The abundant, creamy lather of Lifebuoy Soap is laden with great cleansing power, and antiseptic properties as well.

LIFEBUOY HEALTH SOAP

So, when you have used LIFEBUOY on skin, garment or anywhere in the home you can be sure of cleanliness and SAFETY.

The mild antiseptic odor vanishes quickly after use.

LEVER BROTHERS Limited TORONTO

At all Grocers

171

In "The Mother Instinct" Enid Bennet portrays her versatility as a French peasant girl and the daughter of a Brittany fisherman.

A PAGE OF GENERAL INTEREST TO WOMEN

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.]

Everybody Made Happy.

Dear Miss Grey,—I am sending the readings for "Elsie." She also wanted "How Ruby Played," but I sent the printed pages of it to "Marion" to save so much copying. I wonder if "Marion" would exchange it with "Elsie," when she is through with it, for the ones I sent "Elsie" in printed form? Then, when they are learned off, the printed ones could be returned to me, if no other reader speaks for them. The ones I am sending "Elsie" in print are: "The Case of Gunn vs. Barclay," "Casey at the Bat," "When Huldy 'Spects Her Beau," "Der Drummer," "Buck Fanshaw's Funeral."

134 H. G.

Ans.—The recitations have been sent to "Elsie." By a nice coincidence I also received "How Ruby Played" from "Marion" and tucked it into "Elsie's" envelope with a request to forward "Marion" the others when she has finished. "Marion" sends her thanks to you, "Highland Girl," as follows:

To "134 Highland Girl.—Many thanks for readings. I have copied, "How Ruby Played," and am returning it to Miss Grey. Was delighted to receive them. MARION.

Pleased to Exchange.

Dear Miss Grey,—This is my first trip to your Mail-Box, but I thought I could answer what "Clover Bud" wanted. I have several good comic recitations which I would be pleased to exchange, so will you please send me "Clover Bud's" address? Yours thankfully, EXCHANGE.

Ans.—The address is sent you, so I hope both will soon be happy in exchanging.

For "Lonely Mother."

"Lonely Mother," Belton—I am sorry, but your query will have to go in the advertising columns of our paper, and the cost would be about a cent a word. Won't you write a notice, and send it to the advertising department of The Advertiser, or else call at the office with it? My heart aches for you if you have had trouble of this sort, but rules are rules, and the notice should go elsewhere.

Canning Vegetables.

Dear Miss Grey.—Have any of the readers tried canning green peas and beans? I would like to get a recipe for both. I am sending a recipe for canned corn, which we found very good.

I will close for this time, hoping I have not bothered you too much.

Yours truly. ISABEL.

How to Can Green Corn—Cut ripe sweet corn from the cobs and pack in glass jars, pressing the corn down as tightly as possible. (A little wooden mallet that exactly fits the jar is useful to press it down with). To each quart can, add 1 teaspoon salt. Place the cans in washboiler, on the bottom of which has been placed a thick folded cotton cloth. Have the covers of cans screwed down very tightly. Fill the washboiler to the necks of the cans with cold water, and let boil three hours and a half. Take cans out and screw down airtight. When cool set in the cellar, and you will have lovely sweet corn all winter.

Ans.—Readers are invited to come to the aid of "Isabel." In the meantime, I offer these recipes, all of which have been sent in by Pageites during previous canning seasons:

Canned Peas.—Shell and pack closely in jars, to each quart add 1 teaspoon salt, and one of sugar dissolved in a little water, fill jars full of cold water, screw on lids loosely; place on wooden rack in boiler, with water well up on jars. Keep water boiling for two hours filling in more as it evaporates; let cool and screw down tops as soon as possible.

Canned Beans.—Cut into pieces fresh, plump string beans, boil in salted water as for the table. Skim out the beans and fill in jars to the top. To the remaining juice, add one tablespoon of vinegar to each quart of beans, bring to a boil and pour over beans and seal. Keep in cool dark place. When you open in winter add cream, butter, and pepper.

