



### He Knows What's Good

Trust baby to choose the nicest dish on the table. It looks so inviting he's sure it must be lovely, and nothing else will satisfy him. Let him have a Pure Gold Quick Pudding often. They're wholesome, and as pure as science and the finest ingredients can make them.

You'll find the older folks strong for these delicious puddings too. A large mould disappears in no time when dad comes home for dinner. Better order a selection from your grocer and have them handy. Tapioca, custard and chocolate, 15c. a package.

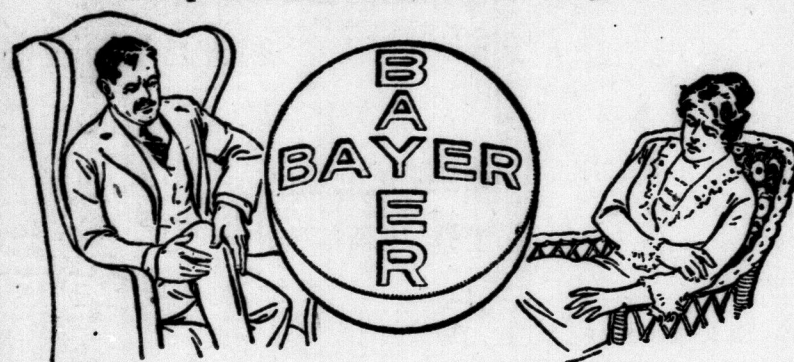


### Pure Gold Desserts

Pure Gold Manufacturing Co., Ltd., Toronto

## ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Rheumatism, Aching Joints, Lumbago, Sciatica, Neuritis, and for Headache, Neuralgia, Toothache, Earache, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all. Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages. There is only one Aspirin—"Bayer"—You must say "Bayer".

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocarbonylchloride of Salicylic Acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross".

## PAGE OF INTEREST TO WOMEN

### HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

#### COOKING POTATOES.



Well-cooked potatoes are nearly of even consistency and color. We get new potatoes, ripe ones and old ones. New potatoes have a thin skin and are properly in the market in July and August. They should not be pared before being boiled, but well scraped, so that only the flaky outer skin is removed. Ripe and old potatoes of autumn and spring are usually darker and have coarser skins than the new potatoes.

New potatoes are best boiled or baked whole, for their flavor is delicate and the skin tender and palatable. Old potatoes are best pared and boiled and then mashed, with plenty of seasoning, or if boiled or baked in jackets they should be opened and seasoned before being served. The skins are tough and indigestible and should be used only as a mold to hold the potato.

Cooked potatoes may be used in many ways, hashed or browned, sliced and browned, or diced and browned in the oven, with a bit of parsley and onion juice. Fat for browning potatoes should be melted and very hot before the potatoes are put into it.

Potatoes should be put on in boiling water, boiled steadily, but not hard, until tender, salted just as they are done, and removed at once from the water, which should be saved for soups and gravies.

Cream sauce for new potatoes or for diced cooked potatoes should be prepared as follows: Melt two tablespoons of fat in a granite saucepan, stir into this two tablespoons of flour, and add a cup of cold milk, stirring steadily until it thickens. Allow the sauce to boil at least two minutes, season with pepper and salt, and onion juice or celery salt. It should not be too thick, and can easily be thinned by the addition of a little of the water in which the potatoes were boiled.

(Copyright, 1920, The Metropolitan Newspaper Service.)

### Cynthia Grey's Mail-Box

But let me tell you something—there's been good in all the knocks I got in my life, it has the sense to see. Why, the hardest knocks a party's land you, right between the eyes, you see? Take Julia Lippman in "Making Over Martha."

Attention of Carnation.

Will Carnation, who wrote about having trouble in her home, please write me again and tell me her recipe for CYNTHIA GREY.

A Shower of Good Things.

Dear Cynthia Grey—I am returning patterns that Fluffy Ruffles and Flowers and Foliage so kindly sent in, and I thank them very much for same. Also am returning postage due to Mail-Box. I see where any kind of pickle recipes are acceptable, so thought I would copy a few off, hoping someone will like them, as I have found them fine.

Pepper Hash.—Chop fine 1 head of cabbage, 6 onions, 18 peppers, some red and some green (4 of the peppers should be hot ones), half cup salt sprinkled over; let stand 24 hours, and cover with vinegar, add 1 large tablespoon celery seed, three-quarters cup mustard seed, 1 bowl sugar; let stand a day or two, and bottle. If you wish you can add sugar to suit taste.

