SOCIAL AND PERSONAL

and other American cities.

eral successful canning demonstrations

* * *

Cynthia Grey's

Mail-Box

us have it again.

2. Parents or guardians have legal control of a girl until her eighteenth birthday is past, and she must have misstated her age or a license would not have been issued. Judging from what you say, however, in such a case a girl would not be compelled to leave her husband—at least I am sure that magistrate would rule the sit it was

a magistrate would rule thus if it was explained to him.

Ans .- I'll be content with

minutes.

our writing that you were about to

From Blenheim Reader.

"Blenheim."—I have received oney order for the sum of \$1.50 from Blenheim reader, to send a parce

overseas to an inclosed address. Just

Better Than "Boughten." Dear Miss Grey,—I noticed where someone asked for a recipe for fruit biscuit, and I hope she will try the

one you will find inclosed; we always iked them better than those bought from biscuit manufacturers. I notice many useful hints and good recipes on



Delays in Selephone Service.

THE war has produced no substitute for copper, and has made unprecedented demands upon the world's supply.

- I And war's demands upon labor, skilled and unskilled, were never so great as now.
- ¶ Business has been speeded up to an unheard-of degree—its demands are insistent, urgent.
- I Telephone workers and telephone equipment are both at a premium. As fast as they are to be had they are put to work in an endeavor to keep up the quality of our service, local and long distance.
- I But in spite of everything we can do there are delays which, in normal times, were unknown. Long distance users are having to wait as never before for the completion of their calls.
- I To add to the difficulties of an abnormal situation, a series of terrific electric storms has kept a large part of our construction staff busy on repairs, holding up urgent new construction.
- We ask that our patrons keep in mind the abnormal conditions as above. We are doing what we can to avoid delays and to keep up the quality of our service.

The Bell Telephone Company of Canada



Wheat Muffins. One pint sour milk, one-fourth tea-spoonful soda, one and one-half tea-spoonfuls baking powder, one-half teaspoonful salt, one teaspoonful sugar, one tablespoonful butter, one beaten egg, flour enough to make stiff as cake batter. Grease muffin tins; fill halffull and bake in a quick oven. Sweet milk without the soda may be used. Add an extra teaspoonful of baking

Breakfast Gems. One heaping pint flour, one teaspoor ful baking powder, one teaspoonfu salt, butter half the size of an egg, one teacupful water. Bake fifteen minutes.

Cornmeal Muffins.

Two eggs, two tablespoonfuls granulated sugar, one cupful sweet milk, one cupful of granulated cornmeal, one and one-half cupfuls sifted flour, three teaspoonfuls baking powder, and a pinch of salt.

Eaglil each flour and cornmeal, two well-beaten eggs and milk to make soft batter. Add a tablespoonful melted butter, one and one-half teaspoonfuls baking powder, and a teaspoonful salt. Beat smooth and bake in waffle-irons, greasing your irons.

Griddle Cakes. Take one cupful flour, two teasponfuls baking powder, and a sprinkle of salt. Sift the dry ingredients together into a bowl. Beat an erg, add a scant cupful of milk and stir in gradually the dry ingredients, to make a smooth batter. Place an iron or soapstone griddle over the fire and grease it with a little dripping. When the fat begins to smoke

Teddy Sailor's Friend.

"Teddy."—The name of the sailor lad will be looked after, I assure you. How queer to think of him so far away, yet addressing nim, London. Was your writing "hasty"? But considering your reason, I am sure it was pardonable—the haste, I mean! Just a smile between you and me. dip out the batter with a tablespoon or ladle, and pour it on the griddle to form cakes. When the cakes are full of bubbles, turn them so that both sides may be brown. Serve on hot plates, with syrup, or butter and sugar, or place them in layers with butter, sugar and cinnamon between.

The cakes may be varied by adding War-Time Recipes From

The Advertiser Cook-Book

Muffins.

One cupful milk, one-half teaspoonful of melted butter, and bake in waffle-irons.

Rice and Cornmeal Waffles.

Mix a cupful of cold-boiled rice, half-cupful of cold-boiled rice, hominy, and it would be writing so soon again to the page, blut want to lose it. He is a half-cupful of cornmeal, rye, graham flow robe received and it would be writing so soon again to the page, blut want to lose it. He is a half-cupful of cornmeal, rye, graham flow robe received by adding half-cupful of condenders. I would sending it along with another. I would send in warfied it may miscarry, a like to send you my "Soldier Boy's

Buckwheat Cakes.
Take a quart of buckwheat flour, a teaspoonful of salt, a handful of Indian tablespoonfuls of molasse Add four tablespoonfuls of yeast and enough warm water to make a thin bat-

ter. Beat well and set to rise in a warm place. Let rise till morning and bake quickly on a hot iron.

