A DVERTISER PATTERNS



A PAGE OF GENERAL INTEREST TO WOMEN READERS



Krumbles

The New Whole Wheat Food with the Delicious Flavor originated by the Kellogg Toasted Corn Flake Co.

BATTLE CREEK, MICH. and TORONTO, CANADA

O SEE the way people take to KRUMBLES at the first taste-you might suppose they never before

good. True-never before has there been a whole wheat food with such

a full, rich flavor and sweetness. Krumbles is prepared from the finest of whole Wheat-all the wheat-cooked, "krumbled"-and delicately toasted, by a special process original with the Kellogg Toasted Corn Flake Company.

A dish of Krumbles with good milk or cream is a square meal in itself-an admirably balanced food. Go easy with the sugar—the more you chew Krumples the sweeter it tastes!

Made in Toronto, Canada. In the WAXTITE package—10c.







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.]

Blocks Gone Astray. In the past fortnight several letters that solution too strong, put about six addressed to Cynthia Grey have found or eight ounces of water in it; we use their way to the dead letter office, because insufficiently stamped. Readers

of these fated epistles. I should not mind the letters going that a number of them evidently con-"Aunt Nannie's" tained blocks for quilt. I have letters from "Mrs. helping dad, despite the heat, and I'm Homebird," "Magnolia" and "Reka sure he values your help. On "Neigh-Dom," all stating that blocks were sent in, but they never reached this re developing. office. I can only say I am sorry, but as will be understood, I have no way of rescuing these from the vaulty regions of the D. L. P. O. at Ottawa.

Out Helping Dad.

CYNTHIA GREY.

your cosy corner again, looking for a breeze. My, but hasn't it been warm lately? I have been helping dad with the hay, and it is fierce. The sun just seems to scorch a person "A Neighbor," I think, was asking the above question? about developing films. We do all of ours ourselves, so that perhaps I could

help a little. Fill your dish with four ounces of lukewarm water, open one of the powders and dissolve in it the contents of the large package. Next dissolve the contents of the smaller package in the solution, but be sure the powders are film into it, and do not leave it in more



One Good Way to Prepare Macaroni

EGGS WITH MACARONI Boil 2 ounces Catelli's Nilk Macaroni for 10 minutes, then drain. Add 1 pint milk, and let simmer for 15 minutes. Next mix with a slightly beaten egg or two, not ell in the catelline of two. mix with a slightly beaten egg or two, put all in a greased pie-dish, grate a little nutmeg over the top, and bake for half an hour.

Have it for dinner to-morrow. Easy to make - appetizing -- satisfying wonderfully nutritious-and costs less than half as much as meat. "The Girl at Catelli's". A new recipe

THE C. H. CATELLI CO., LIMITED,



I than five or seven minutes; if you find

, measuring jar. I hope this will be of some use to " not receiving replies to their letters Neighbor." I will add that she wilt may assume that theirs has been one always find directions on the packages of developing powder. I find that my etter is getting awfully long, so will astray, so much, only for the fact close, with best wishes to Miss Grey A MULL LIGHT. Ans .-- You're a good little girl to be

bor's" behalf, thank you for the hints

What Should He Give? Dear Miss Grey,—This is the second time I have written you, but I have received no reply in the papers to my questions. I suppose you are kept

Dear Miss Grey,-I am coming into swer by July 27, as I expect to go overseas in a short time 1. Should a young soldier going overseas give a present to the girl he had been going with before he went?

2. What would be a suitable gift for 3. I have some cigarette flags which I will give to any one sending in their

4. When introduced to girls, what would a suitable reply be? Thanking you in advance, I am, LORD HAZENBACK.

Ans.—1. Yes, he might give her a remembrance of some sort. If not enthoroughly dissolved before you put the gaged the gift should not be of great 2. Consider first what she has, then choose something else. A handbag or

camera is a nice gift. Emblem pins are especially prized and they may be purchased in a great variety of styles and prices. If you are engaged, a ring or wrist watch is not too expensive to give. A pretty bracelet might please 3. Please send me the flags, as we have a constant demand for them. 4. Say: "I am glad to meet you."