Cucumber Relish.—Two dozen very large cucumbers, 1 quart vinegar, 2 cups brown sugar, 2 tablespoons mustard, 4 tablespoons pinch of cayenne pepper; cook dressing, then put in cucumbers and onions, set on back of stove and cook till tender. Peel cucumbers and onion slices, put on some salt, let stand over-night, then drain. Put in glass jars and seal while hot.

Cucumber Salad.—Two dozen large cucumbers, 1 quart white vinegar, 2 cups white sugar, 2 tablespoons celery seed, ginger, pepper and salt, 2 tablespoons turmeric powder; slice the cucumbers and layer of onions, sprinkle with salt, let stand one hour, rinse and drain well; put vinegar, spices and mustard, 2 cups sugar, 1 cup flour, 4 chopped peppers, 4 quarts vinegar; put pickles in this and cook until tender. Here are a few others that I find are very satisfactory:

Date Cake.—One cup brown sugar, 2 eggs, 1 cup butter, half cup sour milk, 1 teaspoon soda, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1 cup flour, 2 cups chopped dates, 1 cup raisins; using sugar wet with hot coffee, put in a little butter, mix well and spread on.

Graham Gems.—One tablespoon butter, 1 egg, 1 tablespoon sugar, pinch salt, 1 cup flour, 1 cup white flour, 2 teaspoons soda.

Simon Loaf.—One can salmon chopped fine, 1 package crackers; grease bake-dish, put in a layer of crackers, then a layer of salmon, then a layer of dressing, and so on until you have two layers of each, with the dressing on top. Dressing: Melt 2 tablespoons of butter, stir into it 2½ tablespoons of thick, then add 1½ pints milk and cook until thick. Bake in a moderate oven for 1½ hours.

Hoping someone will find these useful, I must stop, or Cynthia will think I want all the Mail-Box. FREDERICKS, F. S.—My hobby is making dumplings, so good that I really should pass the recipe along to someone else, so here goes:

Dumplings.—Cook from three to five minutes, if stock is boiling. One cup flour, heaping teaspoon baking powder, a pinch of salt and sugar. Dampen with sweet milk and water.

Twin Mountain Muffins.—Half cup white sugar, pinch salt, 1 egg, shortening the size of a walnut, three-quarters cup sweet milk and water, 1 cup flour, 2 teaspoons baking powder.

Ans.—How lovely! I like it very much. I will make my visit as short as possible. I would like to hear more about Cynthia Grey's cot.

I am a stranger to your Mail-Box, so I will make my visit as short as possible. I would like to hear more about Cynthia Grey's cot.

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## GRAY'S, LIMITED

Store Hours: 9 a.m. to 6 p.m. Daily.

# School Bells Are Ringing Again



Within a few short days the doors of our London model educational institutions will be thrown open, and the streets and parks will be thronged with merry little persons wending their way to the classrooms, glad that the long holidays have come to an end and that they are to renew happy friendships that make this the most joyful period in life.

There is no longer the dread of lessons experienced in the days of the little red schoolhouse. Sunny, airy and pleasant schoolrooms now hold a place in the hearts of the pupils that is second only to their homes.

With this, too, has come naturally a change in the students. No longer is the school boy and girl shabbily and poorly dressed. They go to their studies in garments which, while quite practical for the wear and tear of school life, are nevertheless quite in keeping with the improved surroundings.



### For the School Girl

MIDDIES of all-wool blue flannel, with sailor collar and pocket trimmed with white braid, white silk cord lacing the front; sizes 6 to 14. Price ..... \$5.50

MIDDY SKIRTS of all-wool blue flannel (to match middies, cotton waist attached; sizes 6 to 14. Price ..... \$5.00  
Or Middy and Skirt for ..... \$11.00

CHILDREN'S AND MISSES' WHITE MIDDIES, with navy flannel collar attached, trimmed with white braid and red stars, pockets and cuffs trimmed with white braid. Price ..... \$4.00

CHILDREN'S MIDDY SKIRTS of good quality navy gabardine with cotton waist attached; sizes 12 to 14. Price ..... \$3.50

LADIES' WHITE MIDDIES, with detachable flannel collar and cuffs with white braid trimming; sizes 34 and 36. Price ..... \$3.75

LADIES' AND MISSES' ALL-WOOL PULLOVERS, with Tuxedo collar, long sleeves; colors, rose, paddy, sage and turquoise; all sizes. Price ..... \$6.00

CHILDREN'S PULLOVERS, in a variety of colors; sizes 20 to 30. Priced from ..... \$3.00 to \$4.75

CHILDREN'S COPEN BLUE MIDDIES, Balkan style, sailor collar and pockets trimmed with white braid. Price ..... \$3.50

Third Floor.

