

A PAGE OF GENERAL INTEREST TO WOMEN READERS

Of course, you can
buy cheaper teas, but

!!CASH!!

is undoubtedly the most economical and what appears to be 'cheap' in price will prove to be extravagant in use. The fresh young leaves of "Salada" will yield you generous value for your money.

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.]

Eleven or 2,000?

Dear Miss Grey—I am a little girl 11 years old, and this is my first letter to your Mail-Box. I will please answer a few questions:
1. How do you pronounce "Ypres"?
2. Please publish the words of Mother.
What do you think of my writing?
I am MERRY CHRISTMAS.
Ans.—Welcome, Merry Christmas! I thought though you were about two thousand years old—not just 11! As near as I can get to it in print, the name "Ypres" is pronounced "Eep" or you may say "Yip" and be equally correct. Maybe someone will send me a copy of the words. 2. You're not doing so badly.

Finds Letters Helpful.

Dear Miss Grey—Here I am again to help a little. I see "Morning Glory" asked for recipes, so I am sending what I use. Hope if "Morning Glory" takes them she will enjoy them. They are excellent. I do enjoy the letters very much. I got so many helpful hints. Could someone send me the way to care for the lemon (if the rind of the latter is shrivelled as it so often is at this season, use juice only); drain the lemon, add a syrup and lemon, and boil gently until thick and rich. Am sure you will like this method. To one large citron use three or three and a half pounds granulated sugar, and juice of four or five small lemons. Send me the address you speak of, "Mrs. H." and just see what happens!

Ans.—Peel the citron, cut in cubes, and drop into boiling water; boil until tender; before citron is quite tender, prepare the syrup in a granite kettle, slicing in the lemon (if the rind of the latter is shrivelled as it so often is at this season, use juice only); drain the citron, add a syrup and lemon, and boil gently until thick and rich. Am sure you will like this method. To one large citron use three or three and a half pounds granulated sugar, and juice of four or five small lemons. Send me the address you speak of, "Mrs. H." and just see what happens!

To John R. N. C. V. R.
Dear Miss Grey—Could you kindly answer the following questions:
1. Are they recruiting men in Canada for the British navy? If so, what are the pay? Are the physical qualifications the same as for the Canadian army? Where is the headquarters? Where one may go on?
2. Is there any duty on Christmas gift boxes of candy going from here to the States? If so, it is possible for one sending a box from here (by mail) to prepay the duty?

JEAN DE BRUYERE.
Ans.—Advertisements for Canadians to join the Royal Naval Canadian Volunteer Reserve, have been appearing in the newspapers for a month or so, now. Two thousand young men of good character and physique are wanted. The pay is \$1.10 a day minimum; separation allowance \$20 monthly. You should apply to Commodore Amelius Jarvis, Naval Recruiting Office, Canada Area, 60 Bay Street, Toronto, or to the Department of Naval Service, Ottawa.
2. I believe a small rate of duty is charged; if not, by express, however, it can.

The Poor Kid.
Dear Miss Grey—I suppose you will think I am very ungrateful for not writing sooner and thanking you for printing those Christmas cake recipes. I intended doing so, but my baby happened with a very bad accident. He had his leg broken, ankle twisted off, and joint and the flesh very badly torn on his left leg, so I am certainly having troubles of my own. About two months ago the same little fellow had his legs scalded. I am not neglectful. Please don't think I am. People tell me I take too much care of them; then when I leave them to themselves for a short time they still look for someone to depend on. Thanks very much for the recipes. I will sign myself as before.

A LONELY SOLDIER'S WIFE.
Ans.—No, I was not doing you any ungrateful at all, for to be alone with three kiddies to look after and a soldier's husband's box to pack, you can have too few little things to spend your money to learn of the little chap's accident, and am sure the pages will join me in sympathy.

