



Use Benson's
for Custards

Benson's will give
the best results.

BENSON'S CORN STARCH

Nameless brands, even though lower in price, are
more expensive in the end.

Always order by name—BENSON'S.

WRITE FOR FREE COOK BOOK.

THE CANADA STARCH CO., LIMITED, MONTREAL.



Children love to
chew **Krumbles**
because the more
they chew it the
sweeter it tastes.
Krumbles has a
full rich flavor never
before known in a
wheat food.

Look for
this
signature

K. K. Kellogg

TORONTO, CANADA



A PAGE OF INTEREST TO WOMEN

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.]

Writing for Sister.
Dear Miss Grey,—Will you kindly answer the following questions for me?
Inclosed I am sending you a stamped, addressed envelope for a soldier's address. I am very anxious to send the boys a box of goodies. If you have the names of two, will you please send them to me?

What will take ink stains out of linen? I have tried buttermilk.
2. A good recipe for layer cake?
Please excuse my writing. I am only in the third book, and I'm writing this for my sister, who is very busy.
May I call again?
Well, here I go. Bye-bye.

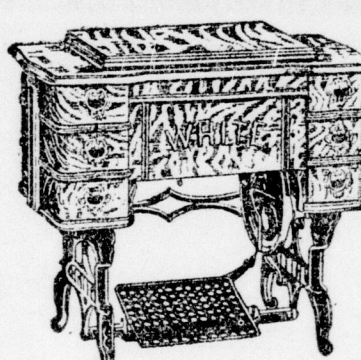
WASTE NOT.
Ans.—Use salts of lemon for the ink stain. Wet the stain in clear water, cover with salt, and place in the sun for ten minutes or so. Then wash out well, and rinse once or twice. Lemon juice and salt give good results, too.
2. Layer Cake—One egg, pinch salt, three-fourths cup sugar, lemon flavoring, good tablespoon butter or lard, two teaspoons baking powder (measure), one and three-fourths cups flour, three-fourths cup sweet milk or water. The egg may be separated, and the beaten white added last, if wished. Bake in well-greased cake tins; put layers together when cool, and ice.
You are very welcome to call again, Miss "Waste Not."

Advices Low-Grade Flour.

Dear Cynthia,—I find the Mail-Box letters very interesting, and have often thought of writing, but so many write such nice letters that I am afraid mine will just make a suggestion that you may publish if it is of any use to anyone. As flour is so very expensive nowadays why not use graham flour or low-grade flour, as it is called at the mill? It is half the price, and with a small amount of white flour, makes lovely graham.

headquarters. It's located just to the right as your enter our store.
WE SELL WHITE SEWING MACHINES ON EASY PAYMENTS.

FREE DEMONSTRATION of the Famous White Sewing Machine



All this week at our store. Be sure to stop in and see the Famous WHITE, and the many beautiful and wonderful things which can be made on it. We don't expect you to buy anything, but do want you to see this machine. Remember: We have needles and supplies for all machines, and ask you to make our new sewing machine department your headquarters. It's located just to the right as your enter our store.

WE SELL WHITE SEWING MACHINES ON EASY PAYMENTS.

ONTARIO FURNITURE CO.

Advertiser Patterns



A NATTY DRESS FOR MOTHER'S GIRL.

1918—Girls' Yoke Dress.
This model is good for all wash fabrics, for serge, galatrine, velvet, corduroy, taffeta, albatross and cashmere. The dress is arranged in deep plaits over the back and front, beneath a yoke that is shaped in points. The sleeve is full at the wrist and is finished with a turnback cuff. The pattern is cut in four sizes, 2, 4, 6 and 8 years. It requires 3 yards of 36-inch material for a 4-year size.
A pattern of this dress is 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's 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 term, write only the figure representing the age. It is not necessary to write "hunched" or "Patterned" or "Measure. When miss's or child's pattern, you need only mark 2, 4, 6, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measurements in less than one week from date of application.

with the average young man, I have no doubt.
3. The regular use of vaseline, if persisted in, will make the hair grow thicker. It is said, and some recommend olive or coconut oil. But it is not wise to apply too much oil to the scalp—enough to clog up the pores, at least.
4. Horrors! How do I know? It is an unpleasant rumor that I never cared to investigate.

