

A PAGE OF GENERAL INTEREST TO WOMEN READERS

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Five Cents is all you need pay for the best and purest soap in the world

Sunlight Soap.

The inducements offered with common soaps cannot make up for the purity of Sunlight Soap. It costs US more to make pure soap; but it costs YOU less to use it, for Sunlight pays for itself in the clothes, as it does not wear and rub the fabrics like common soaps do.

5c. a bar at all Grocers.

DO WE OVEREAT?

American Writer Says Not—No Praise For French Economy.

In these days of high food prices certain individuals are again beginning the howl: "We eat too much."

Bad health, bad debts, and bad temper are all laid to an over-consumption of food. As a nation we are blamed for gluttony, and again the economical French housewife is held up to view with her eternal pot of soup simmering on the back of the stove, says an American writer.

That economical French housewife and her pot of soup. Let's dispose of her first. How, may I ask, is the modern housewife going to keep a pot of soup simmering all day on the back of a modern gas stove, without a gas bill that will make the modern housewife hand "say things"—eh?

Who wants soup, anyway, with a

foundation of a bit of bone, left-over meat scraps, decayed celery leaves and any other odds and ends or left-overs not good enough to eat in any other form?

Who wants to live on soup, at that? And when one takes a look at the anemic little French kiddies at all, who want to emulate French economy along the line?

The French cook may be able to make sawdust palatable, and to make us think we're getting something really good, because a tasteful sauce has been poured over it; but if she doesn't give us nourishment, as well as taste, what's the use of her economy?

Eating Too Much.

Are the people in the United States eating too much for their own good? Look at the children in the public schools of the poorer districts. Every year their little bones seem to be more prominent, their eyes bigger and more

lustful. It's been discovered that a

ADVERTISER WAR PRISONER'S FUND.

I pledge myself for the sum of..... monthly (for the following six months), towards The Advertiser Mail-Box readers' fund for prisoners of war, and herewith inclose.....

Name..... Address.....

Pen-name..... Date.....

Return to Miss Grey, in care of Advertiser.

large proportion of them don't even get any breakfast at home, so that women's clubs have banded together to furnish school breakfasts to these ill-nourished little ones.

Get out early in the morning—at 4:30 and 5 o'clock—and look at the men with their dinner pails starting for work. Do they look overfed? Not so you could notice it?

Watch the men and women clerks due to arrive downtown at 8:30. They don't look as if they were digging graves with their teeth.

Watch the shop girls parading the avenue at noon—thin little creatures, most of them, who have foregone "oats" just to heat over fire for a minute. It is lovely and simple. No boiling or work, and a money-saver. It will be like soft fudge after drying on cake, as before. FLORITTA.

Cynthia Grey's Mail-Box

A Doll Hospital.

Dear Miss Grey—Would you kindly tell me through your valuable column if there is a doll hospital here in London? Here is a good chocolate (grate half bar of unsweetened chocolate, add a small piece of butter and pinch of salt, also two tablespoons of milk, and dissolve over fire for a few seconds; then add icing sugar, creaming it until quite stiff. It will thin on first putting in sugar, but then will thicken. If too solid when cake is ready, just heat over fire for a minute. It is lovely and simple. No boiling or work, and a money-saver. It will be like soft fudge after drying on cake, as before. FLORITTA.

Ans.—Regret to say I know of no doll "hospital" in the city. Some time ago a reader told me of one in (I think) Toronto, but I have lost the address. Maybe she'll send it again. Your icing recipe sound most toothsome.

Asks for Old Friends.

Dear Miss Grey—A reader asked for the recipe, entitled "The Queen of Pickles." Page at hand of Wednesday, September 23, 1914, with recipe given by "Another Housewife." Will inclose it.

I hope our first friends of the page do not think any of the newer friends wish to crowd them out, or that we heartily enjoy the page without hearing from them. I know how difficult it is to find time to write, and often find something to write about, but when it is to "our pages" friends, there can be no lack of subject matter. Please let us hear from you, "Calamity Ann," "Beautiful Doll," "Mrs. Home-Bird," "Seventy Year Young," and each one of you first writers—the page is lonely without you.

