

A PAGE OF GENERAL INTEREST TO WOMEN READERS



Introduce
This Salt to your
Family Table
It adds
Zest to
Every Meal

Amazing Power of Bon-Opto To Make Weak Eyes Strong Doctor Says It Strengthens Eyesight 50 per cent in One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home

Victims of eye strain and other eye weaknesses and those who wear glasses, will be glad to know that according to Dr. Lewis there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored by this remarkable prescription and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read even my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years had looked like a dim green blur to me. I cannot express my joy at what it has done for me."

A reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by the use of this prescription at home. Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: Another prominent Physician, to whom the above article was submitted, said: "Yes, the Bon-Opto prescription is truly a wonderful eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or mist of glasses. I can highly recommend it in case of weak, watery, itching, burning, inflamed, itchy, red, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family. Bon-Opto, referred to above, is not a patent medicine or a secret remedy. It is an ethical preparation, the formula being printed on the package. Two manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good drugstore and is sold in this city by Standard Dispensing Company, four stores, and Strong's drug store."

London Advertiser COOK-BOOK

Recipes Supplied by Cynthia Grey's Readers

"Snowdrop."—One egg, 3 tablespoons butter, 1/4 cup sugar, 1 cup of sweet milk, 1 1/4 cups bran, 10 cups flour.

2 teaspoons baking powder, 1/2 teaspoon salt.

"Shallow Water."—Fig Pudding—Half-pound beef suet, chopped fine; half-pound bread crumbs; half-pound flour; four ounces moist sugar; half a teaspoonful nutmeg (grated); two pounds of figs cut in small pieces; three eggs. Mix; if too stiff add a little milk; put in a mold and boil three hours.



Neurasthenia or Exhaustion of the Nervous System.

It is quite possible for the nervous system to be considerably exhausted before you realize the seriousness of your condition. You do not feel up to the mark, are easily tired out, worry over little things, and get cross and irritable, but do not consider yourself sick.

For this reason we shall give an outline of the symptoms so that you may be warned in time and use preventive treatment at a time when it will do the most good.

1. General discomfort—excitement and depression alternating.
2. Headache and sometimes dizziness, and deafness.
3. Disturbed, restless, unrefreshing sleep, interrupted by dreams.
4. Weakness of memory, particularly of recent events.
5. Blurring sight, noises and ringing in the ears.
6. Disturbance of sensibility or feeling, as in hands, or, with women, in the breasts.
7. Coldness of parts of body or flushing and sweats.
8. Lack of tone, easily fatigued, dyspepsia.
9. Fear to be alone, or in a crowd, fear of things falling, fear of travelling, etc.

These symptoms indicate that the nerves are being starved for lack of rich, red blood. Certain elements are lacking which can best be supplied by Dr. Chase's Nerve Food.

This cure is easily available and awaits alone your action in applying it. There is no question of the merits of this food cure. Enquiry among your friends will prove to you that many thousands of women, and men, too, are being restored to health and vigor by use of Dr. Chase's Nerve Food.

50 cents a box, 6 for \$2.50, all dealers, or Elmhurst, Rouses & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations disappoint.

Dr. Chase's Nerve Food

Dr. Chase's Recipe Book, 1,000 selected recipes, sent free if you mention this paper.

Cynthia Grey's Mail-Box

Two a Day.
Dear Miss Grey,—May I come in for a rest? I am tired. I am at the foot of my bed today, so I have come to you for a change.
I have seen so many wanting lonely soldier's addresses so I am sending three to you; one is a London boy who went away with the first, and has been in the trenches almost ever since. The other two enlisted in Montreal, but I don't think any of them get many parcels from home, and would be pleased with a little comfort once in a while. Well I must get back to that sock or it won't be finished today.
Let me know if I am welcome.
INASMUCH.
Ans.—Very welcome indeed, so bring your knitting and come for a chat any day. I receive requests for these names daily, so your friends will surely be remembered with the rest.

A Nurse's Age.
Dear Miss Grey,—I. How old must you be to go to be a nurse?
2. How much education must you have beforehand?
A. P. B.
Ans.—1. In the average hospital training school, a candidate must be 18 years old before entering for training.
2. Generally it is required that one has at least passed the entrance examinations.

Get the Gun!
Dear Miss Grey,—The "March Wind" is blowing and "Snowflakes" are soft-falling. Methinks I'll take a stroll over to Cynthia Grey's Mail-Box and see what I can find that is good to eat. Ah! There is "Turkey in the Straw," "Mother Hen," "All Chicken," and "Ugly Duckling." Yum, yum, that was pretty good. I feel better now. I'll just curl up here "in the Dust" of this "Coal Box" and have a nap. And when "Star That Guides" and "Star of the East" gives more light, I'll rouse myself and have another feast. There is "Mother Bird," "Mrs. Homebird," "Mrs. Snowbird" and "Mrs. Oriole." It would take "Twenty-One" of them to make a repeat like the first one. Who cares for the high cost of living when one can dine like this! What is that? Ah, yes! "Silver Bell" chiming out the wee sma' hours so I'll make for the "Back Woods" or some of those irate farmers wives will be sporting my hide for a muf. SLY FOX.
Ans.—Quick folk, get the gun; we cannot have sly old foxes gobbling up the biggest part of our members. Now, all together—BANG!

Arkona's Day Dream.
Dear Miss Grey,—Do you remember my two other letters? We had an exam in literature today; now pity me when the marks are found out. I think "No Angel" is named about right. I am getting sarcastic, am I not? I had better stop before I expose the hatred of the Mail-Boxes. Here is a day dream for the benefit of some one who said the Mail-Box was a cosy room. "An old wooden box standing at a corner of a public road in the country, vines climb over it, concealing it partially from view, and oh, all the wild flowers imaginable growing there, and inside of the box a woman's nest with four tiny eggs in it, although the box is really meant for letters from the Mail-Boxes."
Will you please answer me some questions?
1. What do you think of my writing?
2. Some people say you are a man.

Advertiser Patterns



A VERY SMART AFTERNOON DRESS.
Waist—1965. Skirt—1816.
Combining Waist Pattern 1965, and Skirt Pattern 1816. Chiffon cloth was used in this instance, with a touch of fine embroidery by way of embellishment. The style is nice for checked suit, for serge or gabardine, and also for taffeta and satin. The Waist Pattern is cut in six sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The Skirt is cut in six sizes: 22, 24, 26, 28, 30 and 32 inches waist measure. It requires 6 1/2 yards of 44-inch material for the entire dress for a medium size.
This illustration calls for TWO separate patterns, which will be mailed to any address on receipt of 10 cents PER EACH pattern, in silver or stamps.

ADVERTISER PATTERN DEPT.
Please send above-mentioned pattern, as per directions given below, to:
Name.....
Town.....
Province.....
Age (if child's or misses' pattern).....
Measurement: Bust..... Waist.....

Caution: Be careful to enclose the above illustration, and send size of pattern wanted. When the pattern is sent, please send only mark 32, 34 or whatever it may be. When waist measure is 22, 24, 26 or whatever it may be, if a skirt, give waist and length measure. When misses' or child's pattern is wanted, give figure representing the age. It is not necessary to write "inches" or "yards." Patterns must reach you in less than one week from date of application.

I can hardly believe it though; will you set my mind at rest?
3. Could you possibly guess how old this one little Mail-Box is? ARKONA.
Ans.—1. I think you write exceedingly well.
2. By all means, let it rest in peace; if I want a "femal woman," as Samantha Allen would say, I'd hope to be over in the trenches fighting for King and country!
3. No, couldn't possibly.

A Manifesting Formula.

Dear Miss Grey,—Can any of your readers give me the recipe for making a gelatine manifesting apparatus for use with indelible ink? If I remember rightly, the mixture is composed of gelatine, Russian glue, chalk and carboline oil, but I do not know the proportions. If any of your readers can supply me with the information, and early, I shall be more than grateful. Yours truly, MANIFOLD.

Ans.—Referred to readers. Would it be possible, I wonder, for you to find anything of the sort at the public library—the formula, I mean?

VERSE

NEW AND OLD

TO THE BOYS OF THE 1-4-9.

[By a Crimean Veteran.]
Have you ever been in Lambton? If not, you should.
And see the jolly boys from the maple wood.
In their khaki suits, they look so fine.
Hurrah! Hurrah for the 1-4-9!

Come, get your gun and your khaki suit.
And the sergeant will show you how to shoot.
The good old Lion is at your back.
While you protect the Union Jack.
Come, get in line, Hurrah! Hurrah for the 1-4-9!

There will be Jock and Sandy from Aberdeen.
And that Mike from the Isle so green.
Some from sweet Killarney to Corrie's own town.
And the Orange boys from the County Down.
Won't that be fine? Hurrah! Hurrah for the 1-4-9!

The Lambton boys, they are good stuff.
And soon they will give the Hunns enough.
They will like heroes in the trenches.
Hurrah for England, and for George, our King.
Won't that be fine? Hurrah! Hurrah for the 1-4-9!

The Lambton girls are loyal, too.
And they admire the boys so true.
Who have bravely signed up at their country's call.
And, when you come back, they will say with all.
Ain't they fine? Hurrah! Hurrah for the 1-4-9!
London, March 17, 1917.

