

Your Tea-pot and "SALADA" TEA

will tell you a delightful story.

Sold only in metal packets. Never in Bulk.

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

SUNLIGHT SOAP is made from the sweetest and choicest of edible oils and fats. It contains no harsh or strong ingredients. It is the purest and most efficient of soaps and, if used judiciously, the most economical of soaps.



WRIGLEY'S

The Pass Word to pleasure, for the fighters abroad and workers at home

WRIGLEY'S

The name of the famous Chewing Gum that has won its way around the world.

Three fine flavours



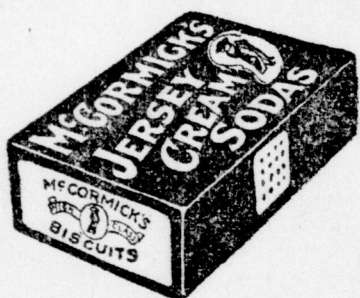
Small in cost Big in benefit

It is a Sweetmeat, a Stimulant and a Health-help all in one. It benefits teeth, breath, appetite and digestion. It steadies stomach and nerves. It is ever-ready refreshment when you're fagged.

MADE IN CANADA

The Flavour Lasts

Always Crisp and Delicious



Sold in Different Sized Packages

Made Under Our Own, More Exact, Pure Food Laws

The purity and goodness of McCormick's Jersey Cream Sodas is assured by the careful selection of the very best materials, by the skill of our experts who bake them, by the perfect cleanliness and appliances

of our great, snow-white, sunshine factory, and finally, by the perfect protection of an air-tight, sealed package that excludes all dust and moisture. Ask your grocer.

McCormick's

JERSEY CREAM Sodas

SOLD FRESH EVERYWHERE

Cynthia Grey's Mail-Box

Wasting People's Money.
Dear Miss Grey.—With much comment and amusement I note the frequent discussions on the high cost of living, economy and needless days. To me the whole affair looks like a burlesque. The overworked and ill-paid economical farmer's wife is being asked and even urged to be, if possible, more careful and saving, while people's hard-earned dollars are being given away in subsidies to railway, steel and other corporations. A free hand is allowed to the grafters, boot-lickers and speculators of the money market. Many M. P. and officials of high standing have hired clerks to perform their clerical work that they themselves might do. Their wives have servants galore, beautiful homes and clothes, electric and motor cars, and they are enjoying to the fullest extent life's pleasures. The Government at Toronto is spending thousands in the purchase of oriental rugs, bric-a-brac and beautiful hangings for the government house. In the face of such wanton extravagance in this sort of

way time it becomes these spend-thrift gentlemen to urge economy on the part of the farmer's wife. For my part until the Government can prove that it is in every way possible endless expenditure, I do not intend to even try to save one iota more than I have always done.

I often wonder, Miss Grey, what some of the saving, careful ratepayers would say if they could just take a peep into our legislative halls when some of the members are in the room. I see what little concern many of the members take when millions are apparently being squandered.

I notice some one asks for a recipe for citrons. Here is one that is delicious: Pare citron and remove seeds. Cut into pieces about an inch square and cover with granulated sugar, one bowl of sugar to three of citron, and let stand over night. In the morning add one lemon to about four quarts of the fruit. First squeeze out the juice into very fine pieces the peel, add to the fruit and boil until tender. Pour into sterilized sealers and you have citrons fit for a king.

FARMER'S WIFE.
Dear Miss Grey.—Kindly allow me just a tiny space in your valuable page to thank "Laessie" for the very kind request in regard to the canning of the peas and beans which turned out very well. I am very pleased to inform you that I find they have cleared, and look as green and as fresh as when I canned them. Perhaps if I had a little patience I need never have written, but you know the saying,

Patience is a virtue.
Find it if you can,
Seldom in a woman,
NEVER in a man.

Please, "Laessie," forgive me if I caused you any worry, as I think we all have enough worries nowadays. Here's wishing you every success. I remain, sincerely yours, NAOEMI.
P. S.—Aren't I a wicked writer?

Need Not Register.
Dear Miss Grey.—Would you please answer a few questions for me? I am a Canadian girl and I am writing to you. I am considering one also, or would she have to register to live in the United States?

2. Do you think P— harmful to take? Have seen in the paper where it was going to register to live in the United States. Would like to try it if I thought it wouldn't injure my health. Success to all the Pacifics. I remain,
JUST BARE.

Ans.—1. Yes; no, she would not have to register.
2. Can give you no information about the preparation to register to live in the United States. Do not know how you can ascertain its value without a trial. Perhaps a physician would advise you.

