A PAGE OF INTEREST TO WOMEN

A Talk With the Readers of Our Housewives' Page

Most ideas, theories and opinions are gradual in growth coming so slowly as to be almost unnoticed, then when they do come, force themselves upon us with a rush. Although the present age is one of specialists, the average housewife has refused to be impressed with her duty to specialize in her profession and has considered the subject scornfully, disdainfully. . . .

We hear on all sides the exclamation "Oh I am sick of this 'Do Your Bit' business. They might as well say, give everything you have, for that is what it means." . . . That is what you think it means. It is not what it means at all. You don't have to give your time, your life, or your money, but you do have to give your thought. It is the housewife as much as anyone else, who should give that much to the cause, for there comes a time when money, time and men are of no avail, and food holds the crown.

"But we have got to live. I don't care if it is war time. I would rather spend and have what I like, than save and starve." That is the general run of more than one conversation these days. It may have been all right in the sixties, but it is not living up to the code nowadays.

It is the inexpert planner of meals who thinks that the cry for conservation of food, means to go on short rations. It merely means using the right food in the right places and at the right time. Some of the housewives have not learned that good taste and good fare do not mean an oversupply of food. They mean a sensible amount.

Most persons go ahead and have extravagant meals as long as the money lasts. They think that this food business is just a fad, one of the fads that strike the country so very often. It may be a fad, but it is one that will last for ever, for it will have so impressed the housewife with the importance of a knowledge of food combinations, that nourish as well as please the fussy appetite.

So it does not matter whether you do it for your country or for yourself, both will be a great deal better if you look at it from a scientific standpoint, and serve plain wholesome food, remembering that variety is the spice of life.

SOCIAL AND PERSONAL

Mrs. A. McDougall is visiting Mrs. James Ball, Goderich.

* * *

Miss E. Stewart is visiting Mrs. Stanbury for a few days in Bayfield.

* * *

Mrs. Thomas Thompson of Ingersoll is holidaying with relatives here.

* * *

Mrs. George Dye is the guest of Mrs. Cove, Ingersoll.

* * *

Mrs. J. D. Hughes of St. Thomas is visiting her brother, Mr. Rowland of this city, for two weeks.

* * *

Mr. and Mrs. Struthers are visitors at the Royal, Muskoka.

* * *

Mrs. Bert Spettigue has returned after spending a few days in Thamesford.

* * *

Mr. W. Henderson of Wallaceburg, is visiting in the city.

* * *

Mrs. J. D. Coughlin and Miss Marie Coughlin have returned from Brantford where they spent the holiday with friends.

* * *

Mr. and Mrs. Claude Collins are visiting in Thamesford.

* * *

Miss Edythe Boyce is visiting friends in Thamesville, Chatham and Croton.

* * *

Miss Grace and Master Arthur Boyce are visiting friends in Forest, Plympton and Bosanquet

* * *

Mrs W. R. Lackie of Chicago, is holidaying at Erie Rest, Port Stanley.

* * *

Mrs. R. M. Graham, who attended the "Win-the-War" convention, is returning home today.

* * *

Miss Margaret Gollop and Miss Emily Dunn, who have been spending their vacation at the Maple Leaf, Port Stanley, are returning home today.

* * *

Mrs. F. Greenaway is visiting friends at Port Stanley.

* * *

Miss Frances Rankin is spending her vacation at Balmy Beach, Toronto.

* * *

The Misses Dell and Katherine Carrol are visiting friends at Mimico Beach, Toronto.

* * *

The Daughters of England will hold their annual picnic at Springbank today. A cordial welcome is extended.

* * *

The South London Auxillary of the Red Cross Society are holding their annual meeting at the Normal school on Thursday afternoon at 3 p.m. A large attendance is expected.

* * *

Mr. and Mrs. Stephen Grant had the pleasure of a visit Monday from Mrs. Wiggett, son and daughter, of Alamagord, New Mexico. They were on their way home after a visit to Sherbrooke, Que., and stopped off to see Mr. and Mrs. Grant. They are great friends of Mrs. J. Lee Lawson of New Mexico, daughter of Mr. Grant.

BISURATED MAGNESIA

For Dyspepsia, Indigestion.

Heartburn, Belching, Sour Stomach, Gas in Stomach, etc., take a teaspoonful of Bisurated Magnesia in a half glass of hot water after eating. Is safe, pleasant, and harmless to use, and gives instant relief from all forms of stomach disorders. Sold by all druggists everywhere.

HO! FOR THE IRISH PICNIC!!!

The prettiest Bathing Caps at the Beach on Irish Picnic Day will be secured from Standard Drug Stores. Come and see the dainty styles.

TO SAVE MONEY ON YOUR

VACATION NEEDS

SATISFY THEM AT YOUR FAVORITE

Standard Drug Store

BATHING CAPS, WATER WINGS, COLD CREAMS, SPONGES, CHAMOIS, TALCUMS, FACE POWDERS, DAINTY SOAPS, FINE BRUSHES.

Four Stores London | On your way to the Irish Picnic watch our window at No. 2 Store, 344 Richmond Street. | One Store St. Thomas

Cynthia Grey's Mail-Box

Boxes for Overseas.

"Thames Valley."—Suggestions for those precious boxes are (in addition to the fruit cake) can of sardines, can of chocolatta, par of jam (wrap in a towel), milk chocolate bars, canned soup (yes, even in midsummer weather), small cakes, homemade; gum, candies. Fill in with lump sugar and candies. A writing pad, envelopes and pencil are good to tuck in also.

2. As to what is most needed in Red Cross work, the constant demand for the articles you name, with the addition of socks, leads one to believe that nothing can be more important than these. Should advise your society not to weary in such well-doing, as I believe the great aim is to stock up, as well as possible against the terrible emergencies that follow the autumn drives. Does this help any?

Marian Keith's Message.

Dear Miss Grey,—Here is a new correspondent coming knocking gently at the door. Contrary to expectations, I don't want to ask a single question! This letter is merely the result of a change of heart. This morning I actually sat on a cool, shady veranda with nothing more useful to occupy my time than crocheting. This afternoon I read an indictment in The Advertiser against the woman or girl who dares to crochet in war-time. She was even compared to that crusty old Roman Nero, who played the fiddle when Rome was burning. That bit of sarcasm struck home, the more so especially since I have always loudly affirmed that were I a boy I would most certainly enlist. Despite a frantic desire to fly off immediately to the headquarters of the Patriotic Society and get a supply of yarn, I continued reading the Mail-Box, and there saw "Hortense's" letter regarding a lonely soldier. What was more natural than that I should give vent to my patriotic fervor by writing immediately for that lonely soldier's address? If you forward it to me, Cynthia (May I presume on so short an acquaintance to call you Cynthia, Miss Grey sounds so formal, you know.) I'll promise that he won't be in the lonely list any longer. Methinks I hear you say that if my letters to him are not more sensible than this one, he would be better off if he remained lonely. Well, Miss Grey, it would be fatal to try your patience further on this, my first, call. The only one merit I claim for this epistle is the fact that it has never once referred to the weather, and, you know, that is a topic most strangers would enlarge on during this hot spell. I am inclosing a stamped addressed envelope in which you can send the name of "Hortense's" friend, and if you have any more "lonelies" you wish to dispose of, they'll receive equally good attention at the hands of

A SUMMER GIRL.

Ans.—Marian Keith, the Red Cross correspondent, will be glad to know that her message reached at least one heart. I am sure that in "Summer Girl" the friend of "Hortense" will find a bright correspondent.

Enjoys It All.

Dear Miss Grey,—I have been a reader of the Mail-Box for four years, and I quite enjoy the squibbles as well as the love taps, because they always shake hands and make it up again, and that's the right way too, isn't it. If I was a better penwoman I would "butt in" too, but as it is, I just enjoy reading other people's letters. Can you tell me how long before you want to get married do you have to buy the license? What does the minister or lawyer charge for his fees? Is it compulsory to have a bridesmaid and best man if the persons wish to have a quiet wedding? I will sign myself just as I feel at the time of writing,

GREASE SPOT.

Ans.—Many of us have felt precisely the same way in the past fortnight, I fancy, but we should always live in hopes. To reply to your queries may say: The license may be procured at any time—a week or a few days previous to the ceremony.

2. The cost of marriage license is now $5. The minister does not "charge" for officiating, but his fee may be anything from $2 to $25.

3. A marriage ceremony has to be witnessed by two people at least, and if you go, say to the parsonage, not accompanied by friends of your own, the clergyman has to call in two people as witnesses.

When Women Demand It.

Dear Miss Cynthia,—"Nadine's" letter was most encouraging. A petition with 125 names on it in one house! Grand! "Nadine" is wise not to pay any attention to foolish obstructors. It would be better for them to go out and hunt for recruits than to dare say that our super-heroes should not be relieved after three years' service. Women's movements are always worthy ones. Those who adversely criticize them are as mean as the shirkers, who would allow our heroes to die to the last man rather than go to their relief. But they shall be relieved; women's voices from end to end of Canada will demand it, and a kindly, sympathetic minister of militia will make a special effort on the boys' behalf.

"Nadine" is right. The boys have not grumbled. I heard of one boy who grumbled at efforts for his relief. But I saw a letter from a soldier in high command at the front which said that the boys of the first contingent had well earned a rest and should obtain it. I beg of "Nadine," if she can, to spread the idea of petitions amongst the women of all Canada. As for men to relieve our veterans, I feel convinced that they could induce enlistment in Canada if given the chance, as no others could. Let it be tried. The devoted women of London cannot work for the benefit of our heroes without producing good results. I beg of every one who loves our heroes to assist the women in their efforts, and I beseech the boys of Canada to fly to arms, so that a glorious victory may be ours and our dear lads given a chance to rest. It is a crime for strong men to shirk, and also a crime for any person to encourage them to d oso. Be of good cheer, mothers, for we shall never rest until your noble sons are relieved.

GARRETT O'CONNOR.

Bridgeburg, August 4, 1917.

Coal Oil In the Wash.

Dear Miss Grey,—It greatly depends on the conditions washing has to be done under. For instance, when we lived on the farm and had to carry water from a long distance, sometimes I thought I would not get through by night. But now I have everything at hand, and this is how I wash: Put boiler on stove half or three parts full of water, make the water medium blue, slice up half bar soap, and a little soda, or washing powder, whichever I have at hand; put in all white clothes that have to be boiled; if some are more soiled just soak them; when clothes come to the boil put in about a cupful of coal oil, let boil for twenty minutes then have your tub ready with some cold water in, remove clothes from boiler to tub, have another tub of cold water ready. Just wash them slightly—but there, "W. W. W.," you will soon see for yourself what little rubbing is needed. Yesterday morning at 9 o'clock I started; clothes were ready to take out at 10:30. This is a list of articles washed and time taken to do it: Two flannelette blankets, not separated, 5 full sized sheets, 17 towels of all kinds, 8 large pillow slips, 1 tablecloth, 2 working shirts, underwear, 2 large blue overalls, 1 white linen dressing sacque, 1 pair corsets, besides handkerchiefs, dusters, socks and stockings. I had finished and everything on the line by 1 o'clock. I did my ironing this morning in two hours, and have a basket of lovely clean, white clothes.

HELP-ON-A-BIT.

P.S.—I got a letter from my boy in France on Monday; he is an old 186th boy. He says: "We are now with the 18th Battalion, that left under Col. Wigle at the beginning of the war, so we feel quite at home, as we are often meeting someone we know. The only difficulty I find is talking to the people, but I have got a little book, and am picking up a few words fairly well. I was sure surprised as well as delighted when I received two letters from Dad in one day and one each from the girls. I received your box quite safely. That old tin box has done some traveling." That is the box I sent "Adlanod's" cookies in. Has anyone else tried them, I wonder?

Ans.—I knew our Pagetes would not fail to answer "Wee Woman's" appeal, and how nicely you are all coming to the rescue. It will seem more like home for your boy to meet with men of the "Eighteenth." Wonder if he knows "Cheddar's" husband?

She's Just Existing.

Dear Miss Grey,—Would you be so kind as to forward "Scottie Frae Dundee's" address to me again? I wrote him, but mislaid the address, and when he answered he did not give me it, so our correspondence is held up until I hear from you. I am inclosing stamped envelope.

I am just existing these terrible hot days, but am in hopes of cooler weather. This is being written between crashes of thunder.

Kindest regards to all the Pagetes. Thanking you kindly for your trouble.

THE GIRL OF THE LIMBERLOST.

Ans.—We'll hope our "Girl" is still existing, in spite of heat and thunder. I note your writing does not look afraid of those crashes. I cannot find a "quaver." The address has been resent most cheerfully.

Here Is "Meadow Lark."

Dear Cynthia Grey,—I am inclosing my address for you to send me the address of "Broadway" and others. Many thanks for the recipes so kindly sent in. I have been slow in answering, but so much work and this awful heat are too much for me. Thanking you, I am,

MEADOW LARK.

Ans.—Addresses received have been sent to "Meadow Lark."

DAILY BIBLE QUESTION CLUB

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

"God's Gracious Invitation." Isaiah, iv.

Golden Text—"Seek ye Jehovah while he may be found; call ye upon him while he is near." Isaiah, iv., 6.

9. Verse 3—Take one hundred boys at sixteen years of age, in the same social positions, fifty of them converted and fifty not; what are the chances respectively for the worldly success of these two sets of boys?

10. In the training of boys there are at least three things essential to their success; health, education, and character or religion. Which should parents pay most attention to, without neglecting any one, and why?

11. How old was Joslah when he began to take an aggressive part in the spiritual welfare of his kingdom?

Advertiser Patterns

A Practical Convenient Model.

1425—Ladies' House Dress, with Long or Short Sleeve.

For utility, comfort and convenience, this design has much to commend it. It closes in coat style, with the centre fronts overlapping. This assures easy and practical adjustment. An ample pocket is arranged over the side front. The waist is finished with a neat collar, and with cuffs for sleeve in short length. The long sleeve is dart fitted. The dart fullness may be cut away and the opening thus made be finished with a facing and underlap for buttons and buttonholes or other fasteners; then the sleeve may be turned back over the arm when desired. The Pattern is good for gingham, percale, lawn, seersucker, soisette, madras, dimity, drill or linen. It is cut in seven sizes: 32, 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6¼ yards of 36-inch material for a 36-inch 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'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 bust measure you need only mark 33, 34 or whatever it may be. When in waist measure, 23, 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.

MENNEN'S FOR MINE

RED CROSS AND C. W. C. A. COLUMN

VIVE LA FRANCE.

As a result of the campaign that culminated in "French Flag Day" on July 14, the London branch of the C. R. C. S. was able to forward a check for the fund amounting to $16,773.04. Of this amount, $4,911.89 was collected in the city of London, while the district contributed the splendid sum of $12,560.34. This sum was made up as follows:

Ailsa Craig, $70; Alvinston, R. R. 6, Ferguson Crossing Needle Club, $18; Alvinston, R. R. 5, Maple Ridge Red Cross Circle, $5; Alvinston, Culloden Red Cross Circle, $16.30; Alvinston, R. R. 7, Walnut Red Cross Circle, $16.50; Arkona Presbyterian Ladies' Aid, R. R. 1, $27.25; Arva, Medway Red Cross Circle, $50; Belgrave Patriotic Society, $150; Blenheim, Women's Patriotic League, $36.08; Blenheim Town, $233.37; Blenheim, R. R. 4, $5.75; Brownsville Knitting Club, $25; Byron Red Cross Circle, $39.75; Carlingford Red White and Blue Club, $10; Carlingford Red Cross Workers, $11.75; Camlachie, R. R. 2, Aberarder Red Cross Circle, $60; Camlachie Red Cross Circle, $52.52; Camlachie, Sixth Line, Plympton Red Cross Circle, $90; Christina Sewing Circle, $20; Chatham Red Cross Society, $1,120.74; Clinton Women's Patriotic Society and Clinton Girls' Auxiliary and surrounding district, $677.31; Crediton Red Cross Circle, $20; Cromarty, $2; Comber S. O. S. Club, $41; Denfield Red Cross Circle, $20; Denfield, R. R. 4, Centenary Ladies' Aid, $20; Denfield, R. R. 2, Bryanston Presbyterian Church, $13.50; Delaware Patriotic League, $25; Dresden Red Cross Circle, $91; Dresden Methodist Church Red Cross Circle, $109; Dorchester Red Cross Circle, $55.79; Duart Women's Institute, $10.20; Dutton, Talbot Chapter, I. O. D. E., $26; Edy's Mills Patriotic League, $38; Exeter Soldiers' Aid Society, $165; Forest Red Cross Workers, $160; Forest, North Plympton Red Cross Circle, $100; Fullerton Women's Institute, $10; Glencoe, R. R. 3, Tait's Corners Red Cross Circle, $35; Georgian Bay Tomahawk Club, $1; Glencoe, Walker Patriotic Society, $50; Glencoe Red Cross Circle, $100; Glencoe, R. R. 2, S. S. No. 9, Mosa, Red Cross Circle, $15.50; Granton, Glendale Red Cross Workers, $25; Granton Red Cross Auxiliary, $77; Granton, R. R. 1, Whalen Red Cross Circle, $14.25; Granton, R. R. 2, Prospect Hill Red Cross Circle, $45.40; Glanworth Red Cross Circle and St. Andrew's Women's Auxiliary, $26.45; Goderich, Ashfield Soldiers' Aid Circle, $25; Goderich citizens, $451.10; Grand Bend Red Cross Circle, $125.13; Gorrie Patriotic Circle, $13.10; Harrietsville Women's Institute, $10; Harrow Patriotic League, $36; Harrow, R. R. 1, Patriotic League, Woodman Hall, Colchester, $20; Highgate Patriotic Association, $25; Hensall Town, $571.09; Hullett D. A. M. I. D. K. Club, $25; Ilderton Red Cross Circle, $175; Ilderton, S. S. Nos. 4 and 5, R. R 3, $3.25; Ilderton, St. George's Church, London Township, $100; Ingersoll, R. R. 3, Banner Red Cross Circle, $10; Ingersoll, Women's Patriotic and Red Cross League, $100; Ingersoll Soldiers' League, $100; Ingersoll, R. R. 3, Dixon's Corners Red Cross Circle, $16; Ingersoll 3,000 Club, $200; Ilderton, Coldstream Women's Institute, $45.71; Ilderton, Vanneck Red Cross Circle, $36.25; Kerwood Patriotic Circle, $10; Kirkton, Ladies' Aid, St. Paul's Church, $72.45; Kincardine Red Cross Workers, $50; Kippen, R. R. 2, Chiselhurst Red Cross Circle, $50; Kintore Red Cross Circle, $32.10; Komoka, Melrose Ladies' Aid, $15.50; Komoka Women's Institute, $5; Lambeth Red Cross Circle, $100.50; Lieury, $11.05; Lucan, R. R. 1, Fraser and Saintsbury Red Cross Circle, $54.50; Lucan Red Cross Workers, village and surrounding district, $175; Merlin, R. R. 4, Glenwood Red Cross Circle, $28.85; Merlin Patriotic League, $20; Mandaumin Patriotic League, $19.55; Motherwell Red Cross, $50; Mossley Red Cross Circle, $32.60; Mull Patriotic Society, $20.25; Mount Elgin Red Cross Circle, $27.50; Munsey Mount Elgin Industrial Institute, $12.30; Mt. Elgin R.R. 1, Dereham Centre R. C. Circle, $18.55; Milverton Edgerton Torrance Chapter, I.O.D.E., $20; Mooretown Red Cross Circle, $25; Newbury Red Cross Circle, $50; Northwood, East Harwich Red Cross Circle, $10; Oil Springs Patriotic League, $25; Ouvry Patriotic Society, $36.25; Palmyra Women's Institute, $15; Parkhill Red Cross Circle, $144.25; Parkhill, Sylvan Red Cross Circle, $5; Parkhill, Centre Road Society, $60; Port Burwell Patriotic Society, $10; Port Stanley Chapter, I.O.D.E., $98.49; Ripley, Reid's Corners Women's Institute, $17; Ridgetown Patriotic Women, $95.58; Rodney, $42.30; Ruscombe Station, $1; Shakespeare Presbyterian Church Ladies' Aid, $57; Sebringville, Sir John French Chapter, I.O.D.E., $50; Springfield Patriotic Society, $10; St. Mary's, Anderson Patriotic League, $82; St. Marys, R.R. 5, Avonbank Red Cross Circle, $171; St. Marys, R. R. 1, Patriotic Society, S. S. No. 10, Blanchard, $60; St. Marys, R. R. 6, Metropolitan Patriotic League, $30; St. Marys, R. R. 3, North Nissouri and Blanchard Red Cross Circle, $29.50; St. Marys, Women's Patriotic League, $1,125.15; South Woodslee, $5; Southwold Girls' Sunshine Club, $13.15; Stratford, R. R. No. 2, Downie Chapter, I.O.D.E., $25; St. Thomas, Patriotic Women and C.W.C.A., $1,082; Salem Women's Institute, $6.75; Salem Methodist Church, $11.92; Strathroy, R. R. No. 3, $10; Strathroy Girls' Club, $16; St. Pauls, T. G. Delamere Chapter, I.O.D.E., $25; Thamesville, Red Cross Circle, $646.95; Thorndale, R. R. 1, Devizes Red Cross Circle, $10.60; Thorndale, Women's Institute, $68.50; Thorndale, R. R. 3, South Nissouri Presbyterian Church, $42.58; Thamesford, War Relief Society, $52.15; Tilbury, Tilbury Chapter, I.O.D.E., $100; Union, Branch Women's Institute, $20; Wanstead, Union Society, Uttoxeter, $14; Wallacetown, Women's Institute, $10; Wanstead, Red Cross Auxiliary, $10; Wardsville, Women's Guild, St. James' Church, $15; Wardsville, Cashmere Methodist Ladies' Aid and Sunday school, $10; Watford, Kinnscourt Sewing Circle, $10; Watford, Invincible Red Cross Circle, $10; Watford, R. R. 3, Tipperary Red Cross Circle, $5.75; Watford, R. R. 8, Wisbeach Patriotic Society, $5.75; Watford, Lambton Chapter, I.O.D.E., $117.50; Watford Women's Institute, $5; Watford, Red Cross Worker Union, $15.25; Warwick, Women's Patriotic League, $25; Walton, Red Cross Union, $10; Walkers, Red Cross Circle, $25; Walkers, R. R. 1, Burns' Church, Mosa Red Cross Circle, $60.75; Wilton Grove, Women's Institute, $30; Windsor and Border Towns, $711; Wyoming, Red Cross Circle, $17.15; Wyoming, R. R. 2, Kertch Red Cross Auxiliary, $16; Zurich, Women's Institute, $5.

The expenses for the campaign amounted to $698.69, this branch paying for the 30,000 flags that were sent out to the district circles, as well as for all those that waved in the hands of the ceaseless sellers on the streets of London and fluttered their way into the button-holes of our generous citizens on the day dedicated to "La Patrie."

Letters and circulars throughout the country were included in this bill of costs, as well as all the collection boxes, etc., and the very extensive advertising that always goes so far to make patriotism a paying proposition on these occasions.

The thanks of the president and executive of the London branch are due to all those members and supporters throughout the city who gave such generous and untiring help to the cause. A call to the country always brings a swift, sure and substantial reply; and the town members never forget how much this branch owes to the zeal and loyalty of its supporting circles in Western Ontario.

What the Canadian War Contingent Has Done in the Past.

On Friday, August 3, the annual meeting of the London branch of the Canadian War Contingent Association was held in Hyman Hall. A Dominion branch has lately been formed in Toronto but London has the proud distinction of having inaugurated the first branch of the Association in Canada in November, 1914.

Full reports of the year's work were presented, and some comparisons of progress were made with the work done in 1915-1916. During the past year the association has sold or given out 25,864 pounds (more than 12½ tons) of wool for knitting. This is just double the quantity that was handled the year before. About half this quantity was paid for, and the rest went to the members, to be made into some of the thousands of articles that have been shipped from Hyman Hall.

Getting There With Both Feet.

When it comes to socks, one feels that the C. W. C. A. could "turn up its toes" without any misgivings as to their not being properly clad. It is not just a question of putting their best foot forwmost; in ways that are woodby, they have "got there with both feet."

The C. W. C. A. takes charge of the socks for the Red Cross, as well as for the association. During the past year 105,135 pairs have been received, inspected, tied, labelled, acknowledged and shipped from Hyman Hall. Very nearly 25,000 of these came from the city of London, and the rest from the surrounding district.

Here Come the Comforts.

Soldiers' comforts, to the value of $112,799.46, have been forwarded to England, and included everything that comes to comfort soldiers, from top to toe.

Ask and Get the Answer by Return Mail.

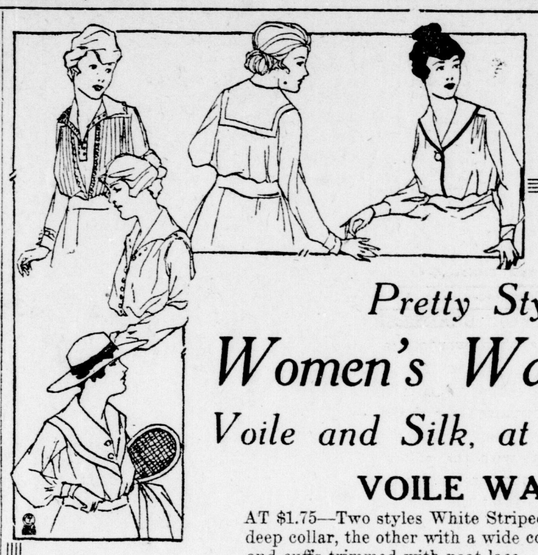
The London branch of the C. R. C. S. and C. W. C. A. have, for more than a year now, shared a common purse, administered on behalf of both by the same treasurer. But these are the days of specialties. And there is one fund, separate and distinct, that has a little bank account all its own. It is the special comfort fund, under the convenership of Mrs. H. E. Gates. This is the fund that appeals to the people who say, "Oh, this MUST go for smokes," or, "Here's some cash that must ONLY be spent on the boys in the trenches while they are in them," and things like that. Really, it does not much matter what they say, so long as they seal their remarks with dollars and cents.

This money goes direct to England to supply the actually fighting men with the most vital need of the moment. About $400 is forwarded monthly from this fund to Mr. Colmer, honorary secretary of the parent branch in larger London. If a man or a company or a battalion wants special tobacco or extra socks or a game of chess or a particular comic song or a moving picture show or a packet of pins or a gymnasium outfit, or any other handy little things of the sorts that spell "home and mother" to his (or their) particular heart, then all he (or they) need do is to request the superior officer to write to Mr. J. G. Colmer, offices of the Canadian War Contingent Association, Victoria street, London, England, and ask for it, and Mr. Colmer will see that they get it.

I wish that every mother would impress this on her officer-son (if she has one with a commission), so that he will know just how to get quickly and surely any extras he may need for the comfort or amusements of his men. And I wish that all the mothers of privates would make a special point of writing that address, and the information concerning it, in the most precious pocket-books of their soldier-sons, so that they could remind their officers of it in case they lost the address. Because, you see, the war contingent does not believe in haphazard giving, and they don't send anything out to anybody if it is not asked for. They are not wasteful of other people's money intrusted to them. They do not believe in shipping things promiscuous-like. And so they never forward imaginative parcels to the trenches. Of the hundreds, thousands, yes, millions, of articles that they have shipped to the fighting forces since the war began, not one has been sent that was not "specially requested." But do not believe that anything has been asked for and has not been sent.

There was a story of a man who asked Mr. Colmer for the moon and got a fine green cheese by return. The story is possibly true. Anyway, test the system, boys.

MARION KEITH,
Honorary Cor. Sec.



Gray's
LIMITED.

Pretty Styles in

Women's Wash Waists

Voile and Silk, at Popular Prices

VOILE WAISTS

AT $1.75—Two styles White Striped Voile, one with a very deep collar, the other with a wide collar, both having collars and cuffs trimmed with neat lace.

AT $2.00—Sport-Patterned Voiles and a pretty stripe, with rose, blue, flesh or self collar.

AT $2.25—Two numbers with pretty collars, neatly trimmed with lace, one with tucking in front, the other with lace insertion.

AT $2.50—White Striped Voile with large embroidered organdy collar.

AT $3.00—Several different styles for your choosing, prettily trimmed with lace and insertion, having large collars and neat cuffs.

WASH SILK WAISTS

AT $2.00—Two styles in good quality white Jap silk, one with convertible collar that can be worn high or low, the other having a sailor collar, both styles neatly hemstitched down front; sizes 34 to 42.

AT $2.50—Heavier quality White Jap Silk, with large sailor collar.

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AT $3.00—Two styles, one with a deep sailor collar neatly hemstitched, the other with a convertible collar, made of excellent quality white Jap silk.

AT $3.25—Two styles in heavy quality silk, having sailor collars and nicely-finished cuffs.

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Jack Tar Middy Skirts, made of white pique attached to white cotton underwaist; ages 4, 5 and 6 years. Price 75c

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Pique Middies for girls 4, 5 and 6 years. Price $1.00

White Drill Middies, with long sleeves, ages 4, 6 and 8 years 75c

Same style in sizes 10, 12 and 14 years.. 85c

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FOR DYSPEPSIA, LOSS OF APPETITE TRY

ABBEY Effervescent SALTS

Cocoanut Oil Fine For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

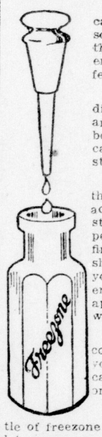
Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulsified cocoanut oil (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get mulsified cocoanut oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

Corns Lift Off

Doesn't hurt a bit to lift any corn or callus off with fingers.



No humbug! You truly can lift off every hard corn, soft corn or corn between the toes, as well as hardened callouses on bottom of feet without one bit of pain.

A genius in Cincinnati discovered freezone. It is an ether compound and tiny bottles of this magic fluid can now be had at any drug store for a few cents.

Apply several drops of this freezone upon a tender, aching corn or a callous. Instantly all soreness disappears and shortly you will find the corn or callous so shriveled and loose that you lift it off with the fingers. You feel no pain while applying freezone or afterwards.

Just think! No more corns or callouses to torture you and they go without causing one twinge of pain or soreness.

Ladies! Keep a tiny bottle of freezone on the dresser and never let a corn or callous ache twice.

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