# PAGE OF GENERAL INTEREST TO

### HAS NO EQUAL GILLETTS It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome. REFUSE SUBSTITUTES.

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

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The six daily studies for this weel for next Sunday. Read the Bible ory on which this study is based, as ponder the following questions:

olden Text-"Thou shalt be a witness an always "glorify God" at the suc-ss of others, and why is a man who

not truly good generally jealous at What either in heaven or on earth

ian, either then or now, be fully led of Holy Spirit, if at the same time he

ere were "thousands of Jews" at nding they were propagating doc-

MORE POWDER.



In 1/2, 1 and 2 pound cans. Whole-ground-pulverizedalso Fine Ground for Perco-

Sold only in sealed tins Coffe 45c. Per Lb.



# ERSE--New

TO THE WEST, TO THE WEST.

The Arrest of Paul." Acts xxi., 17-40. Where mighty Missouri rolls down to Him unto all men of what thou hast Where a man is a man, if he's willing Verses 20-22—Why does a good And the humblest may gather the fruits

Has aid for his fortune and riches to the greatest cause for joy? (See Where the young may exult and the aged may rest, Why could, or could not, a Chris- Away, far away, to the land of the

at time who were Christians, notwith- To the West, to the West, to the land of the free how much error may a man teach in the sea, of the rec.

Of the rec.

Of the rec.

Of the rec.

Where mighty Missouri rolls down to it on the joint; wrap a rag around the foot, apply at night; the rag is to keep these days, and still be reconciled to Where the young may exult, and the it off the bed clothes. I cured mine that aged may rest Away, far away, to the land of the

> rivers that flow, Run thousands of miles, spreading out As wide as old England and free to us Where the prairies like seas, where the billows have rolled,

And the lakes are like oceans in storms Away, far away, to the land of the boy, a chum of our son, he says: West.

### Chorus-

To the West, to the West, there is The forest to clear is the work to be We'll try it, we'll do it, and never While there's light in the sunshine or I am proud of all my soldier boys,

Shall strengthen our hands and forbid has a piano. Bang it all you can, Away, far away, let "s hope for the ing for mail, then after the last letter

the West.

### London Advertiser COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

"Aunt Jemima." Cabbage Salad .- Two heads cabbage ablespoons mustard, one tablespoon ornstrach, one tablespoon salt, one hopped cabbage, then add one pint of the ammonia escapes. inegar, quarter pound of butter, one up brown sugar. Heat and pour over abbage, and let boil. Stir well while will you kindly give me a good cure oking. Seal while hot. Will keep a for bronchitis?

NATURE-FAKING. A Long Island teacher was recounting the story of Red Riding Hood.

great noise. She turned about, and recipe? what do you suppose she saw standing there, gazing at her and showing all its sharp, white teeth?"

2. Readers afflicted with this trouble may be able to give remedies. Sorry I am not able to suggest any cure have helped win, can we ignore the fact myself "Teddy Roosevelt!" volunteered one myself.

## of the boys. The Lights of 65 Years Ago

ARE STILL DOING DUTY IN THE SHAPE OF

**EDDY'S MATCHES** 

SIXTY-FIVE YEARS AGO THE FIRST CANADIAN MADE MATCHES WERE MADE AT HULL BY EDDY AND SINCE THAT TIME FOR MATERIALS AND STRIK-ING QUALITIES, EDDY'S HAVE BEEN THE ACKNOWLEDGED BEST.

WHEN BUYING MATCHES SPECIFY

EDDY'S



# 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.]

hope it will not be the last, "Auntie.

Using your recipe in the Cook Book.

Coming Again

copied them some time ago, but failed

to send them. (But I suppose you know

Yoke and Sleeves.

and a few with the animals on.

Calamity Ann" again.

if I can get them .- S. P.

yoke design?

Dear Miss Grey,-I noticed where

Ans.—I have placed the five soldier flags in your envelope. Who can give

Help for Lightning.

ou every success, and hoping the cou-

pons will help, from A SOLDIER'S WIFE.

Incloses Coupons. Dear Miss Grey,—Am inclosing

Sweetheart coupons, 16 Magic Bakng Powder, and 50 Comfort Soap. In schange would like rolled oats couons, either Quaker or Robin Hood. Yours very truly, KNIT. P.S.—I notice this morning where Apple Blossom" asks for tobacco cou-If the one inclosed is the sort he wants, I will send her more.

For the Good of All.

Dear Miss Grey-I saw where se one was troubled with ants. Well, was troubled with them this summer so I took a little chloride of lime and put hot water on it and put it in a dish I did not use for anything, and set that where the ants were trouble-some, and they soon disappeared. But did not have any victuals anywhere o be tainted with it. Keep from the

oled with ingrown toenails. I went to doctor once with the same trouble and he told me to let my toenalls grow I said they would wear a hole in my stocking. He said, "Well, cut your toenalls off straight across the ends, and not cut the corners off, and you will have no more trouble with in-grown toenails," and I never did. For bunions I get a box of iodine ointment for 10 or 5 cents at a drug store, and ruk

"Aunt Nannie's" "Sons."