A Chat From Rose.
Dear Miss Grey.—The snows of the departing winter still lingered on the ground. November is waning and autumn draweth nigh, with a glory all its own. The first bright tints are already showing up in the leaves of certain vines. The time will soon come when all the leaves have changed their summer suits of green and arrayed themselves in gay robes of scarlet, yellow and brown. How pleasant it is to wander among these bright-hued trees, with the cool, soft winds stirring their branches! One hates to think of the time when their bright leaves are gone and they stand bleak, barren and desolate.

The sentiments expressed in a letter written by "Mary Sunshine" appealed to me very much. She spoke of mothers being obliged to a certain extent for not gaining the confidence of their daughters. This is a subject which lies very near to my heart. I have but one girl, just starting in her teens, and my earnest prayer is that she may never lose the confidence I have in her. What a terrible thing it is! I truly believe, like "Mrs. Sunshine," that if we were more confidential with our children there would be no danger of them withholding confidence from us. The other writer has interested me very much, so much so that I have decided to write a book. But of course I would realize how very distant that goal lies beyond my reach, so far that I would never dream of even taking the first step towards it. I have written a few short stories and one or two did with his, considered them as a fiery grave. Is it not true that we are for so many brilliant thoughts to fade away into ashes? I only hope that this ambitious literary young man may yet see his fondest dreams realized, and that I may have the pleasure of perusing one of his stories.

Some of our best writers, such as "Personage Mother," "Country Mother," "March Wind" and "Mrs. Homebird," are staying too long in the limbo of I hope they soon seek themselves out and saunter over to the old Grey Box for a good, long social chat, and may I be there to greet them as they come marching in. Is this wish a little far?

ROSE OF SHARON.
Ans.—A wish most heartily echoed by me. "Rose," for none of you come here often enough. I'm glad to hear you speak about mothers and daughters "chattering." It is an important subject to press home, and one all too often neglected. Brighten up our box again, "Rose." Here is one channel for you to "see print" as often as you will!

To Keep Squash.
Dear Miss Grey.—I am writing to you as a friend in need to ask if you or any of our kind readers could help me by printing a nice recipe for a cucumber, mustard pickle, and if squash will keep through the winter, and oblige.

WORKING HOUSEKEEPER.
Ans.—I find this recipe in one of my cook books, and it may be what you wish: 12 large, ripe cucumbers, 12 onions sliced thin, corn with salt, let stand over night, drain and chop; 3 points vinegar, 3 cups sugar, 1 tablespoon mustard, 1 tablespoon curry powder, 1 tablespoon flour, 1/2 teaspoon cayenne; let vinegar boil, then add all out mustard and flour; mix them with little cold vinegar to a paste and add rest.

2. Some seasons are a number of recipes for drying pumpkin were recommended by Mail-Box readers. Unfortunately I seem to have kept no clipping.

DAILY BIBLE QUESTION CLUB
SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON.
By Rev. F. S. L. (All Rights Reserved.)

"The Benefits of Total Abstinence." (Temperance Lesson.) Daniel, 1. Golden Text.—"Daniel purposed in his heart that he would not defile himself with the king's dainties, nor with the wine which he drank." Daniel, 1. 5. Verse 3.—"If meat is necessary for strength, how do you account for the strength of the horses and the elephants, as both are vegetarians?"

6. Is there any reason to think that the craving, or desire for meat is an artificial appetite?

7. What evidence is there that a purely vegetable diet would increase the health and the longevity of the people? 8. Verse 9.—"Did God in some supernatural way cause the prince of the eunuchs to love Daniel, or in any other way than through Daniel's lovable manner? Why?"

Advertiser Patterns



A Splendid Combination for Sports or Outing.

Blouse—2148. Skirt—2157. Comprising Ladies' Blouse 2148 and Ladies' Skirt 2157. The blouse is of flared shantung in tan and green and the skirt of white serge. Any reasonable combination is equally attractive, since could be used for the entire suit. Satin, serge, taffeta, voile and bordered goods are also nice. The blouse is cut in seven sizes, 34, 36, 38, 40, 42, 44 and 46 inches bust measure. The skirt in seven sizes, 22, 24, 26, 28, 30, 32 and 34 inches waist measure. The skirt requires 3 yards of 44-inch material, and the blouse 3 1/2 yards of 44-inch material for a medium size. The skirt measures about 2 1/2 yards at the foot.

This illustration calls for TWO separate patterns, which will be mailed to you on receipt of 10 cents POSTAGE. Each pattern in silver or stamps.

ADVERTISER PATTERN DEPT.

