

## So Pure and Fresh are the little leaves and tender shoots used in MILKMAID

that a much smaller quantity is necessary to yield an infusion than is needed when using old dusty teas. The economy is apparent—and then you have that delicious flavour.

### London Advertiser COOK-BOOK

Recipes Supplied by Cynthia Grey's Readers.

[H. G. C.]

**Gingerbread**—Two cups granulated sugar, 1 cup butter, or other shortening, 1 cup syrup and blackstrap mixed, 2 teaspoonful soda, teaspoon ginger, cloves and cinnamon, salt, flour, ½ cup hot water.

**Gingerbread**—One-half cup sugar, 1 small cup molasses and syrup mixed, 1 egg, 1 teaspoon ginger, 1 teaspoon soda, 1 cup flour, ½ cup shortening, ½ cup curd, flour, mix all, then dissolve 1 teaspoon

soda in 1 cup boiling water. Mix all together. Spice Drops—One cup syrup and molasses mixed, ½ cup sugar, 1 cup sour milk, 1 egg, 3 ounces lard, 2 teaspoonful soda, 1 teaspoon each ginger, allspice and cloves, ¼ lb. flour. Drop on pan and bake.

**Lemon Rice Pudding**—Half cup rice boiled in salted water until tender. Drain, then add grated rind of 1 lemon, 1 cup milk, pinch salt and yolks of two eggs beaten together. Bake until set, beat whites of eggs stiff, gradually add 1 cup sugar, then juice of 1 lemon, put on top of pudding and brown in oven.

**Ginger Pudding**—One cup sugar, 1 cup molasses, 1 cup sour milk, 1 teaspoon soda, 1 egg, 1 teaspoon ginger, 1 teaspoon soda, 1 cup flour, ½ cup shortening, ½ cup curd, flour, mix all, then dissolve 1 teaspoon

### SOCIAL AND PERSONAL

Readers are invited to phone all news of this kind to the society editor. Phone 3670.

Mrs. Reason and Mr. and Mrs. Charlton are guests at the Log Cabin, Port Stanley.

Miss Clara Chute, of Copenhagen, is spending two weeks with friends and relatives here.

Rev. Mr. Stuart is visiting his sister, Mrs. Stanbury, in Bayfield.

Mr. and Mrs. J. R. McKillop are the guests of Mr. and Mrs. Frank Glass at their cottage, Grand Bend.

Miss Ida Wainhold is spending a holiday with her sister, Mrs. Flynn, in St. Catharines.

Mr. Capel Templeman is spending two weeks with his parents, Mr. and Mrs. H. Templeman.

Rev. B. Snell, Mrs. Snell and daughter are visiting at the home of Mrs. A. Douglas, Wardville.

Miss Fanny Bovey is visiting her parents in Exeter for a few days.

Misses Irene and Madeline Stewart are in Exeter visiting their grandparents, Mr. and Mrs. Creach.

Miss Pearl Eyre, of 32 Beacombe avenue, is leaving today to spend her vacation in Chicago, the guest of Mrs. L. F. Coyle (nee Adela Walton), formerly of London.

Mrs. George Perkins and son, of Detroit, are visiting her son, Mr. and Mrs. John Thomas of Tempo, having motored from Detroit.

Rev. James H. Boyd and Rev. H. C. Newcombe, of Simcoe, will exchange pulpits on Sunday.

Mrs. J. A. Glen returned from Aymer, after visiting friends in her old home there.

Miss Rose Holmstead, of La Salle, is visiting friends and relatives here.

Miss Lulu Roy is visiting Mr. and Mrs. H. Deans, Port Stanley.

Kenneth Pope and Miss Lydia Pope are in Hensall visiting their mother.

F. Essey is renewing old acquaintances in Centralia for a few days.

Sveinbourne Essey is in Greenway visiting with his parents.

Miss M. Fitch of the Moulton Col-

lege staff, left Stables Beach yesterday to spend a short visit here.

Miss Bella Middel is in Forest for a few days visiting with her brother.

Miss Velta Doan is the guest of Miss Grace Moore, of Bosanquet.

Brook Copeland is visiting friends in Arkona.

Master Siddle Reid is visiting Mr. and Mrs. C. F. Reid, of Warwick.

