Cynthia Grey's Daily Mail Box. Talks on Styles We'll Be Wearing. Recipes by Advertiser Readers.

Series on Backyard Gardening. Activities of London Women. Items of General Interest.

to see our assortment.

THIRD FLOOR.

Children's Romp-

ers and Dresses

CHILDRIN'S RCMPTRS, it is

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sizes 1, 2 and 3 years, in checked

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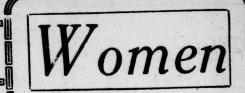
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# Sunlight Soap



cuts Monday's labor clean in half.

The Sunlight way is so easy -- just note. First you soap the garment; then roll it up to soak. After a while you rinse it thoroughly and the dirt drops out like magic.

Why scrub, and rub, and wear and tear the clothes when the gentle strength of Sunlight Soap will do the work with never a hurt to fabric or hands.

Try it oncethis Sunlight

# 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.]

Efficiency in this counts for so very it in. I am inclosing some of our remuch in a home. Would suggest your writing to the lady superintendent, Mrs. K. Fuller, care Macdonald Institute, Guelph, Ont., full information will be sent you, I am sure, about the various courses, charges and requirements.

Has Big Cook Book.

Dear Cynthia Grey,—This is my first time to write to the column. I saw With the new cook book recipes sound excellent.

Your writing is fair. of the readers was asking for 'My Johnny Lies Over the Ocean," so am sending it. The first page I turn to is your page, and I find it very interesting. I think you have made a few words to "Star That Guides." I not live on love. sipes all in one column, and it saves her to have been married first before has yet to see an "eye-opener"; the 4. Study what colors become other reat improvement by having the reeutting them separately. I have saved she told us what she was going to do. fact of the matter is that some people girls of your type, and adopt the same the recipes and have a big cook For I am sure she would tell us a

coffee pot.

Study Domestic Science.

Answer for "Nell"—Glad you have mbitions along the housekeeping line.

book now. I would very much like to get the song, "The Preacher and the Bear" if any of the readers would send cipes we use and they are very good. Last of all, what do you think of

my writing? LOVER OF GOOD COOKING. Ans.-Thank you for the words, which are quite a clever parody on the old song. Glad you are pleased with the new cook book idea. Your

Can't Live on Love.

Dear Miss Grey,-Was mailing you think it would have been better for



OUR improved process of grinding "Rideau Hall" Coffee removes all chaff and dust. Nothing but the clean, evenly-cut berry reaches your

Rideau Hall STEEL-CUT Coffee CHAFFLESS

This expertly-blended, fine flavored coffee is sold only in sealed tins-45c. a lb. at your grocer's; smaller tins, 25c.

Gorman, Eckert & Co.,

Allow half an orange for each person;

slice thin; arrange around edge of plate;

fill centre with Corn Flakes and serve

with powdered sugar.



Billy Coffybean Says: "You can search the whole world But no better can be found,

BROWN'S WARD-BETTY ROBE.



Well, I've got a new sport coat-you men." simply can't get along without one

this spring. Mine is rather heavy wool material in golden brown, and of course it has pudding: "flare" to it. I have a new straw

And a word to the farmer's wife, who fold in.

don't know an eye-opener when they see one; they are around every home 5. Shiuld s they escaped her home either. I, for 6. Couldn't say. one, would not trust any man; it seems 7. Frankly, I haven't one. One can on without comment. deed. Your recipes will appear in the "Cook

Piece Is Too Morbid. Dear Miss Grey: This is the first ime I have written to your page. Will you kindly answer the following ques-

1. Could you print the song entitled, "The Poisoned Girl of Mosa"? I believe it begins thus: 'Fair maidens all, where e'er you may

I pray you a while to listen to me. Tis of a young man, a sailor brave, By whom was a fair maid sent sad to

her grave.' 2. What day of the week did August 30, 1874, fall on? 3, Could you give me the recipe for macaroni pudding, also for orange

cake with orange filling? 4. I am fair, have blue eyes and light brown hair. What are my colors? 5. I am fourteen years old, am about five feet five inches tall, and weigh one hundred and twenty-two pounds. Am I too tall for my age? Also, am too heavy?