For School Girls' Coats

CHEVIOT SERGE, medium weight; colors, scarlet, jade green, paddy green, moose and beaver; 54 inches. Price, a yard ..... \$4.50

NAVY CHEVIOT SERGE, heavy weight, 56 inches. Price, a yard ..... \$4.00  
Medium weight, a yard ..... \$4.00 and \$6.00

BLANKET CLOTHS, in colors of cardinal, green and light grey, 56 inches. Price, a yard ..... \$3.50

Frieze Coating, heavy, olive green and heather mixtures, 58 inches. Price, a yard ..... \$4.00

GRAY'S LIMITED, 140 DUNDAS STREET.

### School Girls' Hats

SMART HATS of soft felts, velours and beavers. Millinery Department, Fourth Floor.

### New Ribbons

NOVELTY RIBBONS, embroidered in silver or gold.

HEAVY CORD RIBBON with picot edge, in the new fall shades.

PLAIN CORDED RIBBON in black and colors, ½ to 2 inches wide, for trimming school girls' hats, etc.

TAFFETA RIBBON, 4 and 5 inches, all colors, for hair ribbons, etc. Special at, a yard ..... 50c

Main Floor.

### Boys' and Girls' Hosiery

"KNOCK-ABOUT" AND "TERRIER" HOSE for boys, heavy quality cotton; sizes 7 to 10½. Priced, a pair ..... 55c and 65c

PRINCESS RIB HOSE, fine ribbed cotton for girls; sizes 5 to 10. Price, a pair ..... 55c

"MERITUS" HOSE, ribbed cotton, for boys or girls; sizes 5 to 10. Special price, a pair ..... 39c

BOYS' WOOL GOLF SOCKS, three-quarter length, grey and brown with plaid cuffs. Price, a pair ..... \$2.00 and \$2.50

CHILDREN'S ALL-WOOL CASHMERE HOSE, line "99", black only; sizes 6½ to 10. Priced, a pair, from ..... \$1.15 to \$2.50

CHILDREN'S HOSE SUPPORTERS, black or white. Price, a pair ..... 35c

TURNBULL'S ALL-WOOL VESTS AND DRAWERS for children, cream or natural; sizes 1 to 14. Priced according to sizes. At a garment ..... \$1.25 to \$1.65

VESTS AND DRAWERS, union, fall weight, in cream or grey. Price, a garment ..... 75c

CHILDREN'S CORSET WAISTS, of fine jean, hose supporters attached; sizes 1 to 12. Price ..... 85c

MISSES' "GLORIA" CORSET WAISTS, with double elastic laces in the back, buttoned in front; sizes 19 to 27. Price, a pair ..... \$1.75

## GRAY'S

AGENTS FOR THE BUTTERICK PATTERNS, THE DELINEATOR, AND THE BUTTERICK QUARTERLY.

## GRAY'S

LIMITED, PHONES 115 and 116.

### Newest Arrivals

OF SUITS, COATS AND DRESSES, in the season's latest styles and shades, at reasonable prices. Your inspection is invited.

### Justrite Ladies' Wear

254 Dundas Street, xxv Phone 2614.

### Sunburn Bother You?

Take a bottle of Campana's Italian Balm with you on your vacation.

Rub it on your arms, neck and face once or twice a day. That will relieve you. All druggists sell it. 35c.

ent of my age, 15. My address is with Miss Grey.

Ans.—Thank you, Comrade Rosalie, for all the help you bring, and for your hospital gift. You are indeed a real comrade.

Dear Miss Grey—Am sending this book of yoke and cap patterns for use in the Mail-Box, and hope it will be of use to some lover of crochet. I wonder if any of the Boxites have the words and music or even just the words of "The Yellow Rose of Texas"? I should like very much to get it.

Ans.—Thank you, Mutt's Sister. Your request is referred to readers.

