

A PAGE OF GENERAL INTEREST TO WOMEN READERS

ROYAL YEAST CAKES

MADE IN CANADA

Bread is the cheapest food known. Home bread baking reduces the high cost of living by lessening the amount of expensive meats required to supply the necessary nourishment to the body.

REFUSE SUBSTITUTES.

E.W. GILLETTE COMPANY LIMITED

WHOLESALE: TORONTO, ONT. MONTREAL

Come to Knechtel's for Your Footwear

FRIDAY AND SATURDAY.

AND SAVE MONEY!

If your feet look neat your whole appearance is greatly improved. At the prices quoted here you cannot afford to wear shabby shoes. Every member of the family will find footwear that pleases in appearance, quality and fit for less money here. Read this list carefully.

Another lot of Misses' Kid Lace Shoes, good soles and heels and good fitters. Sell usually at \$2.25. Friday and Saturday.....\$1.29

25 pairs Boys' Box Grain Lace Shoes, a real good school shoe, \$2.75 value. Sizes 11 to 5. For Friday and Saturday.....\$1.98

Ladies' Patent Button and Lace Shoes, cloth tops, Cuban, Louis and low heels. Good values at \$4.00. Our price for Friday and Saturday.....\$2.98

A splendid lot Women's Patent Fine Kid and Gunmetal Shoes, Sizes 2 to 4; \$3.00 and \$4.00 values. On sale Friday and Saturday.....\$1.98

Special for Friday and Saturday, 15 pairs Ladies' High Top Shoes, in two-tone effects, in the newest colors. They are real beauties. They retail in usual way at \$8.00. Friday and Saturday, only.....\$5.98

We have a splendid line of Women's Gunmetal, Fine Kid, and Box Calf Lace and Button Shoes, high and low heels; \$3.50 value. Friday and Saturday.....\$2.48

A very pretty line of Women's Cossy Slippers, in colors, black, red and brown; \$1.25 value. For.....98c

Big lot Women's Repp House Slippers; 90c value. For 50c

A good solid wearing shoe for little lads; \$2.25 value. Friday and Saturday (sizes 8 to 10½).....\$1.60

We have a splendid range of Men's Gunmetal Lace and Button Shoes, recede and rounding toes; a good shoe for street and business wear; \$4.00 value. Friday and Saturday.....\$2.98

A good assortment Men's Patent and Gunmetal Lace and Button Shoes; several styles to choose from. Sold usually at \$4.50. Friday and Saturday.....\$3.48

30 pairs Men's Heavy Work Shoes, made of chrome leather, viscolized soles, sewed and nailed; \$3.75 value. Special for Friday and Saturday.....\$2.98

Men's Gunmetal Lace Shoes, rubber soles and heels; \$5.50 values. For.....\$4.49

A money saver for the boys in khaki. Tan Military Dress Shoes; \$6.00 value. For.....\$4.98

There are hundreds of bargains displayed in bins and on racks which are too numerous to mention here. They will be on sale Friday and Saturday. If the particular shoe you want is not listed here, come in, tell us what you want and we'll astonish you with the bargains we have to offer.

KNECHTEL & COMPANY

The Home of Good Shoes.

238 DUNDAS ST. OPPOSITE MAJESTIC THEATRE.

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.]

Forget Address Line.

Dear Miss Grey.—Just a line or two, for here comes "Tin Lizzie," with a blue patch for "Aunt Nannie's" quilt. It is not just perfect, but I had to hurry. I was too late for the other one, so I was glad to be able to help this time.

This is my first letter to the page, which is so interesting. Do many write from this way? "TIN LIZZIE." Ans.—Your name is surely unique. Where'd you find it? "Auntie" will be glad of the block. I seldom can estimate how many letters I get from different places, as so many correspondents neglect the address line, and I haven't time to look at postmarks.

Writes "Country Lad."

"Business Girl"—I have been glad to send your note on to "Country Lad," as I chanced to have his address. I hope you hear from him, or that he may find a "home-y" church atmosphere in the congregation you mention.

He's a Corporal.

Dear Miss Grey.—I am visiting you once again. My dear hubby is discharged from the hospital now, and is made a corporal now. Could you please tell me the meaning of Freda, May?

Ans.—You must be proud of your "corporal," "Mrs. B." and I'm certainly glad to hear of his recovery. May you have courage to "keep smiling" for the kiddies' sakes. The name Freda is a short form of Frederica, meaning abounding in peace. May is a name generally given in recognition of the "may" month of that name. Your request re coupons will be taken care of.

Get First Prize.