No. 2.—String the beans, wash them in cold water, cover them with boiling water, boil for fifteen minutes, drain and pack them in jars. Fill the jars to overflowing with cold water, adjust the rubbers, lay the lids on loosely, stand the jars on the rack in the boiler, surround them partly with cold water, cover the boiler, bring to the boiling point and boil for one hour. Lift the rack carefully, screw down each top without lifting it, put the rack with the jars back into the boiler, cover the boiler and boil for 30 minutes. Lift the jars and stand them aside to cool. As they are cooling, give the tops an extra turn if the glass has contracted.

Another way is to boil the beans until done and add a tablespoon of vinegar to each quart (or less, as it depends on the strength of the vinegar), salt to taste, seal, boiling hot, in glass cans. I always sterilize the cans.

Her Rightful Name.

Dear Miss Grey,—Well, I see where I can be of some help, so will hurry along, or maybe I am too late anyway. I noticed where a reader was wanting a Scotch song, "Oor Ain Fireside." I have the words of a song, "My Ain Fireside," so maybe it is the one wanted. I would like to ask for some help now.

1. Could any of the readers send me the words of a song called "After the Ball"? Some of the words in the chorus are:

"After the ball is over;
After the break of day."

2. Also another song, "Let's Grow Old Together." Some words of the chorus are:

"You'll be eighteen in September,
We'll be married in November,
And grow old together, honey dear."

Well, Cynthia, I think I have bothered you enough for this time, so maybe I had better hurry up and go, only may I ask one more question:

How would you feel if when living with a stepfather and the rest of the family have a different name, and most all the neighbors persist in calling me by that name? Some know my proper name, but don't just say it. It makes me feel rather mean, but I suppose I'll have to put up with it. How about you?

Well, I just know this is horrid writing, as I am in a hurry and my fingers won't go fast enough. Will ring off and tend to household duties, and will sign myself, A STEPDAUGHTER.

P.S.—I hope you won't get cross because of poor writing and tell me not to come again, for I just love the Mail-Box and all its readers.

Ans.—And the editor, just a wee bit, too, I hope—especially if she promises not to be at all cross. Seems to me I have a copy of the words of "After the Ball" and shall mail them with pleasure. Your other song request referred.

It is difficult to know how I should feel were I in your place. There is absolutely no reason why you should not insist upon your own name being used, especially if you were nearly grown up when your mother married the second time. Some people seem to do these things—misnaming others—out of sheer stupidity or stubbornness, and there is no need at all to allow them to continue so doing if protest will have any effect. However, if you are a sufficiently cheerful soul to "grin and bear it," perhaps it will bring you more peace of mind after all to pass lightly over the error.

"Sea Shell" asked for the "Fireside" piece and I am printing the verses for all to enjoy—they are so dear and quaint.

Prevention Best Cure.

Dear Miss Grey,—As we were looking over your column we saw where "Nadine" had sent in "two first-class chaps" addresses. Would be much obliged if you could forward them to us. Are sending stamped envelope for the same.

Now for one question: What is a real cure for mosquito bites?

Wishing the Pageites and readerites every success and thanking you for the space, we are,

TWO TWINKLING LITTLE STARS.

P.S.—Criticize the writing, please.

Ans.—Are there really mosquitoes up among the twinkling stars? The "realest" cure would seem to be swatting the "skeeters" before they bite. Nothing like going back to first causes, you know. But if you should chance to miss one, and it was mean enough to go and bite you, try dabbing the spot with peroxide. It draws out the poison and helps stop the fearful itchiness.

You write a very good hand, and I have no criticism to make. Addresses has been sent.

As "Country Woman" Sees It.

Dear Miss Grey,—I have been an interested reader of your department of the Woman's Page for some years, but do not turn to it the first thing that I read, but to the big headlines telling of the terrible war that is going on—the most terrible thing of all the ages. I notice a lot in the paper about conscription. It seems to me to be an awful thing that one man can say to another: "You go and fight our battle," and themselves stay at home. I have more than one near relative wearing the King's uniform. One of them fought at the famous battle of Vimy Ridge and a lot of other places. I think that the first draft to go over the sea should be the men who were officers, got our boys to enlist, got big salaries and separation allowances for their wives, and when the boys were sent over to fight they resigned their commissions and stayed at home. We see lots of them walking about our streets, and they are not ashamed of themselves. They have the training, let them go first and set an example. I think that is what is the matter with our enlisting at the present time. The boys do not want to be caught in the same trap that the others were.