Three Feet Long.

Dear Miss Grey,—I wonder if some of the readers would exchange crochet patterns of yokes and insertions?
Miss Grey, could you tell me some new way for a girl of 13 to do her hair? My hair is over three feet long, and I have great difficulty in getting it fixed up nicely.

If you have a lonely kitten's address would you please send it to me. I would like to have one of the 21st Battalion.

How long should a girl of 13 wear her dresses?
I am 5 feet 4 inches tall, and weigh 122 pounds. Am I well proportioned?
Will you please criticize my writing?
A SOLDIER'S FRIEND.

Ans.—I have "Soldier's Friend's" envelope for any crochet designs.
2. Your hair must be very nice, especially if it is thick too. But I honestly have no new ideas for dressing it. For 13-year-olds there is no way nicer than one or two braids tied with pretty ribbon, the front in either a soft "pompadour" or parted.

3. No kitten's addresses are at hand, and I know of none in the 21st.

4. Since you are a fair height for your age, have your skirts made to come about four inches below the knee, or a shade longer.

5. You weigh fairly heavy for age and height.

6. It is a very neat hand.

Lilies of the Vale.

"Hemlock."—Will you please accept my thanks, even at this late hour, for the lovely lilies of the vale? So sweet and dainty they are—and every minute of their all-too-brief life was appreciated. It was a kind thought on your part.

Quakers in Ontario.

Dear Miss Grey,—Would you settle an argument for me by answering two questions?
Are there any Quakers in Ontario, and where? Are they not exempt from war?

Ans.—There are settlements of "Friends" in various parts of Ontario, but just where I cannot say. One settlement is in Lebo Township, believe, and another somewhere in the county of Elgin.

2. Yes, or at least so far they have not been compelled to enlist, since it is contrary to their belief.

London Advertiser
COOK-BOOK

Recipes Supplied by Cynthia Grey's Readers.

Class.
Ginger Snaps—Two cups molasses, 1 cupful lard, 1 tablespoon soda, and 1 of ginger; flour to make stiff enough to roll out. To make these snapshells when the ingredients are put together, before the flour is added, the mixture must be brought to a boil.

Coffee Cake—Two tablespoons butter, 1-2 cupful sugar, 1 egg, 3-4 cup milk, 1-3 cup flour, 1-2 teaspoon cinnamon, baking powder and salt. Bake in a shallow pan and sprinkle top with cinnamon and sugar.

DAILY BIBLE
QUESTION CLUB

By Rev. T. S. Lincott, D.D.
(All Rights Reserved.)
Review—"The Purpose of John's Gospel." John, xxi, 15-25.

Golden Text—"These are the things that ye may believe that Jesus is the Christ, the Son of God, and that believing ye may have life in his name." John, xxi, 21.

The questions for this week may be used as an original lesson, or as a review of the twelve preceding weekly lessons. The date, and title of each lesson, where found, should be noted, one question selected from each lesson follow during the present week.

May 27—"The Holy Spirit and His Work" (Pentecost lesson)—John, xvi, 24, xvi, 24. Golden text: He shall teach you all things. John, xvi, 25.

9. Verses 12, 13—"Would it be safe or not, and why, for a true man to put absolute reliance in the Holy Spirit, to be taught by him, 'all things'?"

June 2. Jesus Betrayed and Denied. John xviii, 1-15. Golden text: He was despised and rejected of men. Isaiah liii, 3.

10. Verses 3-5. What part does money play today, in unfaithfulness to or in the betrayal of Jesus?

GRAY'S, LIMITED

Millinery at Special Sale Prices

ALL OF OUR BEAUTIFUL FLOWERS
SELLING AT EXACTLY HALF PRICE.

Panama Shapes Special \$1.49

One lot of Panama shapes, the most popular and comfortable summer hat for outing wear. Specially priced at\$1.49

Trimmed Hats at a Special Price

Three dozen Trimmed Hats, smart and stylish models; regular \$5.00 to \$8.00 values. For\$3.98

All Trimmed Millinery now clearing at greatly reduced prices.

Sale in the Linen Section

Take advantage of our Special Three Days of Tablecloths and Napkins. It affords you a chance to lay in a supply at prices less than can be quoted in the future.

Middy Blouses at \$1.00 and \$1.50

Complete stock of Women's Middy Blouses in pullover and coat styles, with long sleeves, all white or color trim, excellent values. At\$1.00 and \$1.50

CHILDREN'S MIDDIES, ages 4 to 8, all white or trimmed, with colored stripes. Price75c

CHILDREN'S MIDDIES, in a good variety of styles, ages 6 to 14 years. At 85c and \$1.00

GRAY'S
LIMITED.

AGENTS FOR THE LADIES'
HOME JOURNAL PATTERNS.

140 DUNDAS STREET.
Phones 115, 116.

GRAY'S
LIMITED.

Cool Underwear for the Warmer Days

AT LOW PRICES.

LADIES' SUMMER KNIT COMBINATIONS, cummy cut, short sleeves and sleeveless, umbrella knee style50c suit

LADIES' SUMMER KNIT DIAPERS, umbrella knee, open or closed. Price35c

LADIES' PINK Lisle VESTS, plain or ribbed, with French banding or narrow tape on shoulder. Price75c

LADIES' FANCY YOKE VESTS, lace trimmed and plain tops, with or without sleeves35c each, or 3 for \$1.00

LADIES' O. S. AND EXTRA O. S. VESTS, short sleeves or sleeveless. 35c, or 3 for \$1.00

Special Hosiery Values

CHILDREN'S FINE RIBBED COTTON HOSE, fast black, reinforced heel and toe35c pair, or 3 pairs for \$1.00

CHILDREN'S FINE RIBBED WHITE COTTON HOSE, double heel and toe25c pair

LADIES' WHITE Lisle HOSE, reinforced heel and toe, full-fashioned leg35c pair

LADIES' SILK-ANKLE HOSE, in black and white, full fashioned, double heel and toe35c pair, or 3 for \$1.00

Corsets at a Special Price

D. and A. Corsets, medium bust and long hip, four horse supporters; sizes 19 to 30. Very special\$1.19

Ladies' Silk Sweater Coats

A shipment just received that gives us a good assortment. Prices from \$6.50 to \$18.00

Combine Style and Economy Thousands of Stylish Canadian Women have been wearing the D & A Corsets

because they wear well, are stylish, and cost half of what imported corsets must be sold for, duty and freights making these much dearer. The D & A Corsets are fashioned on living Canadian models and adapt the world's latest styles to Canadian requirements.

Sold by the best dealers everywhere. To help you choose the best corset for your figure get our hand-some illustrated catalogue and corset style book—sent FREE—address our nearest office.

DOMINION CORSET CO., QUEBEC—Montreal or Toronto

Makers also of La Diva Corsets and D & A "Good-Shape" Brassieres



DOMINION CORSET CO., QUEBEC—MONTREAL—TORONTO

Y. W. C. A.

The monthly board meeting of the Young Women's Christian Association held on June 20 showed much progress. The extension department asked the board to put before the people of the city the dire need of club rooms and a swimming pool. Call after call has been received asking for this accommodation, and the members feel that if this is put before the public, they will generously respond as they have at all other times.

A REAL HOLIDAY AT CEDAR BEACH.

The Nicholas Wilson Chapter of the Y. W. C. A. is establishing a camp at Cedar Beach for July and the month.

bers are placing it under the management of the Young Women's Christian Association. The camp is only a trolley ride from Chatham and Detroit and offers one of the healthiest and happiest holidays. The camp offers many attractions. Boating and bathing and the beauty of nature to explore are unsurpassed. Those who wish to go will register as early as possible. There is a large tent for those who wish to sleep out of doors. Altogether the camp accommodates 25 girls. The first two weeks the camp will be open for school girls and the last two weeks will be for the "elders" who will find ample time to discuss the social relations of the modern world.

This Coffee Is Tested In the Cup



The splendid flavor of Rideau Hall Coffee results from selecting choicest growths; blending and roasting these by the most modern methods and testing and retesting the flavor and quality in the cup.

Rideau Hall Coffee

will certainly please your taste. If you have never tried it, do so today. Sold by all grocers in sealed tins only.



One pound - 45c
Smaller size - 25c
Gorman, Eckert
& Co., Limited
London and Winnipeg

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

LUX Washing Compound

WON'T SHRINK WOOLENS.

Say! Advise that friend of yours who has catarrh to sniff up nose a few drops of

COMPASS OIL

daily.

Graduation Bouquets

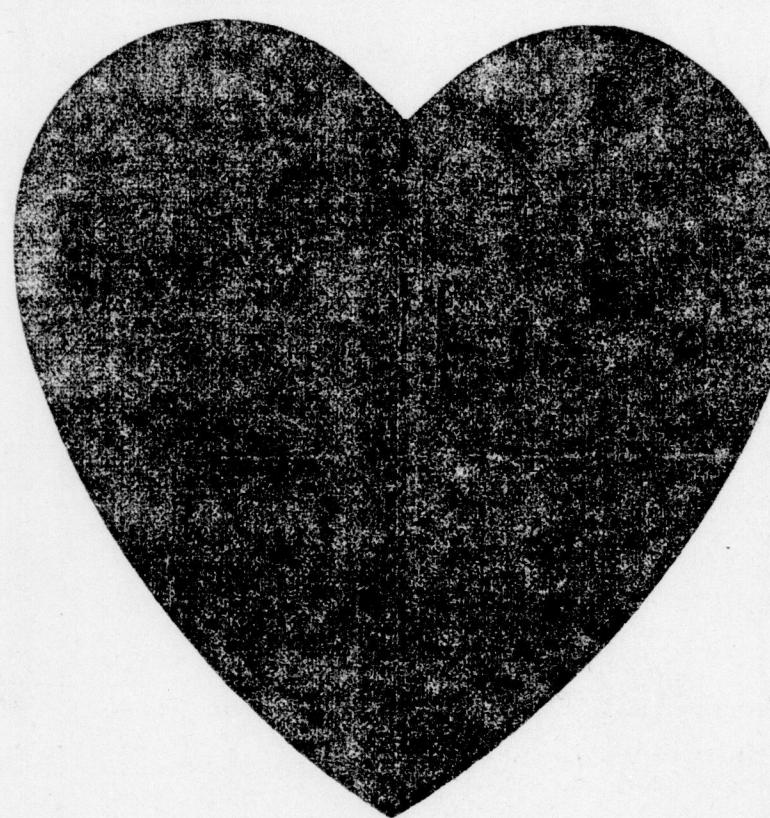
"THE BEST FROM WEST."
WEST FLORAL CO.
249 Dundas St. Phone 2187.

Vegetables

ASPARAGUS 10c, 3 for 25c
SPINACH, outdoor grown, peck 25c
Tomatoes, fine hot-house, per lb. 30c
Cucumbers, choice, each 20c
Endive, excellent in salads 20c
Lettuce, leaf 5c, 10c
Mint, fresh cut 6c
Radishes 10c
Rhubarb, per bunch 5c
Watercress 5c
Parsley 5c
Green Onions 5c

POTATOES, ARTICHOKES.
MAIN & COLLYER
Telephone 2831. P. O. Box 275.

How Big Is Your Heart?



Your Answer Will Be Given

"BIG HEART" Sunday, June 24

This week your postman will leave at your home a contribution envelope and a printed message from the Queen Alexandra Sanatorium. Watch for it and read it. You will be interested in the great work the Sanatorium is doing. You will be "big hearted." You will urge everyone in your household to put a contribution in the envelope and help.

SAVE A SOLDIER

The Sanatorium needs your help. Never were you appealed to in a better cause. Next Sunday—"Big Heart" Sunday—is the day chosen for London citizens to come to the aid of returned tuberculous soldiers and to show their appreciation of the work the Sanatorium is doing in fighting tuberculosis. Decide now, you and your family, that you will show your approval in a substantial way. Give generously and have your contribution ready for the collector Sunday morning.

\$57,300 Is the Amount Required