

A PAGE OF GENERAL INTEREST TO WOMEN READERS

People More Particular

THE demand for package goods grows greater every year. Why?

Because the world is ever growing more and more particular about foods.

Packages keep the goods in wholesome, sanitary condition. They keep out dust, flies, moisture and odors, preventing deterioration.

They preserve flavor, freshness and strength—insuring value for the money.



In Sealed Packages Only

NOTES.

"W. A. R."—Your nice letter and kind offer re next summer, sincerely appreciated. How you must have enjoyed that trip. Certainly would be fun to be "on the inside" in such a case. Afraid such a joy is not for me just now, or rather, next year, but I'll let you know.

"Mrs. Homeleigh," how dare you say "ha ha" to me? But see how I heap coals of fire on your head—the coupons at hand.

are "yourn" if you'll send address and stamps.

"Bride of Eight Months." I am sending them some orange wrappers and trust they will "help out."

"Elizabeth," I am thankful for her kind donation of \$1 towards "Aunt Nannie's" fund.

"Diamond,"—Shall send you some orange wrappers, as quite a number are at hand.

Daughters of the Empire



The convenor of the supply committee for soldiers' comforts acknowledges the following contributions:

Lord Robert's Chapter, I. O. D. E.—10 hospital shirts, 38 towels, 45 pillowcases, 2 grey flannel shirts.

Dawn Chapter, I. O. D. E., Croton, Ont.—56 towels, 15 sheets, 9 pairs socks, 42 gauze sponges, 32 pillowcases, 4 kit bags and a large number of pillows.

Sir John French Chapter, I. O. D. E., Stirlingville, Ont.—49 grey flannel shirts, 68 trench towels.

Avonport Chapter, I. O. D. E., Avonport, Ont.—4 grey flannel shirts, 11 pairs socks.

Contents of boxes packed by the Daughters of the Empire, London, Ont., October 11, for Queen's Canadian Military Hospital, Shorncliffe, England:—Bale 239, 30 grey flannel shirts, 1 sheet; bale 240, 64 pairs socks, 1 sheet; bale 241, 76 pairs socks, 1 sheet; bale 242, 156 pillowcases, 1 sheet; bale 243, 10 hospital shirts, 1 sheet; bale 244, 30 grey flannel shirts, 1 sheet.

The treasurer of the Municipal Chapter acknowledges the following subscriptions:

For the Duchess of Connaught prisoners' fund:

Municipal Chapter, I. O. D. E., \$25.00

Princess Patricia Chapter, I. O. D. E., \$10.00

Lord Elgin Chapter, I. O. D. E., \$10.00

Special Christmas gift fund for soldiers at the front:

Trafalgar Chapter, I. O. D. E., \$20.00

Lord Elgin Chapter, I. O. D. E., \$20.00

7th Regiment Chapter, I. O. D. E., \$20.00

Sir John French Chapter, I. O. D. E., \$20.00

Campbell Becher Chapter, I. O. D. E., \$20.00

Overseas Chapter, I. O. D. E., \$20.00

Fund for blind soldiers:

Trafalgar Chapter, I. O. D. E., \$25.00

Avonport Chapter, I. O. D. E., \$25.00

For bed at Princess Patricia Hospital, Ramsgate, \$50.00

For comforts for soldiers overseas, \$50.00

The following card was received by the Trafalgar Chapter, I. O. D. E., which pays \$2.50 per month to the overseas tobacco fund:

Sept. 13, 1916.

Dear Friend:

Many thanks for your parcel of cigarettes and tobacco. They were handed to me while in the trenches and were much appreciated, as the "boys" were without a smoke just at that time. Again thanking you very much, With best wishes,

PTE. C. SHIELDS

C. E. F.

While the prisoners in Germany enjoy the weekly packages sent them, they also appreciate very highly cheer-

ing letters which they sometimes receive from the ladies who adopt them. Mrs. Tobias of the Campbell Becher Chapter keeps up a correspondence with their prisoner, Pte. A. Striford, in Cassel. The following is the last letter received from him. There is no doubt that a kindly letter from Canada helps to cheer the boys in their confinement.

"Dear Mrs. Tobias—Your beautiful letter only reached me today; so you see how long it takes to come. I can quite picture the lovely scene you describe; and am longing for the time when I can enjoy the peaceful quietude of home life again. No! I am not a born Canadian, though I love Canada well. When I joined the Royal Highlanders I was living in Montreal; though I always had a desire for the West. I have made a great friend of a gentleman who has been to visit him there. I am looking forward to the visit. I must thank you very much for your generosity. How glad I feel I can hardly express in this letter, but I can assure you the packets are jolly well appreciated, and help me to keep comparatively fit. It is astonishing the amount of knocking about a man can stand if he keeps himself fit. The ladies of Canada have more than done their 'little bit,' which I for one can be thankful for. Please write me again. I am not a married man, though 25 years old, and I do not receive many letters from lovely letters, and assuring you that I feel ready to do much more for your chapter, I am, sincerely yours."

