

## A PAGE OF GENERAL INTEREST TO WOMEN READERS

LUX  
Won't Shrink  
Woollens

What is it?  
LUX is something new and good. The finest essence of soap in flakes. It makes the richest, creamiest lather you ever saw. It means "luxury" in washing because it's such a clothes saver. Absolutely prevents woollens, flannels and all loosely woven garments from hardening and shrinking in the wash. Try LUX and be delighted with it.

All grocers, 10c. 12

Made in Canada by Lever Brothers Limited, Toronto.

VERSE--New  
and Old

HE WILL NEVER COME AGAIN.

Mother, is the battle over?  
Thousands have been slain, they say;  
Is my father coming? tell me,  
Have the British gained the day?

Is he well or is he wounded—  
Mother, do you think he's slain?  
If you know, I pray you tell me,  
Will my father come again?

Mother, dear, you're always sighing  
Since you last the papers read.  
Tell me why you now are crying—  
Why that cap is on your head?

Ah! I see, you cannot tell me;  
Father's one among the slain.  
Although he loved us very dearly,  
He will never come again.

LONDON ADVERTISER  
COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

[Nellie.]

Celery Relish.—Two cauliflowers, 4 red peppers, 2 quarts of onions, 2 quarts green tomatoes, 1 head cabbage, 2 large cucumbers. Chop fine and let stand overnight in salt and water. Drain in the morning and scald and drain again. Add four or five bunches of celery chopped fine. Have a dressing made of half pound mustard, half ounce of celery seed, a tablespoon of turmeric, 1 teaspoon curry powder, 1 cup flour, 4 cups brown sugar. Mix with cold vinegar. Have half gallon vinegar boiling. Stir all the time; when it thickens pour over the chopped vegetables, let boil, and then it is ready to can. This makes eight quarts. It will keep in open jars until the last thing.

Blazer and awning stripes are very much in favor in wash fabrics. The new fashion of the fachu makes the large quaint broches effective.

## What's There---

the drawn features of the nervous under-nourished man—

Or the bright, calm look of health and conscious power to do things, that belongs to the man who is well-nourished?

## Grape-Nuts

FOOD

with the wonderful energy values of whole wheat and barley, including their vital mineral elements, is an ideal ration (served with cream or good milk) for building well-balanced bodies and brains.

Grape-Nuts is a delicious food, combining the native sweetness of wheat with the delicate flavor of malted barley and brought by scientific baking to a marvelous degree of ease in digestion. A daily ration of Grape-Nuts has put the joy-look of health and confidence on many a countenance.

## "There's a Reason"

Made in Canada—By Canadian Postum Cereal Co., Ltd., Windsor, Ont.

## Cynthia Grey's Mail-Box

(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.)

## She Was Prompt.

Dear Miss Grey,—Our copy of yesterday's "Tizer," with editorial re Aunt Nannie, has been mailed to our Dominion M. P. today. Hope everybody remembers to do likewise.

I will forward my blocks for the quilt next week, also one of silk and velvet "crunchy" work, which I made when that was suggested. I stitched many thoughts of the dear old lady in the block, so wish to send it on. Perhaps she will receive enough to make a pretty cushion, as I see some have gone forward. Such a shame it is that there is so much red tape about handling some Government funds, while many thousands are bedridden and languishing in some "clever" members down at Ottawa.

As this is my first appearance at the Mail-Box, I will sign the only nickname I ever received, and that because I was the only member of a large family of children and grandchildren to arrive with the SNOWBIRD.

Ans.—Oh, you agitating birdie. Your title brings refreshing memories of January days, snowflakes, and crisp, "crunchy" ice! But with the mercury at ninety plus in the shade, it's difficult to recollect that one ever felt cold! Glad you were so prompt about mailing that editorial. I hope this won't be your only appearance in our circle.

## Depends On the Mail.

Dear Miss Grey,—In Thursday's paper I noticed where "Hem-bury" asked for the second part of "Mrs. Brown's Change and Rest." Am inclosing it for you to send to her, hoping she receives it soon, as the first part did not complete the story. I know I was anxious for the second; it was all very interesting. Here's hoping she receives it soon. Will sign myself,

## FORGOTTEN HER NOT.

Ans.—"Hem-bury" will receive it just as soon as H. M. mail service conveys it to her. Thanks for sending it.

## Has Been Busy.

Dear Miss Grey,—I have been intending to write you for some time, but have been very busy with the straw-berries. As I was the last person that you sent the wall-cleaner ready to go, I will pass it on again. It is just fine to remove smoke and dust from the walls, but will not remove stains.

Magic Cleaner.—Six tablespoons of salt, 5 tablespoons of flour, 2 tablespoons of coal oil, enough water to make the consistency of layer-cake batter; put on the stove and cook until like paste; roll into balls and rub the soiled paper.