Her Roll of Honor.
Readers will be interested in the following letter from one of our pagettes, who has been living in England for two or three months. This contributor has a family roll of honor all her own. Her husband, six brothers, four brothers-in-law and a nephew are all on active service.
My Dear Miss Grey—Inclosed I am sending you a few P. C.'s. Hope you will like them. I am having a very nice visit here at home. I spent a week in London last week, and saw one of my friends from London, Ontario. Was very glad to see her, and spent a long day with her. We both going to take our passage home on the same ship.

TO REGAIN HEALTH
CLEANSE THE BLOOD

When your blood is impure, weak, thin and debilitated, you cannot possibly enjoy good health. Your system becomes receptive of any or all diseases, and germs are likely to lodge in some part of the body.
Put your blood in good condition, and do so at once.
Hood's Sarsaparilla acts directly and peculiarly on the blood—it purifies, enriches and revitalizes it and builds up the whole system.
Hood's Sarsaparilla is not a cure-all. It is the best blood medicine on the market. It has stood the test of forty years, and is used all over the world. Get it and begin treatment today. It will surely help you. Sold by all druggists.

ADVERTISER WAR PRISONER'S FUND.

I pledge myself for the sum of.....
monthly (for the following six months), towards The Advertiser Mail-Box readers' fund for prisoners of war, and herewith inclose.....
Name..... Address.....
Pen-name..... Date.....
Return to Miss Grey, in care of Advertiser.

Advertiser Patterns



1715—Lady's apron, with or without sleeve, in either of two lengths, and with collar, or with neck edge in square outline.
Peculiar, brilliant, mohair, satin, gingham, seersucker, lawn or cambric may be used for this design. It may be finished with sleeves and with the voke cut in square outline at the neck. It may have loose sleeves in short length, or be made with sleeves in wrist length, thus affording a complete covering for the dress that may be worn beneath it. This style is good for housekeepers or for studio wear.
The pattern is cut in three sizes, small, medium and large. It requires 6 1/2 yards of 36-inch material for a medium size with sleeves; without sleeves, 6 yards.

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 measure you need only mark 22, 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.
their respective "better halves" at the foot; bride and groom sit together at one side. Attendants opposite, clergyman at the other end. The bride and groom are seated in the center, with their relatives "fill in" as they can.
5. If you're getting a new frock—while I presume you are—should not advise the accordion pleating, but rather adorn the skirt with shirring. Cheer up about the knees, "Mary Ann!" you're not the bride, you know!

Anxious, But Hopeful.
Dear Miss Grey—Inclosed please find one dollar for the extension of my paper. I have a boy in the trenches, and I am always anxious to see the casualty list. Your paper is grand for war news. This is the first time I have written to your corner, but I read it every day. Some seem to miss the butter. Well, it is out of the poor man's reach, but if we can get enough to satisfy hunger, we should not complain, for our poor boys are a good deal worse off than we are. I am sending the song asked for by "Melissy." I thought it would save you the trouble of writing it down. If you think there is room for me, I will come again, so will close, with best wishes to all the members and yourself.

Another Helper.
Dear Miss Grey—Would like to have the list of the lonely soldiers last week. "Oxfordite" speaks of in November 13 paper. I would like to send a parcel once in a while. I also wish to speak of a young lad in the 15th Battalion, Chatham, that has no home or friends. Perhaps someone could send him a box of homemade eats once in a while.

HELPER.
Ans.—I have the address of the young 15th lad, and shall be glad to furnish it to anyone.
A Sailor's Lass.
Dear Miss Grey—This is my first time of writing to you, but I would like if you could please tell me where the headquarters of the St. John Ambulance Corps is in London, and to whom I would have to write? I am anxious to join, so would be very glad if you could tell me, and please may I call again? I am.

