PAGE OF GENERAL INTEREST TO

People More Particular



HE 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 de-

terioration. They preserve flavor. freshness and strength -insuring value for the



In Sealed Packages Only

W. A. R."-Your nice letter and kind stamps. 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 "Elizabeth" is thanked for her kind you know.

JOUR boy who "plays the game," your active outdoor chap, needs something besides the

Toasted Corn Flakes an ever-ready and tasty food

to repair the waste of the energy which his healthy

10c. a package.

nature demands.

regular three-square. He finds in Kellogg's

THE BATTLE CREEK

TOASTED CORN

CORN FLAKES

ionation of \$1 towards "Aunt Nannie's"

Kelloggis

TOASTED

CORNO

FLAKES

Many thanks for your parcel of cig-rettes and tobacco. They were hand-d to me while in the trenches and d to me while in the trenches and d to 3 p.m., silence and rest. Tea 6:30, then walk till 9; lights out at arettes and tobacco. They were handwere much appreciated, as the "boys" Evidently the boys in Switzerland

Daughters of the Empire



For the Duchess of Connaught prisPlease write me again. I am not a
married man, though 35 years old, so
married man, though 35 years old, so
married man, though 35 years old, so oners' fund:
Municipal Chapter, I. O. D. E. \$25.00 I do not receive many letters from

Municipal Chapter, I. O. D. E. 325.00
Princess Patricia Chapter, I. O.
D. E. 10.00
Lord Elgin Chapter, I. O. D. E. 10.00
Special Christmas gift fund for sol-

The convener of ing letters which they sometimes re-the supply commit-tee for soldiers' com-the for soldiers' comacknowledges Chapter keeps up a correspondence forts acknowledges the following contributions:

Lord Robert's Chapter, I. O. D. E.

-10 hospital shirts, 36 towels, 48 pillowcases 2 grey flan-

cases, 2 grey flan- "Dear Mrs. Tobias-Your beautiful-Dawn Chapter, I. O. D. E., Croton, Ont.—56 towels, 15 sheets, 9 pairs socks, 42 gauze sponges, 33 pillowcases, 4 kit bags and a large number of pillows.

Sir John French Chapter, I. O. D. E., Sebringville, Ont.—39 grey flannel shirts 68 trench towels. ly interesting letter only reached me shirts, 68 trench towels.

Avonton Chapter, I. O. D. E., Avonon, Ont.—8 grey flannel shirts, 11

the Royal Highlanders I was living in Montreal; though I always had a desire for the West. I have made a Avonton Chapter, I. O. D. E., Avonton, Ont.—8 grey flannel shirts, II pairs socks.

Contents of bales packed by the Daughters of the Empire, London, Ont., October II, for Queen's Canadian Military Hospital, Shorncliffe, England.—Bale 239, 30 grey flannel shirts, I sheet; bale 240, 64 pairs socks, I sheet; bale 241, 76 pairs socks, I sheet; bale 242, 155 pillowcases, I sheet; bale 243, 41 hospital shirts, I sheet; bale 244, 30 grey flannel shirts, I sheet.

The treasurer of the Municipal Chapter acknowledges the following subscriptions:

For the Duchess of Connaught pris-

diers at the front:
Trafalgar Chapter \$20.00
Lord Elgin Chapter 25.00
Sir John Carling Chapter 10.00
Campbell Becher Chapter 10.00
Overseas Chapter 25.00
Fund for blind soldiers:

Thanks to good weather and sun cure we are all improving in health. We are treated here very well; accommo-The following card was received of the following card was received of the Trafalgar Chapter, I O. D. E., which pays \$2.50 per month to the food. We rise at 7 a.m., breakfast at 7:30, and then room-cleaning. From the following card was received of the food. We rise at 7 a.m., breakfast at 7:30, and then room-cleaning. From the following card was received of the following card was received at the fol Sept. 18, 1916. 9 till noon, sun cure; then dinner, and lower edge.

were without a smoke just at that are having a more comfortable time ime. Again thanking you very much, than they had in the German prison; wishes,
PTE. C. SHILDS,
C. E. F. find a need for, in response to Mrs.

