The more you know about coffee-and the more particular you are about aroma and flavour-the more you will appreciate "SEAL BRAND" COFFEE. Once you have tried it, your choice will always be Chase & Sanborn's "SEAL BRAND" COFFEE.

In %, 1 and 2 pound tins. Whole-ground-pulverized-also fine ground for Percolators. Never sold in bulk. 186 CHASE & SANBORN, MONTREAL

Cynthia Grey's Mail-Box

possible, and to write on one side of the paper only. It is impossible o give replies within a stated time, as all letters have to be answered In turn. No letter can be answered privately.]

for the donation. Come again.

"Serene" Urges Peace.

Dear Miss Grey,—I enjoy reading the would not insist on it, as some men would be kind enough to reprint it. Woman's Page very much, and have tried many of the recipes with profit quite a lot of comfort out of a quiet smoke in the evenings. If he has a contract out of a quiet smoke in the evenings. If he has a contract out of a quiet smoke in the evenings. If he has a contract out of a quiet smoke in the evenings. As for "Anxious to Learn," asking what to do with a husband that will not go to church and still has too many of the recipes of the mention, I say, go to church yourself; he will soon follow you, or if he does not, better for him to remain at home; make the most of the other good woints, and don't neg to the canadian prisoners in Germany.

Ans.—Afraid I shall have to appeal to "Mrs. Homebird" for the cookie to

go with you, he will be so lonely without you. And for the husband that School-Days are Joy-Days to the boy or girl whose body is properly nourished with foods that are rich in muscle-making,

brain-building elements that are easily digested. 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-

Made in Canada

THINK OF ROLLS THINK OF

ADVERTISER WAR PRISONER'S FUND.

monthly (for the following six months), towards The Advertiser Mail-

Return to Miss Grey, in care of Advertiser.

enough of one kind to be much as being a money-grabber

desire to go. I am grieved that when sending snaps of that "Sunshine" baby sending snaps of that "Sunshine" baby felt about it, and I think you have I have been so honestly interested in every reason to believe she is not of

her from the first.

I am sending a recipt for a Christfined and respectable young lady. Now
mas cake that I have used with success, and I would like "Mrs. Homebird's" recipe for graham cookies if you
bird's" recipe for graham cookies if you
bird gray a bir sorry for what you
aren't you a bir sorry for what you
bird and respectable young lady. Now
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the other good points, and don't mag the Canadian prisoners in Germany. discontinued was because the advertise and he will soon be getting ready to SUNNY SUSAN.

Ans.—Not a bit too much, "Susan"; brands of things getting free publicity This to have the opinions of folks So away with them! Recitation and like your "sunny self," and only wish crochet pattern requests are not parnore would express themselves. Thanks ticularly interesting of ther, so we'll ticularly interesting of ther, so we'll hope they do not become too numerous. And as to it taking too long to save piece? the coupons by individual efforts, I'm sorry, but what did folks do before Dear Miss Grey,-It is nearly a year

ince I visited the Mail-Box, but I sel- they "got the habit" of exchanging om miss reading it. I am sorry to the Mail-Box? It is nice of you to seek to shed see so much scrapping through the Mail-Box. You all know how you would feel if you went into a friend's house for a little pleasant chat, and acteristic well worth cultivating.

inmates all began quarrelling and For "Just Eighteen." saying little mean things about each other. I think mo of us would feel like putting on our hats and going ome in disgust. And when I see some farmers. I have lived on a farm, and and present living in a large town where I am certainly paying city prices and I think the city man this year is in better shape than the average farmer, for although the farmers will have their living all right, there are always so many other larger expenses to help and the control of the control of the control of the character of another. I am the some class to us!

Maw's Opinion.

Dear Miss Grey,—Please find inclosed my third monthly subscription to prisoners' fund. I say, but isn't our Mail-Box doing itself proud—two prisoners, and countless boxes of grad things to our boys all over Europe: some class to us!

measure, 22, 24, 25 or whatever it may be. If a skirt, give waist and length measure. When missure, when missing the age. It is not necessary to write the age. It is not necessary to write oners, and countless boxes of grad things to our boys all over Europe: some class to us!

paid, she must save the coupon, and if it don't call for an apology, for you as one lady said, "It takes so long to accuse either my husband, or "Echo," use," and to those who are saving I fancy they are about as important as recitations, tobacco flags and crochet patterns. However, as to whether they are worth saving I'm sure I don't know as I never saved any myself.

"Mrs. Honebird," I thought of coming up to spend the seventh anniversary of the upset in the road with you this year, but when I inquired the fare I gave it up. It's about the only place my other half ever expresses a desire to go. I am grieved that when

the type that you describe, but a re-

A Clock Motion Song. Dear Miss Grey,—I should like to get a copy of the words of the motion song called "The Clock." It begins.

you could print it for me on your Page of The Advertiser. M. E. C. of The Advertiser. Ans.-Here's another chance Pageites to help; who can supply the Name

Is She Mischevious? Dear Miss Grey,-Will you please answer these questions? What is my character? I am fourteen and in the first form; am I far enough advanced? Am I very mischievous or can you tell that by my writing? Sincerely

Ans.-1. Cannot say, I'm sure. 2. You are getting on very well 3. I don't attempt to read character

met, and many will not have things to sell to meet them with. I think the farmers must feel as the town man would if he had to work part of the year and get no pay for it.

I think it's a little unfair to cut out the coupron exchanges and leave all the mind or wouldn't be trying to inter-

Men

AdvertiserPatterns



A Smart Frock for Mother's Girl. 1829—Blue gingham, with trimming of white braid, is here shown. The design suiting, gabardine, repp an elvet. The closing is at the left side

The pattern is cut in four sizes, 6, 8 36-inch material for an 8-year size A pattern of this illustration mai any address on receipt of 10 cent in silver or stamps.

ADVERTISER PATTERN DEPT. Please send above-mentioned pattern

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, 25 or whatever it may

I think it's a nttle untair to cut out the coupon exchanges and leave all the other exchanges in. When one buys a box of P— oats or R—, in order to get full value for the money she has that letter of yours in print, and see playing a game at catch me agrange agame at catch me if you can"; the one thinks his butter. If you can"; the one thinks his butter, and get all there are on the superior, so asks two cents more a superior, so asks two cents more a pound, the other chap says, "Butter to the cold storage man to get them for yours in print, and see playing a game at catch me if you can"; the one thinks his butter. Cents?" Buyer—"I was told to pay the superior, so asks two cents more a pound, the other chap says, "Butter to the cold storage man to get the superior of the money she has that letter of yours in print, and see the 24th of December last I sa "paw," "Now, "paw," be sure to us home a turkey today." "Pa came home with a goose. He says me, "Maw, the butcher says he coul not buy a turkey on the market to-day for love or money, and down at the day for love or money, and down at the cold storage they are stacked to the roof." I must quit now, though I am not run down, but evidently the baby thinks I should be.

Ans.—Oh, dear, I wish the baby had slept just a wee bit longer, and given "Maw" a chance to write more. Hope you'll get "wound up" again before you'll get "wound up" again before long, and say some more on the sub ject, "Maw."

Tries To Be Cheery.

Dear Miss Grey,-Am another nev comer, but have enjoyed the Pag very much. It does one good to s the number of kind and helpful souls in the world who do a kindness out

she has inherited it, and that it cannot be overcome. If she will go out for a welk and leave all hand leave al not be overcome. If she will go out for a walk and leave all her cares or worries behind her, may they be little or big, and go out with a bright open mind, enjoying the air and gladdening the people she knows with a bright was just such a sharp lesson as this that she needed to show her where she was at, and that the trouble with habits like that is that it not only affects the one afflicted with it but only affects the one afflicted with it but only a serific a night a week from the picture show, and so have an extra habits like that is that it not only affects the one afflicted with it but a great many with whom she comes in contact.

There are so many people with heartaches these times; let everyone be as cheerful as possible. All my dear men folk are away," especially as the Christmas season approaches, it must be hard to "keep smiling," and our women who do their best to be cheery, as you so evidently do, deserve a reward equal to, or greater, than all the war medals in Europe.

so let us keep smiling, "Till the Boys Come Home." Come Home."

Does any of the readers know that contains "Boy's Letter to Santa for the Wagon." for a school enter-

Dear Mr. Santa Claus, I want A warship painted white, want a cannon and a sword All polished up so bright."

It was published in a Dawson paper in the Christmas number, 1914. It certainly is a problem finding recitations

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D. (All Rights Reserved.) The six daily studies for this week institute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

"Faithful Unto Death." Rev., ii., 1-17, Golden Text—"Be thou faithful unto death, and I will give thee the crown

of life." Rev., ii., 10, 4. Verses 4-5. What is the "first love" of a church, as well as of an individual member, as meant here? 5. How often does the average preach

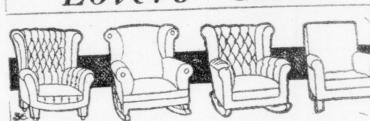
er aim for immediate conversion of sinners in his regular preaching services 6. To what extent does the average church member love the souls of sinners as indicated by his individual ef-forts to save them? 7. How many sinners have you spoken

to during the last week, month, year,

Sensible Christmas Gifts

Everyone would like to give or receive furniture, but the cost, in many cases, is too great. This year, to overcome this difficulty, we are opening a "Home Lovers' Club," which allows members to select any goods they desire and have them delivered on payment of a small deposit, the balance to be paid in weekly or monthly payments. Club prices are same as cash prices. Any honest pason may become a member. It costs nothing to join.

Join the Home Lovers' Club!



These big, handsome Rockers, upholstered

in wear-ever imitation brown Spanish leathe., deep spring seats; broad, comfortable arms; worth \$18.00 regular. An

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\$9.95 Club Terms: \$1 Cash, \$1 Weekly Club Terms: \$1 Cash, \$1 Weekly



on sale at this price. Bradley leather, brown or black. Steel constructed interior. Very comfortable. Club Terms: \$3 Cash, \$1 Week'y

Join the Davenport Club Today



Thirty only to be sold on these generous terms. Prices range from \$25.00 to \$60.00. Frames are golden or fumed oak or mahogany. Upholstered in tapes-Best quality felt mattress inside.

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Rockers



some Rockers, upfrom at same price

> Club Terms: \$1 Cash, \$1 Weekly

The Ontario Furniture Co., Ltd.

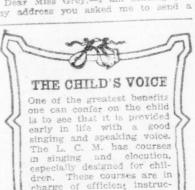
LONDON'S LARGEST HOMEFURNISHERS 226-228-230 DUNDAS STREET.

of pure goodness of heart, having no axe to grind, so to speak. "Absent-Minded," one must not 'et that habit grow on her, thinking that she has inherited it, and that it cannot be overseen. If the overseen the content of the conte

Were Printed Before, Dear Miss Grey,-I wonder if

for the Wagon," for a school enter-tainment? We would like to get them for our school. A SCHOOL BOY. Ans.—The verses were once published in our "Old Song Column," so I take a ride. have much pleasure in reprinting them

Girls Might Heip. Dear Miss Grey,-I am sending you



charge of efficient instruc-tors, and the fees are London onservatory o'Music

354-358 DUNDAS ST. Phone 1101. Lottle L. Armstrong, regis rar. F. L. Wilgoose, Mus Bac. (Dunelm), principal.

WAIT FOR THE WAGON.

Will you come with me, my Phyll dear, to you blue mountains free Where the blossoms smell the sweetes come, love, along with me. It's every Sunday morning when I an

a ride, Wait for the wagon, Wait for the wagon,

Chorus: (Repeat last 3 lines.)

Where the river runs like silver and the birds they sing so sweet; I have a cabin, Phyllis, and someth good to eat, Come, listen to my story, it will

Do you believe, my Phyllis dear, old Mike, with all his wealth, Can make you half so happy as I with youth and health? We will have a little farm, a horse, a pig, a cow,
And you will mind the dairy, while go guide the plow.

Your lips are red as peaches, your hair so slick and neat, All braided up with daisies, and hollyhocks so sweet, It's every Sunday morning when I am by your side, We'll jump into the wagon, and all take a ride.

Together on life's journey we will And if we have no trouble, we will Brussels Sprouts, Box 20c Then, come with me, sweet Phyllis, my dear, my lovely bride,
We'll jump into the wagon, and all TELEPHONE 2631. P. O. BOX 275 reach the happy spot,



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Buy Screened SCRANTON COAL Webster-Harvey, Ltd.

You will find it hard to confine them to Let FIVE ROSES be a consistent ingreonly one meal. Your rolls will be in dient in all your bake-things. Your foods HOT ROLLS great demand. And there is no waste, so stubbornly do they retain their freshness and moisture. Merely by reheating in a well-steamed oven, they become as alluring and palatable as when first baked. Not merely to rolls and buns, but lake of the Moods Milling Co., Limited, Montreal. to all your bread-making FIVE L

consumption is enormous.

when nothing else will do.

FLOUR for Breads-Cakes Puddings-Pastries Think of the lightest bread sponge imagi- ROSES brings the vitality so plentifully nable, brushed with sweet melted butter, stored in the ripe Manitoba wheat. And baked into crisp bits of golden brown- we mill it exclusively from the fat, well-fed and you think of FIVE ROSES rolls. kernels so powerfully rich in food value.

Who Like Rolls

Love Five Roses Rolls

In the popular eating places where men meet, Hot Rolls are insisted upon-their

The craving for good rolls is insatiable. People seek them before the meal and after

On the dining cars, the steamships, in palatial hotels and cafes, FIVE ROSES is

Because the men love rolls and will show their preference for the FIVE ROSES kind, we

invite you to please your folks with a batch of these dainty bread morsels baked from

rive Roses*

the flour used to improve the rolls they serve, in looks and flavour.

will be so much finer and porous, so much more digestible. And so delicious in savour and

> so good for them. FIVE ROSES invites you to reduce your meat bill and increase the family health.