Rev. C. Moorehouse and son, of Theford, are visitors in town.

The engagement is announced of Amelia E. Haddad, daughter of the late Robert Haddad, of 38, concession 1, West Nissouri, to Herbert G. Lindsay, of West Nissouri. The marriage will take place in September.

A Red Cross social will be held at the home of Fred Yake, 3rd concession, London Township, on August 21, commencing at 7 o'clock. A London quartet, a Scotch soloist and elocutionist and other fine talent has been secured.

Mrs. (Dr.) P. C. Graham of Lobo, was a recent guest of Mr. and Mrs. Robert E. Alway at Bayfield.

Mr. and Mrs. Charles Taylor are holding at Port Stanley.

F. D. Pinn, managing editor of the

Ottawa Citizen, will be in the city this afternoon visiting his brother-in-law, P. O'Rourke, 14 Hope street. Mr. Pinn is planning the following tournament in Toronto, where he carried off some of the honors.

Lloyd George Alway, son of Mr. and Mrs. Robert E. Alway, 511 Lorne avenue, city, has secured a position as operator at Vonda, Sask.

Miss Ada Fowler of Montreal is spending her holidays with her cousin, Blanche Herbert.

Mrs. Wilbert Capling and family have returned from Brantford, where they have been spending their holidays.

Mrs. Etchell, her little girls, and Miss Ethel Tribe have returned from a visit to Port Stanley.

Miss Alice Walker of Toronto is visiting friends on the Hamilton road, and expects to be in the city for a couple of weeks.

A very enjoyable time was spent Friday evening, when Miss Georgina Quigley entertained a few of her friends to a watermelon party.

B. Hooper and Wm. Postell are spending two weeks' vacation at the Orion at Port Stanley.

Miss Rita Wiley of Victoria, B.C., is visiting at the home of Mrs. S. J. Henderson, 578 Adelaide street.

### Advertiser Patterns



A Practical Play Dress.

2073—Child's rompers, with sleeve in either of two lengths. Seersucker, gingham, chambray, linen, drill and percale, also serge, flannel and flannellette are good for this model. The pattern is cut in four sizes, 2, 3, 4 and 5 years. It requires 2½ yards of 36-inch material for a 4-year-size. 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:

Name.....

Town.....

Province.....

Age (if child 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, you need only mark 33, 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 measures. When misses' or children's pattern, write only the figure representing the age. It is not necessary to write "ladies," "children," "misses," etc., as we reach you in less than one week from date of application.

box old linen, 14 boxes surgical supplies, 15 mattress covers, 144 pairs of socks, 25 dressing-gowns, 350 shirts and 84 pairs pyjamas.

MARION KEITH, Honorary Press Secretary.

### Cynthia Grey's Mail-Box

"Anxious"—Replying to your queries, this is legal advice:

1. Yes, she can sue him.

2. Yes, but the \$20 mentioned would be encumbered in an adjustment of their differences by law.

3. If the property is valuable, she should be careful to get it appraised by a competent person.

4. No, should not get this and, although too, but you would really have to consult a lawyer and give him all the facts in order to get proper advice.

Dear Cynthia Grey:—Where can I purchase a book on etiquette? When introducing two sisters how should they be introduced? How should cheese be eaten? Yours truly, INQUIRER.

Ans.—Write to any of London's leading bookstores or to book-publishing part, was decidedly successful in furnishing a ward in the Byron Sanatorium and the following purchase of \$500; and the colonel's check will be of material assistance in raising the amount.

Word has been received from Capt. Galbraith at the camp for the Western Ontario units at Brantford, that the \$100 donated by some of the London chapters had been received, and would be applied towards the purchase of a billiard table. The object of the officers in the camp is to make it more attractive to the men, by the provision of recreation huts, thus securing them as far as possible from the temptation to seek illicit pleasures from the neighboring towns. This work will be supplementary to that of the Y. M. C. A., but on similar lines.