Please send above-mentioned pattern, as per directions given below:

Name

Town

Province

Age (if child's or misses' pattern).....

Measurements: Bust..... Waist.....

CAUTION: Be careful to include the above illustration, and send size of pattern wanted. When the pattern is sent measure you need only mark 32, 34 or whatever it may be. When in waist measure, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, give only figure representing the age, it is not necessary to write inches or years. Patterns cannot be sent in less than one week from date of application.

of these methods, so would ask if anybody will kindly describe the process again. It might be what "Honest Keeper" would wish for the squash-pumpkin, but I am not sure.

Here it is: Cut 1/2 pounds yellow pumpkin into small pieces and mix with 1/2 pound of sugar. Let stand 12 hours. Then peel 6 oranges and 2 lemons. Boil rind of 2 lemons and 2 oranges 2 hours, changing water twice or three times, and then cut off as much of the white as possible to prevent bitterness. Chop the remainder of rind and add with juice of fruit, orange and lemon juice to fruit. Put in jars and keep in dark place.

First Local "Movie."
Dear Miss Grey.—"Brown Betty" was asking for something to make eyelashes grow. "Gentleco" sent me the following about six weeks ago: glycerine, 1/2 oz.; 2 oz. oil; 2 extract Jabardani, 2 oz.; 2 oz. oil on brows or lashes with camel's hair brush, taking care not to get in the eyes.

Also, find enclosed words of "Forgiveness" or "Augustus" if you wish. I think it could be prepared at any music store. I sent in a letter the latter part of last year for the name of the first movie picture for the London but it wasn't answered. I think it was the Victoria near the "Tiger" building on Dundas street, and opened somewhere in 1905 or 1906.

LAZY DAISY.
Ans.—As always, thanks for helping. I think you mean your query was simply addressed to the office, not to me in particular. I have no recollection at all of such an inquiry. From information available, your surmise is correct, but come citizen-readers may be able to tell us if we are wrong.

Re your postscript, how heart-breaking are your posters why such things are. My sincere wish for you both is that faith and love and hope do not leave you, and still more are trusted and letters cease to be "missing."

Her Favorite Flower.
Dear Miss Grey.—Here I come for a visit to your cozy corner. I wonder if there is a vacant chair for me? I am a girl of thirteen, still going to school. My mother tells me that my school days are the best part of my life, if I but knew it. I am anxious to go back to school again and I intend to improve every minute of my entrance next year.

I am a lover of flowers of all descriptions, my favorite flower being lily of the valley. I like the small delicate

Don't Eat Less—But Eat Better. There is no need of anyone going hungry. Canadians should eat foods that supply the greatest amount of nutriment at the lowest cost. The whole wheat grain is the most perfect food given to man.

Shredded Wheat Biscuit is the whole wheat grain prepared in a digestible form. Every particle of the whole wheat berry is used—nothing wasted, nothing thrown away. Two or three of these biscuits with milk, sliced peaches or other fruits make a nourishing, satisfying meal at a cost of only a few cents.

Made in Canada.

Fry's

A FATIGUE DUTY



The nurse who is "just ready to drop" will find a wonderful stimulant in FRY'S delicious Cocoa. Of course it feeds every tired muscle—it nourishes bone and nerve—but it really does more. FRY'S possesses in full measure that subtle "spirit of cocoa"—theobromine—which is one of the most beneficial stimulants known. So you see FRY'S is a tonic as well as a nourishing food.



"Nothing will do but FRY'S"

Flowers almost more than the latter ones.

I love the autumn weather; do you Miss Grey? I like to watch the trees changing their colors. When the leaves come falling down, we children at school gather them together in heaps and play amongst them.

Well, I must trot along, but sometime again you may hear from only a "PANSY BLOSSOM."

Ans.—If not. dear little "heart-crease" it will be our loss, so try and find time to write me. I shall stand by your page. Yes, school days are, or should be, happy ones, free of the responsibilities that come to us all later in life, although there are many of the sweeter, sweeter happinesses come to us then. I think you are building well for them in your love of the flowers and nature's beauties. It betokens a happy nature to be able to find the "sermons in trees, etc."

Is Truly Lonely.
Dear Miss Grey.—Am enclosing you the name of a poor lonely soldier boy who left this city over a year ago, and who is practically alone in the world. He is very deserving and would appreciate a letter from you. I am sure some kind reader "adopting him." He has been at the front for some time now. He truly is a lonely soldier. Best wishes to all the readers and yourself.

A LONDONER.
Ans.—We shall certainly try to find a number of friends for this lonely. Grateful to you for telling us of him. Your kind wishes are appreciated.