6. How far do you think I should be advanced in high school? 7. What is your opinion as to when the war will end? 9. Lastly, the old question: "What do you really think of my writing?" Hoping to see this letter in print soon, and thanking you in advance, I remain, TIPPERARY. Ans.-1. No, I think not, sorry as I am to disappoint you. It is a type of

verse evidently written to please people of a morbid nature; would not add

Try It

TOASTED

CORN

K. Kellogg BATTLE CREEK OO

TOASTED CORN FLAKE CO.

The sweet heart of the corn

Oranges are

more delicious

served with

THE BACKYARD GARDEN

CHAPTER XI PEAS AND BEANS.

[By Professor Spade,]

No garden is complete without peas and string beans. The only difference in the two, botanically, is that peas are hardier and a cool season while warmer weather is required by the more tender bean. Atmospheric nitrogen goes into the making of both and if any amount is to be grown it is advisable to use a fertilizer containing this quality.

Garden peas are easy to grow. They do best in spring rather than in the hotter months, and also thrive in the fall from late-sown seeds. Even before freezing weather is past peas may be sown. They should be planted from three to five inches deep. The peas is one thing that will thrive best in a soil that is not too rich. A strong soil tends to make plants run to vines and delay the crop. Sewings may be made at intervals of six to ten days throughout the growing season to obtain a continuous crop.

For the early crop the dwarf varieties are ideal. In handling the taller and later kinds the grower will do well to practice pinching in the excessive growths. This assures a larger and quicker yield.

Two or three cultivations during the growing season are usually sufficient peas. They can be sown from six to eight inches apart in rows. The plants should be from three to four inches apart in the rows. If the dwarf varieties are grown, each plant will tend to support the other. But if the taller kinds are attempted chicken wire between rows will prove excellent sup-

2. Sunday. 3. Here is one for orange cake and

filling; I have no formula for macaroni Orange Cake-1/2 cup butter, 11/2 sailor to wear with it—now I'm ready cups sugar, ½ cup water, 2 whole for spring "hikes" and tramps in the eggs, and yolk of a third, 2 cups flour, -BETTY BROWN. juice and grated rind of one orange, 2 teaspoons baking powder. Mix and different story then; everything is so bake in layers. When cool, spread this different when the honeymoon is over, filling on top and between: juice and and we just settle down to the ups grated rind of one orange mixed with beat up the white of the one egg, and

see one; they are around every home 5. Shiuld say you were a very good I have ever seen, and I don't think size and weight for your years.

to be their nature. From one who is only hope that it may soon be over. INCLINED TO BE A SUFFRAGETTE. 8. Your penmanship is very good in

> Dear Miss Grey,—Will you kindly ask your readers if they know of a cure for indigestion, to tell me through your column, and greatly oblige. ONE WHO SUFFERS. Ans.-This sufferer's, request referred.

Young But Helpful.
Dear Miss Grey,—I would like very nuch to get these songs if any reader

Advertiser Patterns



tion—Lady's Apron, with Sleeve Pro. tector and Cap. s here shown white drill was used As here shown white drill was used for this set of serviceable garments. The models are also suitable for gingham, chambrey, sateen, percale lawn or seersucker. The apron is good on good, comfortable lines, and affords ample protection for the dress beneath. The sleeve protectors are a popular accessory and the cap is good to hold off the dust; at the same time it imparts a neat, trim appearance. The pattern is cut in three sizes, small, medium and large. It embraces all styles illustrated and requires 5% yards of 36-inch material for the apron, % yard for the cap and % yard for one pair of sleeve protectors.

A pattern of this illustration mailed.

A pattern of this illustration mailed

ADVERTISER PATTERN DEPT. Please send above-mentioned pattern, on to "Sara" and others who may be desirous of nanering over hele

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

CAUTION—Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure you need only mark 32, 34, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length be. If a skirt, give waist and length measure. When misses' or child's patmers, write only the figure representing tern, write only the figure representing the age. It is not necessary to write the age. It is not necessary to write inches" or "years." Patterns cannot reach you in less than one week from "inches" or "years." Pati each you in less than one

are the common varieties, although the former, requiring the less labor, is the more popular. As a garden crop, bush beans are used mostly as "string" beans, the pod being plucked when two-thirds grown and both pod and

beans eaten. Plant only when the weather has become settled. A late summer planting may follow the earlier one, and provide beans until late in the year. me bush beang are sown in drills. rows being farely less than eighteen inches apart. The plants should stand from five to ten inches apart in the

STRAWBERRIES.

