## 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

RUMBLES, 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.



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TO THE REAL PROPERTY OF THE PARTY OF THE PAR

Children like Kreunsley and it Builds them up

All Wheat Ready to Eat

W. K. KELLOGG CEREAL CO., Torento.

For my "best" trade

I know I am safe in recommending Century

Salt. Its superior cleanliness, and its gleam-

ing whiteness-all proclaim purity far beyond

'entury

"the Salt of the Century" is made by vacuum pro-

the ordinary. Let us send you a bag.

NEAT AND PRACTICAL MODEL. 1723-This attractive style will at nce appeal to the careful house-

The model has several good fea-ures. It completely envelops the dress, and has simple, practical lines. The pockets may be omitted. The pattern is cut in three sizes: Small, mehum and large. It is nice for gingham, chambrey, lawn, percale, alpaca and sateen. The medium size will equire 5% yards of 36-inch material. A pattern of this illustration mailed any address on receipt of 10 cents

ADVERTISER PATTERN DEPT.

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 bust measure you need only mark 32, 34 or whatever it may be. When in walst measure 22, 24, 25, or whatever it may

heastre, 22, 24, 25, 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 or application.

there is no mother handy to mend wonderful holiday. I motored Saturday! I have three boys, all gone, and and Sunday all through the fruit belt The addresses of these boys are using miles all told. Have we any readers her. you live in a wonderful, pretty part, for I do enjoy fruit and all things good. Must run away now, and will call

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 but thought I may still get some, that pretty place? "Twenty-One" will be glad to hear that place? "Twenty-One" will be glad to hear that place? "Twenty-One" will be glad to hear that place? I received your inclosure all right, like to get are "H" and "W." I will and am certainly under an obligation send a self-addressed envelope for them to you for sending it. Shall return it to I will and am certainly under an obligation

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 so'diers' fare: "We went to see the soldiers at Poplar Hill last Friday, and saw them eat their suppers, and really the pood fellows didn't seem are lovely, too, and less expensive than Ans.—Between gum wrappers and oupons, tobacco coupons, soap ditto, atmeal ditto, and cigarette flags, the they had. Each got two or three slices the silk crepes. However, as long as folks of cheese (not big), and small spoon of get what they wish, I'm glad. Sorry jam, with tea. I just thought of some you were disappointed before, but so men who grumble at their board (hired for thin people, and I will try it on far as I know "Juna" failed to send I en, I mean), if they ate one supper the baby.

for thin people, and I will try it on far as I know "Juna" failed to send I en, I mean), if they ate one supper the baby. like the soldiers they would quit the job. I know as we are never without one or two hired men, and had one leave us to these readers? because we had no potatoes a few days June, when potatoes are rather

I will send in some quilt patterns: print (light and dark) or red and white; shouldn't I? It is from one of the some make them of black and orange bravest heroes of London, and how I 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 school, Reggle, darling. Good-bye. No. ing powder, 2 cups of oatmeal, 2 cups over with butter-but, please pass the 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-Fashloned Llly. Dear Miss Grey,-In some old gardens around the city there is a little white lily which is in bloom this week. They ome on stems bearing up as high as twenty flowers, and the flowers hang other.

down at the end and on one side of the stem and the petals are recurved. If any of your readers have this lily their gardens, I should like very much to give a very good exchange for them in gladioli, irises or other good perennial plants. If any such would ad

dress me at Box 547, London, I should gloves when working at the blackboard be much pleased. Yours truly, Ans.-Which of our readers owns such a Hily? Hope someone will respond to and here's the antiseptic spray to use 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 rould 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, will make enough and send along to

I wonder does "Lorna Doone" come from that dear old country? If so, I would like to hear from her. 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 ten inches square, the quilt will be a large one, without any border. As to a rever-

sible 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 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 let-

Embroidered Her Block. Dear Miss Grey,-I am hustling long 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 nicer

block I have yet to receive, despite the fretful bairn. The hot weather is try-

ing on the little folks.

Currants and Berries. Dear Miss Grey,-I 'noticed that 'Wynne" had some patches that she didn't 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 some lines are. "For the King he wants soldiers, And I, for one, must go."

2. A way to preserve gooseberries and red currants? 3. What do you think of my writing and composition? P.S.-What do the letters "D. O. C." stand for?

Ans .- Am sending your 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 currents 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 fruit; pour syrup over, seal jars loosely, and boil in a flat-bottomed kettle taining water up to the shoulder of the jar.

4. "District officer commanding."

Dear Miss Grey,-Will you kindly send "Apple-Eater" the inclosed letmy daughter's sweetheart as well."