Inclosed are the words of the songs I wrote about. They are old to some, but written only within the last thirty years, are comparatively new. Your loving friend, NUFASHOND.

You are quite right in saying that the "Pickles" is a good collection of the editor's miss the old contributors. "E. J." the thin "un," tells us that "Beautiful Doll" no longer has access to our columns, which is indeed strange! Shall be pleased to publish your song contributions in due time.

Better Send Food.

Dear Miss Grey.—1. Would you kindly print recipe for Turkish delight again that appeared on your page a while ago? 2. I intend sending a box of a prisoner of war, and wonder if I would have to pay the postage, or how could I send it so that it would go free? Also what would be suitable to put in it? Would a Bible be all right, or is printed matter forbidden to be inclosed? 3. Are white stockings to

ADVERTISER PATTERNS



A POPULAR MODEL.

1331—Middy Suit for Juniors.—Linen, galathea, voile, khaki cloth, gingham, chambray, percale, mixed suiting and flannel are good for this style. The blouse is made to slip over the head. The skirt has shaped yoke sections which may be omitted. The pattern is cut in three sizes: 12, 14 and 15 years. It requires 5 1/4 yards of 44-inch material for a 14-year 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, to:

Name.....

Town.....

Province.....

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

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

Caution: Be careful to inclose 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, 24, 26, 28 or whatever it 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.

be worn this winter with the dark dresses and shoes? KELLIE.

Ans.—Turkish Delight ("Old Maid's" recipe)—1 oz. gelatine, 1 lb. sugar, juice of 1 lemon and 1 orange and the grated rind of the orange, 1/2 tumbler of water; soak gelatine in water while getting orange, dissolve sugar in it, and put all on the stove and boil for five minutes, then pour into a square tin, and when cold cut into squares and roll into powder. Sugar. You may use different fruit juices for coloring.

2. There is no postage to pay on parcels to prisoners of war. Wrap your parcel securely after directions frequently appearing on this page. Would advise some food rather than a Bible, precious as the latter is.

3. Possibly by some.

Advices Her to Teach.

Dear Miss Grey.—Several times I have thought to write favoring the prisoners' fund, but have always been so busy. Am sending the six coins' donation all at once, because it will have postage, and I might not have time to write when it was due each month. To the young lady who failed at the Normal

YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

Hurry, Mother! Remove poisons from little stomach, liver, bowels.

Give "California Syrup of Figs" if cross, bilious or feverish.

No matter what ails your child, a gentle thorough laxative should always be given. If your little one is out-of-sorts, half-sick, isn't resting, eating, and acting naturally—look, mother! See if tongue is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad, or has stomach-ache, diarrhoea, sore throat, etc., give a tea-spoonful of "California Syrup of Figs," and in a few hours all the constipated poisons, undigested food and sour bile gently move out of its little bowels, without griping, and you have a well, playful child again.

Mothers can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's bowels, and sweeten the stomach, and they dearly love its pleasant taste. Full direction for babies, children of all ages, and for grown-ups, printed on each bottle of "California Syrup of Figs." Ask your druggist for a 50-cent bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."

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School and is undecided whether to continue for a teacher or not, I would like to quote from C. Bronte's "Disappointment" should always be taken as a discouragement." From the letter she wrote I thought her heart was in her work as a teacher, and, if so, I think it would be a pity to give up simply because of a failure. Two years at the Normal, instead of one, should put her at the head of the class this year, and so strengthen her that in all the years of her teaching she would feel the benefit of the second year's training, at least I know of cases where it has been so.

LOVER OF FLOWERS, No. 2.

Ans.—I am very glad to acknowledge your six months' subscription, and also appreciate your remarks for the Normalite, which I hope she sees.

Sends Another.

Dear Miss Grey—Guess I will send another block for "Aunt Nannie's" quilt, ten inches this time instead of eight. I am sending a pattern in crochet for "Grace" (I think it is), which I hope she will like, if I am not too late. Best wishes to all the "Ginger Breads," "Kandy Kids," "Coal Boxes," etc., etc. P.S.—Hope, I ain't got no little Ford "Rambler." T. L.