Dear Miss Grey.—Thank you and "Wynne" very much for sending me the recipe I needed. Yesterday was our fair day. I entered a quilt, and got first prize. Wasn't I lucky?

I'm sending you a lemon pie recipe, which is real good, and is great when fresh fruit is done. Mix together the juice and grated rind of 1 lemon, 1 cup of seeded and chopped raisins, 1 teaspoon of melted butter, 1 teaspoon of cornstarch, 1 cup sugar (either will do), 1 beaten egg, and 1 cup (small) of cold water. Boil a minute, take with upper and lower crust. Hoping some folks, such as "Newlyweds," who do not know of many good recipes, will try this. I hope "Uncle Josh" will give us some more recipes. The last were "par excellence." Yours as before, JOEY.

Ans.—Just to think that we have a real live prize-winner in our Mail-Box! Your quilt must have been nearly as nice as "Aunt Nannie's!"

Re that recipe, "Joey," is the "leap of melted butter" correct, or should the quantity be less? It sounds quite a bit, with butter still rising!

Nurse-Mother's Help.

Dear Miss Grey.—I have been writing you for some time, but with my little family and preserving and pickling I've been kept too busy. I found security of your Cook Book recipes delicious. Thanks to doctors. I find the secret of light biscuits not in the ingredients, but in the dexterity with which they are molded and baked. Some mother asked for cure for child's sore throat, and as I am a nurse as well as a mother, I am ashamed I did not write sooner. I not try this: Boil the throat with hot water and a little mustard—one teaspoon of mustard to a quart of hot water. Hold cloth on throat a few moments, allowing the steam to get well into the throat. Then dry with soft towel and oil well with vasoline and apply soft dannel slightly dampened in turpentine. Keep warm. The vasoline prevents blistering. If breathing is difficult, have child inhale steam from following solution: Take pine extract, or any other inhalant, and water, and put in kettle, if possible one with spout, so the steam will pass close as possible to child's head. Hope this will

prove a help. I always put a little camphorated oil up my baby's nostrils each morning after bathing, and so prevent colds in the head, "snuffles," or sore throat, which are hard to prevent these cold fall days. May I come again and write on the question of effects of the war, which you spoke about, Miss Grey?

Thank you for entering this to help young mothers, and will be glad to give any other help wanted.

NURSE-MOTHER.

Ans.—We have so many mothers in our large circle that I am more grateful than I can say for your timely help. This seems such a difficult time of the year to prevent colds, especially with the kiddies. Should welcome your views on war results, so don't be afraid to write.

Sends Her Cure.

Dear Miss Grey.—I saw where a young mother wanted a remedy for a sore mouth.

Here is a sure one for all kinds of sore mouth. I have used it for old and young, and have told others with little babe with sore mouth, and they have used it with good success, so here it is: Get a bottle of Dr. Thomas' Electric Oil, and make a swab and dip in the oil and put around on the sores two or three times a day, and a few times applying will heal up. Try it.

MRS. E. A. V.

Already Supplied.

Dear Miss Grey.—I enclose the work of "GIRLIE." I enclose the work of "Brown Eyes," for which she says she will send crochet yokes. I could you or any of the readers get me the song called "When the Sun-Turns the Ocean Blue to Gold?"

2. A recipe for "Queen of Pickles?" May I call again?

Ans.—"Brown Eyes" has already been over supplied, but we may be able to send you a yoke design if any come in. 1. Referred. 2. I don't seem to have a recipe by this title. Can anyone else send it? Certainly, "Girle."

Glories of Canada.

Dear Miss Grey.—I am an interested reader of your page but have never sent a letter until now, and the cause of it is I read in a letter from "Ambitious" that I have travelled from the Pacific almost to the Atlantic, and up into the far northland of our wonderful Canada. It is gloriously, magnificently beautiful, and is the equal of any country in the world. I would say "superior"—but that is my intense love and unbounded pride in her. I should like to give you a detailed description of my journey.

Miss Grey, or rather try to: it would be too poor for God made our beautiful country, and away up there where we live the hand of man has not tried to conquer its great vastness—we'll see, man made words, so I cannot describe it. One must see and feel for themselves.

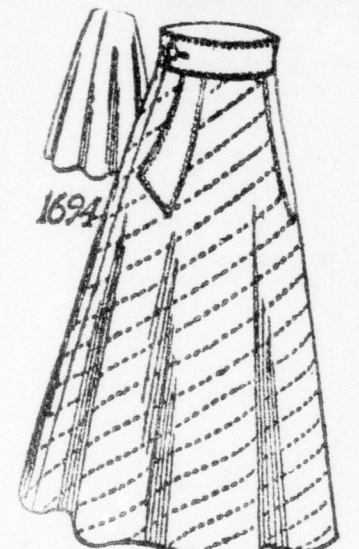
We gave our all in this bitter fight for freedom—a boy of 20 years that was both brother and father to us. He was one of the first Canadians to go on active services over two years ago; one of the first to set foot in France. And now Miss Grey, I hope you agree with me. Please tell me, I'm only a girl too.

