

A PAGE OF GENERAL INTEREST TO WOMEN READERS

Follow the Crowds to Knechtel's
**MONSTER
Sample Shoe Sale**

And secure Footwear Bargains. Hundreds of wonderful bargains; greatly reduced prices and increased values. Extra clerks, bargain tables and racks enable us to serve you promptly. Thousands of satisfied customers are sending their neighbors and friends to secure some of the unusual bargains we are offering. Footwear for all the family. Shop early in the day. Read these prices for Wednesday, Thursday and Friday. The following are only a few of the many bargains that await you here.

Men's White Canvas Oxfords; solid rubber soles and heels; a splendid outing shoe; \$3.50 value. Sample Sale **\$1.98** Price

Men's White Canvas Lace Shoes; solid rubber soles and heels; \$4.00 value. Sample Sale **\$2.48** Price

Big assortment Men's Patent Gunmetal and Tan Calf Oxfords; \$3.50 and \$4.00 values. Sample Sale **\$2.79** Price

Men's Fine Kid and Box Calf Lace Shoes; \$3.00 and \$3.50 values. Sample Sale **\$2.48** Price

A Splendid Line of Men's Patent Cloth Top Lace Shoes; a swell dress shoe; \$5.00 value. Sample Sale **\$3.79** Price

A Splendid Summer Shoe for Men made of Fine Kid Leather; straight last, medium weight soles; \$4.00 value. Sample Sale Price **\$2.98**

Big Range Men's Gunmetal and Box Calf Button and Lace Shoes; English Recede and Medium high rounding Toes; \$4.00 values. Sample Sale Price **\$2.98**

Be sure and see our big assortment of Men's All-Joined Leather Work Shoes; made of Tan Oil Grain, Chrome Grain and Box Calf Leathers; all marked at **MONEY-SAVING PRICES**

A Splendid Line of Child's Patent 3-Bar Slippers; 98c \$1.50 value. Sample Sale Price

A Good Line of Misses' Fine Kid Lace Shoes; \$2.25 value. Sample Sale Price **\$1.29**

An Unequaled Assortment of Women's Patent, Gunmetal and Fine Kid Pumps, Oxfords and Strap Slippers; \$2.50 and \$3.00 values. Sample Sale **\$1.98** Price

Women's White Canvas Oxfords; solid rubber soles and heels; \$2.50 value. Sample Sale Price **\$1.79**

Women's Fine Kid Cushman Sole Shoes; rubber heels, lace and button; a solid comfort shoe; \$4.50 value. Sample Sale Price **\$3.23**

Women's Fine Kid 3-Strap Slippers; \$2.75 value. Sample Sale Price **\$1.98**

A Beautiful Range Women's Patent Calf and Fine Gunmetal Calf Lace and Button Shoes; plain toes and toe caps; mat, grey and black cloth tops, spool and Cuban heels; a very dressy line; \$4.00 and \$5.00 values. Sample Sale Price **\$2.98**

Big Lot Women's Patent and Fine Kid Lace Shoes; \$3.00 and \$4.00 values. Sample Sale Price **98c**

Infants' Fine Kid Lace and Button Shoes; \$1.00 value. Sample Sale Price **69c**

Big Assortment Women's Pumps and Oxfords; \$3.00 values. Sample Sale Price **69c**

Our Infants' and Children's Department is crowded with Big Bargains. Women's Patent and Velvet Pumps; \$3.00 values. Sample Sale Price **98c**

Boys' Fine Kid Lace Shoes; good weight soles; \$2.75 value. Sample Sale Price **\$1.69**

A Splendid Line Little Girls' Box Calf Lace Shoes; \$2.25 value. Sample Sale Price **\$1.59**

A Beautiful assortment of Women's High Grade Sample Pumps, Oxfords and Strap Slippers. This lot includes some very pretty strap and color effects; all are of the very latest designs; \$4.00 and \$5.00 values. Sample Sale Price **\$3.23**

Outing Shoes for Men, Women, Boys, Girls and Little People. All marked at **MONEY-SAVING PRICES**.