The tag day for the French Red Cross conducted by the French Red Cross of London, in which the Daughters of the Empire took a prominent part, was decidedly successful. The receipts of the day were between four and five hundred dollars, which sum was largely supplemented by contributions from outside the city. From the London chapters, the committee was enabled to send some \$15,000 to Toronto, for the use of the French Red Cross. Another chapter, the Canadian Red Cross, is another evidence that the psychological call for help is made the women of London respond promptly. L. K. C.

possibly societies who have a surplus on hand that they could add to their fund, or who are willing to set to work with renewed vigor in this nice, cool weather, to increase their fund and enlarge the ultimate expression of their sympathy.

It is not the mouth-health of the London men that is being considered—this is the comfort and dental improvement of all the men from M. No. 1 who may be sent to Byron.

The local branch of the C. R. C. S. and C. W. C. A. had intended furnishing the operating and sterilizing room at the Sanatorium, but owing to the close association of the two societies it has been thought advisable for them to combine their forces and memorialize their united work. So it was decided that the two societies, jointly, should furnish the psychological laboratory, at a cost of something over \$1200 instead of \$600 each.

This leaves the operating room and the sterilizing room still to be furnished. Who will stand sponsors for them?

Just Extra for Luck. A donation of \$500 was left at the Red Cross room in the Hall the other day. And this is the tale that was told. Two helpful hands were outstretched one day that helped to save a broken motor. And before he went on his way, mended and rejoicing, he pressed a dollar in each of those helpful hands. The owners of the hands protested, saying that they had only obeyed the rules of the road. But since the help was so determined, the hands were just doubled the amount and turned it in for the soldiers. More power to their useful fingers and kind hearts!

On August 13 the C. W. C. A. shipped 312 day shirts, 42 trench suits, and 2448 pairs of socks.

On the same date, from the same place, the C. R. C. S. shipped 35 boxes, containing 473 sheets, 919 towels, and 2448 pairs of socks.

### DAILY BIBLE QUESTION CLUB

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON. By Rev. S. S. Linscott, D.D. (All Texts from the Bible.)

August 19, 1917. FINDING THE BOOK OF THE LAW. Chronicles xxix, 1-23.

Golden Text.—I will not forget thy word.—Psalms cxix, 16.

29. Verses 24-25.—When a man repents of his sin God always forgives him and remit the penalty, or are there exceptions?

23. Verses 29-33.—The entire nation seems to have repented at this time did that keep them from being destroyed and would it have prevented the final overthrow of the nation if they had not backslidden again?

24. THIS INCIDENT SHOWS HOW MUCH INFLUENCE ONE MAN HAS WHO IS THOROUGHLY AROUSED. WHAT PRACTICAL LESSON MAY WE LEARN FROM IT? (This is one of the questions which may be answered in writing by members of the club.) Lesson for Sunday, Aug. 26, 1917. The Captivity of Judah.—II Kings xxv, 21.

### DAUGHTERS OF THE EMPIRE

Contents of bales received by the Daughters of the Empire, London, August 16, and shipped overseas:

Bale 419—Ninety pairs socks.

Bale 420—Eighty-four pairs socks.

Bale 421—Forty suits pyjamas.

Bale 422—Two hundred and twenty-eight pairs bed socks.

Bale 423—Twenty-eight grey flannel shirts, 2 pairs bed socks.

Bale 424—Sixty-five hospital shirts.

The soldiers' comfort committee, L. O. D. E., acknowledges the following contributions for the bales:

Isabel Roberts, Chapter—Fifteen grey flannel shirts, 15 pairs pyjamas, 20 pairs socks.

Campbell Becher Chapter—One hundred and sixty-eight towels, 30 pairs socks.

73rd Regiment Chapter—Sixty-four towels, 4 pairs socks.

Isabel Hampton Chapter—Ten pairs socks, 2 pairs bed socks.

Princess Mary Chapter, Strathroy—Sixty-four towels, 4 pairs socks.

Avonport Chapter, Avonport—Thirteen grey flannel shirts, 36 pairs socks.

The following letter from Lady Perle, the C. W. C. A. in England will be of interest to Daughters of the Empire in London, as showing that our consignments reach their destination in good condition, and that while some bales may be delayed, others travel rapidly. A shipment from here on June 25, reaching England by July 22.

Quick work: "Dear Mrs. Campbell—I have now to acknowledge the most wonderful thanks of the association, several splendid consignments received from you, as under: 9 bales, numbers 402 to 470, packed April 13; 2 bales, 375 to 401, 4 bales, 412 to 419, packed June 22 and 23. For these splendid contributions I am directed to convey through you the most grateful thanks of the committee. Everything received in splendid condition, and checked up by your kind letter. You may rest assured that everything is most welcome and useful.

Sincerely yours, M. PERLEY, Chairman Ladies' Committee, C.W.C.A. Letters of thanks were also sent to the Princess Mary and the Mary Armstrong chapters, Strathroy, for contributions sent through the London L. O. D. E.

The following acknowledgment from the Hon. J. G. Colmer of the Canadian Red Cross, London, Ontario, England has been received by the municipal treasurer, L.O.D.E. here.

"Dear Madam:—I have been informed by the Dominion branch of our association, through Mrs. Plumptre, the local secretary, that \$1500 have been received through your chapter, representing subscriptions from twelve different districts. Among these are: Mrs. Campbell Chapter, \$27.50; Overseas, \$27.50; Campbell Chapter, \$27.50; Abigail Chapter, \$11; Isabel Hampton \$11; Sir John Car-

Among the new buildings at the Byron Sanatorium, accommodation is being provided for a dental room.

Modern science has shown us how—this we would like to have heard from our teeth, and keep it there. It has been proved that half the physical troubles that come from the mouth—mouth from defective teeth or diseased gums; and in many cases proper dental attention and relief, but often cures the patient of serious troubles in other parts of the body. Hence the wisdom of providing the dental accommodation afforded.

But at present no fittings have been provided, and the funds in hand for the other furnishing cannot be stretched to include these.

Who Will Help? There have been one or two associations that have wished to provide a ward for the returning soldiers, but who, on application, have found that the wards have all been already supplied.

The fittings for the dental room will cost more than the fittings for a ward—will cost, in fact, \$800. But there have been some associations who have set out to get \$500 for a ward, and have achieved a large sum; and there are

in These War Times you want real food that contains the greatest amount of body-building material at lowest cost. The whole wheat grain is all food. Shredded Wheat Biscuits is the whole wheat in a digestible form. Two or three of these little loaves of baked whole wheat with milk and a little fruit make a nourishing, strengthening meal.



Made in Canada.

## Quality!

There is no finer cocoa produced than Cowan's Perfection Cocoa—rich in aroma, nourishing and delicious.

## Enter the Bread Making Contests

at Rural School Fairs in Ontario

The Campbell Flour Mills Company's great offer of the big One-Hundred-and-Fifty-Dollar Pathe phonographs (Five of them!) and other valuable prizes, for the best loaves of bread baked with Cream of the West Flour, is stirring up tremendous interest all over Ontario. Many girls are already busy as bees practising with Cream of the West Flour. Last year many girls declared, "Oh, if I had only practised, I'm sure I could have won!" Don't wait another day. Decide right now! Practise, Practise, Practise with

## Cream of the West Flour

the hard wheat flour that is guaranteed for bread

Every time you bake with it you find out new qualities in this flour that makes such splendid bread loaves of delicious light bread. Practise!

In five districts, each comprising several counties, we will give away free to the winner of the first district prize a large cabinet phonograph. At each fair there will be given a fine list of local prizes.

## Prizes Worth Trying Hard For

1st Local Prize.—"Girls' Own Annual," a great big beautifully bound book with 800 pages of stories and articles about people, art, animals, gardens, sewing, crocheting—everything that particularly interests young girls, older girls and their mothers. This is a wonderful prize that you can treasure for years.

2nd Local Prize.—"Stories of Famous Men and Women," a heavily cloth bound with gold titles, many beautiful pictures in colors, containing life stories of Florence Nightingale, Florence Macdonald, Jenny Lind, the late Queen Victoria, and others.

3rd Local Prize.—"Britain Overseas," a big handsomely bound book with many colorful pictures, interesting stories and descriptions of the countries and the peoples of Britain's world-wide Empire.

4th Local Prize.—"The Queen's Gift Book," a book of stories, pictures and special articles by Britain's best writers; the proceeds from the sale of this book are for the benefit of disabled soldiers in England.