### SOCIAL AND PERSONAL

Miss Olive Lasby of Toronto is visiting for a few days with Mrs. M. E. McEachern, Pitcon Apartments.

Miss Margaret Stanley, Colborne street, leaves shortly to enter a training school for nurses in New York City.

Mr. and Mrs. James Reddon of Teeswater announce the engagement of their eldest daughter, Edith Mae, to Mr. H. F. Wismer, son of Mr. and Mrs. J. H. Wismer, Port Elgin, Ont. The marriage is to take place in September.

JUDD—DURBAN.

A quiet wedding took place at the Methodist parsonage, Dorchester, Ont., on Wednesday morning, August 25, when Miss Florence Durban, daughter of Mr. and Mrs. Fred Durban of London, Eng., became the bride of Mr. Howard D. Judd, eldest son of Mr. and Mrs. Robert Judd of Nissouri Township. The bride was given away by her brother-in-law, Mr. S. Chessell, and the Rev. S. J. Thompson officiated. Mr. and Mrs. Judd will reside near London.

### Western Ontario Women's Activities

Address News For This Column to the Editor of Women's Page.

FLORENCE, Aug. 27.—The Women's Institute met at the home of Mrs. Frank Daniels for their August meeting. About 50 members were present. After the business session was completed a program was given consisting of a paper on "Canadian Authors and Poets," by Miss Davis; a duet, "Wee Hoose Among the Heather," by Misses Helen Pomice and Edith Macdonald; a solo, also selections by the institute choir, after which a dainty lunch was served on the spacious lawn.

The September meeting will be held at the home of Mrs. McRobert, when the town line branch will give the program and the Florence branch will entertain the visiting branch to luncheon.

### Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns from this date will be 15 CENTS EACH.



A Dainty Apron. Pattern is here depicted. It is cut in three sizes, small, medium and large. A medium size will require 2½ yards of 36-inch material. When 34, 44, or whatever material may be used, the waist measure, 22, 24, 26, or whatever it may be, if a skirt, give waist and length measure. When misses' or child's pattern, write out the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from the date of application.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

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 35, 44, or whatever material may be used, the waist measure, 22, 24, 26, or whatever it may be, if a skirt, give waist and length measure. When misses' or child's pattern, write out the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from the date of application.

My Dear Miss Grey—I saw in Tuesday's Mail-Box where Crimmon Rambler wanted the words of "Red Wing," and so I have it. I will copy it for her, and you needn't send it back to me. And, Hiawatha of the Northlands, I saw your letter in the Mail-Box some time ago, and you said that you had written to me. I am sorry, but I never got your letter, so you can write to me again, and if I get it I will surely answer. I will close. As ever, CRIMMON RAMBLER.

Ans.—Why, Crimmon Rambler, how glad we are to have you drop in for a visit. You are very popular in the Mail-Box, you know, and we want you to come often. Thank you for sending the song for Crimmon Rambler. I hope Hiawatha of the Northlands sees your letter and will write you again.

Dear Miss Grey—Please find inclosed one dime for Sick Children's Hospital. Kindly send me famous string-foot pattern. Am inclosing self-addressed envelope.

Ans.—Thank you for Hospital gift. Pattern mailed to you.

Wedding Queries.

Dear Miss Grey—I believe that you are not quite so rushed as you were some time ago, so I thought I would ask you for some advice.

1. Will you give me a menu for a buffet luncheon, or give me some idea of just what is served?

2. How is it served? I have never been to a luncheon of the buffet variety.

Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

WHEN USING WILSON'S FLY PADS READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

## "That's The Best Looking Suit He's Had Yet."

ATHER looks approvingly up from his paper at his son and heir as Mother slowly turns him around for inspection.

"He does look nice, doesn't he," she answers fondly. "I made up my mind to get him a good suit this time so I bought Wearbetter. The others he had were a little cheaper but they lasted no time at all—and he looked horrid in them"

Father nods his head.

"It never pays to buy cheap clothes. You may save a dollar or so on the price but, when you figure up what we have had to pay in the past because that young man was so hard on clothes, you can see we'd have saved money if we had always fitted him with Wearbetter."

Blue's "Wearbetter" Clothes for Boys

wear a great deal better and their smart appearance adds to a boy's self respect.

SMALLMAN & INGRAM LIMITED LONDON, ONT.

Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

WHEN USING WILSON'S FLY PADS READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY