. work, and I understand that will then be forwarded to Shorncliffe. If "Alien" forwards her book to the Red Cross it will go to one of their hospitals. I could not say just which one in particular. I know of one lady who is working for the Charing Cross Hospital in Old London, and there is still another place where how would it be to send same to No. 10, Stationary Hospital (Western University), as I see they are now located at Rouen? I am sure the scrapbooks are always much appreciated by the recipients. If "Alien" wants a little more definite address than No. 10, that is, the name of some particular person to send her book to, I will gladly furnish same, as I know quite a few members of that

Daily Bible Question Club

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:
"The Voyage," Acts, xxvii, 1-35.
Golden Text—"Commit thy way unto Jehovah; trust also in him, and he will bring it to pass." Psalm, xxxvii, 5.
Verses 1-8.—Why may we make just as much progress in the performance of our duty, when the wind is contrary as when it is in our favor?
9. Why would you say that it is the duty of a guard of prisoners to make a distinction, according to the character of the prisoners, in the way he treats them?
7. If Paul had made his escape, seeing he was innocent, when Julius gave him liberty at Sidon to visit his friends, that city, which would you have thought of him, and why?

ADVERTISER PATTERNS



A Dainty Night Dress.
1645.—This pretty model is nice for lawn, dimity, nainsook, crepe, mull or flannel. It is made in square outline at the neck, and with a bell-shaped sleeve slightly puffed over the arm. The gown may be made in loose kimono effect, or shirred at empire waistline.
The pattern is cut in three sizes—small, medium and large. It requires 5½ yards of 36-inch material for a medium size.
A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

ADVERTISER PATTERN DEPT.
Please send above-mentioned pattern, as per directions given below.

Name
Town
Province
Age (if child or miss's pattern)
Measurement: Bust..... Waist.....
Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure you need only mark 22, 24 or whatever it may be. When in waist measure, 22, 24, 25 or whatever may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from date of application.

unl. I may say that the scrapbooks are always greatly in demand, and the men are delighted to get them. Hoping this is the information desired, Yours sincerely,
BUSINESS GIRL.
Ans.—Hints gratefully acknowledged and passed on to "Alien."

Can Speak Irish.
Dear Miss Grey—I reader wanted to know what Sinn Fein meant. "Sinn" is "our"; "Fein" is "selves," but in the Irish language says like that are used in many ways. Would do duty for "pull," "favorite," etc., and I have heard the old people say when people were getting too intimate, "O Sinn Fein, Sinn Fein" (It's pronounced that way). Of course the society in Ireland under that name is banded together by a common object, the freedom of Ireland.

I can speak Irish real well; in fact, it was the first I ever learned. My mother was a young wife in the heart of a Canadian bush; my father was away a lot to earn money to pay for our farm, and we were all alone. I guess she likely talked a lot to me, as I never forgot it, though at one time I never heard a word of the old tongue for years.

AUNT MARGARET.
Ans.—Your letter with its kind information for "Pussy" give me a brief glimpse of lonely pioneer days in Canada's infancy. Just a few reminiscences of those "hardy" light hours, do spin a yarn for our benefit. It's a long time since you've written.

Didn't See It.
Dear Miss Grey—Am sending self-addressed envelope for song, "The Butcher Boy," which "Friend of the Mail-Box" so kindly copied out for me. Hope I can do something in return. In the meantime accept my thanks. Two weeks ago today I sent in the song "The Shuff Behind the Door," requested by one of the correspondents. Did you not receive it?

JOHN'S YOUNGEST SISTER.
Ans.—I did not see your interesting acknowledgment a few days later. Poem is going forward to you.

Asks "Nurse-Mother."
Dear Miss Grey—I cut out "Nurse-Mother's" letter and wonder if she would tell me what to do for a cold in the head for a baby? My babe, eight months old, has



A GREAT CHANGE.
has come over the character of the student class since the outbreak of the war. All who study music at the present time are most earnest. Such students naturally turn to the training that an institution of the highest standard can give.
Such an institution is the London Conservatory, and its students are working with a serious purpose.
534-536 DUNDAS ST.
Phone 1101.
Little L. Armstrong, registrar.
F. L. Willgoose, music director.
J. C. Dunelm, principal.

Attention Men and Women of London and District

You are trying to save as much money as possible these days. Everything is high in price. Everything is getting higher in price. This includes shoes. We all have to have shoes, and wise buyers are securing extra pairs. Why not you? Look over this list of bargains, then come in and see our display of shoes for every member of the family.

We have secured another shipment of Boys' Solid Wearing School Shoes. Good values at \$2.75. We will place them on sale Wednesday morning (sizes 11 to 5) at..... \$1.95
Have you seen our splendid line of Little Lads' Solid Wearing Shoes that we are offering at \$1.69? They are exceptional value at \$2.25. (Sizes 8 to 10½).

We will place on sale Wednesday morning 30 pairs of Men's Work Shoes, made of Crome leather, viscolized soles, sewed and nailed. Splendid value at \$3.50. While they last, suitable for farm or factory wear, \$2.98
Big Lot Men's Gunmetal Lace Shoes, recede and rounding toes. A good shoe for business wear; \$4.00 value. Special this week..... \$2.98

Good assortment Men's Leather Carpet and Felt House Slippers to choose from at greatly reduced prices.