A SAILOR'S LASS.
Ans.—Write to Sergt. Loveday, honorary secretary-treasurer of the London Centre St. John Ambulance Association, or to Miss Ella Davis, 563 Richmond Street, full information in regard to St. John Ambulance work. Either will tell you all about the courses, nursing division, etc.
She's From Harrow.
Dear Miss Grey—Am sending recipe for Marshmallow Candy. One level tablespoon gelatine, 1 level tablespoon cold water, 7 level tablespoons hot water, 1 cup sugar, granulated sugar, 1 1/2 teaspoon vanilla. Beat to a cream. Put on a flat dish, cut in squares, roll in icing sugar.
Do you receive any letters from Harrow-on-Claremont, South?
Would you please send me an address of one of those boys at the front that you spoke of to "Oxfordite"? I would just love to send "goodies" to one.
Your opinion of my writing, please. Must close, or I won't be welcomed next time. I am, PET O'SHAKE.
Ans.—I presume you are sending your address. A letter has been sent you.
2. An address has been sent you.
3. Fairly good.

Dress for Business.
Dear Miss Grey—I am a clerk in a bank, and I come to you with a question. Just what sort and style of dress would be suitable for me to wear during business hours?
Now, please don't send me to some frock designer, but change places with me, and in your own sweet way, tell me what you would wear.
DISCOUNTS.
Ans.—Could scarcely do so gracefully, after all that "tatty" "Miss Discounts." A friend of mine who occupies a somewhat similar position to yours, always looks really dressed for her occupation. I think, I think, navy blue in office hours, and invariably has her dresses made in Norfolk and Norfolk become her, but if your figure is inclined to be "tubby," a simple tailored blouse, with pocket at the left side, and flat stitched seams, would be better. Serge or flannel would be the materials my friend uses. She wears "dresses" for office hours, with pretty blouses and things for social affairs. Does the idea appeal to you?

Mrs. Homebird Returns.
Dear Miss Grey—I have been really long to step in to the Mail-Box once again, but was afraid I might step on, or otherwise muss up, someone's precious coupons, flaps, tobacco tags, or soap wrappers. I am not given to grumbling, but I could not help but wonder if among those rabid trash collectors there might not be some of those who robbed our little sisters of the paper for taking up our little space with silly questions. I am not sure that the present epidemic of fruit-finding is not worse than coupons, etc. Some times I am content with long hours and hard work, and someone else lands on her because SHE makes her little mind about the times, and is walked all over by someone else because they have not found them so. Just as if we were all made of the same stuff, and his expense and put down in the same circumstances and environments like a row of cheap tenement houses. It's rather tough little task of a little sympathy and be handed a dose of someone else's self-satisfaction. Brethren and sisters, right up and tell your 'sisterhood' it will ease their mind, and help the page, but do forbear slandering one another.
It goes "rich farmers" seem to get all that is coming to us, but when it comes to the poor, they don't understand it. I think few farmers understand city life; they see the big pay checks, but do not realize that the entire living cost of that pay check, and life comes out of that pay check, and at city prices. On the other hand, they think that the city dwellers can give one any idea of their opinion of farm life, I ought to know, and I find that they cannot seem to understand that what a farmer grows is his own, and that all his expenses have to come out of that. If I churn five pounds of butter, and do not have to sell it, they think I should give them rest to take home, when they have to pay such big prices; if I don't, I am angry because I'm stoney, and to get rich on a farm I don't know it is all I have to buy the tea, sugar, and other groceries that it takes to make a good dinner. They are so fond of money on a farm, they cannot afford to hire their work done should do it themselves. I also think that people with lots of money should hire work done, and give them the best way to the needy.
A lack of hired help is one cause of high prices, why do not more women get the women to do their own work, paper their own rooms, and, I suppose, she means that they should all do their own sewing, cleaning and washing. If they did, how would all those women accustomed to working by the day or taking in washings support their families or help support them? I think they cannot afford to hire their work done should do it themselves. I also think that people with lots of money should hire work done, and give them the best way to the needy.

