

A PAGE OF GENERAL INTEREST TO WOMEN READERS



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May 1/16

Dear John,
Thank you ever so much for the box of Moir's. They were delightful. Nothing you could have sent me could have been more welcome.

Aff.
Beatrice.

P.S. I shall keep the box for old times sake. B.

Moir's Chocolates A series of delightful surprises

On Bake Days

You'll appreciate the many advantages of the

HYDRO-ELECTRIC RANGE

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Average cost of electric current is only \$1.50 a month.

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AUNT NANNIE'S QUILT

Quilt blocks of red and white, pieced, or of plain blue, for "Aunt Nannie's" "love quilt" are quite showing the Mail-Box these days, and I do hope it will not be long before the required 56 blocks are reached.

An encouraging message comes from "North Devon," as follows: "Will send four pieced blocks and four plain from 'North Devon and family.' Isn't that just fine? 'Echo' contributes a 'shin-plaster' towards the lining. Thanks, 'Echo'."

And from our "Faded Lily," whose kiddies have the whooping cough, you remember, comes this note accompanied by six nice blocks of red and white: "I am sending enough blocks for 'Aunt Nannie's' quilt, one for each of our family."

But do you see what that means? Why, YOUR block and YOUR quilt are going to be left out in the cold if you don't hustle right now. Here's a list of those from whom blocks have been received, and there is about a score of others promised, outside of "North Devon."

Red and white blocks have reached me from "Becky Ann," "Justa Friend," "Soldier Boy's Mother" (10 cents in closed toward lining); "Chip," "Femme Couverte," "Kitty" (10 cents enclosed), and "Faded Lily," six blocks.

Four blocks of plain blue are to hand from "Star That Guides," "Black Beauty," "A Dub," "Gladys D.," "Near Cottam," "Mrs. J. A. McE." "Near Peace" and "Lazy Daisy."

And by the way, that last named block deserves very special mention. Besides bearing the title, "Lazy Daisy," London, in the centre of a neat ring of feather-stitching, this Daisy has belied the first half of her name by embroidering a real daisy just above her name, and around the out-



It is hard to break the chains of habit. It took one man six months to stop saying "Gee Whiz."

It is astonishing how habit will keep a person asking for "the same as usual" tea long after she has intended to try Red Rose Tea. Why let habit prevent you enjoying this richly flavored Indian-Ceylon blend? Order a sealed package to-day.



side of the block runs this guaranteed-to-cheer bit of verse, neatly worked in outline stitch:

"Smile awhile,
And while you smile,
Another smile,
And soon there's miles and miles of smiles,
And life's worth while."

Now everybody SMILE, then run away and make YOUR block—Cynthia Grey.

Daughters of the Empire



Here follows the latest acknowledgment of goods shipped through the Municipal Chapter, I. O. D. E., as received by the treasurer from the secretary of the ladies' committee, C. W. C. A., in England:

Dear Mrs. Campbell—

I am very pleased to say that we have unpacked today the thirteen bales of which you advised me on March 2, and the seven bales shipped on March 1. I have further to acknowledge a consignment of March 26—bales 126 to 132—which checked up correctly in every detail with your lists. We have also received and unpacked a consignment of 6 cases of April 1, with the exception of bale 138, which has not yet come to hand. We will doubtless receive it before long. Also a consignment of bales numbering from 139 to 153, shipped April 7, 11 and 12.

I am very glad to inform you that these large and generous consignments all arrived in the best possible condition, and came at an opportune moment, because owing to the very heavy fighting at Verdun, the French Red Cross and the French Embassy had asked us to give what we could of our surplus. Along with contributions from Vancouver, Hamilton, Toronto and Montreal, we sent some of your excellent supplies, and were thus able to get together a very handsome gift. All the cases have not yet been forwarded, because that business takes time in these days; but I like to think that our women all over Canada are helping the brave Frenchmen.

You will understand that when we are appealed to in this way, as a rule it is for some specific hospital and our contributions go there direct. More often than not, either someone on our committee, or someone interested in our work, knows the hospital has had Canadian sons or brothers treated there, or Canadian relatives working there, which, of course, gives a personal feeling to the whole thing.

By forwarding in this way, we know without a doubt that the things go direct to the place where they are really needed. You know in the early days

there was a great deal of trouble over the congestion at the French Red Cross headquarters; and though this has doubtless all been straightened out, it gives us a good deal of satisfaction to have our own contributions correctly addressed and promptly delivered.

The weather here has been very beautiful for some time. I was at the Queen's Canadian Military Hospital two weeks ago. I only wish you could see our wards. They are really lovely; and, of course, the beautiful trees and flowers and lawns which surround the hospital, add to its attractiveness. My husband lunched with the commandant and doctors in their dining-room, and I asked Miss Stewart, the superintendent, to allow me to dine with her in the nurses' room, instead of her private room. It was really most interesting. The fame of the V. A. D.'s in the Queen's Canadian has gone abroad. They are known all through the district as the "beauty pages," and really the majority of them are strikingly beautiful girls. They look lovely in their pale green uniforms and flowing veils.

Miss Stewart has introduced some up-to-date methods; among them that a nurse, or V. A. D., off duty, going out, must change into civilian clothes. In this way the differences kept spotlessly clean, and there is no danger of their bringing in germs from the outside.

Never a week passes, but some girl from somewhere in Canada applies to my husband for a chance in the Queen's Canadian. The latest recruit is Miss Yates. Her mother, who was Miss Bunting of Toronto, came over with her husband, Dr. Yates, late of Montreal, but who, alas, was completely broken up by his medical work in France, and died a month or two ago.

I hope this long, gossip letter will not bore you. So many of our respondents like details of the hospital, and possibly sometimes I let my tongue run away with me.

With very grateful thanks for all you are doing for the wounded here and in France, sincerely yours,
ELINOR MACLAREN BROWN.
Hon. Sec. Ladies' Com., C. W. C. A.

Miss Marian Currie of Wilton Grove had a birthday party a few days ago; there is nothing unusual about that—many young ladies have birthday parties—but the result of Miss Currie's party was unusual. A host of her friends came to congratulate her; and in compliance with a hint they had received from her, each one brought a package of candy or tobacco for the benefit of the Daughters of the Empire, and the birthday cake was an occasion for helping out soldier boys. Like many other Canadian women, Miss Currie has a special interest in the soldiers, from the fact that her brother is in the Canadian army and the fact that he has already been wounded several times in the defence of the Empire.

MISS PRINGLE'S RECITAL.

The music-lovers of London are looking forward to Thursday evening, June 23, when a recital will be given at "Bishopstowe," by Miss Marjorie Pringle, soprano of Hamilton. Miss Pringle has for the past few weeks filled the position of soprano soloist in St. Paul's Cathedral and has already created a most favorable impression in local circles by her artistic work. Miss Pringle studied in New York with the eminent teachers, George Sweet and Madame Thesler. She was also a pupil of F. W. Wodell of Boston, and spent some time abroad, where she studied singing and piano in Florence, Italy, with Braggiotti and Ronzoni. Miss Pringle's program at her recital will be unique, such a program, in fact, as the public of London seldom hear, including two modern arias by Puccini and a varied selection by modern American and English composers. Almost without exception the program is entirely new. The assisting artists are Miss Florence Egglestone, who will play the subject, "Ave Maria," and the London instrumental trio, which has been so well received on various occasions this season. They will contribute a movement from one of Mozart's trios and a group of shorter numbers by Mendelssohn, Schubert and Wivor. The recital will be in aid of the Western University hospital unit, and it is confidently hoped that a satisfactory sum will be realized. Miss Pringle leaves on September 1 for a concert tour of the Canadian West and will be gone six months.

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.]

From Nebraska Prairies.

Dear Miss Grey,—Is this Irish girl too far away to join the Mail-Box? Even though I do live way out here on the prairies, London is my hometown, and I long to go back. I get so lonesome away out here. I wondered if you could not give my address to someone, so we could correspond? I am only fifteen, and the prairies seem pretty vast sometimes.

With love,
LONESOME.

Ans.—You wouldn't be too far away to belong to us, if your letter came from "the cool sod" rather than Nebraska's prairies. Why, we even get letters from the trenches, you know. Just write us as often as you like, and tell more about your life out West. If any letters are received for you, I'll notify you in these columns.

Sends Her Thanks.

Dear Miss Grey,—Please thank all readers through your page for their generosity in sending me coupons. You will find enclosed some cigarette flags for "Mescal." Hoping you will allow me to write you again, I will sign, yours,
ELIZABETH ANNE.

Ans.—Have sent your flags on to "Mescal"; and to you, the coupons supplied by "Lazy Daisy" and another reader. Certainly, write us again.

Who Knew Jeannie?

Dear Miss Grey,—I shall be glad if you will let me know through the columns of the Mail-Box the whereabouts of the old Scotch song, "Jeannie Shaw," the first line of which reads, "I am far away from Scotland."

Will you kindly pass an opinion upon my handwriting?
A CANADIAN SCOT.

Ans.—Am hoping someone may know this song and will send a copy for you. You write an excellent hand.

Mary Ann's Advice.

Dear Miss Grey,—I have intended writing for some time and all my views of things, especially about "Kentucky Nell." I do feel sorry to see young girls get married and assume the very responsible position of housekeeper, especially so very young. "Kentucky Nell," I think she has got along pretty well, but perhaps if she would in the first place demand a good oven and use homemade cooking, I'm sure she would soon save the price of the stove with a reliable oven. Bake your own bread, Nell; also pastry; I use

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The pattern is cut in four sizes: 4, 6, 8 and 10 years. Size 6 requires 3 1/2 yards of 44-inch material, with 1 3/8 yards of 27-inch material for the bolero and collar.

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Town
Province

Age (if child's 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, on the waist measure, 22, 24, 26, 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 "me all-the-year-round" patterns cannot reach you in less than one week from date of application.