Attractive Home Decorations For Our Readers

Baby's delicate skin requires a pure soap-one that will soothe

as well as cleanse. Thousands of healthy and happy Canadian

babies are washed every day with INFANTS-DELIGHT.

JOHN TAYLOR & CO., LIMITED, TORONTO

Makers of Fine Soaps and Perfumes.

edges, both for finish and for durability, to the more expensive plush and silk pillows worked with the needle. Ordinary butchers' linen may be taken, a square design of drawn work made in the centre, and a ruffle may be made around the edges of red and white taffeta ribbon in alternate rows. The back of the pillow may also be of crimson denim, with dark blue fleurde-lise embroidered uncertification.

A sofa pillow may also be made of crimson denim, with dark blue fleurde-lise embroidered uncertification.

Again?—Yes, of course.

we find our richest treasures of spiritual knowledge?

Window Draperies.—A novel and pretty window curtain has been made of assity and cheaply by the practice of assity and cheaply by the practice of the book in existence?

A sofa pillow may also be made of classity and cheaply by the practice of a little taste and ingenuity. Its material was the yellow silk ribbon which of the book in existence?

A sofa pillow may also be made of classity and cheaply by the practice of assity and cheaply by the practice of the book in existence?

A sofa pillow may also be made of classity and cheaply by the practice of classity and cheaply by write very day.

A sofa pillow may be finished with arrive prepared to the classity and classity and classity and classity of course.

A sofa pillow may be finished with arrive prepared to prepared to a classity and cheaply by write very day.

Be writing in for recipels before long!

A sofa pillow may be finished with arrive prepared to a classity and classity padded, for a wee one.

Again?—Yes, of course.

My Dear Miss Grey.—I am a silent reader of your page of source of such the colors may be used to represent any other college. Inexpensive sofa pillows may also be of writing in for recipits with dark blue definm, with dark blue fleur-delise embroidered upon it in dark blue fleur-delise embroidered upon it in dark blue definm. This cover of dark blue denim. This cover of a little taste and ingenuity. Its may be writed the prevent of a classity and classity and classity of the prevent of a classity and cla to tell me another, and I'd not hesitate to make known the reason why. Such action is too mean for words. Your writing is excellent. Quite an attractive pillow may be made of white linen, on which autographs of friends or of a class may be written in lead pencil, and outlined in several shades of green embroidery silk, or any other color which suits the fancy of the designer. The pillow may be square or octagonal in shape. A dainty pillow of this kind may be filled with dried rose leaves.

your page, but I suppose you often have room for a few more so long as they can be recommended. I am inclosing some I know to be good. For boxes for the boys at the front these fruit Trim off the outside fat from a fore-uarter of loin of mutton. Place in ettle, cover with boiling water and ook until tender, allowing fifteen minkettle, cover with boiling water and cook until tender, allowing fifteen minutes to the pound. Serve with caper sauce made from the water in which the mutton was boiled. Reserve the remainder of the water for soup.

To make caper sauce melt two tablespoons of butter in a saucepan, stir in four tablespoons of butter in a saucepan, stir in four tablespoons of salt and one-half teaspoon of salt and one-half teaspoon of pepper. then add one and one-half cups of the boiling liquid and stir and cook for ten minutes, then add one-fourth cup of capera.

Rest the front these fruit the boys at the front these fruit discussed in the four these front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in the boys at the front these fruit discussed in an adee saucepan. Add the onions, mushrooms, celery and social between the mad sporus, or double the amount of celery if the sprouts are unobtainable.

Cherries are ripe and red, too, on this little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half. Serve with rice separate or little dance frock of peach chiffon and a half



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 33, 34 or whatever it may be. When in waist measure, 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 of application.

THE ONE-PIECE DINNER

leave the photo in your care. Am printing the letters from your "lone-plete," but how about their return? Did you change your address? I remember your witing that the property of the photo in your dishes in the property of the photo in your serving dishes in the property of the photo in your witing that the property of the photo in your witing that the property of the photo in your witing the photo in your care. Am meal uses possibly two pots and one platter, as against five pots and five serving dishes, besides individual serving the photo in your care. Am meal uses possibly two pots and one platter, as against five pots and five serving dishes, besides individual serving the photo in your care. Am meal uses possibly two pots and one platter, as against five pots and in your care. Am meal uses possibly two pots and one platter, as against five pots and in your care, and your care. Am meal uses possibly two pots and one platter, as against five pots and five serving dishes, besides individual serving the property of the pots and your care. ing dishes in the preparation of the conventional dinner. Why not, then,

move.