Women as Farm Hands.
Dear Miss Grey—One who recently followed the women to do their own work, paper their own rooms, and, I suppose, she means that they should all do their own sewing, cleaning and washing. If they did, how would all those women accustomed to working by the day or taking in washings support their families or help support them? I think they cannot afford to hire their work done should do it themselves. I also think that people with lots of money should hire work done, and give them the best way to the needy.
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Housewife Tells of Home Economy in War-Time

By Rev. T. S. Linscott, D.D.
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The study of the home economy in war-time is a subject of great interest and importance. It is a subject which concerns every one of us, and it is a subject which should be studied by every one of us. The study of the home economy in war-time is a subject which concerns every one of us, and it is a subject which should be studied by every one of us.

Some Practical Ways of Reducing the Weekly Bills—Saves on Butter, Eggs and Meat—Health Is Better.
Dear Miss Grey—I am very much interested in the letters recently appearing in your page re the increased prices of food-stuffs. Many of us who have never before, are feeling the "pinch" now. May I, out of my several years' experience as a housekeeper, give some suggestions which economy may be made in the home? (In a family of four adults, two of whom are earning) and are just as happy. Just as well, as previously. Some folks may regard it as "stinginess," but I prefer to call it common sense. I agree with "M. R. W." that there is a great deal more waste in some of our homes than is necessary. I know I will take up a lot of room with the following hints, but if you see fit to give them space, I hope they will really help some perplexed woman, and, in return, should be glad to hear of other "war-time economies."

BIG FOOTWEAR VALUES AT KNECHTEL'S BIG BARGAIN SHOE STORE

For months past we have been preparing for a MIGHTY FALL AND WINTER SHOE-SELLING CAMPAIGN, in anticipation of the BIGGEST fall and winter business in our history. We are breaking all past records. Everybody is aware that there has been a universal increase in the price of shoes and rubbers. Remember that all our fall shoes and rubbers were purchased before the recent advance in prices, and please remember that this BIG BARGAIN SHOE STORE will continue to give its patrons the very limit of shoe values for their money. We are here to offer our patrons many shoes even as low as the present wholesale prices. Wise buyers are anticipating their wants and buying all the footwear they can use for months ahead. SEE OUR WINDOWS.

Special Big Lot Men's High Grade Rubbers, will be put on sale Wednesday morning. Regular price \$1.15. 73c

Extra-good value in Men's Gunmetal Boots, Bluecut and straight lace, round and receding toes. Regular prices, \$3.50 and \$4.00. Special prices \$2.98 and \$3.48

MEN'S HEAVY WORK SHOES. We have strong lines of Solid Work Shoes, in black and tan, all bought before the raise in prices, which enables us to sell them for \$2.98, \$3.48, \$3.98

We have a splendid line of Men's and Boys' Tan Military Shoes, made to sell for \$3.50 and \$4.50. Our special prices \$2.98 and \$3.48

Be sure and visit our Misses', Children's and Infants' Department for bargains. Shoes from, pair 19c to \$2.98

Rubber Boots for men, women and children; Gum Rubbers, Overshoes, Tan Military Rubber Boots and Rubbers. All marked to save you money. Please remember when in need of Trunks, Suitcases, Clubbages, Special Overseas Military Steamer Trunks, we have a large assortment, and our prices are right.

KNECHTEL & COMPANY

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SMART SHOES FOR MEN

They are shoes of quality and style, perfect fitters, every pair guaranteed to make you a booster and bring you back for another pair. We could not continue to conduct business if we only sold one pair to you. Men may therefore look for the best treatment when they come here. Headquarters for honest-wearing, perfect-fitting shoes. We have styles that will please you at prices ranging from \$3.98 to \$6.48

SHOES THAT WEAR FOR BOYS. Our Boys' Shoes will stand the racket with our guarantee behind every pair. Prices exceptionally low, \$1.98, \$2.48, \$2.98, \$3.48

Good strong-wearing shoes for little lads, sewed and nailed soles; neat last; good fitters. Regular price, \$2.00. Sizes 8 to 10 1/2. Specially priced for this week \$1.69

SPECIAL WOMEN'S HIGH-CUT KID LACE SHOES.