Some idea of the way the British soldiers now interned in Switzerland spend their time may be gathered from the following letter sent to Mrs. E. Smallman by her adopted prisoner, Joseph Gill. It is dated at Leylin, September 10, 1916.

"Dear Madam—About two weeks ago I wrote you a letter to let you know I had a chance to get out of Germany. Since then I have felt much better, and my arm is getting stronger. Thanks to good weather and sun cure we are all improving in health. We are treated here very well, accommodations in the house are good, and food is good. We rise at 7 a.m., breakfast at 8:30, and then room-cleaning. From 9 till noon, sun cure; then dinner, and from 1 to 2 p.m. afternoon rest. Tea at 3:30; from 4 to 6, walk; supper at 6:30; then walk till 8; lights out at 8:30.

Evidently the boys in Switzerland are having a more comfortable time than they had in the German prison; and have some prospect of recovering their health. All that Pte. Gill can find a need for, in response to Mrs. Smallman's inquiry, is a sweater and some tobacco. And he will get them himself."

RED CROSS AND C.W.C.A.

"BLOOD-STAINED MONEY." There came the other day to a London mother a letter from her son "Somewhere in France." In it was a clipping from a newspaper, the copy of a letter from a Frenchwoman to a brother in Canada. It should be read by every woman in Canada, because of the lofty spirit or complete sacrifice it breathes forth.

"Elizabeth," she writes, "if you hear of French styles, you may take it for granted they are not for us. We could not afford the price. It would be heartless derision while our men are in ruins fighting and dying in the trenches. The finger of scorn would follow the woman who would so demean herself while thousands are in want." And then she adds a searching question: "Are there any Canadian women spending blood-stained money on hauberk, derision, pleasure, whose eyes have not yet wet with tears?"

"Blood-stained money." How the words bring one up with a shock. And every dollar we spend upon ourselves which might have been given to help those who are breasting this fearful world-storm, whom we might have saved. How we should hoard and save the scraps to keep our money clean, we do not allow it to become stained with the blood of those whom we have sent overseas to fight for us.

There is that money we spent on just one dollar's pleasure which should have gone to feed a starving Canadian boy in a German prison. Is it free from stain? There is the next little bank account to which we are adding regularly the amount that should go to our Red Cross dues. Is it clean, shining money when we remember that our

hospitals are calling for donations? And that ornament for the house? The hundred and one little expenses we might have curtailed? Ah, perhaps if we examined carefully our expenditure we would find that some of our dollars have indeed been blood-stained.

We in Canada have not begun to even dream of such sacrifices as the women of France make, and they make them bravely and willingly.

"To eat less," goes on the writer of the letter, "to wear old skirts, to work hard for little or nothing, what is that to complain about when the world tells us to 'go to it'? There are no men left fit to work on the farms, the young the very old, with the help of the women must save the harvest. And they will do it!"

It is a gallant letter—the true expression of a woman of a great and noble country. Men with mothers like that are unconquerable. And we Canadians must not be behind just because we have not felt the full brunt of the cruel blow. We must prove a valiant ally of these gallant women. We, too, must be self-forgetful, uncomplaining and ready for work.

And the work! There is so much to be done here that does not know what to mention first. There is a letter we love waiting for every woman of Canada. There are thousands and thousands of women who are waiting for the winter campaign to be sent—waiting for busy hands. There are boys of our own country whom the Germans have taken into their prisons if we do not feed them.

There must be no stain on either our time or our money. We must keep them bright and clean, a fit offering upon the altar of our country and our Empire.

MARION KEITH, Press Secretary.

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.]

Old-Time Songs.

Dear Miss Grey, I noticed where "Job's Youngest Sister" asked for a song—"The Butcher Boy"—and as we used to sing it at home some years ago, I thought I would send it in. It has been years since we sang it, but I think I have written it correctly. I wonder, Miss Grey, if anyone could send me the words of an old song, namely "Katie Lee and Willie Gray." From a FRIEND OF THE MAIL-BOX.

Constance's Gift.

"Constance"—Shall with pleasure forward your gift to "Aunt Nannie." It touches me deeply, too, to see how folks like yourself ever respond to needs like mine. My own earnest wish is that you may be completely restored to health ere long.

Wants Patterns, Too.