I noticed a recipe for making bread, signed by "The Boss' Wife." I agree with her that the most important thing about it is to have good flour, but I think that there must be a mistake in the amount of yeast cake that she puts in—two cakes for two quarts of warm water. I know how much bread that will make, and I have always found that the bread was real good made with one yeast cake, or sometimes a little less. What do the others think about that?

There is a lot written about waste land. I do not think that the people that ride past our farms really know what waste land is. Those big green fields are the pastures, where the cattle and other stock feed to make our nation's meat, milk, butter and cheese. The fields with long grass are the hay fields, to make the winter's feed for the cattle and horses. Even the woods are fenced is for pasture. Only the roadside is wasted, and that would be used, too, if some people were allowed to run their cattle on it, but the law forbids. I wonder what these people that are telling the farmers how to farm would think if some of the farmers that come to town would go into their places of business and tell them that a great improvement would be made if they would try some other plan? I think that experience is the best teacher in both cases. There are some other things that I would like to mention, but if I do I think that this will find its place in the W. P. B., and I would like to leave room for the rest of the unfortunate ones. Will close, and sign myself,

A COUNTRY WOMAN.

Ans.—You are a previous caller under a new name, are you not? Anyway, I am glad you penned this interesting letter to the page. Doubtless, what many of us need to a great extent is more toleration—a wider leniency towards the other person's views, and a realization that his work, whether in city office or on the farm, is all necessary in making the world's "wheels go 'round." Come again and tell us about the "other things" that your pen is itching to discuss.

Hot Weather Troubles.

"Maple Bud"—You poor dear, possibly you haven't noticed that about every third person one meets these warm July days is afflicted very similarly—as far as the shininess goes, at least. The pimples may be caused by too heavy a diet for this hot weather. Have you been eating meet too freely? Some kinds of acid fruits, especially the luscious strawberry, are also, sad to say, an irritant to some folks and cause skin eruptions. Consider well what your diet has been, avoid hurtful things if you can, and the pimples should disappear as your stomach rights itself. This lotion, applied nightly, might help: Precipitate of sulphur, 1 dram; tincture of camphor, 1 dram; rosewater, 4 ounces.

Try washing the face in bran water in place of using soap. Adding a little lemon juice is also good. I do not think it is the powder that causes the pimples, but try and wash it off the face each night before retiring.

What Should She Do?

Dear Miss Grey,—Here I come again to call on you. Why doesn't "Aunt Nannie" and "Mrs. Homebird" write oftener? Miss Grey, please answer a few questions:

1. When two girls are out for an evening and a gentleman asks to accompany one home and she takes the other girl along, is it proper when they reach home for the one to go in and leave the one he asked to accompany, or should they both go in together?

Some time ago someone was asking for a list of good books. I find Mary J. Holmes' and Mrs. Southworth's very good. They convey so many good thoughts, and are also good, clean and wholesome. These are my favorite authoresses. Ralph Connor and E. P. Roe are also good authors.

Miss Grey, could you tell me if Mrs. Mary J. Holmes and Mrs. Southworth are living? Best wishes to all,

TEDDY'S FRIEND.

Ans.—The second girl would have to use her own judgment as to which would be best to do. If the man is just a friend offering his escort in a kindly way, there would be no occasion for her to hasten in. But, of course, recollecting the old speech about "two's company," it is possible the other might be willing for her to have a "leave of absence" about that time. Use tact, my dear, use tact in such matters.

Both these writers have passed away, I believe.

News From "Laurie."

Dear Miss Grey,—As it is some time since I wrote to the Box, I'm going to scratch off a few more lines. As I am one of the girls who wrote on the Lower School this year, I've been wondering how all the other girls are enjoying their holidays. I'm having a lovely time, although I've never been away yet. While at home I always do the washing, and I'm up at 4:15 on Monday morning to do it, too. That's not so bad for a school kid, is it? I even tried my hand at hoeing the other day, and I got along just fine for the first time. It seems as though everyone is into the gardening this year.