Recipe for Clover Vinegar.—Pour 9 quarts of boiling rain water into 1 quart of cooking molasses; when mixed, cook until lukewarm; add 2 quarts of clover blossoms and 2 cups of Baker's yeast or 2 compressed yeast cakes; let stand 2 weeks, and strain. It is now ready for use.

I am also sending a copy of "Mrs. Brown's Change and Rest" for "Hem-bury." I will sign as before, S.A.P. Ans.—You're a "friend in need" all right, and thanks very much for your help. Some day if your good nature permits, please copy the first part of "Mrs. Brown's" for me, and I'll publish it once more, as demands seem so constant.

## Practical Sympathy.

Dear Miss Grey,—I was reading about "Aunt Nannie," and I felt so bad and so sorry for her I could hardly wait until I could write this. Oh, it does not seem possible that one apparently in such need of help and sympathy could be treated so coldly by our Government. But if it is true it is so bad. I cannot think it is the Government. I really think it is some person with a big head that wants to make "Aunt Nannie's" heart ache more; just as if she has not had enough sorrow. I will venture to say he has never known sorrow or lost a son, or he would be pleading with his Government to listen to her cry. And if they could not do it legally on account of our

ADVERTISER  
PATTERNS

A SMART AND SIMPLE MODEL.

1724—This portrays an ideal play or school dress.

The model is finished with box plait in back and front, and has sleeves in wrist or elbow length. The bloomers are fine for little girls, inasmuch as they replace petticoats, and afford comfort and grace in movement. Gathers, lawn, percale, voile, dingham, batiste, serge, tub silk, crepe and challis could be used for this model. The pattern is cut in four sizes: 2, 4, 6 and 8 years. It requires 2 1/2 yards of 36 inch material for the dress, and 1 1/2 for the bloomers, for a 4-year size.

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 directions 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, you need only mark 32, 34 or whatever it may be. If a skirt, give waist and length measurements. 24, 25 or whatever it may be. If a skirt, give waist and length measurements. 24, 25 or whatever it may be. If a skirt, give waist and length measurements. 24, 25 or whatever it may be.

Ans.—Talk about tonics! Why, your letter was certainly one to me, coming as it did when I was all hot and out of sorts. I've been so cheerful and sunny ever since, that the clock is holding up its hands in astonishment.

Someone else advanced the idea of having a "double quote" and I objected on account of the many seams making it difficult to quilt. But, anyhow, I shall certainly send on to "Aunt Nannie" all the blocks that come, and she may do as she wishes. Yes, yours was very neat, and passed the censor quite easily.

Ans.—More than enough quilt blocks have come in for the quilted-autograph quilt for "Aunt Nannie," and others are reaching me by every mail. But if you will make a block of any kind you like

In high school, and am 14 years old. Am I far enough advanced?

2. I have a corn-colored dress with hat to match. I am very dark with dark-brown, curly hair and rosy cheeks. Do you think it will look well on me?

3. I have a pair of patent leather slippers with one strap; the straps are the sides. Can you tell me of any way that I could remedy them?

Thanking you in advance, I remain as B. 4. FOUR EYES.

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and send it to me, I shall be more than glad to forward it to her. She has received odd blocks from different ones, and seems so pleased with them.

1. I don't pretend to know much of school matters, but should say you were progressing very favorably indeed.

2. Yes, such a color should be most becoming.

3. Afraid they're beyond redemption; the addition of another strap might help (the shoeman will put it on for you), but I'm rather doubtful. It's a bad habit that slippers have to exams.

Success to you in regard to exams.

Her Woesome Weight.

Dear Miss Grey,—This is my first visit to the Mail-Box this year. Don't you think it funny about the soldiers going to Camp Borden?

2. If you wash in why will it remove tan? If not, please give me a simple method.

3. I am 13 years old, 5 feet 4 inches tall, and am in the neighborhood of 120 pounds. I wish you could tell me some way to remove my weight. It is terrible to be so fat in such hot weather.

Good-bye. PAT SAULT.

Ans.—Well, my dear, "rump" is not too word, but I know that you mean. It was very hard on those to whom they couldn't bid good-bye, with leaving on such short notice.

2. My experience with why are practically nil. Battermilk is certainly good to relieve sunburn and helps to remove tan; a little lemon juice may be squeezed in. Apply at night.

3. Don't "sally," my heart aches for your woesome weight, but, honest Injun, I can't tell you what will reduce it. One thing to be grateful for, you have height enough to carry the avoidups, and not be clumsy. Exercise a lot in the open air; don't eat too heartily, or drink too much milk. This may help.

"Polly Anna" in Vermont.

Dear Miss Grey—I received "The Horse's Prayer," and wish to thank "Rambler" for her kindness in sending it.

Since my last letter I am spending my vacation in Vermont.

Ans.—My, but we ARE off seeing the world! Just fancy our little glad girl "way down in Vermont. Hope you have ever so pleasant a holiday, and will tell the Mail-Box some of your experiences while there.

Sylvia Shames Mac.

Dear Miss Grey,—Back again! Yes, and as usual as a wet hen. Think it would be an excellent piece of work on the part of the Government to trace "Mac" and have put under guard.

Weren't "Mac" to come to the front and tell the truth, she would say, "I am a Sinn Féiner, catering to the Germans."

Such as you ought to be gagged, if you cannot have more reason in your brains. I believe, by the way your last letter reads, you are a student of the work of a certain pro-German New York paper. You seem to think we are anxious to send our loved ones to the field of battle. Poo! It's duty. We'd go on to the front if we had it. We'd give up the boys to go overseas. Suppose you're the stamp that will say, "Bully, get behind me; I'll protect you and below." "I Didn't Raise My Boy to be a Soldier?" My brothers have gone, and I love them more for it, knowing they are fighting where they can keep the horrors of war from our homes. Although it's hard, I would sooner see them dead heroes at their post of duty than living cowards, slinking in the background. And another thing, "Mac," I know ever so many—yes, I may safely say that all my sol-

MAGIC  
BAKING  
POWDERE.W. GILLET COMPANY LIMITED  
WINNIPEG TORONTO, ONT. MONTREAL

der acquaintances went of their own accord, and didn't have to be "sent."

Now, "Mac," next time you would like to shoot off such hot air, please burn your letter. You are making a laughing-stock of yourself. A thousand pardons, Miss Grey, for taking up so much valuable space. I am, sincerely yours,

Sylvia Pankhurst.

Ans.—I, too, shared your idea that "Mac" had been reading some literature not calculated to promote patriotism. It is too bad that such should have circulation in our Dominion.

Apologies not necessary, "S. P."

Notes.

"Bashful Eighteen."—Please send your address for a letter from "Fairy Rose." Stamps not necessary, as "F. R." has supplied them.

"The Man who Keeps Cool" may not be a good politician, but he has solved the problem of comfort and contentment. He starts the day right by eating Shredded Wheat Biscuit with milk or cream. He eats it for luncheon with berries, sliced bananas or other fruits. He makes Shredded Wheat his "meat" in the hot days. It is ready-cooked, ready-to-eat.

Made in Canada

Compass Oil

IS A TRIED REMEDY

for Piles

It has been used with success for over thirty years. One application gives relief, and most cases are cured in from three to six applications.

DO NOT SUFFER.

Use it today and find relief. 25c. at all druggists.

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On Your Furniture and Home Furnishings

We will gladly give you an estimate and prove to you that our prices are just a little better than you will get elsewhere.

H. Wolf & Sons

265 DUNDAS STREET.

CEETEE

UNDERCLOTHING

Guaranteed Not To Shrink.

FRY'S

COCOA

SOME COAL IS GOOD—

SOME COAL IS BETTER—

SCREENED

SCRANTON COAL

IS THE BEST.

Webster-Harvey, Ltd.

PHONE 1383.

July 11, 12, 13, 14

JACKSON

DYER

CLEANER

PROBABLE SERVICE—

REASONABLE RATES

PHONES 4680-4681

253 DUNDAS ST.

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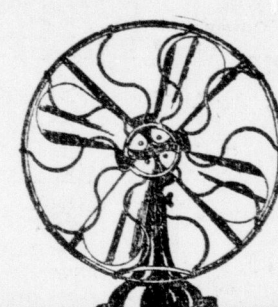
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July 11, 12, 13, 14

Ten Hours' Breeze  
For One Cent

Any room in the house can be made cool and comfortable on the hottest day for less than one-tenth of a cent an hour by simply turning the switch and starting the

"HYDRO"  
ELECTRIC FAN

It brings instant relief in the sick-room, in the nursery, in the kitchen or dining-room—anywhere in the over-heated house.

GET ONE TODAY!

All Prices From  
\$7.50 UP

PHONE 3180.

## The Hydro Shop

Can Your Fruit WITHOUT  
SUGAR

The pamphlet issued by the London and Middlesex Fruit-Growers' Association tells you how. Sugar used when fruit goes on the table in same quantity as on fresh fruit.

Pamphlets may be secured at the Department of Agriculture Office, Dominion Savings Building, or from your grocer. If he hasn't them he can get them.

"It's FREE Running"

Never refuses to flow from the shaker, never cakes or hardens however damp the weather.

SIFTO SALT

is "free-running". It's something a little bit different and better for table use. Try it. At the better grocers.

Dominion Salt Co., Limited,  
Sarnia, Ont.

## The Lights of 65 Years Ago

ARE STILL DOING DUTY IN THE SHAPE OF

EDDY'S MATCHES

SIXTY-FIVE YEARS AGO THE FIRST CANADIAN-MADE MATCHES WERE MADE AT HULL BY EDDY

AND SINCE THAT TIME FOR MATERIALS AND STRIKING QUALITIES, EDDY'S HAVE BEEN THE