Name
Town While the prisoners in Germany en- Smallman's inquiry, is a sweater and

RED CROSS AND C.W.C.A.

There came the other day to a that ornament for the house? And the

French styles, you may take it for granted they are not for us. . . We could not afford the price. It would be heartless derision whilst our men are in rags fighting and dying in the trenches. The finger of scorn would follow the woman who would so demand herself while thousands are in the finger of scorn would follow the woman who would so demand herself while thousands are in the finger of scorn would follow the woman who would so demand 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 very young, the very old, with the help of the women must save the harvest. And they will do it!"

Ans.—Our "Limberlost Girl" will only too pleased to answer, I know, she has the information. Re your query the same of the complain about when the world tells answer these questions, if you could she to 'go to it'? . . There are no men left fit to work on the farms. The very young, the very young the very old, with the harvest. And they will do it!"

The first of the Limberlost. The Limberlost Girl' will only too pleased to answer, I know, she has the information. Re your query the same of the complain about when the world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells answer these questions, if you could she world tells and the wo on baubles, pursuing pleasure, whose adians must not be behind just because "Fluff," we have not felt the full brunt of the "Dibty,"

day's pleasure which should have to feed a starving Canadian boy German prison. Is it free from an? There is the neat little bank bunt to which we are adding regulations to which we are adding regulations the amount that should go to our money. We must keep then bright and clean, a fit offering the amount that should go to our money.

beef, the most plausible being the alleged demand for

it as "veal," but you can have

'meat" for ten days and see

low much better you feel

Wholesome and strengthen

Made in Canada

with fruits.

ewhere in France." In it was a might have curtailed? Ah. perhaps if clipping from a newspaper, the copy we examined carefully our expenditure of a letter from a Frenchwoman to a | we would surely find that some of our the lofty spirit or complete sacrifice it of France make—and they make them Reid's age? He is my favorite act

"To eat less," goes on the writer of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to work of the letter," to wear old skirts, to work of the letter, "to wear old skirts, to w

"Are there any Canadian gallant country. Men with mothers like cation of what you say, How would on res have not yet wept hot tears?"

"Blood-stained money!" How the ords bring one up with a shock. And et, is the expression too strong? For early dollar we spend upon ourselves hich might have been given to help.

"Blood-stained money!" How the tyrand's blow. We must prove a relative provide provided in a relative provided in the provided provided

someone whom we might have ed. How we should hoard and save of the loop our many clean. There are thousands and thousands of the saled under it. A little scar is strongly to keep our many clean. There are thousands and thousands of socks to be knit for this winter cambain the blood of those whom we have at overseas to fight for us.

There is that money we spent on just e day's pleasure which should have the feed a starving Canadian boy.

There is that money we spent on just are boys of our own country whom the Commons will starve in their prisons if

the amount that should go to our upon the altar of our country and our

FRIEND OF THE MAIL-BOX.

Wants Patterns, Too.

Dear Miss Grey,—I saw where "Mo-ther of Four" was giving someone a

to ask her for one, too. Will be glad to

coupons if any of the Mail-Boxites would

ANOTHER HAPPY MARRIED WO-

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.

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.

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible in turn. No letter can be answered privately.]

to give replies within a stated time, as all letters have to be answered

veal—"the killing of calves ward your gift to "Aunt Nannie." It touches me deeply, too, to see how folks

which should be allowed to touches me deeply, too, to see now long which should be allowed to like yourself ever respond to need you

grow into regular beef." You hers. My own earnest wish is that you

cannot have beef if you eat long.

A STYLISH SUMMER GOWN.

Fund for blind soldiers:

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

Avonton Chapter, Avonton:

For bed at Princess Patricia Hosmany. Since then I have felt much many. Since then I have felt much many arm is gerting stronger. sleeve insert of embroidery to match. and 20 years. It requires five yards of 36-inch material for a 16-year size. The skirt measures 2 2-3 yards at its

any address on receipt of 10 cents

mean herself while thousands are in want." And then she adds a searching bression of a woman of a great and that writing such as yours was an indicated as the state of the st

rery doing we spend upon ourselves ling and ready for work.

