## A PAGE OF GENERAL INTEREST TO WOMEN READERS



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

The New Whole Wheat Food with the Delicious Flavor originated by the KelloggToastedCornFlakeCo.

VEN the boy who is inclined to eat and run will take plenty of time to his dish of

KRUMBLES-once he has discovered how chewing brings out its fascinating sweetness and flavor.

Krumbles is the first whole wheat food which completely brings out this flavor, which has been hiding so long in Wheat.

The method is new. It is exclusive with the Kellogg Toasted Corn Flake Company, the originators of Krumbles.

There is only one Krumbles—it is the only whole wheat food that gives you the starch, the protein, the mineral salts, the phosphates, the bran, and a delicious flavor besides.

Made in Toronto, Canada. In the WAXTITE package—10c.



W. K. KELLOGG CEREAL CO., Toronto.

HAIR AND NAILS INDICATE CHARACTER Study Your Finger Tips and See If You're Wise or Foolish.

A correspondent, "Mary Anne," sends us seven rules for reading character by fingernails. Which class does yours

belong to? When the nails are of a purplish hue,

it is a sign of heart trouble. 2. The very red nails indicate a person with a hasty temper, one who is apt to flare up on slightest provoca-Such a person is also very im-

pulsive, very much given to doing ( ) ( ) WILL KILL MORE FLIES THAN \$8° WORTH OF ANY STICKY FLY CATCHER

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

hings on the spu of the moment, re penting them afterward. 3. The short, broad nail denotes an extravagant disposition; usually the ability to earn plenty of money. 4. If nails are long, tapering and white, the person who has them is sometimes inclined to be quarrelsome

and at times selfish. 5. Stubbornness, sulkiness and also great determination are said to go with very small nails lying close to the flesh and flattish on top. 6. If the third finger nail is raised up in the form of a ridge and is ten-

breeding and also of highly strung 7. Ridges on all the nails of the fingers together with numerous white indicate sadness and an un-

realthy state of the system. Hair, too, indicates character, according to "Mary Anne's" clipping. which says:

1. The steadfast and reliable person has dark brown hair. He or she will lways be trusted. 2. The man or woman of independent

usually has black, glossy hair. 3. Fair hair is said to belong to a

(This is not always so, as some of e best people in the world have fair

4. The man or woman with fair hair s usually gentle and compassionate and strong in affection. 5. Very fair hair is said to be allied to a weak will or one who is easily led astray. Such people are very tender hearted and good tempered. 6. Vitality, energy, strength of char-

Children

all love Cowan's

Maple Buds because they are

delicious and may be eaten in

large amounts without ill effect-

every Bud pure and wholesome.

Oh, it's here too!

'So many homes I go to now are using

Century Salt-and everyone remarks

what a beautiful, white, clean, flavorsome Salt

it is-quite above the ordinary." "Yes, my Grocer

says Century Salt is made by the newest vacuum process

Dominion Salt Co. Limited - Manufacturers and Shippers, Sarnia

and it's really the best Salt on the market."

## Daily Bible Ouestion Club

Children like Krumsley and it

All Wheat

Ready to Eat

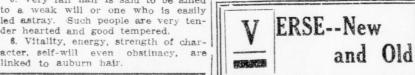
By Rev. T. S. Linscott, D. D. (All Rights Reserved.) Search the Scriptures-they are they which testify of me."-Jesus.

The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based as you der to the touch, it is a sign of good ponder the following questions:

Lessons for Sunday, July 23, 1916—PAUL AT CORINTH. Acts xviii., 1-22. Golden Text: Be not afraid, but speak No. 1339-A Dainty and Becoming Negli and hold not thy peace. Acts xviii 9. Verses 2, 3. A large portion of the embership of the present day Chrisian Church have the latent ability to reach. Ought this ability to be developed, thus giving to every local church several preachers, and in this make an excellent companion, and can way the pastor of the church could spend a large part of his time in personal work? Why?

privilege of every adult Christian to one with teh body of the waist. The half that size and red cotton accordrson who is like the weather, rather be engaged at least every Sunday in some specific spiritual work? 11. Why did Paul, in the beginning, in Corinth, confine his work to the

Sabbath Day and to the Jews? 12. Verses 5, 6. What effect did the sack length, for a medium size. of Silas and Timothy have upon



MY DAD'S DINNER-PAIL. reserve that old kettle, so blackened It belonged to my father before I was It hung in a corner beyant on a nail, Twas an emblem of labor, was dad's dinner-pail.