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D.

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The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible story and ponder the following questions: "Blind," "Jesus Gives Sight to the Blind," "I Am the Light of the World," "John 8:12-13." A man has passed from spiritual darkness into the light, how soon will his neighbors notice the change?

8. Why is it impossible for a man to have his spiritual eyes open and not know it?

9. Verses 11-12—What is your opinion of a professor of religion who is ashamed to confess Jesus his Savior?

The New Cotton Wash Fabrics For Spring and Summer Wear

Showing the latest in suiting weaves for Sport Skirts and Suits, Dainty Voiles, Marquisettes, and High-Grade Novelties in attractive designs and color combinations; also Black and White.



PRINTED VOILES—In pretty floral designs on grey figured grounds. Price 75c
BLACK AND WHITE VOILES, in neat stripes and figures. Priced from 35c up
FANCY VOILES AND MUSLINS, in a large assortment of spots, stripes and floral designs, in widths ranging from 36 to 40 inches. Specially priced at 25c yard
COLORED VOILES, in pretty floral designs and the new spots, in a range of colors; 36 to 40 inches wide. Price 50c
FINE SILK ETAMINES AND MARQUISSETTES, 36 inches wide, in plain colors and fancy floral designs in a splendid range of colors. From 75c to \$1.25

30-Inch Mercerized Plisse Crepe

in white, pink and blue, scarce goods that customers have been asking for. Suitable for underwear. Price 35c yard

SATIN-STRIPED DRESS VOILES, 36 inches wide, a fine sheer quality, in pretty satin stripes of rose, navy, maize, paddy, coral and turquoise blue. Price \$1.00
STRIPED VOILES (the international stripes)—Very pretty are these new stripes, representing the Allies' colors, fine quality voile, 36 inches wide. Price 50c
FANCY STRIPED VOILES—Some in satin stripes, suitable for waists and dresses, in a splendid assortment of colors. At 35c, 45c and 65c yard
PLAID VOILES, 40 inches wide, in stylish overchecks of black and blue, pink and black and yellow and black. Price 40c yard
FANCY VOILES in a wide range of patterns, plaids, overchecks, stripes and floral designs in the new spring colorings, also pretty grey mixtures. One table priced at 35c yard
WOVEN CHECK VOILES—Very pretty are these in the different-sized checks and colors, and being woven the colors will wash; widths from 36 to 40 inches. Price 75c
CALIBAR NOVELTY VOILES, in the new sport effects, handsome styles and pretty color combinations, suitable for waists and dresses, 27 inches wide. Price 20c yard
SILK MIXED TUB SILKS for waists and dresses, in sport stripes of green and black, blue and black and rose and black combinations, woven colors that will wash well, 27 inches wide 40c yard
WHITE VOILES in great variety in self stripes, satin stripes, hemstitched stripes with neat embroidered figures, 36 to 40 inches wide. At 40c, 50c, 60c and 75c
SPORT SKIRTINGS, in a wide range of the latest patterns on white grounds, in basket weaves, gabardines and honeycombs; the colors in these will wash. Prices from 35c to \$1.00 yard
BEACH CLOTHS, 36 inches wide, suitable for separate skirts, suits and middies, white and natural shades 35c yard
Colors of sky, copen, pink and rose 40c yard

Sport Trimmings

for waist suits, in pretty color combinations on white and linen grounds, of ratine, two inches wide. Price .50c

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AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS
140 DUNDAS STREET.
Phones 115, 116.

GRAY'S

LIMITED.

RED CROSS AND C.W.C.A.