Perhaps this is the bean recipe you wish: One peck butter beans cut small, cook one-half hour in salt and water; to 3 pints of cider vinegar add 3 pounds sugar, bring to a boil; 1 cup mustard, 1 cup flour, 2 tablespoons turmeric, 2 tablespoons celery seed; mix together in cold vinegar, add to boiling mixture, stir constantly, add beans and cook five minutes.

Conventional dinner. Why not, then, for all these reasons, incorporate it into our weekly menu?

These few examples of typical one-piece foreign dishes may serve to revive or inspire the creation of more strictly American dishes on this order.

Gnocci, that nourishing dish from Italy, may be called the best example rise to the surface they are cooked. They of the modified dumpling dish. It is must be removed carefully on to a wide a made as follows: Three pounds of old potatoes, 1 pound of flour, 1/2 cupful of grated Parmesan cheese, 1 cupful of



Advertiser Patterns

A Page of Interest to Women AROUND-THE WORLD



That Wart Cure.

Dear Miss Grey.—As I found myself in trouble I thought best to come to you for help.

Seeing a cure for warts given by some reader some time ago I cut it out, but have lost the clipping, and as my husband has so many warts on the back of one of his hands I was going to get the cure made up, but was unable to find the clipping. I will ask you to print it again, if convenient.

WIFE.

Waist 2030, SKIFT 2013.

Combining lady's waist pattern 2030 and lady's skirt 2079. In figured shantung, or any of the new striped "sports" fabrics, this will make a splendid outing dress. The waist may have sleeves in wrist or elbow length, and you will surely want the pockets on the skirt. The waist pattern 2030 and lady's skirt 2079. In figured shantung, or any of the new striped "sports" fabrics, this will make a splendid outing dress. The waist may have sleeves in wrist or elbow length, and you will surely want the pockets on the skirt. The waist pattern 2030 and lady's skirt 2079. In figured shantung, or any of the new striped "sports" fabrics, this will make a splendid outing dress. The waist may have sleeves in wrist or elbow length, and you will surely want the pockets on the skirt. The waist pattern 2030 and lady's skirt 2079. In figured shantung, or any of the new striped "sports" fabrics, this will make a splendid outing dress. The waist may have sleeves in wrist or elbow length, and you will surely want the pockets on the skirt. The waist pattern 2030 and lady's skirt 2079. In figured shantung, or any of the new striped "sports" fabrics, this will make a splendid outing dress. The waist may have sleeves in wrist or elbow length, and you will surely want the pockets on the skirt. The waist pattern 2030 and lady's skirt 2079. In figured shantung, or any of the new striped "sports" fabrics, this will make a splendid outing dress. The waist may have sleeves in wrist or elbow length, and you will surely want the pockets on the skirt. The waist may have sleeves in wrist or elbow length, and you will surely wa as unable of the series of the original will see this, and out of the goodness of her heart let us have it again.

WIFE.

Ans.—I, too, have lost the clipping apparently, and I am hoping that the sender of the original will see this, and out of the goodness of her heart let us have it again.

Fundamental requires 5½ for a 24-inch size. It means for a 24-inch size is particular to the form of the goodness of her heart let any address on receipt of 10 cents for each pattern, in silver or stamps.

Please send above-mentioned pattern as per directions given below:

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

CAUTION: Be careful to inclose the

Gnocci, that nourishing dish from rapidly boiling salted water. When they finely-chopped cooked ham, 1 pound of



VERSE NEW AND OLD

The Flavour Lasts

To have gained first place as the

largest selling gum in the world

means much. It means that WRIGLEV'S

That its quality, lasting flavour and its

Back of all this - the enormous sales of

WRIGLEV'S show that people have learned

its benefits: refreshment - aid to appetite and digestion—soothing, antiseptic influence

to mouth and throat and the advantages

The soldiers and sailors are calling for it daily.

package are the kind most appreciated.

is liked above all others.

of sweet, clean breath.

Made

Canada

The sauce is made by browning the

present cost is 70 cents.

which is better made from the fresh meat in this manner:

Two pounds of neck or shoulder of mutton cut into 1½-inch strips, 2 tablespoonfuls of melted butter, 2 small onions, 2 tablespoonfuls of grated cocoanut, 2 large apples thinly sliced, 1 teaspoonful of salt, ½ teaspoonful of white pepper, 1 saltspoonful of grated nutmes, 1 teaspoonful of curry powder (seart).

pepper, I saltspoonful of grated nutmeg, I teaspoonful of curry powder (scant), I quart of mutton broth (strained), 4 ounces of uncooked rice.