My Dear Miss Grey,-I am sending To the West, to the West, where the what I found to be a sure way to use the plums that were bitter after being I received "Snow Bird's" silk I am sending today for copies missed last week. I watch for them Are broad as the kingdoms and empires boys at Camp Borden and the boys at

In a letter received a few days ago from Belgium from an 18th Battalion "Dear Mother,-I must call you that, seeing you have adopted the whole 18th when I have them.

Seeing you have adopted the Most Seeing you have adopted the Rattalion," then tells how my letter followed him from one battalion to another till by the time it reached the last one he had been in, he was back with his unit. Speaking of my budget of cuttings he says: "I send thanks from all the boys, and they say they are all proud to be your sons." Well, I am proud of all my soldier boys, "Coal-Box" and "Twenty-One," and those I do not know by name also.

"Coal-Box" and "Twenty-One," and those I do not know by name also.

"Coal-Box" and "Everty-Paint I was in England all winter and part of the summer. I was visiting my husband, who has been in the hospital for nine months now.

"MRS. R. Battalion," then tells how my letter with his unit. Speaking of my budget of cuttings he says: "I send thanks The bold independence that labor shall those I do not know by name also. My, but I'm glad "Engineer's Wife"

> loving messages and the loved one was can for you. at rest in Belgium—a memory only. Now I have many soldier boys and you, dear friend, and my wonderful "patri-otic love quilt." I've so many things o be thankful for; yet at this time the tears will come in spite of all efforts o be cheerful for the sake of others.

> > AUNT NANNIE. Wants Sweet Pickie.

With greetings to each one from,

Dear Miss Grey,-Here I am again, and sorry I have kept you waiting so long for the lemon biscuit recipe, but better late than never. Whites of 2 eggs, beat stiff; 5c powdered ammonia, 5c oil of lemon, 21/2 cups granulated sugar, 1 pint lard, 1 pint milk (must fresh milk after straining). Soak hopped fine, volks of four eggs, two ammonia in milk over night; in morning see that it is all dissolved, then mix in all other ingredients, and don't roll too thin; cut either square or teaspoon of black pepper, half teaspoon round as preferred, and bake a light of curry powder. Stir all into the brown; set away for a few days until

Nobody seems to give me recipe for

later on. Wishing you and readers success, will sign myself PACK.

Ans.—None of my numerous cook books appear to show a mixed sweet pickle recipe, but surely among our many contributors there is someone who makes 'em who can supply the I shall give you some more recipes After describing the woods and the books appear to show a mixed sweet pickle recipe, but surely among our

Wants the Numbers. ashion of flags and I am short of hese few numbers, so I am coming you for a little help if you can supthem for me. 2, 12, 16, 24, 25, 31, and 55. I inclose a flag the kind want, also one coupon and one exchange for those numbers. I will proud I was a soldier's wife.

Now, Miss Grey, this is my and a soldier's wife. ign myself, Topsy" are in what is known as the see "A Farmer's Helpmate" "feel like a -These numbers desired by Animal" series. I should be very pleased if someone sends them in for

is This it? Genevieve" wants a piece of poetry. Is this what she wants? Here is a few words. I will send the root ords. I will send the rest in if this

is right: A Collier boy they call him, little Jim, The cottage was a thatched one, The outside old and mean. everything within that cot

Was wondrous neat and clean. Tell father, when he comes from work I said good night to him, And mother, now I go alsleep."-

Alas, poor little Jim. have no pain, dear mother, now, But, oh, I feel so dry, ust moisten poor Jim's lips again, Mother, don't you cry ENGLISH GIRL.

Auntle's First Call. Dear Miss Grey,—As this is my first risit I won't ask any questions, but will try and help a little. I saw where a soldier's niece wantd a piece, "The Charming Young Vidow I Met on the Train." Thought would send it. I will send you recipe for winter cabbage salad. AUNT JEMIMA. Ans .- Although your first call,

thief," and read a book once in a while and give the soldiers' wives a rest. If it's 27 years since she went to school, and ten years that she went, it's time she learned to give up working from 6 a.m. to 10 p.m. God made heaven and earth in six days and rested on the seventh.

Best of luck to every soldier's wife, and may the best of news await you all. Good-bye, Miss Grey; may I call again? What nationality do you think MOTHER OF THREE. Ans.—I fancy that you are English, M. of T." Certainly, you may call 'M. of T." again. The latchstring is always out. Dear Miss Grey,—I inclose "Widder Green's Last Words" for "Spunk."

Agrees With Disgusted.