Ans.—You were very good to make another block, I think, considering it was my own very stupid blunder about the measurements. Your name has been addressed and forwarded as desired.

Ouch!

Dear Miss Grey—Was very much amused when reading "Musicals" letter. She seemed to be about as much as "Scribbler's" letter, and proceeded like the Pharisee in the Scripture to say: "I am thankful I am not as other farmers!" The soldier's service leaves him poor and out of a job at the end of the war. The farmer boy's service leaves him richer than it found him. Perhaps we need some of the boys on the farms to produce, but let them at least have the honesty to admit that the biggest incentive they have to production is the big prices they receive. There is no sacrifice about staying at home on a lovely Ontario farm and getting rich because of the necessities of our country.

That little pronoun "I" occurs in her good works. If it occurred to me how large that person looms up in her own estimation.

Had "Musical" failed to inform us of the plans she practiced on, I verily believe we would have concluded it was a wee horn she devoted her spare time to.

I wonder, after she enumerated all her good works, if it occurred to her to be thankful for the abundant health and strength she must be endowed with and remembered that many other women are handicapped by the same thing. May it be long before "Musical" respects the minor strains in life's harmonies. When she does, she will appreciate the sympathy and kindness found in true neighbors. HARMONY.

Men Ridicule Extremes.

Dear Miss Grey—I am inclosing a stamp for that piece. My address is at the top of this letter. How is everyone? The page is becoming more interesting every day.

"Silver Bell" has launched the topic on women's dress, and I see a few have given their opinions on the subject. Why do women accept such outrageous styles some man has designed? Men admire a stylishly dressed woman, but they ridicule the woman that goes to extremes in her dress. The right-minded man will not make fun of a woman who dresses old-fashioned rather than wear the most extreme styles of this year. Thank goodness the styles are not that way.

I am from the W. C. L. too, "Student," and know a few of the girls in Form II. Must close. Sincerely,

Ans.—Thanks for adding "your bit" to the dress discussion. You'll be interested in what "Senor Langirio" has to say. The verses are being mailed to you.

Who Gets the Produce?

Dear Miss Grey—Do the people who so constantly assure us that the farmer's son must not enlist, but must stay at home, work early and late, to feed the soldiers and the empire, really believe it themselves? Who are these boys really working so hard to feed? Is it not largely the people who stay at home? Are not Canadians who stay at home all eating luxuries on their tables? Who eats the butter which makes a great deal of the farm work? Civilian Canadians. The Canadians in England eat beef dripping, oleomargarine or jam on their bread, and are glad to get it. Let me tell you right now that the only Canadians who have been reduced to the absolute necessities of life on their tables, are the soldiers in England and France, and even in Canada. And many young men now on the farms producing luxuries for us and for themselves could be spared to do their share at the front, and the necessities of life could still be produced. We seem to expect to win this war and not even make a sacrifice of the butter for our bread. If the soldier has to go without butter, then why should the boy who stays at home have butter? The soldier gives up his personal liberty, his home, his friends, his job, even his life for \$1.10 per day. Does the boy who stays at home? Does he

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STAMPED TIE RACK, with board, nickel rod and screws. Price50c
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STAMPED PULLMAN APRONS, with rubber-lined pockets, bound edges and stud fasteners. Price90c
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say that he will produce all he can and give it to his country, and his country shall pay him \$1.10 per day for the service. Or does the fact that wheat is \$1.60 per bushel and butter is steadily climbing, and potatoes are worth \$2 per bag, have something to do with his zeal for producing all he can? The soldier's service leaves him poor and out of a job at the end of the war. The farmer boy's service leaves him richer than it found him. Perhaps we need some of the boys on the farms to produce, but let them at least have the honesty to admit that the biggest incentive they have to production is the big prices they receive. There is no sacrifice about staying at home on a lovely Ontario farm and getting rich because of the necessities of our country.

CONSCRIPTION.

Our Prisoners' Fund.

Miss Grey acknowledges further donations of \$1.55 towards the fund for prisoners, as follows: "Mrs. Linn," \$1; "Sixty-Three," 30c; "Country Girl," 25c; balance on hand from last payment, \$2. Total, \$4.55.

Sends to "Aunt Nannie."