Officers' and Privates Military Dress Shoes; \$5.50 value. Sample Sale Price **\$4.79**

KNECHTEL & COMPANY

Opp. Majestic Theatre.—Where Quality Counts We Win.—238 Dundas St.

For the Laundry

For nearly 60 years, Edwardsburg "Silver Gloss" has been the standby.

In one pound packages and six pound fancy enamelled tins.

THE CANADA STARCH CO. LIMITED 236 MONTREAL, CARDINAL, BRANTFORD, FORT WILLIAM.

Makers of "Crown Brand" and "Lily White" Corn Syrup and Borden's Corn Starch.

Silver Gloss Starch

You will like this Salt!

It will please you just as it did me with its wonderful whiteness, its strength, its purity, and free-running properties.

Century Salt

"the Salt of the Century" is made by Sarnia's oldest and best equipped works. The superior vacuum processes used give Century Salt a decided preference for either table, dairy or farm use. All leading grocers can supply you.

DOMINION SALT CO., Ltd., Sarnia

WHY YOU SHOULD USE "M. S. C. SHAMPOO."

It maintains healthy hair, and corrects unnatural scalp conditions. It assists nature in restoring normal, healthy conditions by stimulating and renewing the hair-growing process. Healthy hair needs attention, and any disorder of the scalp or falling hair will grow worse by neglect.

M. S. C. Shampoo contains pure Coconut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition. Buy a bottle from your dealer, and follow directions carefully, and you, like thousands of others, will be convinced of our claims. PRICE 50 CENTS.

At your Druggist, or direct on receipt of price, **MUTUAL SALES COMPANY,** 32 FRONT ST. W. TORONTO, ONT. June 26, 1916, 20, 23, 27, 30

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 in turn. No letter can be answered privately.]

Advise Turkey Red. Dear Miss Grey.—I enclose you will find a block for "Aunt Nannie's" quilt. Now just a word about the red thread to work on the white blocks; if turkey red thread is used it will wash and boil as long as the white remains and you can get two spoils for 6 cents at any fancy store.

Will close, with good luck to the love quilt. **BLACK BEAUTY.**

Ans.—Thanks, both for the hint and the quilt block. This is surely going to be the most interesting quilt! I'm fairly tempted to wish I was to be the recipient.

Irrepressible "Laurie." Dear Miss Grey.—Please allow me just a few lines in "The Page" to reply to "Would-Be Pollyanna's" questions. No, I don't need your pity, as nothing dreadful has happened, and surely you didn't think I was trying to make out you were foolish. If you did, you were wrong, because that thought never entered my head. As to your other question, I can truthfully say "Yes," and without any hesitation, too. I'm facing square when I give you these answers, so you may do as you wish about corresponding with me.

As to your question, Miss Grey, I can say "No." I'm not too crushed to answer and there's still a big kick left in me. You know you can't keep a good man down. Just one question: Would many readers send me the words of "A Little Bit of Heaven" wishing luck to everyone, I am, as ever,

LAURIE.

Ans.—Bright boy! I'll be nice to you, anyway, even though "Would-Be Pollyanna" is stern. An extra copy of this song has been sent for "Lonely Soldier's Sister." Send a stamp and your address for it—and it's yours.

She Loves Nature. Dear Miss Grey.—Here comes another to peep into your cosy corner for a few

minutes. Have you all tried the nut Grop cookie recipe sent in by "Soldier's Lassie"? I think them excellent, and always make a double quantity.

Will some of the many readers please send in some recipes for me of sandwich fillings?

Please give your opinion of my penmanship. Is it bad, worse or worse? **EVER A LOVER OF NATURE.**

Ans.—1. Readers making extra nice sandwiches, please respond to "L. of N.'s" plea for recipes. These cream cheese sandwiches may be new to you: Blend cream cheese with a little cream salt and pepper, and enough tomato catsup to make pink; spread on buttered brown bread, with a lettuce leaf dipped in dressing between the slices.