We carry a complete stock of Men's All-Solid Work Shoes, tan and black grain leathers, viscolized soles, tipped and plain toes, at money-saving prices.
18 pairs Women's Patent Gunmetal and Fine Kid Shoes. Sell regularly for \$3.00 and \$3.50. On sale Wednesday..... \$1.98 a pair

We will place on sale Wednesday morning 15 pairs Misses' Kid Lace Shoes, good soles and heels; \$2.25 values. While they last..... \$1.29

The bargains in our Misses', Infants' and Children's Departments will astonish you. A swell line of Women's Patent Button and Lace Shoes, black cloth tops, Cuban and Louis heels; \$4.00 value. Special for this week..... \$2.98
A big lot Women's Gunmetal Fine Kid and Box Calf Lace and Button Shoes, high and medium heels; \$3.50 value. For..... \$2.48
A choice assortment Women's Cozy Felt Slippers, in colors black, brown and red; \$1.25 value. For..... .98c
Special—15 pairs Women's High Top Lace Shoes, in two-tone effects. Regular \$7.50 value. On sale Wednesday and Thursday..... \$5.98

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Rubbers for all the family, at greatly reduced prices.

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WHENEVER you bake
A dainty cake
And Purity is your brand,
You'll smile with me
And quite agree
It's best in all the land.
PURITY FLOUR
More Bread and Better Bread

a bad cold in his head and coughs a little, too. But it isn't so bad as his head. Of course, maybe she won't be able to answer this right away to help him now, but I would know what to do another time.

Could I get ten flags of the "Canadian History" series, and 30 yacht flags, please? If you haven't them on hand will you please keep my envelope until some come in.

CHESTNUT.
Ans.—Referred to "Nurse-Mother."

Her letter was very helpful and practical, I thought. No flags are on hand just now, but some may come in.

"Molly-O."—Shall gladly send you the "Highlander's Toast" clipping, but need full address; failed to keep a record of your name when you sent it before.

Ducks as Money-Raisers.
Dear Miss Grey—"A Mother" asks today for gum flags in exchange for R. S. wraps. I have just six left which I inclose. Perhaps she will not be pleased with them as three are flags of the "Triple Alliance." Thanks to "C. C.," "Pussy," and "H. T." for coupons. Inclosed are for "Y. S." "56th Girl." I have just made two flag cushions by machine, stitching flags on black satin, one in centre and one across each corner. I think it looks better than too many put close together.

Regarding the topic of earning extra money for soldiers' wives, or anybody else, I don't think one in twenty will make money with chickens. There are too many pitfalls in the business, and there never was a truer saying than, "Don't count your chickens before they are hatched," and my experience says, "after they are hatched, either." Give me ducks for money makers. You don't need a creek to succeed; in fact, better without, but you do need a good yard and not too close to neighbors to be annoying. About this time each year I buy the heaviest five-ducks and one drake I can find, keep them over winter with scraps from house, a little grain, and lots of fresh water. Use a little blood meal in their mash along in February to start laying. I get seven hens (ducks are not good mothers), on 70 eggs at once, and after testing out have five good nests. The extra two biddies get new eggs with the next lot of setters. These five nests usually hatch well giving a bunch of 40 full-grown ducks of an age. Sprinkle eggs with lukewarm water the last four or five days and don't set any eggs after May 25th, as late hatches do not pay. Ducklings require about 24 hours to some out of shell after piping, and any that cannot get out themselves are not worth bothering with. Contrary to the popular idea, ducklings are

easily drowned, and must not get wet still well started. Feed broods mixed with milk or water, with a little chopped egg (infertile eggs), added and gradually change to one-third (by weight) cornmeal and two-thirds hard moistened veal. Give four times daily all they will eat clean and lots of fresh drinking water. At eight weeks confine in small yard and give half cornmeal to half bran, and shill alive at ten weeks when they should weigh 5 to 6 pounds, and bring 20c to 25c per pound for earliest sold or perhaps 15c for later ones.

I will be glad to send address of the best market in Canada for green

ducks, or answer any questions. One can easily clear over \$100 from the five ducks, after paying for food, and have all fowl sold by the last of August.

SNOWBIRD.
Ans.—You make the raising of ducks so attractive, I'm expecting the office staff to invest at once, and coming the flat roof into a "duck garden." Then if the enemy invaded our city, perhaps their quacks (the ducks), might be as effective as the hissing of the geese in olden times! Nonsense, aside, yours is very real help, and may enable some woman to "see her way out" for next year.



Quality
Chase & Sanborn's
Coffees have been dependable for more than fifty Years
SEAL BRAND
COFFEE
In ½, 1 and 2 pound cans. Whole—ground—pulverized—also Fine Ground for Percolators.

We Are Sole Agents for the "EMPIRE" Line of Ranges and Heaters
Before you buy your stove make sure you see this line, as you will find it very interesting.
H. Wolf & Sons
265 DUNDAS STREET.

Lifebuoy Soap, 5c
A CLEANER AND A DISINFECTANT.

FRY'S COCOA

CEETEE UNDERCLOTHING
Guaranteed Not To Shrink.

Whenever the children suffer from earache, blink or
COMPASS OIL
Three drops, heated in spoon, and dropped into ear, cures.

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Fine and White, 15c, 25c, 35c
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