Miss Grey has again forwarded to "Aunt Nannie" the sum of five dollars, being amount in full received for her to date. Also several blocks of blue, pink and white cloth, and a few yards of silk and velvet one from an unknown friend. Contributions received within the past few days are from "Mandy," 25c; "Mother of Four," 10c; and "English Lass No. 3," 10c. In all, the sum of \$23 has been forwarded to "Aunt Nannie," and The Advertiser has voted her a year's free subscription.

Disagrees With S. B.

Dear Miss Grey—A few weeks ago a letter from "Silver Bell" appeared in the page, and I have been intending to reply to it every day since, but this is the first opportunity I have had to do so. So here goes.

Now, listen, girls, for it is in regard to clothes that I am writing. "Silver Bell" contended that men were to blame for the present day styles in women's dress. Why so, "S. B."? You say that a young lady who doesn't dress right up to the style is laughed at by men. Suppose she is? Who are the men? Are they the kind that this same girl would care to associate with? And again, do you readers think it is a woman's dress that attracts the admirers? Well, I guess not—at least, any that I would care to have for my friends. Now, do not infer that I would not want the girl of today to dress as their grandmothers

Daily Bible Question Club

By Rev. T. S. Linscott, D. D.

(All Rights Reserved.)

The six daily studies in this week constitute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based: "World's Temperance Sunday" Rom. xiv, 13; Rom. xv, 3.

Golden Text—"It is good not to eat flesh, nor to drink wine, nor to do anything whereby thy brother stumbleth." Rom. xiv, 21.

1. Verse 14—What difference, if any, is there between forming an opinion about a man and an attempt to "judge" him?

2. If a good man smokes and a boy begins to smoke from his example, and the habit leads to bad company, and that leads to drinking, to what extent is the good man responsible?

3. Verses 14-15—What is the moral difference between actions and motives?

4. If I were to say that there are no outward actions that are necessarily sinful, how would you disapprove my assertion?

did. No, they can dress in today's styles, but still not go to extremes, as if they do they are sure to find out sooner or later that the attention to extreme dresses has attracted is not the kind the pure, sweet girl desires. Also "S. B." says if woman had more of her own way this world would be purer and sweeter. Say, "S. B.," you are laying a lot of responsibility on to man's shoulders, aren't you? Now, I agree in part in this—women should have equal share with man in conducting the affairs of our country, but she should be willing to accept her share of the care. And again, I still contend that woman is her own master regarding her dress. Now, I will admit that there is room for discussion. Some come on in, girls, boys, and show me where I am wrong.

"Silver Bell," please don't think I am "slamming" you, because I know you will forgive any offense when you learn who the author is. With best wishes to all readers I am, sincerely yours, LYNNOL LANGIRIO.

Likes My Motto.

Dear Miss Grey and All the Readers—How are you all getting along? I pity poor "Caesar" for being bothered with that letter I gave him. Since the cold weather came I'm nearly gone, so "Caesar," if I don't sit on your hand again this year, and give a nasty bite, and a silk and velvet one from an unknown friend. Contributions received within the past few days are from "Mandy," 25c; "Mother of Four," 10c; and "English Lass No. 3," 10c. In all, the sum of \$23 has been forwarded to "Aunt Nannie," and The Advertiser has voted her a year's free subscription.

Well, "Keep Smiling," such a lovely motto for one to have. I hope you have a safe arrival on the other shore.

Well, that poor lady had so much trouble with her pearls! I had a good

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Youngsters fed on Shredded Wheat Biscuit are full of the bounce and buoyancy that belong to youth. The ideal food for growing children because it contains all the material needed for building muscle, bone and brain, prepared in a digestible form. One or two biscuits for breakfast with milk give a boy or girl a good start for the day. Ready-cooked and ready-to-serve.

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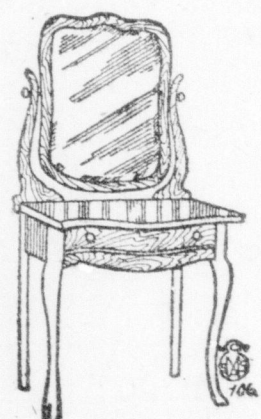
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