Dear Miss Grey, I saw where "Mother of Four" was giving someone a pattern of men's overalls, and I wondered if I would be presuming too much to ask her for one, too. Will be glad to help whenever I can. Would also like to get some "Black Tie" tobacco. I enclose if any of the Mail-Boxes would spare me any.

ANOTHER HAPPY MARRIED WOMAN.

Ans.—Your address will be sent to "Mother of Four," and I hope she will find time to cut a pattern for you, too.

Interested in Movies.

To the "Girl of the Limblost": I was so glad to see one interested in "movie" lore in the Mail-Box town, as myself. I know a great deal about the motion-picture world. But as "G. O.

ADVERTISER PATTERNS



A STYLISH SUMMER GOWN.

178—Tulle. In a pompadour pattern is green and brown, with geometric crepe and lace for trimming, as here shown. A neat and inexpensive development would be of dimity, voile or organza, in silk, lawn, or batiste are nice, too. Flouncing could be used for the skirt with vest, collar and sleeve inset of embroidery to match.

The pattern is cut in three sizes—16, 18 and 20 years. It requires five yards of 36-inch material for a 16-year size. The skirt measures 2 3/4 yards at its lower edge.

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 miss's pattern)

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is put on, you must only mark 32, 34 or whatever it may be. When in waist, be, if a skirt, give waist and length measure. When miss's or child's pattern, write only "Miss" or "Child" and the age. It is not necessary to write "inches" or "yards." Patterns cannot be sent you less than one week from date of application.

T. L. has answered others. I wish she'd help me. Do you know Wallace Reid's age? He is my favorite actor. "Bill" is Pauline Frederick divorced? Has she been married more than once? If so, to whom?

Now, I'll be much obliged if you'll answer these questions, if you could. "Girl of the Limblost" I'll sign myself.

Ans.—Our "Limblost Girl" will be only too pleased to answer, I know, if she has the information. Re your queries to me, "Harvester," I have never heard that writing such as yours was an indication of what you say. How would one of these do for you: "Mind," "King," "Bluff," "Grip," "Tip," "Tip," "Ditty," "Wink" or "Chad."

Removing Moles.

Dear Miss Grey, I saw in the Mail-Box where someone asked if it was painful to remove moles by the electric needle. It just causes a little pricking sensation, while they are operating. The mole dries up, and falls off, when the skin is healed under it. A little scar is left, which gradually disappears.

JUNE ASTER.

Ans.—Reader inquiring please note "June Aster's" kind reply.

Daily Bible Question Club

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

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 ponder the following questions:

17. Verse 29—What motives probably influenced Agrippa to want to hear Paul? (See Acts, xxvi, 28.)

18. Knowing what you do of Paul, and his preaching, how do you account for the murderous hatred of the leaders of the Jews against him?

19. Is there any such spirit in any modern or present day ecclesiastical body, as animated the Jews against Paul? If so, please specify.

20. In what way do you consider that the words of Festus, to King Agrippa, when introducing the case of Paul, showed a true and noble spirit?

Lesson for Sunday, October 22, 1916: "Paul's Defence Before Agrippa," Acts, xxvi.

Is it Fair?



BELGIUM entered this war because she would not sell her honor to an overwhelmingly powerful neighbor. Britain and Canada took up arms in defense of treaty obligations and simple justice. The Belgian motive is as noble and unselfish as our own.

Belgian troops are holding the line side by side with our own gallant lads, braving equal dangers—bearing equal hardships—straining the common enemy.

But there the equality ends! We non-combatant Canadians are living in a land of plenty—well-fed, lacking no necessity, and indulging in many luxuries.

The Belgian mothers and children in millions are eking out a pitiable existence on the daily ration of three slices of bread and a pint of soup supplied by the Belgian Relief Commission.

Is it fair?

Send Cheques Payable to Treasurer

Belgian Relief Fund

59 ST. PETER STREET, MONTREAL.

\$2.50 Feeds a Belgian Family One Month.

Subscriptions may be sent to local London committee, Mrs. A. T. Edwards, Treasurer, 133 Oxford Street, London.

Send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

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Are we justified, before the bar of common humanity, in callously feasting ourselves while they endure near-starvation?

What have YOU done to relieve them?

\$2.50 will feed a Belgian family a month! The average Canadian family would scarcely miss this sum. You yourself could probably spare several times this much monthly—feed several Belgian families—and be none the worse off!

Will you do it?

Send Cheques Payable to Treasurer

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YOUR boy who "plays the game," your active outdoor chap, needs something besides the regular three-square. He finds in Kellogg's Toasted Corn Flakes an ever-ready and tasty food to repair the waste of the energy which his healthy nature demands.

10c. a package.

The only product made in Canada by THE BATTLE CREEK TOASTED CORN FLAKE CO., Limited, London, Ont.

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