I was noticing the other day where someone was asking about amusements during wartime in the Mail-Box. I've been waiting since for some answers, but none have arrived. Well, to give my candid opinion, I think the picture shows and dance halls the last place on earth where people should go during the present day. Of course, I think occasionally is all right, but enough's enough. It is now over three months since I've been to a picture show, and I think that's pretty good for me, as I've always been used to going regularly. As to dancing—I suppose some are saying that I can't dance and that's why I talk, but you're mistaken, because I'd almost rather dance than eat, and I'm considered a pretty good little dancer, too. But then I'll wait and see what others have to say on this subject.

Since I last wrote to the Box, I received another letter from "Laurie." He had just returned from his six-day leave, which he spent in Scotland and many parts of England. Some of the places which he visited were Edinburgh and Newcastle, also Westminster Abbey, Piccadilly Circus and the Strand, Hyde Park and London Bridge. During his trip he also crossed the Firth of Forth and over the Tay bridge, the latter being one of the largest bridges in the world. He also mentioned many other ancient places, which were very interesting. I mustn't forget to say that he is fine and happy, and he especially mentioned that wherever he went while on his holiday he received a cheery "Hello, Canadian" from all the people. I'm going to send him some Advertisers so that he can read the Mail-Box and the news from dear old Canada for himself.

I might mention that the housewife might like to know that when cooking rhubarb, if it is first placed in water and let come to a scald and then pour this water off, it makes it much nicer and takes the bitter taste away.

Hope I haven't taken up too much room, and wishing the Mail-Box and also yourself the best of luck. Sincerely, RETTA ROUMAINE.

P. S.—I forgot to ask if you would mind printing for me a nice recipe for homemade fudge, some which can be packed and sent away. I made some the other day to send to my soldier friend (who by the way is from your city) and, my goodness, Miss Grey, it wouldn't harden, although it tasted just lovely! R. R.

Ans.—The poor, dear soldier-friend! How his mouth would water were he to know of the o'er-soft fudge. But I presume it was not wasted? Your news of "Laurie" is certainly welcome and interesting. Tell him to write the Mail-Box when he gets a chance.

Your are certainly an energetic lass, and if you pursue studies as briskly as the washing and hoeing, I have every hope for your success in school.

Believe you will find granulated sugar best for making hard fudge. See if you have better success with this: Two cups granulated sugar, good half-cup sweet milk, 2 tablespoons ground cocoa, lump of butter. Bring to a boil, stirring often, let boil quite fast; test by dropping a little into very cold water. When it forms a soft ball readily, remove, flavor with vanilla and pour into buttered pans. The cocoa may be omitted and nut meats or candied cherries beat in for variety.

Notwithstanding the fact that a lot of the self-appointed censors declare that pictures of gambling should be cut out, you never hear of them raising any fuss when the hero marries the heroine in the fifth reel.

Advertiser Patterns

A CHARMING NEGLIGEE.

2059—This model is fine for soft crepes, lawns and organdies. It is also nice for challie, silk, batiste and voile. The sleeve is cut in one with the front and side back. Panel sections are joined to the full skirt.

The Pattern is in 4 sizes: Small, for 32 and 34 inches bust measure; Medium, for 36 and 38 inches bust measure; Large, for 40 and 42 inches bust measure, and Extra Large, for 44 and 46 inches bust measure. The Medium size will require 6½ yards of 36-inch material.

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:

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 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.

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D.
(All Rights Reserved.)

"God's Gracious Invitation." Isaiah, iv.

Golden Text—"Seek ye Jehovah while he may be found; call ye upon him while he is near." Isaiah, iv., 6.

10. Verse 5—How many nations and tribes of the earth are there today, who are glad to be called Christian?

11. Verse 6—What does it imply to "seek the Lord"? (This is one of the questions which may be answered in writing by members of the club).

12. Verse 7—If a man absolutely, in his plan and purpose, gives up sin, what is his condition before God as to salvation?

Whenever the children suffer from earache think of

COMPASS OIL

Three drops, heated in spoon, and dropped into ear, cures.

Horlick's Malted Milk — Safe Milk — For Infants & Invalids

A Nutritious Diet for All Ages. Keep Horlick's Always on Hand Quick Lunch; Home or Office.