It glistened like silver so sparkling and In summer or winter, in rain, snow of

When the bell rang for meal-time my father'd come down; He'd ate with the workmen about on the ground;

I've carried that kettle, my dad's

He'd share wid a laborer and say he'd go bail You would ne'er reach the bottom of dad's dinner-pail.

f the day should be rainy my father'd And he'd polish his kettle as clane as He'd joke wid me mother as me he

cornbeef and praties, and oft it was said.

If I just put a finger on dad's dinner-

drink would taste sweeter from dad's dinner-pail.

WHAT HE OBJECTED TO.

and active. For breakfast [Exchange.] Wife (delivering a tirade)-At last my yes are opened-

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.

Two Pairs a Month.

Dear Miss Grey,—Inclosed find ten cents for "Aunt Nannie's" quilt I did the other day? I hope I'm first, because I would like very much to have not send a block; thought, perhaps, you them. Good-bye and good luck to would have more blocks than 10-cent

Could any of the readers tell me what the abbreviation in crochet tr., relent. Oh, please, don't, I'm really means? It does not mean treble.

Now Miss Grey, do not think that I do not knit for the soldiers, for I though? To be so cheerful and bright knit two pairs a month. LASSIE.

Ans.—Two pairs a month is pretty Wonder if "T. A." wouldn't like a few of our "glad" girls to correspond sood work, Lassie, better than some of the velvet rugs were in before know little about crocheting, I must yours. Am in hopes that someone else

A Cheerful Girl.

Dear Miss Grey,-I saw where ould be of some help, so thought I would come, pencil and all. But I guess you won't mind the pencil, when you know I am in bed, flat on my back, and likely to stay here for a few months, with a horrid plaster I am sending one song I copied, and

will copy more if anyone wants them. Here are a few of the ones I have: "When I Dream of Old Erin, I'm Dreaming of You," "We'll Love You More When You Come Back Than When You Went Away," "Nobody's Little Girl," "Sylvia," "Down by the Old Mill Stream," "Down on the Ohio," and "Mamma's Boy."

In tonight's paper I saw where "Just

Thirteen" wanted to know how to should think a nice cord around the make rose perfume. I am sending a cushion would add to its appearance. piece I copied out of a book. I haven't made any yet, but thought I would when I got up. It sounds as if it would deed, doesn't it? And please may I have those velvet

**DVERTISER** FATTERNS



gee Ladles' Klmono, Perforated for Sack Length, In Straight or

Pointed Outline. velop, and very comfortable. It is nice one or two suggestions for makfor cotton or silk crene, for cashmere, albatross, lawn, dimity, crepe or baempire effect, finished with a headin at 10. Verse 4. Why is it the duty and its lower edge. The sleeve is cut in neck is finished low in becoming "V" effect. The pattern is cut in 3 sizes: Small, medium and large, and will require 41/2 yards of 44-inch material for the full-length style, and 234 yards for

A pattern of this illustration mailed to any address on receipt of 10 cents in

ADVERTISER PATTERN DEPT

Measurement: Bust..... Walst.....
Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust be. If a skirt, give waist and length measure. When misses' or child's pat-

tern, 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 Lashing a Lazy Liver with pills may give temporary relief—but the pill habit is not a health habit. It will put the liver out of business in time and then everything else again. Of course, this year I get my goes out of business. Get the health habit by eating Shredded Wheat Biscuit, are generally from 5 a.m. to 8:30 p.m., the ideal hot-weather food, which contains more digestible, brain-making, muscle-building material than beefsteak aunt. I think she writes to "the page" or eggs. The tasty, delicious There's a place for the coffee and also crispness of the baked wheat in it, and not lecture any more on the gives palate joy and stomach comfort. It supplies the Nannie," as you advised, Miss maximum of nutriment in for just a few questions.

Made in Canada

1. Have you on hand or have any smallest bulk, and its daily readers the songs, "There's a Long, use keeps the bowels healthy Long Road That Has No Turning," "The Rosary" and "When I Leave the World Behind"? If they have, I'll be with milk or cream, or for glad if they would please send them in any meal with fresh fruits. and I'll send an envelope for them.

2. Would you please tell me how

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Many Smart, Practical and Attractive Styles in New Middies for the Lady and Miss.

