

A PAGE OF GENERAL INTEREST TO WOMEN READERS

Krumbles

The New Whole Wheat Food with the *Delicious Flavor* originated by the Kellogg Toasted Corn Flake Co. BATTLE CREEK, MICH. and TORONTO, CANADA

KRUMBLES, the most popular of whole wheat foods, tastes specially good to folks who want a change of breakfast foods.

Whole Wheat—all the wheat, including the phosphates, mineral salts, and the bran that are so beneficial to the system, so doctors say—prepared by the exclusive Krumbles method.

Notice how the sweetness and flavor of Krumbles come out more and more as you chew it.

Made in Toronto, Canada. In the WAXTITE package—10c. Look for this signature.

W.K. Kellogg

Children like Krumbles and it builds them up



W. K. KELLOGG CEREAL CO., Toronto.

ADVERTISER PATTERNS



A NEAT AND PRACTICAL MODEL. 1723—This attractive style will at once appeal to the careful housekeeper.

The model has several good features. It completely envelops the dress, and has simple, practical lines. The pockets may be omitted. The pattern is cut in three sizes: Small, medium and large. It is nice for gingham, chambray, lawn, percale, alpaca and satin. The medium size will require 5½ yards of 36-inch material. 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 direction given below, to:

Name _____

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, please measure your body only mark 32, 34 or whatever it may be. When in waist measure, write only the figure representing the waist. The letters "H" and "W" will be a self-addressed envelope for them if they are sent in, and I certainly hope they will be, for I have been trying a long time to get them, but it has always seemed impossible. I will be glad to do anything for "Tender Heart" if he will send me the pattern. I will sign myself as before.

A SARNIA READER.

Ans.—Between gum wrappers and coupons, tobacco coupons, soap ditty, oatmeal ditty, and cigarette flags, the Mail-Box seems just one coupon after another. However, as long as folks get what they wish, I'm glad. Sorry you were disappointed before, but so far as I know "Juna" failed to send her wrappers in. I hope "Tender Heart" will let you have hers.

"Silver Bell" is Delighted.

Dear Miss Grey,—Well, readers, I have received the 142nd pin, and with-out a doubt, it is the sweetest pin, and I have never stared a hole through it, looking—yes, even kissing it. Now, why shouldn't I? It is from one of the bravest heroes of London, and how I prize our soldier boys. "Twenty-One," I thank you.

Those "Heavenly Twins" Really, you two kids should be liked for getting that young man of yours all splashed over with butter—but, please pass the fudge.

"Cool-Box" pass your name along the next time you write, for I just know if you ever did—well, our Mail-Box readers would shower you with all kinds of goodies-goodies. Please oblige.

"C. A." where be you? Come over and have a game of tennis with me. Do you play tennis, "Calamity"? Love and all is in the game.

"Deserted" you naughty girl, you. I know you are ashamed to appear. Please look your desk the next time.

"Caesar" you are a clever piece. Come back, on do come back! For if you do, I know the "Echo" will come back.

And the picnic that was to be. Didn't we have a lovely time? I mean with somebody else. Do you know I had a

When using WILSON'S FLY PADS READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

For more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

shole quilt, don't you think this would be hard to quilt with so many seams? "Lorna," speak up and let us know if you're really from the country of "great Jan Ridd."

Please Send Postage.

Dear Miss Grey,—I read in your valuable page where a lady is offering to give away silk and satin patches. I would love to have some for a cushion. I won't dare ask you what you think of my writing. I wrote once before to you, but received no answer, so I hope I will hear this time. Yours BLUE EYES.

Ans.—I wish you had inclosed some postage for "Wynne" to mail you a share of the patches. Please do so, and I shall send your name to her. Are you sure your former letter was not answered? Sometimes replies get held up in the type department, but honestly I try to give space to every letter that comes.

Embroidered Her Block.

Dear Miss Grey,—I am hustling along with a quilt block for "Aunt Nannie's" love quilt before you call a halt, and I may have to stay in the cold. Hope it will answer, for I worked it with a crying and cranky baby on my knee. Will try and bring some help next time. I remains, MARIE.

Ans.—You have evidently "hustled" to some purpose, Marie, for a nice block I have yet to receive, despite the fretful blaim. The hot weather is trying on the little folks.

Currents and Berries.

Dear Miss Grey,—I noticed that "Wynne" had some patches that she did not need. Please, can I have a few of each kind? I am sending a stamped addressed envelope for them. Now for a few questions.

1. Can anyone supply the song of which Wynne lines are.

2. A way to preserve gooseberries and red currants?

3. How do you think of my writing and composition?

P.S.—What do the letters "D. O. C." stand for?

Ans.—Am sending you envelope to "Wynne."

