

A PAGE OF GENERAL INTEREST TO WOMEN READERS

160,000 boxes of McCormick's Jersey Cream Sodas are sold daily. Why? Because they contain nothing but pure, wholesome, nutritious ingredients which satisfy the palate and are easily digested.



Sold fresh everywhere in different sized packages.

McCormick's Sodas So good that butter seems unnecessary

Oh, Learn to Knit the Red Cross Toes!

(Inspired by a note found in the toe of a sock I had to do over.—E. H. S.)

Oh, Lillian, hear this howl of woe!
Those socks have done for me I know.
I've worn them just from dawn to dark,
And now of hope I've not a spark.
My largest toe would make you weep,
I cannot stand, I have to creep.
And all the others, great and small,
Are skinned—Oh, I have to bawl.
The other chaps are all asleep,
While I just sit me here and weep.
Why did you make the toes so rough?
My path through life was hard enough!
But now I don't care where I do,
So Lillian, here's my last good-bye.

Chorus—

Oh learn to knit the Red Cross toes,
Or all the world will come to blows.

RED CROSS AND C. W. C. A.

MORE COTS.

There has already been a splendid response to the call for cots for the new hospital at Ramsgate. Following is a list of those who have donated a bed, and whose names will appear upon the head of the cot they have so generously given: The Women's Institute, West Lorne; Elgin; Elgin Red Cross Society; The Women's Institute, Duart; Crediton Red Cross Branch; The Willing Workers, Crinan, Aldborough.

This is a splendid work for women or girls' societies. Twenty-five cots have been promised from the London district, so there is ample chance for some other society to have its name made glorious at the head of a named cot. Fifty dollars sent to Mrs. Cooper, Red Cross treasurer, Hyman Hall, London, will do the good deed. Who comes next?

That tremendous piece of work that was done last June, the outfitting of the Western University Hospital, has been heard from. A very interesting letter from Col. Seaborn, dated September 30, tells of it:

"We have just finished checking over those dressings," he writes, "and find them all complete, with the exception of two boxes which we are advised are about to be delivered. All the boxes arrived in first-class condition, only one being broken, and that not very badly. We are assured that we will use all our powers to bring the desired effect to your labors." The letter further states that the unit expects shortly to leave England for France.

Such news is cheering, and helps to encourage to further effort. If the workers could only look across the seas and view the comfort their efforts are

bringing to the brave boys in the battle front, their work would never flag. Have you heard the advance of the Knitting Brigade? If you have not yet started that pair of socks, then cast on stitches for a pair of mittens. Or perhaps you would rather make a scarf or a pair of wristlets. Or is your specialty soldiers' knitted helmets, or trench caps? There is certainly something for you to do. And the only reason you should not be knitting is because you are so busy sewing for the soldiers. There are twice as many poor lads in the trenches this winter as there were last winter. So there must be twice as many busy fingers at work as for the soldiers in these delightful stockings.

The Red Cross Society shipped from Hyman Hall on October 17 the following: Eleven boxes surgical supplies, 4 boxes sheets, 3 boxes towels, 2 boxes pillow-slips, 4 boxes day shirts, 8 boxes hospital shirts, 2 boxes pyjamas, 3 boxes Christmas stockings, 2 boxes comfort bags and kit bags.

On the same date the Canadian War Contingent shipped from Hyman Hall the following: Five boxes, each containing 144 pairs socks; 2 boxes, each containing 54 day shirts; 2 boxes, each containing 45 day shirts; 3 boxes of Christmas stockings, 1 box of scrap-books.

MARIAN KEITH,
Press Secretary.

Cynthia Grey's Mail-Box

Re "The Day."

"Timorousque"—I believe it's really more satisfactory to have a "day" for the ones who want to be formal can call then, and the informal ones can come then, and at other times as well. In such occasions very light refreshments may be served, preferably tea or chocolate, with dairy sandwiches or small cakes. If you are alone, the afternoon and placed in the refrigerator. The beverage may be poured by the hostess from a small table, on which is placed the tray and "tea things," or else may be prepared in the kitchen.

OVERWORKED MOTHER

Finds Health in Our Vinol.

Collinsville, Ill.—"I suffered from a nervous breakdown and terrible headaches, and was tired all over, totally worn out and discouraged, but as I had a large family I had to work despite my suffering. I saw Vinol advertised and decided to try it, and within two weeks I noticed a decided improvement, and I am a well woman."—Mrs. Anna Becker.

We guarantee Vinol, which contains beef and cod liver peptones, iron and manganese peptones and glycerophosphates, to strengthen and build up weak, run-down, overworked mothers. Taylor's 6 Cut-Rate Drug Stores, London.

ADVERTISER PATTERNS



A JAUNTY SPORT COSTUME.

Blouse 1761; Skirt 1756—Striped taffeta in green and blue was used for the smock, and green jersey cloth for the skirt. Tub silk, linen and washable satin is also nice for this style. The skirt is a three-piece model with lap tuck at the front seam. The smock has front yoke portions and big pockets. Pattern 1761 furnishes the model for the smock. It is cut in seven sizes—22, 24, 26, 28, 30, 32, and 34 inches waist measure. It requires 3 1/2 yards of 44-inch material for a 26-inch size, which measures 3 1/2 yards at the foot.

This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10 cents for each pattern 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 sent, whatever it may be, when in waist measure, I wish I had some of the material. If you wish to have the pattern, write only the figure representing the age. It is not necessary to write "years." Patterns cannot reach you in less than one week from date of application.

and the teaspoon handed to the guest from a dainty wooden or silver tray. The hostess need not partake unless she wishes.

If, however, you have no "day," and ladies call on you formally, no refreshments need be given unless you desire. Best to have separate cards, and calling formally for the first time of the season, on a married woman, leave one of your own cards and one of your husband's. Where there is a mother and daughter, two sisters, or more, living in a home (and no men folk), properly demands that you leave one of your own and one of your husband's cards for each member of the household.

The rule is simply this: A married woman never leaves her cards for the men of the house when she calls, but for the women only; for her husband's cards must be left for all. In some cases this means six or seven, but "we must do as the Romans," you know.

3. For Halloween this might do: Goblin salad, cold sliced meat, pickled beets, small pumpkin pies with cream, doughnuts, mystery cake, apples and popcorn. If you "spread" is not a substitute sandwich. Coffee or chocolate may be served. Goblin salad is really a combination of celery chopped, apples and nuts, mixed with dressing.

A Girl's Decision.

Dear Miss Grey—I am a little troubled over a certain matter, which I shall mention, and on which I wish to receive your and the Mail-Box's opinions. In the entrance to normal examination last June I unfortunately was one of the unsuccessful candidates. To a certain extent I was disappointed, but I took it as being God's will that I should fail, as we must all bear disappointment in some form or other, and made up my mind to try again. Since that I am a fool to try again, but instead should let it go and take commercial, that it is far better than teaching school any way, you get better pay, and have a better time, and all through it is much better. But I do not look at it like that. Of course the girl requires some attention, but I put before it the work you are doing. What is better than teaching children—you might say instructing the ignorant, which is a corporal work of mercy and for which is promised the greatest reward? I would like to say more, but I will not take too much time.

To Help Someone's Son.

Dear Miss Grey—Just a moment please; inclosed please find a small contribution toward the prisoners' fund. Hoping the Mail-Box-ites may be able to help somebody's son, who is a prisoner in the hands of the cruel Hun.

Ans.—Thank you "Meg"; our fund is launched with very encouraging results, and nearly everyone is "up to the eyes" with giving one way or another.

By the way "Meg," could I dare ask you for another copy of "Looking This Way"? The one you sent for "Auntie Dogood" had an accident and didn't reach her. Did you murmur "yes"?

Send in His Name.

"In the Dust," "A Soldier's Friend," "Witch-Hazel" and "V. I. D." each writer, asking for the name of the lonely Camp Borden soldier. This has

Daily Bible Question Club

By Rev. T. S. Lincoff, 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:

"The Voyage," Acts, xxvii, 1-38.

Golden Text—"Commit thy way unto Jehovah; trust also in him, and he will bring it to pass." Psalm, xxxviii, 5.

8. Verses 9-11—What difference need it make to a godly man whether he has fair sailing, or is becalmed for lack of wind, or is in a driving storm through too much wind?

9. Paul advised them not to proceed on their journey, but to winter at Crete, but they disregarded his advice, to their sorrow, why is the advice of a man of God to be taken in preference to that of a worldly man?

10. To what extent may we depend upon prayer to God to direct us when we are in great peril?

Children's and Women's Underwear of Quality and Value at Gray's

Children's Underwear

Children's All-Wool Black Tights that are guaranteed fast black, in sizes one to fourteen years. At 60c to \$1.00 a pair
Children's Fleece-Lined Underwear, in grey and white, vests and drawers. At 35c garment
Natural All-Wool Vests and Drawers, Turnbull's make; sizes two and three years at \$1.00; four years at \$1.25; five and six years at \$1.35 garment
Children's Silk and Wool Combinations, with high neck and long sleeves, drop seats; sizes four to fourteen years. At \$1.75 suit