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

Can You Imagine, Ladies!

These beautiful Genuine Panama Hats, in all shapes and styles for $1.95. We have just received a long-delayed shipment of the very latest and most up-to-date in Ladies' Panamas. These Panamas were to be sold at the regular price of $5.00, but owing to this late shipment we are forced to clear them out at..... $1.95

THINK OF IT, LADIES, REAL, GENUINE PANAMAS, REGULAR $5.00, FOR ONLY .. $1.95

White Milan and Tagal Hats

Trimmed with flowers, white wings and all the newest novelty effects. ON SALE FRIDAY AND SATURDAY AT HALF-PRICE.

SPECIAL! SPECIAL!

We Have Decided to Clear 100 Hats at 89c Each

Among these Hats you will find some of the newest styles in sport and outing Hats and Hats for street wear. The regular price of these Hats was up to $3.00.

SPECIAL FOR FRIDAY AND SATURDAY, ONLY 89c

Part of these Hats are now on display in our windows. Don't forget to see our window display. Come early before the choicest are picked over.

Royal Millinery and Feather Co.

294 DUNDAS STREET. Look For the Name "Royal Millinery."

Your "Get-Away Power" in Summer is a matter of fuel-food for the human engine. Food that is hard to digest and low in nutritive value does not supply energy for the day's work. It uses up needed power by overtaxing the digestive organs. Shredded Wheat Biscuit is all food. It is 100 per cent. whole wheat and is prepared in a digestible form. Changing from meat and potatoes to Shredded Wheat brings a mental buoyancy and physical alertness that makes one eager for the day's task. Eat it for any meal with sliced bananas, berries, or other fruits.

Made in Canada.

Clearing Odd Lines of Voile Waists
Sizes 36 to 42.
89c

White Blanket Coats
For summer wear. 6 only, regular $10.75. Clearing,
$5.95

11 Summer Suits
5 Palm Beach and 6 genuine mevellita — both washable, stripes and checks; new styles; sizes 18 to 40. Regular $15.00 to $18.50. Clearing,
$9.95

P—FIVE DAYS'—SALE
RE-INVENTORY
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Starting THURSDAY Morning
(See window.)

CLEARING SUMMER DRESSES
11 SUMMER DRESSES CLEARING AT 98c

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Assorted styles.
Regular $4.50 and $5.00. Clearing at $2.98

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Including some New York Sample Dresses.
Regular $5.00 to $7.50. For $3.98

REDUCED PRICES ON 8 DOZEN
NEW SAMPLE VOILE WAISTS
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CLEARING PRICES ON ALL SILK AND CLOTH SUITS.

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LONDON. ST. THOMAS.

BLACK AND WHITE
Silk Gloves, 79c
Perrin make, double tips, 12-button length, two dome fasteners; sizes 5½ to 7½; regular $1.00. Clearing at
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11 Wool and Silk Fibre
Sweater Coats
Rose, green and canary; sash and belts; regular $7.50 to $9.00. Clearing at
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Large pockets and full sash styles; sizes 36, 38 and 40; regular $16.50 and $18.50. Clearing at
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Thursday, Friday, Saturday

1—WATER GLASS 10c
(For Packing Eggs)
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(Regular $1.00)
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5—CHAMPION SHAVING STICK ..... 2 for 25c
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(Removes Hair from Face and Arms)
7—A. B. S. & C. TABLETS (No. 14), 19c
(100 in Bottle, Parke-Davis, Chocolate-Coated)
8—50c LIQUID VENEER 38c
25c LIQUID VENEER 18c
9—WILD STRAWBERRY EXT.... 18c
(Regular 25c)
10—KILMAR'S BEEF, IRON AND WINE 69c
(Regular $1.00)

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Established 1874 IS A SPECIALTY AT STRONG'S Established 1874

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Carter's Little Liver Pills.
Mennen's Talcum.
Wilson's Rose and Violet Talcums.
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Etc., etc.

Try REXALL FOOT POWDER
BIG CAN - - - - 25c

GRAPE JUICE 10c, 25c, 50c
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35c Odorono 24c
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Week-End Toilet Packages.

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