### SMARTLY CUT MIDDIES AT \$1.00

THE MANHATTAN MIDDY, trimmed with navy, copen or rose striped collar, cuffs and belt, two fancy pockets; a smart style in women's and misses' sizes. At

WOMEN'S AND MISSES' MID-DIES, with laced sides, in all white or navy, and copen trim. white, with belt, excellent quality and value. At .........\$1.00

Middies and Middy Sport Coats

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Long-Sleeve Middies, in slipover styles, with

embroidered colored anchors on collar and

sleeve; sizes 14 to 20 years. Price.....\$1.50

Admiral Middies, with flannel collars, short

sleeves, excellent quality jean; sizes 34 to

42. At ..... \$1.25

Middy Sport Coats in copen, rose and cham-

pagne, trimmed with white collar, cuffs and

belt, long sleeves and two pockets, in sizes

36 to 42. These are new. Special at \$1.50

Smart Middy Coats of fine pique, with long

sleeves, two pockets and belt of rose, copen

and black and white stripes, sailor collar

with colored ties. These are very smart

little coats, in sizes 16, 18 and 20 years. At

......\$2.25

I have many friends and relations in 2. What is the real cause of this terrible war? 3. Do you think it right, by the teach-

TOMMY ATKINS.

P.S.-Here's a dime for "Dear Aunt

Nannie," I hope the Government will

netwithstanding the prospects of the

plaster jacket in this hot weather.

may send a few in for you. Thanks

Right to Fight. Dear Miss Grey,—"I see where "Hembury" wanted "Mrs. Brown's Change and Rest." I am sending it, but would

like it back. would like one gum flag

to finish my cushion. Would it be best

to put cord and tassels around it, or

r the song and perfume formula.

ings of the Bible, to fight? How is my writing?

ANNIE LAURIE. Ans.-1. As another reader had already supplied "Hembury," I am re-turning your copy. Also sending a gum flag which just came in yesterday.

2. Germany seeking the supremacy of land and sea by "might," not "right."
3. Where one strong nation seeks to crush a weaker one (and that in violation of a signed treaty), it would surely seem right for a second nation o strength to stand by the weak brother t is an inborn instinct of mankind (and has been since the world began) to fight in self-defence, and for the protection o home and loved ones. The Israelites God's chosen people, were a warring nation. King David was a man after God's own heart, yet his reign is one long story of battle and bloodshed. What makes one sad is that the invading armies of today belonged to a land sup-

4. Fairly good. Doing His Bit.

posedly Christian.

Enclosed please find piece asked for Dear Miss Grey.—Inclosed please find piece asked for by "Hembury" in Thursday's paper, namely, "Little Jim;" hope it is right piece wanted. Only too glad to do my little "bit." Have you many writing from this place of Woodstock? SLACKER. Good luck to all. Ans.-Quite a number of Woodstock readers visit the page, and I'm afraid they'll be taking exception to your signature. Thanks for the verses, though

Thimble and the "27."

Am forwarding them to "Hembury."

reading your page, but I must have done so or else I have entirely forgotten what you wrote about the size of "Aunt Nannie's" quilt blocks. Please tell me if I could make a white block. worked with red. Are we to use our pan name and address on it? I cer-

tainly wish to send one in. You thought from the numerous me quests I received for crochet patterns that I would never be able to answer all. Well, I have and have found some very warm friends in doing so. A correspondence exists between several. I replied to "27 Cynthian Sisters," one can see we have quite a large

THIMBLE. Ans.-The required number for "Aunt Nanie's" quilt has been made up, but you will work her a block of any kind you like, am sure she will be This style of garment is easy to de- pleased. There have been, however, done, your block would come in very The pieced blocks are red and white cotton, the centre square should be white, cut 51/2 inches, corner squares ingly, completing a block ten inches square. In the centre outline in red cotton your pen name and P. O. adblocks are dress. squares, with feather-stitched ring or square in centre and penname, etc.,

all worked in white. Glad to hear that the fancy work exchange idea proved of mutual benefit to you and the "Twenty-Seven." Now, regarding the remainder our letter, it is just awfully dear of you to propose such a thing, but please orgive me if I say I'd rather not. I've nislaid your street address (although have town and name), or I would write you personally. Don't think that I fail to appreciate your kindness, but

that I prefer to keep personal affairs out of the page? Write and say you do not mind.

you understand, don't you, when I say

Laurle or the Farm Dear Miss Grey,-When I saw "A New Un's" letter in the paper tonight I just couldn't help replying to it, so please excuse this hurried recall. Now "New 'Un," as Miss Grey says, the highschool-help plan has more than one side. So you don't think the schoolboy can stand farm work? That is as much as to say the farmer lads are physically stronger than the city boys. Well, don't think so. I'm from the city, and 've lived there the most part of my However, the last few years I've been going out on the farm and helpleft school in April to go out and help matric and teacher's certificates, but I believe if I hadn't got them I would have gone just the same. Now, I'm standing the farm work well. My hours which is a little longer than my school hours, and I'll venture to say that you don't know one farmer boy that is doing any more work or better work than If you doubt it, just write my

sending a small donation for "Aunt the stain; let stand over night; then shake well, empty the peelings, and there should be a decided improvement, Very often scouring powder and hot water helps to a considerable extent. 2. You write a very good hand; it is neat, and easy in motion