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Just set your sponge about 3 p.m., put your yeast cake to soak in 1/4 cup warm water for ten minutes; blend up two or three tablespoons flour, tablespoon salt, tablespoon sugar, 2 cups warm water; put the dissolved yeast cake in, beat up and set in any warm place with a cover on; about ten at night add 2 dippers of warm water and more flour; beat good and cover; use a little earlier than usual next morning and mix stiff (but not too stiff); knead again and the next time knead into loaves; put into pan, let rise light, and bake 1 1/2 hours in a moderate oven; take out and rub a little butter on the crust. If you have nice home-made bread you do not require much pastry.

For the meat part of it, I often buy best stew, 1 1/2 lbs. would easily make a good dinner. Cut up in small pieces and put on to cook in good time (meat is so much nicer if cooked well); about 11:30 chop in some onions, salt, pepper, and potatoes; if no potatoes, I often make small dumplings; drop in, thicken with flour and water, have quite a bit of gravy on your stew, and you will have a nice dinner for even Mr. Kentucky, for little cost.

If I am not intruding too much I will give you a recipe for a dandy cheap cake for tea. Put in either 1 1/2 cups flour, 2 teaspoons baking powder, 3/4 or 1-2 cup sugar, sift all into a dish, break an egg into a cup (don't beat), fill cup with sweet milk or water will do, and teaspoon up into the flour and mix well; at the last add 2 or 3 tablespoons of melted butter or half butter and lard. Beat up well and bake in moderate oven 20 minutes; when cold, cut through middle with a bread knife—not down, but across; cover with slices of banana and some of the icing you have for the top; put on again and put this icing on top, or if you wish just serve hot and plain. I must close or Miss Grey will have the bread knife into me.

Some Gaelic Verse.
Miss Grey.—May I trouble you to print these Gaelic verses, not the music, just the verses, and oblige.

HAPPY-GO-LUCK.

Ans.—One of our sunny tempered printers has undertaken to set your verses. I have an idea he's "true Scotia's isle" himself, so will be certain to copy them right. They'll appear in a few days.

Sends a Block.

Dear Miss Grey,—I am sending a pieced block for "Aunt Nannie's" quilt, also a dime. I could make more blocks if there were not enough to finish the quilt. How I would like to attend when this quilt is being quilted and help would like to see it when it is done. I think the idea was fine to make it this way. Yours sincerely,
A SOLDIER'S MOTHER.

Ans.—Your block was so neat and nice! Yes, it will be a most interesting quilt when all complete. Think we shall have to photograph it before sending to "Aunt Nannie."

Attention, Mrs. Gay.

Dear Miss Grey,—Would you kindly give me "Mrs. Gay's" correct address, as I would very much like to write to her? Also a recipe for strawberry short cake, one made of cake dough, baked in layers. Thanking you in advance,
COUNTRY READER.

Ans.—Have I your permission, "Mrs. Gay," to pass the information on to "Country Reader"? I have her address. "Here is a strawberry shortcake that is supposed to be of the melt-in-your-mouth variety: Beat a tablespoon of butter to a cream with half a cup of white sugar; add an egg, and beat all together thoroughly; add half a cup of sweet milk and a teaspoon of baking powder sifted through a cup (or a little more) of flour. Bake in two layers, spread with butter, and add strawberries, well sweetened, between the layers and on top.

LAST MEETING

Simcoe Street Mothers Club Winds Up Season With Election.

The closing meeting of the Simcoe street school Mothers' Club was held on Thursday evening in the kindergarten of the school. There was a large attendance. The election of officers was held, Mrs. Gemmill of Talbot street school presiding. The following were returned:

Monetary president, Mrs. Curcoe; president, Mrs. Wright; vice-president, Mrs. Mitchell; secretary, Mrs. Gray; treasurer, Mrs. Campbell.

A musical program was given, and the yearly report presented by the secretary. During the term the club has been most successful, and congratulations were given by Miss Davidson, Mrs. Curcoe and Mrs. Pearce.

It was decided that the mothers hold a picnic later in the holiday season. Refreshments were served, and the meeting closed with singing the National Anthem.



Red Cross Column

A wonderful record in work is being made at St. Andrew's Hall these days; everyone has been working up to their limit, and now they are going over it to get everything finished for the unit this week. It is impossible to mention here the names of all those who have given such constant and magnificent help to the cause. Red Cross auxiliaries, including the juniors, have done magnificent work. It was comforting to hear last week the comments of a soldier who is soon leaving for the front the second time, having been severely wounded at Giverny. He told of the wonderful system of dressing stations, hospitals, etc., and said: "The Red Cross hospitals are perhaps a little bit better than the others—the equipment of all is good—that of the Red Cross is superlative." That's a good standard to keep before us—and we think we may say that the work of each society has been helping us—chapters of the I. O. D. E. Personal Service Club, Smallman & Ingram's auxiliary, or the many others, have all come up to this test. What has been

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