1. Referred to readers.

2. Red currants are very delicious when this method is followed: Stem the fruit, and wash it; place in the kettle (allowing three-fourths pound sugar to one of fruit), until the juice begins to draw. Place over fire and simmer until sugar is well dissolved; then skim out the fruit and let the syrup boil until rich and thick; add the currants once more and boil a few minutes. Seal hot. In this way the currants do not become hard.

For Gooseberries: "Top and tail" them; add three-fourths pound sugar to one of fruit or more if berries are very sour, and a little water; let boil gently until sugar is well cooked into the berries. Or, make a syrup of sugar and water, fill jars with the measure of berries, seal jars loosely, and boil in a flat-bottomed kettle containing water up to the shoulder of the jar.

3. Boy very excellent.

4. "District officer commanding."

Is This Scotch.

Dear Miss Grey,—Will you kindly send "Apple-Eater" the inclosed letter. She sent me so many pretty and broodery patterns, and I want to thank her. When I wrote you before I sent two 2-cent stamps—one for the pattern, and one for cosmo seed, and as the seeds failed to mail you kindly put the stamp on the inclosed letter. Also when you have time, could you tell me what would be a nice dress to get to wear to the theatre and for the evening, and also publish patterns?

Thanking you for all your kindness and wishing you success in the future, I remain, CINDERELLA.

Ans.—"Cinderella," you must be Scotch. If you don't know why I guess this, write and tell me. The letter has been forwarded as requested. For your dress, nothing is prettier than silk crepe, in pale pink, blue, yellow or mauve. A little shirring around the hips and at the throat, and perhaps a little creamy lace for trimming, and you have a sweet and simple dress, yet one rich enough for average occasions. Some of the pretty volles or figured batistes are lovely, too, and less expensive than the silk crepes.

NOTES.

"Soldier's Lonely Mother,"—"Sunbeam" and "Mother of Two Wee Darlings" are asking for your cigarette coupons. Can you send them to me, so that I may divide them and forward to these readers?

Additional requests for "Wynne's" silk patches have been received from "Poor Old Maid," "Little Me," "Tambling's Corners," "Jo," and "Mrs. F. I." in each case postage as inclosed was, of course, forwarded.

A PERSON MIGHT AS WELL DIE AS TO TAKE ALL THESE WISE PRECAUTIONS.

"Now it's time for you to start for school, Reggie, darling. Good-bye. No, don't kiss me! How many times must I tell you that kissing is insensate?"

"Oh, child, how could you put the dog? Now we must sterilize your hands all over again and steam them and then use the antiseptic spray on them. There! Get your hands into them quickly."

"And here's your individual car strap. Be careful not to touch any other."

"Have those shoes been baked since you wore them yesterday? No? Then you must change them. Here's another pair, just out of the oven. And here's your slats, dearie. It's been well boiled and afterward baked."

"Now, remember, put on your rubber gloves when working, and use the antiseptic spray to use on your desk."

"And here are two cubes of germicide and a vaporizer; gargle every even hour from this bottle and sniff this one every odd hour."

"Here's your doctor's certificate in its antiseptic case. Show it to the teacher if he insists on cutting out your tonsils again, and tell him I'm sure your tonsils are all right."

"I wonder does 'Lorna Doone' come from that dear old country? If so, I would like to hear NORTH DEVON."

Ans.—It is very generous of you to offer to make the border for the quilt, but I am referring the matter to "Aunt Nannie." You see, with the blocks inches square, the quilt will be a large one, without any border. As to a rever-

wonderful holiday. I motored Saturday and Sunday all through the fruit belt on Lake Ontario, and had the most wonderful trip, which covered about 150 miles all told. Have we any readers from this part of the country? I say, you live in a wonderful, pretty part, for I do enjoy fruit and all things good. Must run away now, and will call again when I haven't so much to say.

SILVER BELL.

Ans.—Your motor ride, must, indeed, have been a pleasant trip. We have quite a few correspondents from Leamington; did your ride include a call at that pretty place? "Twenty-One" will be glad to hear that you had the pin. I received your inclosure all right, and am certainly under an obligation to you for sending it. Shall return it to you in a week or so.

The Soldiers' Supper.

"Mother of Four" writes me in regard to a block for "Aunt Nannie's" quilt, and adds the following interesting comments re soldiers' fare: "We went to see the soldiers at Borden Hill last Friday, and saw them eat their suppers, and really the poor fellows didn't seem to have much after such a tramp as they had. Each got two or three slices of bread, and a tin of condensed milk, and a small spoon of jam, with tea. I just thought of some men who grumble at their board (bread) en, I mean, if they ate one supper like the soldiers they would quit the job. I know as we never without one or two hired men, and had one leave us because we had no potatoes a few days in June, when potatoes are rather hard to get."