And the work! There is so much to be done one does not know what to mention first. There is a labor of love sensation while they are operating. The mention first when the sensation while they are operating.

Daily Bible

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 22-What motives probably nfluenced Agrippa to want to hear Paul? (See Acts, xxvi., 28).

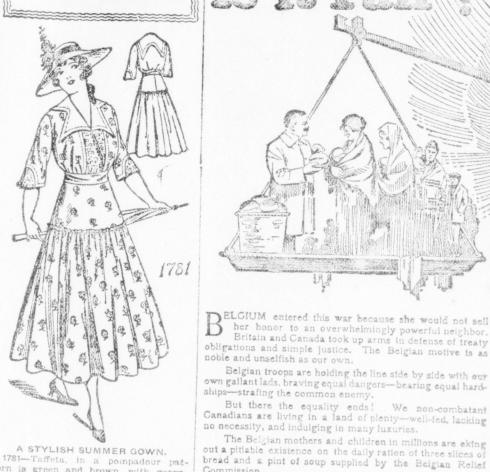
Old-Time Songs.

Dear Miss Grey,—I noticed where "Job's Youngest Sister" asked for a I thought I would send it in. It has been years since we sang it, but I think I the words of Festus, to King Agrippa, have written it would send it in think I the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the content of the words of Festus, to King Agrippa, the words of Festus, to King Agrippa, the words of Festus, to King Agrippa, the words of Festus, the words of Fe Killing the Calves have written it correctly. I wonder, when introducing the case of Paul,

> ENSEMBLE PRACTICE. It is very important that very student wishing to accomplish great things i

~ London onservatory of Music





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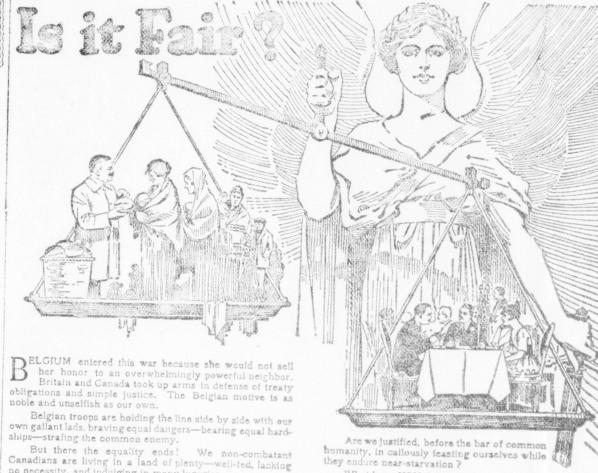
Question Club

The six daily studies for this week

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

All sorts of excuses are of excuses are of the high price of "Katie Lee and Willie Gray"? From a FRIEND OF THE NATE OF THE ACT OF THE NATE OF THE NATE

354-356 DUNDAS ST. Phone 1101. Lottle L. Armstrong, regis-ar. F. L. Willgoose, Mus. ac. (Dunelm), principal.



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 werse affi

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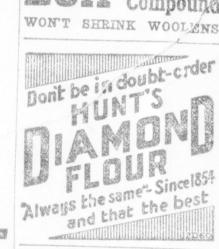
\$2.50 Feeds a Belgian Family One Month.



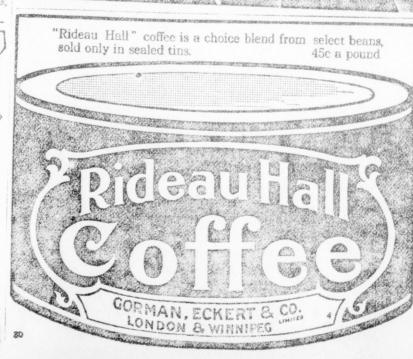
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GUNS



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for Piles

ver thirty years. One application

DO NOT SUFFER. 25c, at all druggists. Use it today and find relief

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