2. Well—let's "worst" anyway. 3. Once in a while. Might say I visited your pretty town myself one vacation time; it is a very restful and pleasant resort.

Will "Kitty" Help? Dear Miss Grey.—Thought I would write a few lines to your circle. Can you or your readers tell me the kind of paint that is used to paint on silk and velvet? As I have a chance to learn the art for that information. See where some of your readers have cigarette flaps to dispose of. Would like some of the animal or flower series. You will find a self-addressed envelope for any information you can give me, as I am anxious to learn. Have one of the velvet cigarette mats will exchange for other flags. Will be anxiously awaiting to hear from you. Please tell me what kind and where it is to be bought. I remain, a FRIEND IN NEED.

Ans.—Am hoping our friend, "Kitty," who has already sent the information to one or two of our readers, will be kind enough to let me know what kind of paint she uses silk-painting. Then I'll gladly send you the name. Personally, am a "back number" where these fine arts are concerned.

A Great Summer Food

Let Roman Meal lift that summer cooking and baking "problem" right off your shoulders, and make it easy. First the porridge—it is no trouble at all to mix the meal and water and let it cook. The little folks can eat to their hearts' content, and it will never heat the blood.

When the meal is done, Roman Meal digest quickly, completely, and perfectly, leaving the waste matter the food contains to stimulate the natural action of the bowels, and prevent constipation.

Fatty meats and starchy common breads are heating and hard to digest. Use Roman Meal instead. It is more nourishing and does Roman Meal digest quickly. Use it for all your baking except pastry. You can mix it with a little flour and have wonderfully delicious, easily-digestible things to eat during the trying hot days. Ten cents and 25 cents at grocers.

WOUNDED LONDONER PRAISES RED CROSS

Gunner Tanner Hit by Bullet and Gassed by Germans.

That the Canadian Red Cross Society in England is doing good work among the wounded men in the hospitals is shown by a letter received by Mrs. D. C. Tanner of 23 Walnut street. The letter was written to her by a representative of the Red Cross who had visited Mrs. Tanner's husband, Gunner D. C. Tanner of the 12th Battery, who was wounded some days ago near Ypres, and is in the 3rd London General Hospital suffering from the effects of German gas and a bullet wound on the hand. It gives particulars regarding Gunner Tanner's wounds and promises that he shall be cared for by the society.

In his letters home Gunner Tanner praises the good work of the society, they having supplied him with paper, pencils and mirrors, brush and comb and other necessities. He enlisted soon after the war broke out in the 6th (London) Battery with Major Woodman as second in command. He writes that the praise received by the battery has been well earned by them.

Gunner Tanner was a cigarmaker before the war, and expects to be in invalided home.

What my brother said was true, for in a year or two, Strango to say I settled down in married life.

I first a girl did court, and the ring I bought.

Took her to a church, and when she was my wife, The old girl and me were as happy as could be.

For when my work was over I declare, Robin Tamson's smiddy.

My mother men my auld breckie, An' woe! but they were duddy; And sent me to get Mally shod At Robin Tamson's smiddy.

The smiddy stands beside the burn That twinkles through the clachan, I never yet gas by the door But aye I fa' a-lauchin'.

For Robin was a walthy carle, An' had a bonnie dochter; Yet ne'er wad let her take a man, Tho' many lads had socht her; But what think ye o' my exploit? The time the mare was shoeing, I slippit up beside the lass An' briskly fell a-wooling.

An' aye she o'ed my auld breckie, The time that we sat crackin', Quo' I, "My lass ne'er mind the clouts, I've new ones for the makin'."

But gin ye'll just come hame wi' me, An' lea' the carle, your father, Ye've got my breckie to keep in trim, Myself and a' thegither."

"Deed lad," quo' she, "your offer's fair, I really think I'll tak' it; Sae, gang awa', get out the mare We'll bath slip on the back o't; For gin I wait my father's time, I'll wait till I be fifty."

But na! I'll marry in my prime, An' make a wife fu' thrifty."

Wow, Robin was an angry man At tynin' of his dochter, Through 'at the kintie-side he ran, An' far an' near he socht her; But when he cam' to our fire end, An' fand us bath thegither, Quo' I, "Gudeam, I've ta'en your bairn An' ye can tak' my mither."

Auld Robin gird'd and shook his pow "Gude sooth," quo' he, "you're merry, But I'll just tak' ye at your word, An' this fine day I'll be marryin'."

So Robin an' our auld wife Agreed to keep thegither, Now I hae Robin Tamson's pet, An' Robin has my mither.

—Old Song.

CUTTING. Young Wife—How fortunate I am in possessing a husband who always stays at home in the evening!

Bosom Friend—Yes; your husband never was much addicted to pleasure.

VERSE--New and Old

GRANDMOTHER'S CHAIR. My grandmother, she, at the age of eighty-three, On a day in May was taken ill and died; And after she was dead, the will of course was read By a lawyer as we all stood by his side.

To my brother it was found she had left a hundred pounds, The same to my sister, I declare, But when it came to me, the lawyer said, "She has left you her old armchair."

Chorus: How they tittered, how they chaff'd, How my brother and sister laughed, When they heard the lawyer declare, Grampy'd only left to me her old armchair.

I tho't it hardly fair, still I said I did not care, And in the evening took the chair away.

The neighbors they me chaff'd, My brother at me laughed, And said, "It will be useful, John, some day."

When you settle down in life, Find some girl to be your wife, You'll find it very handy, I declare, On a cold and frosty night, when the fire is burning bright, You can sit then in your old armchair."

What my brother said was true, for in a year or two, Strango to say I settled down in married life.

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ADVERTISER PATTERNS

1631.—Girls' Jumper Dress with Gumpie.

Percale, lawn, gingham, seersucker, serge, voile, crepe, challie and linen are nice for this style. The gumpie is made with a square yoke over the front. The sleeves may be in long or short length. The dress is fitted with underarm seams, and the shoulder tabs ends are lapped over the fronts.

The patterns is cut in four sizes: 4, 6, 8, and 10 years. It requires two yards of 27-inch material for the dress, and 2-1/8 yards for the dress, for a 6-year size.

A pattern of this illustration mailed to any address on receipt of ten cents in silver or stamps.

ADVERTISER PATTERN DEPT. Please send above-mentioned pattern, as per direction given below, to: Name

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 just measure you need only mark 32, 34 or whatever may be. When in waist measure, 22, 24, 26, or whatever it may be, if a skirt, give waist and length measurements. 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.

Ventilate the Bedroom. It beds received more attention there would be less of that "tired feeling" in the morning. The bed ought to be the most hygienic piece of furniture in the house. It should be well aired and never dressed immediately after the occupant leaves it. And when it is being aired the windows should be wide open.

Regardless of the condition of your couch, however, if you sleep in a stuffy room you are bound to pay the penalty. When you open the windows wide and sleep in a hygienic and properly equipped bed you can depend upon nature to do her part in assisting you to recuperate and gain strength. The time to begin preparation for a good night's rest is when you leave your bed in the morning.

The name of Mocha coffee is applied generally to the coffee produced in Arabia and Abyssinia.

An Ideal City For Students of Music

London contains more real musical artists and splendid teachers than any other city of its size in Canada.

Being a city of refinement and culture, London is regarded as the perfect city for students of music are perfect. It is no matter for surprise that London is regarded as the musical centre for this part of the Dominion.

London Conservatory of Music

354-6 Dundas St. Phone 1101. Little L. Armstrong, Registrar. F. L. Willgoose, Mus. Bac. (Dunelm), Principal.

Heintzman & Co.

Art Piann

After years of severe use the richness and brilliancy of tone seem to increase rather than diminish.

Its artistic appearance—many styles—lends itself to its surroundings in drawing room or library or den.

Piano Warerooms

242 Dundas Street, LONDON.

GRAY'S, LIMITED**NECKWEAR, WAISTS, MIDDIES AND WASH SKIRTS FOR HOLIDAY WEAR****Smart and Dainty Neckwear**

AWNING STRIPE COLLAR AND CUFF SETS, in black and white, navy and white, paddy and white, tan and white and copen and white stripes. Price 50c

STRIPE MUSLIN COLLAR AND CUFF SETS, in green and white, pink and white and mauve and white 35c

SILK MIDDY TIES, hemstitched in navy, paddy and cardinal. At 50c

SILK CREPE WINDSOR TIES, in cardinal, navy, copen, rose, paddy, sky, maize, black and white. Price 50c

We also have a complete assortment of Collars in the newest shapes and styles in crepes, silks, embroidered organdies and muslins.

Kiddies' Middies

Children's Middies, made of strong white jean, all white and color trim; sizes 6 to 12 years. At 50c, 60c, 75c and 85c

Ladies' Middies

Smart, serviceable Middies of good quality white jean, plain or belted styles, all white, color trim or with navy flannel collars. At \$1.00, \$1.25 and \$1.50

Ladies' Wash Skirts

Many smart styles in duck, repp, pique, gabardine, hairline stripes and black and white checked Wash Skirts. Prices from 95c to \$3.50

Voile Waists at \$1.00

A large range of White and Fancy Colored Striped Voile Waists, in pretty styles, at \$1.00

Silk Embroidered Voile Waists, \$2.50

Fine quality Voile Waists, with copen and pink silk spots embroidered on fronts, flare cuffs with net edge, wide collar edged with net frill; a very pretty waist for \$2.50

GRAY'S LIMITED.

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS

140 DUNDAS STREET. Phones 115, 116.

Care of the Feet. Upon retiring if the feet are swollen or the skin appears dry and calloused, a liberal application of castor oil well rubbed in is the most effective remedy I know. The oil seems to remove the uric acid which has gathered in the feet and which is frequently the cause of swelling. It also softens the callous spots and the dry skin will rub off easily with a rough towel.

In case of broken arches frequent vigorous massage is good. It is better to cure the trouble by massage and exercise, if it has not become too severe, as the use of a support tends to weaken the muscles instead of strengthening them.

Corn plasters and bunion protectors do much toward relieving pain in these ailments; but it is well to visit a chiropodist if possible.

Improving nails may become a very serious affliction if not cared for in time. They are the result of tight shoes and of improper paring. The toes should be cut straight across, never down at the side like a finger nail.

If a nail is strongly inclined to becoming ingrowing, a little "V" cut out in the middle of the top will draw the nail away from the sides and prevent ingrowing.

Keep the Muscles Active. The most common cause of headache is over-eating and inactivity of the muscles. The tendency nowadays is to sap the nervous vitality and to give little heed to the keeping of the physical organs correct and healthy.

All exercises should be done with discretion and intelligence. The girl who over-dances cannot walk six miles the next day. The body needs a certain amount of work and a certain amount of rest. When the lungs lack fresh air the brain is not at its best.

All food should be masticated thoroughly; rapid eating is to blame for many cases of dyspepsia and poor complexion. Proper elimination is also important. This can often be regulated by taking a cup of hot water before breakfast.

An all-the-year-round food

TOASTED CORN FLAKES 10c

In fact, investigation shows that of all the people who like KELLOGG'S three in four use it winter and summer. One reason is people are fast losing the erroneous idea that heavy foods are necessary to nutrition; the other is KELLOGG'S can be served in such a number of convenient ways and all of them palatable and nourishing.

The only product made in Canada by **THE BATTLE CREEK TOASTED CORN FLAKE COMPANY, LIMITED** London, Ontario

The Lights of 65 Years Ago

ARE STILL DOING DUTY IN THE SHAPE OF **EDDY'S MATCHES**

SIXTY-FIVE YEARS AGO THE FIRST CANADIAN-MADE MATCHES WERE MADE AT HULL BY EDDY AND SINCE THAT TIME FOR MATERIALS AND STRIKING QUALITIES, EDDY'S HAVE BEEN THE ACKNOWLEDGED BEST.

WHEN BUYING MATCHES SPECIFY **EDDY'S**