"SOCKS AND MUNITIONS."
The best authority possible on Red Cross work is not the official at headquarters, or the workers who keep up the supply, but the man who is doing it, of course, but if you want information, fresh and reliable, about what the Red Cross Society of Canada is doing, go to the wounded soldier in the hospital. He knows all about it, poor lad, and his praise is beyond expression. Recently there came to Hyman Hall a number of letters and cards written by wounded soldiers to the Red Cross headquarters. They are all unanimous in their gratitude for all that has been done for the writers. There is just one small hint of a complaint. One young wag, whose wound had not injured his sense of humor, states that the tobacco sent him was not the brand mentioned in the letter. He cheerfully declares that it doesn't matter, but adds indignantly: "This is an awful war!" Another boy ends his card of thanks for newspapers and chocolate with the words: "We are very proud of our Red Cross, and wish you complete success in your great work."
"I am sure," writes a lad from a London hospital, "that I express the feelings of all the boys when I say that we greatly appreciate the efforts you are putting forth to brighten our lives while in hospital."
Those who are well enough to read are especially grateful for the papers sent them by the Red Cross Society. "The Canadian papers and 'Light' are always welcome," says one who is convalescing. "We are always anxious to see the latest Canadian news."
One homesick boy winds up his note of gratitude with: "Here's hoping that we will soon be over, so we can go back to Canada, where the sun shines day and night."
Surely, all our beautiful Lady of Sunshine can scarcely come up to such a patriotic dream.
It is good to be able to do something for these boys. They are so cheerful and so grateful, so forgetful of all their have done for us, that it would be unkind to let them know that we are doing it. We can possibly give them. And it is good, too, to know that we are doing it. Here is an extract from a letter written by one who thoroughly appreciates what the C. W. C. A. is doing for the men in the trenches: "Having held every non-commissioned rank from full private in the rear rank to warrant rank, Class II, I think I know every viewpoint fairly well. And I am sure that dry socks (which in much of this winter weather means a pair of socks for each soldier each day) play as important a part in the life of the soldier as munitions. I have received for this battalion a very great number of socks and dry socks, and the boys are very much appreciated. It is possible, or even probable, that all the boys know that their thanks are due to the C. W. C. A., but this is because of the great number of things that must be attended to all at once, and the difficulty of bringing notice to all ranks. But your work in Canada is wonderful, and is doing as much towards winning the war as anything."
A great testimony that the women who are knitting for the soldiers may feel satisfied that they are doing just as much to win the war as if they were working hard in a munitions factory—and, indeed, the knitters are doing more than the munitions workers, for the woman with her needles gives the man with his gun.

FELLOW-TRAVELERS

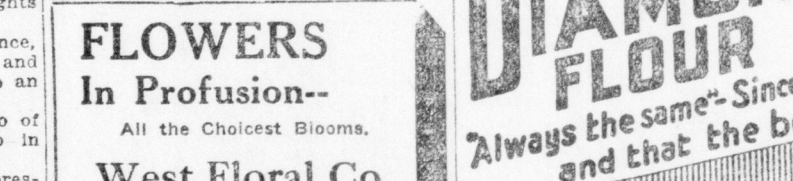
[By Elspeth Wilson.]
We have heard people say that no opportunity is afforded dwellers in rural districts to study human nature. Yet even the smallest "burg" may boast a variety of interesting types. Stopping aboard a railway train in the early morning at a small village recently, I noted the number of interesting people, who also embodied, each a very little thing in the life of the community. In the corner of the compartment a boisterous group of collegiate students laughed and chattered. School tasks, the time being being banished during the exchange of gay banter.
One lad, however, sat apart, with the studious air of a specialized professor. He scanned textbooks, unimpressed by the noisy classmates.
Across the aisle sat the wife of one of our brave soldier boys, clasping her sleeping babe, who gazed with unseeing eyes across the sunlit fields. In her eyes was the misery of the parting from her gallant soldier husband, though she strove to fix her thoughts upon a glad reunion.
One seat forward, in dignified silence, a clergyman mused over his flock and the sermon soon to be delivered to an exalted congregation.
We had a bridal couple too, who of course were securely wrapped up in each other and life's rose outlook.
The pompous person also was present—a man, of course—who talked loudly and close to a perfect double seat, believing his a occupy right of monopoly.
A little mouse-like body, in clothing no longer new, eagerly purchased a morning paper, her eyes devouring the large-type headlines which told of operations at the front. We sighed through sympathy, for well we knew her anxiety as away at "No Man's Land" her three sturdy sons are fighting in defence of home and liberty. We also noted how her eye wandered to the casualty list.
But perhaps the most interesting of all present were the two elderly people before us, who although with whitened cheeks, were bent on their honeymoon—the fifth. Their destination being New York city, it was perhaps not to be wondered at that a nervous flush overspread Grandma's cheek, and that repeatedly she warned Granddaddy to make sure his money was safe. In con-

science she assured me that Granddaddy was ageing, for twice that morning had he offered a \$10 bill instead of \$1. Oh, I could see where Grandma would be but a nervous wreck when welcomed by Nanny at the big depot when the journey ended. At intervals of perhaps five minutes the dear, fussy little body would start up and search excitedly for her handbag, which hung safely on her arm, again for spectacles which reposed upon her eyes, and yet again for missing gloves, that were not really missing after all.
I became so interested in my traveling companions that it was with something of a jolt I found my home town reached, and alighted. The train rumbled onward with its cargo of youth, old age, joy, pain, anxiety and optimism. This was but a ride of a half score of miles, not from coast to coast, as one might suppose. Oh, there are interesting people at our very doors.



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