The backyard gardener may prepare this year for strawberries next year. Plants can be obtained from nurserymen and set out late in the season. On he small grounds they are placed every foot in rows two feet apart. Planting can done with a spade, trowel dibble. The plant should be placed so the bud is just above he surface. During the first season the runners and blossom stalks should be removed. The second season gives the big crop, although good plants will produce heavily in the third year. Large growers grow corn between the strawberry rows the first year. In the winter the bed must be covered with a straw mulch to the depth of two

to the "tone" of our "Page for Wo- will be kind conugh to send them in 'Years ago, out in the wilds of Aus tralia, Out ni the gold mines there once stood

> Once we were sweethearts, you bade 'Farewell, farewell, my own true love, This parting gives me pain, You'll be my own true guiding star

a camp.

Till I return again." I am inclosing two songs which have been requested, A YOUNG READER.

Ans.—Requests referred to readers. some recipes, and thought I'd send a and downs of the world, for we can-pulverized sugar to make an icing, Thank you, "Young Reader," for help It is good of you to copy the songs.

> Couldn't Do Without It: Dear Miss Grev.-Have read many of your letters, and am very much inter-ested. We have received The Advertiser for a number of years, and could

not get along without it. I hope you will be able to answer the ollowing questions for me: 1. In what year were the 3-cent tamps used? I understand they were in force some time ago, Is this so?
2. What day did the 24th of

come on in 1852?

3. Is this piece of poetry too long come in print—"The Lost Chord"? appeared in a movie magazine some time ago, but I lost the book, If so, could it be forwarded to me, if I sent address and stamped envelope? Thanking you in advance. TIPPERARY. -1. In looking up your query I find

some interesting facts regarding postal service in Canada. The first post was established in Canada in 1721, between Montreal and Quebec. The first mail to imperfect nutrition at this early age. judicious hardening of the body is deservice to Upper Canada began in 1789, Fortunately, the public is now being sirable. in which year postoffices were established in Kingston, Niagara and Detroit. The rate of postage on letters of liberal and suitable diet during the ing their children go barefoot and bare-troit. and on letters to the United States 10 cents, until April 1, 1868, when the former was reduced to 2 cents, and others on the care and feeding of feeble, non-reacting child to take ada until about Jan. 1, 1899, when the milk, meat, vegetables and fruit, with accustom their bodies early

you a copy if you send me your address and postage. Choosing a Career. Dear Miss Grey,-Like many others,

I am coming to you for help. Could you tell me 1. The address and name of the publishers of Elinor Porter's "Pollyanna." 2. My joints crack everytime I move What can I do for them? 3. I am sixteen, and I have two bachelor friends of middle age in love with me. Am I too young to receive their attention? 4. How long should I wear my

5. What career would you advise me 6. What time should I get in

night? 7. What do you think of my writing? Thanking you in advance LEMON PIE.

Ans.-1. Messrs. Page & Co., 53 Beacon street, Boston, Mass. 2. Sorry, but I do not know.

4. They should come to your shoetops or a little below. 5. Now, when you asked that ques tion, didn't you think it just a bit foolish? How could I judge without

a brush dipped in hot vinegar, the paper will stick without the kalsomine being Hale, Smallman, Blandford, Miss Sm removed; hope this will be of some use to you. Yours truly, A READER.

Ans.—Glad to pass this reader's hint

Local Council of Women. Mrs. H. A. Boomer, president of the Local Council of Women, is hoping for a large turnout of members of the coun-Manor Inn at the council's annual meeting tomorrow. The meeting will open at 3 p.m., and interesting reports

occupy a large portion of the session.

Cure Constipation Billousness Liver Ills

# New Lines in Muslin Underwear at 50c Garment Waists, \$1

White Embroidered A special display of special values in Gowns, Un-Voile Waists, long or short derskirts, Corset Covers and Ladies' Drawel ... sleeves; a very great variety of styles; new collar designs; up-to-

### Four Designs in Gowns, at 50c date waists in every way. These waists are the equal of any on the We have four special values in Ladies' and Misses market at \$1.25 and \$1.50. Ask

Gowns, made of English cambric and Lonsdale; all made in slipover styles, lace and embroidered trimmed; all sizes. These are very exceptional value at 50c each Lace Trimmed Skirts, 50c

Full-Width White Petticoats, well made from an exceptional quality of English cambric, trimmed with two-inch insertion and lace, cotton cluny lace. A very 

### Corset Covers at 50c Each

Our range of patterns in Ladies' Corset Covers at 50c is the best we have ever offered for the price. There are at least fifteen different styles, and all are exceptionally good value for ..................50c each

### Embroidered Drawers, 50c Pr.

We have just opened a range of special values in dainty new Embroidered and Lace Trimmed Drawers; all sizes, in a great variety of styles. At.....50c each

"ALWAYS THE BEST OF EVERYTHING FOR THE LEAST MONEY."