I will send in some quilt patterns; they can be pieced with all kinds of print (light and dark) or red and white; some make them of black and orange or blue and white.

With best wishes to all the Mail-Box readers.

MOTHER OF FOUR.

Ans.—Hope some hired man feels more contented with his farm fare, after reading about the soldiers' menu. Hiking on a route march is surely worse than pitching hay.

Your quilt designs I have sent to "Sunny Susan," who asked for such.

An Old-Fashioned Lily.

Dear Miss Grey,—In some old gardens around the city there is a little white lily which is in bloom this week. I can see on stems bearing up as high as twenty flowers, and the flowers hang down at the end and on one side of the stem and the petals are recurved.

If any of your readers have this lily in their gardens, I should like very much to give a very good exchange for them in gladioli, lilies or other good perennial plants. If any such would address me at Box 647, London, I should be much pleased. Yours truly, S.

Ans.—Which of our readers owns such a lily? Hope someone will respond to S's appeal.

Sends Eight Blocks.

Dear Miss Grey,—I herewith send the eight blocks for "Aunt Nannie's" love quilt. I leave it to your judgment whether to use two of them or not. It would be nice if there were enough sent for a reversible quilt, and if you like the piece I put in for a finish for the sides, I will make enough and send along to you.

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FLOWERS

Are Nature's smiles. Pass a few on to your friends. Get them at

West Floral Co.

Phone 2167. 247 Dundas St. E.

SHAPE DON'T MATTER.

[Boston Transcript.] Butcher—Will you have a round steak, m'ar? Mrs. Youngblood—I don't care what shape it is, so it's tender.

TWO BIG BARGAINS IN DRESS GOODS

These are broken lines, with possibly only two or three colors in each number, and not having a complete color range we desire to clear these out, hence these reductions at the present time. These offerings should be taken advantage of, particularly at this time, when prices are continually advancing. These goods are on sale tomorrow (Thursday) morning.

\$1 and \$1.25 Dress Goods for 79c

Included in this lot are Wool Crepes, Panamas, Serges and Diagonals and Fancy Checks. The following colors are to be found amongst them—navy, copenhagen, alicia blue, king's blue, tan and grey. They vary from 45 to 54 inches wide; regular \$1.00 and \$1.25 yard. To clear Thursday at 79c

50c and 60c Wool Challies for 39c Yard

They are in cream grounds with colored stripes and black and navy grounds with white and red spots. To clear at 39c yard

Girls' Middies

Girls' Linen Colored Middies, trimmed with white braid; sizes 4 to 14 years. At 85c each

Girls' Middies, all white or trimmed with colored braid; sizes 8 to 12. At 75c

Girls' Middies in a lighter weight jean, trimmed with black and white piping; sizes 8 to 12. At 50c

Misses' Long-Sleeve Middies, in Paul Jones style; sizes 14 to 20 years or 32 to 38. Special at \$1.50

Silk Crepe de Chine Waists at \$2.95

Fine quality Silk Crepe de Chine Waists, with convertible collars, hemstitched yoke in back, in ivory, pink and black; worth \$3.50. Specially priced at \$2.95

GRAY'S LIMITED.

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS

140 DUNDAS STREET.

Phones 115, 116.

GRAY'S LIMITED.

St. Andrew's College

Toronto FOR BOYS UPPER AND LOWER SCHOOLS Canada Careful Oversight Thorough Instruction Large Playing Fields Excellent Situation. AUTUMN TERM COMMENCES SEPT. 12, 1916. REV. D. BRUCE MACDONALD, M.A., LL.D., HEADMASTER

CALENDAR SENT ON APPLICATION.

The Ocean Dress

Once upon a time the ocean was just no color at all. The earth was green as it is today, and the sky was blue like it is today, but the poor old ocean had no color at all. It felt pretty badly, I can tell you—just like you feel sometimes when all the other boys and girls have new dresses or hats and you have not!

It spent most of its time crying, and that, by the way, is how it came to be so salty. Why, it cried years and years, and it cried so hard that it had made it salty ever since. When it was not crying, it was admiring the sky's dresses. It could hardly decide which it liked best. First, there was the dress of grey that the sky wore in the very early morning; then the pink and golden gown that she put on to receive her doud scarf. "Why, it's blue!" the ocean heaved a gusty sigh from the depths of its heart. "Because I am not beautiful—not green like the earth or blue like the sky?" it wailed dizzily.

"Don't cry," said the little fairy king. "Wait till tomorrow, and then you shall be surprised."

Next morning when the sky looked down on the ocean she nearly dropped by and heard him crying. "Old Ocean, why are you weeping?" said she. "The ocean heaved a gusty sigh from the depths of its heart. "Because I am not beautiful—not green like the earth or blue like the sky?" it wailed dizzily.

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