Women's Underwear

Extra O. S. Vests, in natural and white, with high neck and long sleeves. At 50c
Drawers to match, open or closed. At 50c
Heavy White Vests, with high neck and long sleeves or elbow sleeves and V neck. At 35c
Drawers to match, open or closed. At 35c
Fine Heavy Cotton Vests with Dutch neck and elbow sleeves or high neck and long sleeves or low neck and sleeveless; drawers in same quality, ankle or knee length, in regular sizes, 50c; in O. S. sizes 65c per garment
Ladies' Fine All-Wool Vests and Drawers, vests with long sleeves and high neck. At \$1.50 per garment
Fine Silk and Wool Vests, with high neck and long sleeves or Dutch neck and elbow sleeves; drawers to match. At \$1.50 per garment
Ladies' Fleece-Lined Bloomers, in grey only 50c pair
Fine All-Wool Combinations, with long sleeves and high neck, ankle length and buttoned over back. At \$2.00 suit
"Penman's" Natural Wool Combinations, with high neck and long sleeves. At, per suit \$2.75 and \$3.00
Silk and Wool Combinations, with Dutch neck and elbow sleeves, ankle length. At \$4.00 suit
Pure Silk and Wool Combinations, high neck and long sleeves, ankle length. At \$5.50 suit

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FOR SENDING OVERSEAS AS CHRISTMAS GIFTS.
Hemstitched Handkerchiefs 3 for 25c
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Just placed in stock; they have seamless feet, full fashioned leg, double heel and toe. Price only 69c pair

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It's So Easy If You Use a Gas Range!

If you have never baked before, or if you have had baking failures, you will be successful if you use a gas range. You will be able to bake the finest bread, biscuits or cake you ever ate. They come out of the oven beautifully browned, delightful to look at, and delicious to eat.

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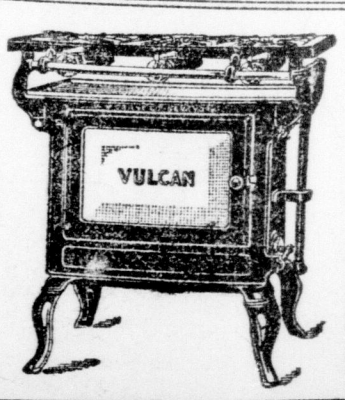
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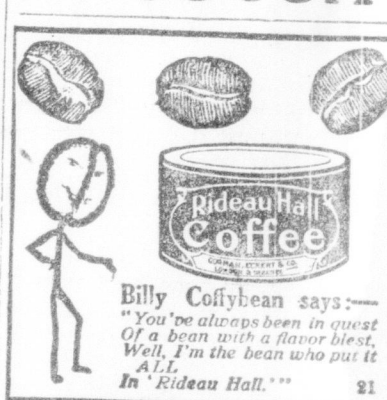


IF STOMACH HURTS DRINK HOT WATER

A Physician's Advice.

"If dyspepsia, sufferers from gas, wind or flatulence, stomach acidity or indigestion, or if they are afflicted with gastritis, a teaspoonful of pure hot water immediately after eating, they would soon feel a great relief. They are due to stomach acidity and fermentation of the food contents of the stomach, combined with an insufficient blood supply to the stomach. Hot water immediately neutralizes the excessive gastric acid and stops food too, therefore, being marvellously successful and decidedly preferable to the use of artificial digestants, stimulants or medicines for indigestion.—Adv.

FRY'S COCOA



We Are Sole Agents for the "EMPIRE" Line of Ranges and Heaters
Before you buy your stove make sure you see this line, as you will find it very interesting.
H. Wolf & Sons
265 DUNDAS STREET.

BACKACHE GONE!

"I think GIN PILLS are the best thing for the kidneys. When first I came to Canada I suffered with dreadful pains in my back that were so severe that a friend gave me six of your GIN PILLS."

Notes.
Coupons and flags have been sent "Mrs. Homeleigh," "Knit," "Mrs. B.," "Vanhook," "Pussy," "Sweet Marie," "Mrs. F. D." and others.

GIN PILLS FOR THE KIDNEYS
and after I had taken I felt less pain. I then got myself a box and before half of it was gone I had lost all the backache. "If any one tells me what pain they have in their back I say 'You should try GIN PILLS.'"

All druggists sell GIN PILLS at 50c. a box, or 6 boxes for \$2.50. Sample free if you write to NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED, Toronto, Ont.

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COMPASS OIL
The oil that soothes, strengthens and lubricates the joints.

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Fox, Sealskin, Beaver, Ermine, etc., etc., can be cleaned very successfully, and in this connection it may be remarked that dry cleaning is also a splendid protection against moths.
We do not undertake the dyeing of furs.

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