Real Nice Letters.
Dear Miss Grey.—Write you before for an address of a soldier in France. I received an O.K. and have sent him boxes, which he received, and sent back a real nice letter, also his picture. Now my girl friend asks me to get two names for her. Would you please send them to me for her, and we will let you know how she gets on. I will close, with love. BRITANNIA.

What a satisfaction it is to hear of our page-adopters receiving letters of appreciation from their "lovelies." Thanks for letting me know, "Britannia." The names for your girl friends go forward, as requested.

VERSE

NEW AND OLD

BETTER THAN GOLD.

[Copy Sent for Roy Roy by Royal Standard.]

Better than grandeur, better than gold, Than rank or title a hundred fold, A beautiful boy, a mind as clear, And simple pleasures that always please, A heart that can feel for a neighbor's

And share in his joy with a friendly glow; With sympathies large enough to unfold, All men are brothers is better than gold.

Better than gold is a conscience clear, Though toiling for bread in a humble sphere, Doubly blest with content and health, Untried by the lust or the cares of wealth, Lowly living and lofty thought, Adorn and ennoble the poor man's cot, For mind or morals on Nature's plan Are the genuine test of a gentleman.

Better than gold is a thinking mind That in realms of thought and books can find A treasure surpassing Australian ore, And live with the great and the good of yore.

The sage's lore and the poet's lay, The glories of empires passed away, The world's great drama will thus unfold And yield a pleasure better than gold.

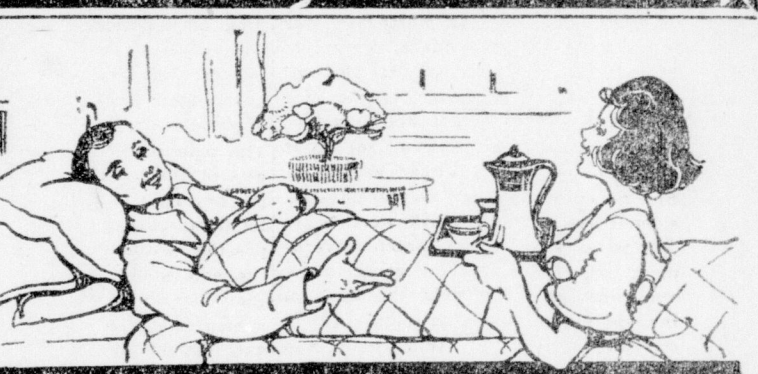
Better than gold is a peaceful home, Where all the fireside hearts are one, The shrine of love and the haven of life, Hallowed by mother or sister or wife, Or tried with sorrow by Heaven's decree, The blessings that never were bought or sold Do centre there, are better than gold.

Better than gold in affliction's hour Is the balm of love with its soothing power, Better than gold on a dying bed Is the hand that pillows the sinking head; When the pride and glory of life decay, And earth and its vanities fade away, The prostrate sufferer needs not to be told That trust in Heaven is better than gold.

MAYBE BUYING MATCHES never struck you as being an important job. But it is. It is important that you buy none but EDDY'S

CHEMICALLY SELF-EXTINGUISHING "SILENT 500"

The matches with "no after-glow." EDDY is the only Canadian maker of these matches, every stick of which has been dipped in a chemical solution which positively insures the match becoming dead wood once it has been lighted and blown out. Look for the words "Chemically self-extinguishing" on the box.



Little Maiden CANADA

Nourishment!

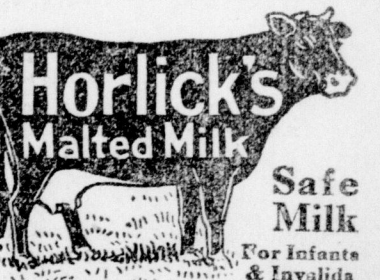
During the convalescent stage after sickness, the body is craving for wholesome nourishment. There is nothing more soothing to the nerves or agreeable to the digestion than Perfection Brand Cocoa. It is, in itself, a splendid food and next time there is any body-building to be done, try it. Good at all times

COWAN'S COCOA— "Perfection Brand" Purest and Best

RESUMING MEETING. KINGSVILLE, Sept. 3. — Following two months' vacation the Girl Guides will resume their regular meetings, commencing Thursday evening, September 6.

C. A. Quick & Sons, Limited, general store, is the style of the new firm in town. This is a reconstruction of the well-known firm of C. A. Quick, who has conducted a successful business here for many years. Mr. Quick will devote his time to the closing of the business of the old firm, while the sons

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



A Nutritious Diet for All Ages. Keep Horlick's Always on Hand Quick Lunch; Home or Office.