Ans.—I'm ever so glad to see some one speak out for the glories of our own Dominion, as I felt like speaking on the matter to "Ambitious." It's only natural I suppose, for our Motherland sisters to regard the "light little island" as "home," and to recall its beauties. But Canada too has such wonders of scenery stretching from coast to coast we may well be proud that we were born in Canada, and to recall its beauties. You have been especially privileged I think, in your travelling experiences.

A Second Swissland.

Dear Miss Grey.—I really couldn't keep away after reading the letter from "Ambitious," also "O. F. D. E." "Sussex Girl" and "English Genevieve." It

ADVERTISER PATTERNS



A Jaunty Skirt Model. No. 1624. Novelty suiting is here portrayed. In grey and green tones with trimming of latter in a matched shade. In blue serge with tan suede or broadcloth. This model would be very smart. The skirt has three gores cut with ample graceful fullness. It is topped by a broad belt, the front of which overlaps the back at the sides. Smart pockets trim the front. This model is also good for corduroy, broadcloth, gabardine, voile, crepe, shepherd check, linens, etc. The pattern is cut in seven sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. It requires 3½ yards of 41-inch material for a 24-inch size. The skirt measures 3½ yards at the foot. 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, to:

Name.....
Town.....
Province.....
Age (if child's or miss's pattern).....

Measurement: Bust..... Waist.....

Caution: Be careful to include the above measurements. If you are a child, please give your mother's name and address. If you are a woman, please give your own name and address. If you are a girl, please give your own name and address. If you are a boy, please give your own name and address. If you are a man, please give your own name and address. If you are a woman, please give your own name and address. If you are a girl, please give your own name and address. If you are a boy, please give your own name and address. If you are a man, please give your own name and address.

made me feel excited to see the name of every. We used to keep a farm nine miles from Brighton, Ont., and I used to visit Hove every week to see my sister. Sussex is a lovely country; so is Surrey. If any of our English correspondents ever saw Hindhead, I should like to know how it is. If a skirt, give waist and length measure. When miss's or child's pattern, write only the figure representing the inches or "years." Patterns cannot reach you in less than one week from date of application.

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WARWICKSHIRE LASSIE.

Well Repose, Inc.

Dear Miss Grey.—I enclose you will find six blank coupons for anyone who may want them. They are very good to someone. I wrote "Half Blood" but received no answer; do not know the reason. I should have liked to correspond with her very much, but better luck next time. Well, I see we are going to lose some more soldiers. I wish them all good luck and a safe return. What good work the Canadians are doing; give and inspire power to our army. I am well represented with two cousins in the navy, my husband with the famous 15th, my brother, who is in the hospital, with the 15th; my brother-in-law, in the 16th. With good luck to Mail-Box and readers.

15TH BATTALION SOLDIER'S WIFE.

One Housekeeper's Advice.

Dear Miss Grey.—I noticed someone inquiring for an extemporizer for bedbugs, and the reply of one was to use hot alum. It would, no doubt, do the work, but it would also ruin the furniture. My experience with insect powder was entirely satisfactory, and the bed and walls were not injured in the least. The second year of housekeeping we moved into some old frame house in October, using some paint and new wallpaper to make it sufficiently comfortable, but after the first warm spell in the spring following, I was horrified to find some of the very objectionable insects in the bedroom. A neighbor who had been there many years comforted me with the assurance

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Join the Happy Thought Stove Club

Only 100 Members Will Be Accepted

THE CLUB IS NOW UNDER WAY. Any honest person may become a member free. Any member can have a Happy Thought Stove delivered to their home on payment of a small deposit and pay the balance in small weekly or monthly payments.

\$1.00 a Week Pays for a Happy Thought Stove

This is the first time that this famous Range has been advertised on the club plan. If you need a Stove this fall, you had better put your name in early, as the membership will soon be filled.

When You Buy Your Stove Buy the Best

For years the Happy Thought has stood for all that is best in stovemaking. Every Stove sold on a money-back guarantee.

PRICES ON RANGES ARE FROM.....\$29.50 .. \$65.00

BASEBURNERS ARE FROM.....\$33.00 to \$60.00

All Happy Thought repairs carried in stock. OAK HEATERS ARE FROM \$7.50 to \$30

THE ONTARIO FURNITURE CO.

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