Note.—Unless the entries number six or more only first and second prizes will be awarded. Unless the entries number ten or more no fourth prize will be awarded.

## Read Carefully Conditions of Contest

Every girl may compete at the rural school fair in her district, whether or not she attends school, providing that her 12th birthday occurs before November 1st, 1917. One loaf of bread must be baked with Cream of the West Flour, 7 x 3 inches and 3 inches deep, and divided into two loaves, so that they may be separated the fair. The loaf must be baked with Cream of the West Flour. One half will be judged at the fair. The other half of the prize loaf will be sent to Ontario Agricultural College, Guelph, to compete in the District Contests. The judging will be done by Miss M. A. Purdy, of the Department of Breadmaking and Flour Testing. The local contest at the fair will be conducted under the same rules as all the other regular contests at your fair.

The standard by which bread will be judged will be as follows:

1. Appearance of Loaf ..... 15 marks
- (a) Color ..... 5 marks
- (b) Texture of crust ..... 5 marks
- (c) Shape of loaf ..... 5 marks
2. Texture of Crumb ..... 40 marks
- (a) Evenness ..... 15 marks
- (b) Silkeness ..... 20 marks
- (c) Color ..... 5 marks
3. Flavor of Bread ..... 45 marks
- (a) Taste ..... 25 marks
- (b) Odor ..... 20 marks

Important.—Each loaf must be accompanied by the part of the four bag containing the face of the Old Miller, and an entry form must be signed by the girl and parents or guardian attesting the fact that the bread was baked with name of dealer from whom Cream of the West Flour was purchased. The form will state that the girl actually baked the loaf entered in the competition. The form will be provided at the time of the fair. The decision of the judges is final. Not more than one entry may be made by each girl and not more than one local prize will be awarded to the same family.

Which District is Yours?—This list shows you which counties you compete against if you become a competitor for the District prizes:

## The Campbell Flour Mills Company, Limited

(West) Toronto Peterboro Pickering

Cream of the West Flour is sold by the following dealers: C. J. Wakeling, 1454 Dundas St., London; Henry Hamlyn, Lambeth; R. J. Petch, Wardville; Wm. Hodgins, Clandeboye.

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## BAKER'S BREAKFAST COCOA

Delicious and Strengthening

It has a delicate fragrance and flavor peculiarly its own, owing to the scientific blending of the cocoa beans and the perfect process by which it is made.

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Booklet of Choice Recipes sent free.

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## CHEMICALLY SELF-EXTINGUISHING "SILENT 500"

The matches with "no after-glow." EDDY is the only Canadian maker of these matches, every stick of which has been dipped in a chemical solution which positively insures the match becoming dead wood once it has been lighted and blown out. Look for the words "Chemically self-extinguishing" on the box.

## LIFEBUOY HEALTH SOAP

Use Lifebuoy for the hands, the bath, the clothes, and the home.

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## St. Andrew's College

A CANADIAN SCHOOL FOR BOYS

UPPER AND LOWER SCHOOLS

Careful Oversight Thorough Instruction

Large Playing Fields Excellent Situation

Calendar sent on application

Autumn Term Commences Sept. 12th, 1917

Rev. D. BRUCE MACDONALD, M.A., LL.D. Headmaster

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OPENS ITS THIRTY-SEVENTH YEAR ON SEPTEMBER SEVENTEEN: NINETEEN HUNDRED & SEVENTEEN

Thorough courses in Music, Art, Oratory, High School, Business College, Domestic Science and Superior Physical Training.

FOR TERMS, ADDRESS: R. I. WARNER, M.A., D.D., President, St. Thomas, Ontario

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After 44 years of successful educational work this College is recognized as one of the foremost of its kind on the Continent, with a beautiful, picturesque location, 80 miles from Toronto. Academic courses from Preparatory Work to Junior Matriculation, Teachers' Certificates and First Year University. Music, Art, Oratory, Domestic Science, Social Economics and Citizenship, Commercial Work, Physical Training by means of an unusually well equipped modern gymnasium, large swimming pool and systematic play.

An alert mind, a strong body, a well-balanced moral sense, a broad social vision are the aims of this College.

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Write for Catalogue

REV. P. L. FARWELL, B.A., PRINCIPAL.