"Corona."-Your letter has been sent to "Subscriber," who offered slips. "Elizabeth." - Am consulting

A Smart Middy, with two pockets, copen and navy collars with white braid, pockets trimmed with color and one large pearl button; misses' and women's sizes. At

The Manhattan Middy, with long sleeves, trimmed in rose, copen or navy, two pockets, convertible collar in lapel effect; sizes 16 to 42. At ..... \$1.00 Many other smart styles made of fine quality white jean, at .. \$1.00

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An excellent range of Children's Middies, in all white and trimmed with colored braid. also in linen colors trimmed with white braid; sizes 6 to 14 years. Prices range from ..... 50c to 85a Children's White Middy Skirts of good quality jean, nicely pleated, with straps over shoulder; sizes 8 to 12. Price......\$1.25

#### Ladies' Sport Skirts

In fancy blue, green and rose stripes, with large pocket and belt. Price ......\$3.25 Sport Skirts in fine black and brown stripes, two side pockets, yoke across back and sides. Price ...... \$2.50

Advertiser, and where and how would you send them in? As I'm a beginner,

3. Would you please send me "Sunshine's" way of telling fortunes by tea-

Well, I guess you've listened to me

long enough, so I'll close now. With

luck to the Mail-Box and schoolboys on

Ans .- Someone pass the lemonade to

Laurie"-that's right, "Would-Be-

Polly Anna." It's hot work in the hay-

up" inside, too, Laurie will need a cool-

Requests for songs referred

soldiers, as none of these are at hand.

2. The Advertiser purchases its short

story feature from an American syndi

McClure Syndicate, both of New York

probably was there visiting his sweet-

Finds Us Dull.

Dear Miss Grey,-Whatever in the

world is the matter with our readers?

they would write, as our page is be-

ginning to get dull. Miss Grey, have

you any idea when the 186th is going

A SOLDIER'S WIFE.

Ans.—Sorry if the page does no

I would like if you could print the

recipe for Welsh tarts that came out

Ans .- I cannot find this recipe among

my clippings; will someone be good

enough to send me the recipe once

Stains on Pitcher,

Dear Miss Grey,-Will you kindly an-

1. What will take water stains off a

2. Kindly pass your opinion in regard

to my writing. I am 14. Yours sincerely,

Notes.

Thanks for the "pome," "P. R."

swer the following questions?

PETROLEA READER.

PUSS IN BOOTS.

in the Cook-Book column some time ago.

I lent my paper and it was not returned.

to go pretty soon, and I have

have missed her letter.

Page of The Advertiser.

or with the 186th?

solutely without foundation.

Where is "Mr. Gay" and "Mrs. Home-ird" and "Nurse to the Old"? I wish

are two of the best known.

queer things sometimes!

don't know much about it.

the farm,

ing potion.

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS

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EDUCATIONAL.

St. Andrem's College

UPPER AND LOWER SCHOOLS brough Instruction. Large Playing Fields. Careful Oversight Excellent Situation AUTUMN TERM COMMENCES SEPT 12 1916 REV. D. BRUCE MACDONALD, M.A., LL.D.,

"powers that be" re your suggestion for Aunt Nannie": will let you know in a fields these days, and after being "het few days what the decision is. Thanks All right now?-well, go Thanks for the quarter for

Busybody."-Thank you for the com-

lete copy of "Mrs. Brown's Change

m going to reprint it some day soon, All the flags mentioned in a recent

These latter pay at the rate from five to fifteen dollars, I believe. issue as having "turned up" on cleaning day, have been sent out to readers he Frank Munsey Company, and the asking for same. 3. You would note this in our page last "Echo."-Honest, I had forgotten but week. Re the mystery, the office boy what you were a staid old married

woman, but with receipt of your letter neart, and carried it with him. He does I've looked up my Cynthia "who's who' and refreshed my memory. Am answering the verse in another column. Quite enjoyed it.

"Sweet Sixteen."-You ask for some "Wynne's" flags and patches, but inclose no postage for her to mail This is haraly fair, is it, and I'm afraid by the time you can forward overseas? I have heard that they are stamps now, they'll all be gone?



Here is scrupulous cleaniness. Here

is a pure food product that delights

the heart of the expert. Made of choicest hard wheat Semolina and Milk. Superior-in every point of quality, nutriment and flavor, to any imported brand.

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Ans .- 1. Almost impossible to remove these stains. Try putting raw potato peelings in, and water enough to cover A CLEANER AND A DISINFECTANT.

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Patron, The Lord Bishop of Ontario

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