Dear Miss Grey,—I hope you will ex-cuse me for writing to your Mail-Box I'm coming again soon, so will again so soon. I am a regular reader that). I'm coming again soon, so will again so soon. I am a regular reactions, hoping no one will get into a white heat over the soldier's wife's money. I remain, JERRY ON THE JOB P.S.—I will try and get more pieces for "Spunk," and will also try and for "Spunk," and will also try and less than the subject. I think she is perfectly into the subject of the subject Ans.—I am keeping your coupons as for "Spunk," and will also try and the subject. I think she is perfectly copy them with pen and ink next time. unnecessary. It is very prevalent Ans.-Recitation will be sent forward among the soldiers, and it makes it to "Spunk." By all means fulfill your very threat to "come again soon." not I disagreeable for those that do not like it. I think that it is like all other habits, it can be overcome by prayer and setting one's will to overome it. I used to smoke cigarettes me of the readers were asking for and take an occasional glass of beer, crochet yoke patterns, so I'm sending but when I left England to come to Canada I cut out both of them, and I Would like to get five soldier flags have not touched either of them since ten years ago last October, and I am Was glad to see a letter from going to try and leave them alone for Calamity Ann" again. good young woman can do much to keep a young man in the right way, What do you think of my writing? Will sign myself as before.
SOUR PICKLES.
P.S.—Am sending envelope for flags

> Ans.—I have placed the five soldier flags in your envelope. Who can give "Animal" flags in exchange for the try Lad," and may you ever keep your resolves towards a clean life, no matter what the temptation. If some of our girls had a better realization of what even their unconscious influence for good has with a young man, they Dear Miss Grey,—I have not written to your Mail-Box before, although I read for good and not otherwise. "Country it with interest every day. I see in your Mail-Box of Saturday that one of your readers would like some No. 18 P. Lad" is a soldier himself, readers; don't you think we should be proud of coupons, and as I had ten by me, I thought I would send them on. Wishing

Plums and Elderberries.

Dear Miss Grey,—I see "Grateful" is asking about how to preserve plums Ans.—Of course they help. I believe that taste bitter after being cooked is "Lightning's" appeal that you are The skins of the yellow and rednswering, so have placed the coupons cheeked plums are always bitter, and in her envelope. Hope you'll call again. some other varieties. Scald plums as you would tomatoes or peaches, till the Husband in Hospital. skins crack open (in boiling water or the stove), skim them out, put on platrange wrappers are in great demand. ters to cool, then remove the only have five, but will help to make dropping plums into sugar and sprink-ling sugar between lays of plums. Let them set for a couple of hours to Could you please let me have some harden the plums and melt sugar; then

minutes, stir carefully, not to the berries; then with the skim take out the berries, drain off all

o the Mail-Box, but as I have a few dags I thought they might be of some use. I have also some Comfort soap wrappers, if anyone would care for them. Will close, wishing you and the Mail-Box readers the best of every-

thing. I will sign myself IMMIGRANT. Ans.—By your writing, should deem you of the sterner sex, but perhaps not. Anyway, flags are very welcome, and will be distributed carefully.

the hospital for nine months now.

MRS. B.

Welcome, Anyway,

A Friendship Bracelet. Dear Miss Grey,—I am starting a riendship bracelet, with the gold-coled links; they are twenty-five cents link, and if anyone will send me heir link or initials I will gladly send mine in return, as I would like to get it completed before long. Now, if anyone would like soap wrappers or slips of plants in return, I would be glad to send them, and I will send a stamped envelope in case any comes. Here's good wishes to Miss Grey.

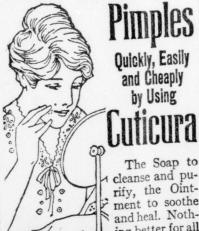
A HAPPY GIRLIE.

Ans.—I have H. G.'s address. Who will exchange with her?

"Suddenly Red Riding Hood heard who makes 'em who can supply the this terrible war started, it needed a recipe?

2. Readers afflicted with this trouble enable the husbands to enlist. When

that the first and second contingents were made up largely of married men and then forget ourselves and condemn Dear Miss Grey,-I am making a the soldiers' wives? Of my own experience, I never received one cent patriotic fund from August, 1914, until well We did not get all "honey, into 1915. as "O.F.O.E." complains of, or get time to waste any. I got my husband back with rheumatism and shattered nerves. orange wrapper, also a stamped addressed envelope. I will return flags Now, Miss Grey, this is my first visit to your Mail-Box, but I would like to



cleanse and puskin and scalp troubles.

your page every success. Yours, etc., COUNTRY LAD.

a favorite fruit. Carefully stem the elderberries and weigh them; have a Ans.—"Mrs. B." deserves the symdear. I know the watching and waiting for mail, then after the last letter came, word came there would be no now to be separated from him. Shall a pint of strong vinegar to three gal-And build up a home in the land of more. The hand that had penned the scald—not boil. When the water tastes bitter and strong, as it will in a few -This is my first visit the berries; then with water; have ready a syrup as for

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rlease send above-mentioned pattern as per directions given below, to: Name

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you used to spend getting up and down proof. to watch your baking. Now a glance, as you go about your other work, tells you how everything is baking in the oven.

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The Ventilated Oven carries off all 5 cooking odors. You know what that means-no smudge or disagreeable odors around the house at meal times.

off this Coupon It won't be hard to decide Kindly send me which range you want to have in your

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let, "The Magic of the

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sweet pickles, put in berries, cook till expla clear, skim out into an earthen jar or that officers can resign, but privates crock, cook syrup till thick, pour over the berries; let set on back of stove and simmer, if iron stove, stirring oceasionally till cool; put waxed paper when cold, then cover and fasten irely. When wanted for pies, put over when cold, then

not have to be so rich.

For "A Reader."

let coloring or purple, dissolve the scrapings from an indelible pencil in a little water and use. Wants a Position. Dear Miss Grey,-You have helped me pefore, so I am going to you again. Now this is my trouble: I would like to get into a bank (oh, no, not to rob it)-I suppose it would be better to say I Doesn't it pain you to see him reaching would like to get a position in a bank. I for the strap? have two years' high school education, but no experience of any kind. Boys

so I was wondering if girls could do the ame. Now, Miss Grey, any information you could give me would be gratefully received. How would I go about it to get in, and who would I have to see? I saw in your paper some time ago some kind of stuff you get in a drug store to clean white shoes. I think said a few cents' worth would do a whole

summer. I wonder if you know what it A YANKEE GIRL. Ans.—Your letter bears no address Democratic nominees use safety line, and the envelope is destroyed, so I 1779-Organdy, batiste, dimity, lawn, do not know whether you live in London georgette crepe, challie or nun's veil- or not. If you do, visit the Women' The Emergency Corps quarters at the cit fichu may be of contrasting material hall, and inquire about such positions If your home is out of town, write to and the foundation skirt, if founces If your home is out of town, write to are used, of lining. Without the Mrs. John Carling, in care of the corps, ating your qualifications, etc. Ar opening might be obtained in this way Or you could simply apply in person of the banks in your locality. Ask for the manager, in applying. 2. It was oxalic acid that someone ad-Dilute with water, and sponge

Was Overlooked.

Dear Miss Grey,—In answer to the in-juiry from "Nurse" in Saturday's paper, sking for names of one or more conent homes for returned soldier London, did you not overlook the arger and more important one, ictoria Central Convalescent Home" at ictoria Hospital? 2. Can you tell me why an officer i

llowed to "resign" from the militia, afr having served two years here and broad, and is still physically fit, claim ng that his business, which is well es ablished, needs his attention? When m prother enlisted with the first contin gent it was for three years or until the nd of the war. Am inclosing four Magic baking pov

der coupons for "Lightning." PRO PATRIA. Ans .- 1. Yes. Thanks for the correct

ion.
2. I cannot tell you. To me, it is one of those heartbreaking and temperrousing differences between officers and those in the ranks, but well, who shall dropped into ear, cures.

it? Not. I. "Madam" said the doctor to the

ZEPPELINS OR SPIDERS. A story is told of a young French summer." woman who observed with punctili- turned, "that we are not rich enough nto crust, cover with upper crust and ousness the wartime precautions for that."

elderberries allow four pounds of brown sugar and one quart of vinegar, one teaspoonful each of cloves and of cinnamon tied up in little bag of cheese-cloth. To can harmles the rights would escape from her apartment. and one quart of vinegar, one conful each of cloves and of cinner tied up in little bag of cheese-to can berries, the pickle would but one night, when reading the newspaper, she said that she had

reached the limit. The newspapers said that if the zennelins came all persons must go The sachet powder should be fine and smooth. I had none; when I made my beads I used talcum powder instead, and it worked as well. For viostead, and it would not care a fig for the zeppeling came all persons must go into the cellars. I will not go down into the

"But why?" asked her friend.
"Because," she replied, "I am afraid
of spiders."

SAFETY THERE. Auntie-Bobby, why don't you get up and give your seat to your father:

Bobby-Not on a train, it doesn't.

WATCHFUL WAITING. The Lady Help (holding bridle and bit)—I can't get this into his mouth, so I'm waiting for him to yawn.

HE WON'T VOTE. "I don't like the looks of those Re it publican nominees," said the barber as he gazed at their bewhiskered portrait "But," remarked the man in the chair, "how do you know but what the

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COMPASS

Three drops, heated in spoon, and

mother, "you should send this child to the country for several weeks each

"have her sent by the fresh-air fund." doctor." exclaimed the woman



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