8-inch tops. The season's newest style; fine quality. Another shipment just arrived, and specially priced to save you \$1.02 per pair for this week. \$4.98

WEDNESDAY MORNING SPECIAL. Big lot Women's and Misses' Rubbers. 49c

We have a splendid assortment Women's Gunmetal Calf Shoes, button and lace, high and medium heels; \$3.50 values. Specially priced for this week \$2.48

Women's Patent and Gunmetal Lace and Button Shoes, black cloth and moccasin tips, plain toes and toe caps; \$4.00 value. Our special offer \$2.98

Big lot Women's Velvet Gypsy Button Shoes; \$3.50 value. For \$2.48

INFANTS-DELIGHT TOILET SOAP

Try This For Your Complexion

WORK up a copious, full-bodied lather of "Infants-Delight" and apply to your face with a brush. Rub well into the skin with your finger tips and remove. You'll be delightfully surprised to see the improvement in your complexion. "Infants-Delight" is mild, pure and fragrant. Unequalled for cleansing because it is the only barated toilet soap.

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the stew, I could have had still enough to make a tasty meat pie for a third day's dinner. Before war times, those meat pies were only eating of as supper dishes, but now—well, we have largely cut out meat owing for more than once a day, and I believe we are in better health for it.
Liver, bacon, and onions (yes, Mrs. Fastidious, I know it's up in the kitchen, but open the window a little way) form a combination that never fails to be appreciated by our men folk. A pound of liver and ten cents' worth of onion, sliced and fried in butter, makes a fine meal for a family or party. I now drizzle with very nice, when the bacon is fried, enough fat to fry the apples. Apples are nice served with this dish. Apples, baked or boiled, are an excellent "winter food, with certain quantities of butter, and a little sugar. We were fortunate enough to raise enough for our own use through the winter, and in a city garden, too! When the range is going, it does not require additional fire to bake beans. Cook the (pork) kind) freshened in lukewarm water, boiled, seasoned, and with milk sauce added, is a tasty and economical dish for a change. I find that a pound of vegetables, such as onions, cabbage, carrots, etc., go much farther if a thickened milk sauce is added.
Last year I invested in a \$1.50 meat chopper, and it has certainly paid for itself many times over. Ends of boiled or roast meat, or dried bits of steak, when passed through the chopper, make a most appetizing meal. Dissolve a little gelatine in tepid water, add to the ground meat with a little sage, pepper, salt, and dried bread-crumbs, pack into a wetted bowl, and in a few hours, your loaf will be ready to turn out. When one gets a piece for soup, the meat is especially nice made into a loaf as described above.

Eggless Desserts.
All ends of breadstuffs are carefully kept and used in bread puddings. One egg may be made to do the work of two—or at least where we used to consider it necessary—in the pudding is lighter if the bread is soaked first in cold water, and the milk, egg, sugar, raisins, and nutmeg, added just before placing in the oven. A deep tray is an excellent pudding, requiring no egg; simply place some canned fruit in a pudding dish, stir up a plain biscuit batter, spread over the top, sprinkle with brown sugar, and bake. A delicious dessert with "top" milk, a teaspoonful blanc mange, another eggless dessert, is very palatable when served with preserved strawberries, cherries, or apple jelly. Stale cake, steamed, makes a very nice pudding when served with boiled sauce.
For dinner we have practically ceased to use butter, especially with the meat and potatoes. Course, and two or three of the family are not drinking tea at this meal.
Home-canned fruit and bread and butter, generally forms our evening meal, with a bit of cake made from some eggless recipe, for a finish. Tartaric acid, doughnuts, date bread, graham or tea biscuits, all home made, add variety to the menu. Occasionally, to

THE CHILD'S VOICE
One of the greatest benefits of the child's voice is to see that it is provided early in life with a good singing and speaking voice. The L. C. M. has courses in singing and elocution, especially designed for children. These courses are in charge of efficient instructors, and the fees are very moderate.

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The best and purest household soap made

Whenever the children suffer from earache, throat or
Three drops, heated in spoon, and dropped into ear, cures.
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