First slice the onion and brown it in fat; add the meat, and brown, dusting with flour. Place in a casserole, and add the cocoanut, apple, stock and seasoning. The curry powder could be mixed separately in a small cupful of the hot broth before adding. Coek for fifteen minutes. Uncover, and add the rice. Simmer either on the back of the stove or in the oven for another hour.

stove or in the oven for another hour There should be no floating gravy merely rich moisture. If preferred the rice may be cooked separately and merely served around the curry. This will serve six; the approximate cost is

Chop Suey is liked by many and would be more popular if its ingredients were more widely known. It is very simple to make, and even if the bean sprouts cannot be obtained a good imi-

Two pounds of pork (shoulder or any inexpensive piece). I cupful of celery in one-inch section, 1 cupful (scant) of thinly sliced onions, 1 cupful of bean sprouts, 1 cupful of mushrooms (preferbly to a cupful of bean sprouts, 1 cupful of mushrooms (preferbly to a cult page).

ably tops only), salt, pepper, Soy sauce any tops only, sait, pepper, say sauce (at any grocer's).

Use the fat of the pork to try out in the pan. Use only an iron skillet, very hot; brown the pork dice in the fat thoroughly at a high degree of heat;

THE OLD RED CRADLE. (This song was requested "Brownie," and "Friend of the Mail-Box" supplies a copy.) Take me back to the days when the old cradle rocked, the approximate cost is about 50 cents tradic rocked.

In the sunshine of years that have fled, the approximate cost is about 50 cents at present prices.

Goulash is typical of many meat dishes of the "one-piece" type:

Two pounds of flank or rump beef cut into one-inch cubes, 1 pint of cubes of raw potato, 1 pint of carrot cubes, 2 onions, 1 pint of strained tomato sauce, fat, salt, pepper, 1 bay leaf, 2 cloves, 8 allspice, 1 saltspoonful of thyme, 1 tablespoonful of finely-chopped parsley, half clove of garile, chopped.

Slice the onions fine, lay in a frying pan with fat from the meat, or with

Slice the onions fine, lay in a frying pan with fat from the meat, or with two tablespoonfuls of lard. Brown well; then add flour, and turn. Add the tomato sauce, the meat, and enough boiling water to cover. Tie the spices in a cheesecloth square, and add. Cover the pan and let cook very slowly for about half an hour. Now add the potatoes and carrots and the chopped parsiey and carrots and the chopped parsiey and leading to the cook of the clock on the wall, one by one the seconds marking. The old red cradle rocked us all.

But the old red cradle rocked us all.

Chorus—

Rocking, rocking, gently rocking in time with the tick of the clock on the wall, one by one the seconds marking. The old red cradle rocked us all.

And the care lines would soften on his brow,
Ah! 'twas but a little while that I knew
a father's care.
But I fancy in my dreams I see him now And if ere there came a day when my the handy remedy that quickly heals

Continue simmering for another half hour. Remove the spices. Serve very hot, dusting a little paprika on top if liked. Serves six persons; the approxicheeks were flushed,
When I did not mind my porridge or
my play, and hot,
would clamber up its side and the pain would be forgot, When the old red cradle rocked

Aye, it cradled one and all, brothers,

sisters, in it lay, And it gave me the sweetest rest I've known,
But tonight the tears will flow, I let
them have their way,
For the passing years are leaving me alone.

By my mother it was rocked when the evening meal was laid,

And again I seem to see her as she when the rest were all in bed, 'twas then she knelt and prayed By the old red cradle and her child.

Chorus—
But the cradle long has gone, and the burdens that it bore,
One by one have been gathered to the fold,
But the flock is incomplete, for it numbers only four,
With a dear one new left strenging with a dear one now left straying in the cold, God forbid that one be lost that the old red cradle rocked,
For the dear old cradle rocked us all.

Braised Oxtall.

Have the butcher cut the tail into small pieces. Wash and drain, then roll in flour. Place 3 tablespoonfuls of shortening in a deep saucepan. Add the oxtails and brown well. Add 1 pint of boiling water. Cook until the meat in

UNDERCLOTHING Guaranteed Not To Shrink,

SAfter every

meal"



Clean to handle. Sold by all Druggists, Grocers and General Stores.

other ferns at WEST FLORAL CO.

Won't harm anything that pure water may touch. Won't shrink woolens. CONSTIPATION INSTANTLY RE-

ABBEY Heaven grant again we may in each other's arms be locked,
Where no bitter tears of parting ever

Effervescent Salts with 32-page skin cura," Dept. S, Bos-

TOMATOES-FINE TRELLIS Per 1b.20c

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