On Lake Ontario, and had the most ter? She sent me so many pretty embroiders of these boys are being wonderful trip, which covered about 150 broidery patterns, and I want to thank care for them I should be very glad from this part of the country? Can say, two 2-cent stamps—one for the patterns, and one for cosmos seed, and as the seeds never came, will you kindly put the stamp on the inclosed letter? again when I haven't so much to say. Also when you have time, could you tell me what would be a nice dress to get to wear to the theatre and for little informal evenings, and also publish patterns?

> Thanking you for all your kindness and wishing you success in the future, CINDERELLA. I remain. Ans .- "Cinderella," you must be Scotch. If you don't know why I guess this, write and I'll tell you. The letter has been forwarded as requested. For your dress, nothing is prettier than silk crepe, in pale pink, blue, yellow or A little shirring around the nips and at the throat, and perhaps a ittle creamy lace for trimming, and you have a sweet and simple dress, yet one rich enough for average occasions. Some of the pretty voiles or figured batistes

NOTES. "Soldier's Lonely Mother."-"Suneam" and "Mother of Two Wee Darngs" are asking for your cigarette oupons. Can you send them to me, so that I may divide them and forward

Additional requests for "Wynne's" silk patches have been received from He says our small town 'is too charm-"Poor Old Maid," "Little Me," "Tambhave nearly stared a hole through it, they can be pieced with all kinds of ling'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 don't kiss me! How many times must tell you that kissing is insanitary? "Oh, child, how could you pat the dog? Now we must sterilize your hands all over again and steam them and then use the antiseptic spray on them. There! Now, here are your antiseptic gloves. Get your hands into them quickly. "And here's your individual car strap. Be careful not to touch any

"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 slate, dearle. It's been well boiled and afterward baked.

"Now, remember, put on your rubber and use your own piece of chalk. Be sure to use your own cup to drink from. on your desk.

"And here are two cubes of germ! cide and a vaporizer; gargle every even And reads in a full flowing measure, 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 ade-Seems full of his praise to the brim

on to your friends. Get them at

West Floral Co.

247 Dundas St.

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 c lear 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)

\$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, alice blue, king's blue, tan and grey. They vary from 45 to 54 inches wide; regular \$1.00 and \$1.25 yard. 

50c and 60c Wool Challies for 39c Yard

They are in cream grounds with colored stripes and black and navy grounds with white 

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

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. 

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Silks, the kind that wears and washes well,

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Weather Underwear

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Children's Summer Knit Drawers at .....

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plain, taped edge, balbriggan or porus-knit;

sizes 4 and O. S. At ...... 50c

Ladies' Silk Lisle Combinations, lace trim-

med, "cumfy cut," short sleeves or sleeve-

less. At ..... 750

Ladies' Vests in outsize sizes, with or with-

Andrem's College FOR BOYS Toronto

ERSE--New

noids have not grown again since your

eathe when the wind is blowing or

"Good-bye. No, don't touch mother's

any dust flying or any people passing.

hand-just wave a farewell. But wave

away from yourself, not toward you."

Don't breathe at all if you can help it.

peration last week.

"Now, run along,

CONFIDENTIAL. Sent By Teirrah Tenrub. Now, Nellie, you won't be offended, Nor think me conceited, I know,

If I say he is perfectly splendid-In fact, dear, an ideal beau; met him at Susie R.'s marriage (I wore sister's jewels and shawi), And he handed me in to the carriage Next night at the Clarimers' ball.

o ves. he is awfully handsome And certain to be all the go: And then, coming right from the city, He must think us dreadfully slow. His eyes have such great depths of

passion; His hair is quite flaxen and curis; His clothes are cut just in the fashion In short, Nell, he's "taken" the girls.

It thrills me to think of the glances He lovingly cast upon me As we meet, just by chance dances

(He's modest as modest can be); By the way, Nell, he waltzes divinely-He floats like a shadow through space: And converses on everything finely, With most unaccountable grace.

To rusticate here is a treat: And talks of his amateur farming-

Just think-with his small hands and feet: He's fond, too, of yachting and fishing; I sailed with him once on the bay, And really I couldn't help wishing

That life were a long summer day.

One time when we two were out walk ing (Such silly impertinence, Nell) He said: "My sweet voice in talking

Resembled a silvery bell!" He spoke of the blue of the ocean, And then of the sweet summer skies. Which he said (with heartfelt emotion

"Were naught to my beautiful eyes!

He plays, with great skill, the plane! (I listen enraptured the while), And sing. O the sweetest soprano! To be candid, I don't think I ever Beheld one so gentle and true-So perfectly graceful and clever; He sketches artistically, too,

The prettiest things all in rhyme, Bout stars, and the moonlight, as I'll tell you about them next time;

And then, O dear me! he composes

So sweet in my listening ear; And I think what a heavenly treasur And silently wish you were here. Now pardon, dear girl, if this letter

deed, my excuse is no better Than this-I think only of him. Ty soul! I am all in a flutter-He's coming this moment, I vow! uch commonplace words I must utter-Can't guess how my heart's beating

[Boston Transcript.] Butcher-Will you have a round steak Mrs. Youngbride-I don't care what

SHAPE DIDN'T MATTER.

UPPER AND LOWER SCHOOLS
L. Thorough Instruction. I arge Playing Fields. Excellent Situation.
AUTUMN TERM COMMENCES SEPT. 12, 1916. REV. D. BRUCE MACDONALD, M.A., LL.D.

The Ocean Dress

Once upon a time the ocean was just not forget the trimming, either, for all no color at all. The earth was green es it is now, and the sky was blue like it is today, but the poor old ocean had can tell you-just like you feel somehave new dresses or hats and you have mings.

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 the tears and tears it shed have made it salty ever since. When it was not crying, it was admiring the sky's dresses. It could hardly decide which it liked the best. First, there was the frock of grey that the sky wore in the very early morning: then the pink and golden gown that she put on to receive

the sun as he came marching up at The ocean thought it liked this the best of all, but it was very hard to decide, for the deep blue dress that she wore in the daytime fairly dazzled one. At dusk she changed to her gown of purple and gold, and at night she was perfectly splendid in her dark blue, star-trimmed robe.

"If I only had beautiful colored dresses like they have," she would mourn. One night a little fairy chanced 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 nor blue like the sky?" it wailed dis

"Don't cry," said the Ittle fairy kindly. "Wait till tomorrow, and then you shall be surprised." kindly. Next morning when she sky looked down on the ocean she nearly dropped her cloud scarf. "Why, it's blue! The ocean is BLUE!!" she cried in great excitement, waving her handkerchief at the earth. The earth awoke with such a start that all the houses shook and

everyone thought it was an earth "It's green-the ocean's GREEN!

cried the earth excitedly to the wind Both were right-the fairy had kept

Your "Get-Away" Power in Summer is low. Summer brings mental and physical lassitude. The spirit is languid, the liver is lazy. Nature is trying to unload the toxins that come from heavy foods and lack of outdoor exercise. Help Nature to restore natural vigor and vim. Get an eightcylinder stamina by eating Shredded Wheat Biscuit UNDERCLOTHING

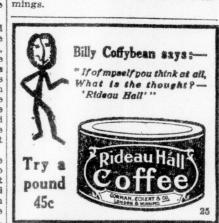
with fresh fruits and green vegetables. Cut out meat and potatoes - eat these delicious, nourishing little loaves of baked whole wheat and be cool, contented and happy. For breakfast with Asparagus, bunch 15c, 2 for ..... 25c milk or cream; for luncheon Lettuce, "Head," home-grown, each 150 with berries or other fruits. Made in Canada

people call waves.

Now the ocean has a great many dresses. wears one of a deep, deep blue, some-times of purple and brown, but oftenest its frock is of green. The fairy did

White chinchillas, wool velours and no color at all. It felt pretty badly, I novelty fabrics are in favor for sport There are washable buttons of white times when all the other boys and girls suede to accord with the leather trim-

around the edges she sewed what most



Washing



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[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.]

Her Husband's Luck. also thank "Mrs. Gay" for the recipe Dear Miss Grey,-Many thanks for the answer to my letter, also for your kind the baby. I will choose for my pen natuc, invitation to visit you again. The days are very lonesome sometimes, but 1 have two little girls who take up some A.is .- You are very welcome. Olivia of the lonesomeness, but have had a thanks for your kind words to "Faded "Thelma the Third" and "Elizasad bereavement since my husband went away in the loss of my little boy. Don't you think "Aunt Nannie" is a coopons, which I am saving carefully dear, brave woman, her son having

hope I do not trouble you too much, and thanking you very much. 18TH BAT. SOLDIER'S WIFE. Ans .- Yes, your husband has been wonderfully fortunate; may he, indeed. continue to escape and return to you before long. It would be especially hard for you to lose the little one with your

been in the 18th Battalion, and don't

you think my husband is wonderfully

lucky, being in the trenches ten months

and never having a scratch yet? I only

hope his good luck continues. Well, I

man so far away. Time to Leave.

"Trix."-1. 10:30 or 11 o'clock would be a good hour to leave. It is never wise for a young man to outstay his 2. She should speak first about go-

3. If in doubt-don't do it! 4. The difference in years is not enough to be a serious barrier to their

narriage, but I think he's too young. cause no upheaval in our Mail-Box. Wait a couple of years yet. They sound very nice. 2. Here is a jellycake recipe, but whether it is the one you wish or not A Welcome for Her. Dear Miss Grey,-I am a newcomer I cannot say: Three eggs well beaten 1 cup sugar, stir well and add 1 large

"Elizabeth Anne," as I see by Thelma's" letter that "Elizabeth Anne" has been asking for some. Dear "Faded Lily," my heart goes out in deep-felt sympathy for you, as r also lost the only little baby girl I had just a little over a year ago. I can feel that your sorrow is my sorrow, too. Trust in the Divine Sympathizer, and your sorrow will be easier to bear. I think many a time if trusted in anything but God I would be drooped in sorrow always. I have two little boys, and they have whoop-

and wonder if I may find a corner in your Box? I see where "Thelma the Third" is asking for Comfort Soap tartar, 1/2 teaspoon soda dissolved in 3 oupons. I will send 25 to her and 25 eramped.

Sons Are Overséas. "The Mother of Three Boys Over-

seas" writes me in answer to "Jet's" request for the names of soldiers in France for whom she might knit socks. This mother says: "I saw the letter from 'Jet,' offering to send socks to any soldier in need. Well, my youngest boy is over there in France, and would be so glad of any. I have stitched dozens of sheets for the Red ing cough. The baby is two months Cross with my machine, but can't sit old, and he does not weigh more than down to knit socks; it just gets on pounds; he has been very sick with my nerves so, and you know how hard

Oatmeal Kisses.

of flour. Drop on the pan.

lishing it for me?

Dear Miss Grey,-1. I am sending you

2. Has any reader got the recipe of

it some place. Would you mind pub-

3. Has any reader got any cigarette

baking powder. Bake 20 minutes.

3. Referred to readers.

LONESUME SOLDIER GIRL.

write neatly, but slightly

to supply them too, especially the adiress of the youngest one. I hope we may interest some of our knitters in sending socks to your boys-

Dear Miss Grey,-I was very much sappointed when I did not receive the Gypsy gum wrappers that "Juna" oftoday's paper. The letters I would they are sent in, and I certainly you in a week or so. ng a long time to get them, but it always seemed impossible. I will glad to do anything for "Tender Heart" at any time if I find an oppor-

tunity, and I certainly hope I will. Thanking you for past favors, I will sign myself as before, A SARNIA READER. Ans.—Between gum wrappers and oatmeal ditto, and cigarette flags, the Mail-Box seems just one coupon after of bread, a piece of butter, also piece

will let you have hers. "Silver Bell" is Delighted. Dear Miss Grey,-Well, readers, 1 have received the 142nd pin, and with- hard to get. beth Anne" will be pleased to get the out a doubt, it is the swellest pin, and 1 looking-yes, even kissing it. Now, why

pride our soldier boys. "Twenty-One," nice recipe for oatmeal kisses: One and a half cups of sugar, 1 tablespoon Those "Heavenly Twins"! Really, you of butter, 2 eggs, 1 cup of sour cream, two kids should be nesed to butter, 2 eggs, 1 cup of sour cream, that young man of yours all splashed that young man of yours all splashed fudge. "Coal-Box," pass your name along never-failed jellycake? I have mislaid the next time you write, for I just know

if you ever did-well, our Mail-Box read-

ers would shower you with all kinds of

gum flags to spare? I would like to goodie-goodies. Please oblige. "C. A.," where be you? Come over and have a game of tennis with me. Do 4. I am inclosing a recipe of a feather cake: Cream 1 tablespoon of butter, add 1 cup of sugar, then 1 egg well beaten, all is in the game. 1½ cups of flour, ½ cup of sweet milk. "Deserted," you naughty girl, you. 1 Beat well. Add 2 level teaspoons of know you are ashamed to appear. Please "Deserted," you naughty girl, you. lock your desk the next time. 5. What do you think of my writing?

"Caesar," you are a clever Come back, oh do come back! you do, I know the "Echo" will come Ans .- Surely this kind of kisses should back. And the picnic that was to be. Didn't we have a lovely time? I mean with



Far more effective than Sticky Fly Catchers. Clean to handle. Sold by but he is getting better now. I most lads are on socks, especially when Druggists and Grocers everywhere.