Ladies' Ready-to-Wear 40-150 DUNDAS STREET. PHONES 115-116.

We now know the foods that are

suitable for children and, knowing these, the children should be provided

The child that learns to eat and digest all wholesome foods and who is

There is a greater recognition now

While faddists and extremists in this

er mistake is made by those who

THE KEEP- WELL COLUMN

## WHO EATS PROPERLY HAS GOOD START IN LIFE

MENTAL HYGIENE. One fact which has become ever

medical knowledge has ad- with them in suitable amounts and vanced concerns the should be required to eat of them, nutrition of the largely independent of choice.

infancy and early not permitted to cultivate little food childhood may lead antipathies, makes a good start and to such impoverish- avoids one of the worst pit-falls of life ment of the tissues with which medical men are very and such stunting of familiar, namely a finical anxiety congrowth that the ill-cerning the effects of various foods, all effects can never be too likely to develop into nervous recovered from in state.

A considerable proportion of the in- than formerly, also, of the fact that moral inferiorities children should not be too tenderly tellectual and among our people is fairly attributable brought up-that a certain amount of so thoroughly educated to the importwas reduced to 3 cents, and the children, that it is not necessary to plunges in ice-cold water, a still greater to form to fo dwell at length upon the subject. Plenty of good simple food, including protect their children and who fall

avoidance of condiments, coffee, tea baths and to exercise and alcohol, is approved by all author- weather

2. Tuesday.

3. The poem, "The Lost Chord," appeared in our "Old Favorite" columns some time ago. I should be glad to mail allowing the caprice of the child to inus.

Many parents make the mistake of its some time ago. I should be glad to mail allowing the caprice of the child to inus. Many parents make the mistake of It's no fluence its diet.



At a well attended meeting of Municipal Chapter, I.O.D.E., held in Cronyn Hall yesterday afternoon, Miss Katherine Smart regent of the Prin cess Patricia Chapter, was appointe as a delegate to th be held in Halifax May. Miss Sma will leave shortly for New York, ar

go from thence to Halifax in time attend the opening session. Mrs. E. Hodgins was nominated as counc lor of the National Chapter. Miss Smart drew the attention of t members of the primary chapters

the work being done by the Princ Patricia Chapter, to provide all surgical supplies for the stationary ho pital under Cal. Casgrain's char overseas. Members of the Sir Jo Carling Chapter, and the Lord El Chapter were assisting, and it asked that all supplies be in by end of the month in order that may be shipped.

A vote of thanks was voiced by Cl. T. Campbell, seconded by McCrimmon and unanimously car to the Sir John Carling Chapter and Hamilton-Gault Chapter, for so conducting booths at the band con held recently in the armories.

A committee composed of the lowing ladies to arrange a "comf shower" for the soldiers was appointed Mesdames A. A. Campbell, Puddicom and Mrs. Tillman.

PORT STANLEY I. O. D. E.

PORT STANLEY, April 19,-The regu lar meeting of the local I. O. D. E. was il and all affiliated societies in the held at the home of Mrs. John Price last week, when several matters of importance were discussed. The advisability of of the work of women in London will erecting drinking fountains for horses, as suggested by the Elgin Humane So-Hood's Pills Mack Eastman, of Calgary, who is expected to arrive in May to visit his parents Bay S H and Mrs Eastman. Mack Eastman, of Calgary, who is exparents, Rev. S. H. and Mrs. Eastman, will be asked to give a lecture in the municipal hall on "Belgium." The matter of assisting in sending a Red Cross nurse to the front was talked over, and remains undecided for the present.

RIGHT NOW YOU MUST THINK OF YOUR Refrigerator

FOR THE SUMMER. Come and see our big stock of galvanized iron, white enamel and French grey Refrigerators. Something worth while, very reasonably

H. Wolf & Sop

Spring F DAFFOR