Helpful-Not Meddling.

Dear Miss Grey,-I see where you ell "Silver Bell" that you have a numper of correspondents from this town, so I thought I would add to the list. You certainly receive some very interesting letters.

I am sending a dime for "Aunt Nannie's" quilt; would make a block, but am very busy with three wee boys. I also help outdoors a little, as men are scarce. Am sending some coupons that I came across when cleaning out a drawer; someone may care for them. Am also sending the song, "Break the pons to "Tender Heart." News to Mother." Have written from memory, so maybe there are a few words not just right. It is a beautiful supplies the other song. piece and was sung so much when I was a child in England. Have never

heard it in Canada, so thought you might like to get it. Now, could I trouble you enough to ask you to publish an elderberry wine recipe? I would be much obliged. You may think you have enough to attend to, but I was thinking that it would be nice if the readers would send subscriptions once a month for clothes needed by a girl going to Nor-Red Cross work; they could send the mal. money to you and you could hand it

month it should amount to a nice sum. Province Hoping this meets with favor, I will sign what I suppose you think I am, Age (if child's or misses' pattern) ...

MEDDLESOME MATTIE. Ans,-Indeed, I' have no such opinion, so you might have chosen a nicer name! A young stepmother wrote the same day as your letter was received, she just needed that number to obtain whatever it may be of "meddlesome."

we Canadians. I do not know when reach you in it was first introduced here, but at the date of application. time of the Boer war it was very popular in Canada. However, I shall be glad to reproduce it in our "old favor-

Re the Red Cross contributions, what do our readers think? I should be willing to receive money if the Cynthians cared to trust me, and turn it

already contributing to their local ing the blouse. branches and might not care to undertake further obligations. Stem the fruit and crush in a crock, very busy, but, if possible, please an- eral thicknesses of cheese cloth and wear; a good serge skirt, and blouse Nannie's" quilt.

then replace the juice in the crock, al- of blue ponge, with sailor blouse Stir until the sugar is dissolved Then cover the top with a clean cloth and set it in a warm place for about four weeks for it to ferment. When it

fully through the cloth and pour into oottles. Seal tightly and lay on their sides in a cool, dark place. Twillight in the Park. letter. Can you print an old favorite

has ceased to ferment, drain off care-

song on your page? It is called "Twilight in the Park." Oh, I met her at the gate, and she sweetly said good-bye.' The last of chorus is:

"Twilight in the park, Twilight in the park; That's the time I love is. Twilight in the pak." A BUSY FARMER'S WIFE.

Ans .- This sounds very romantic, indeed. I hope someone can supply it. Her First Visit.

Dear Miss Grey,-Here comes another one to bother you, but will try and be "brief." as this is my first letter to

I saw in today's paper where "Tender Heart" was wanting some baking powder coupons, so am inclosing some for I would like very much to get the songs, "Good Luck to the Boys of the

Soldier-Boy Tonight" (I think that is the name.) trouble, I am NATANIS. Ans.-Am pleased to send your coup-I have a copy of "Good Luck, etc.," for you, but will wait a week or so to see if anyone

Going to Norma!. Dear Miss Grey,—Please may I come back to thank the friends who so kindly helped me some time ago? They will think their remedies killed me sure, but not so, I am still living and glad to say feeling no worse. I wonder if Miss Grey could tell me how to clean a maize colored crepe de chine waist, and black

Again thanking friends and yourself over to the society once a month. Now, you have a lot of readers and as before.

Again thanking friends and yourself to you which I would like to say. Is country LASS. if they all gave even a dime every Ans.—So you're going to become a not so weak (get meaning of that

SPLENDID DRESS IN TAILORED STYLE.

Waist-1730. Skirt-1744.

The smart yoke facing on skirt and waist, the jaunty sleeve and pocket trimmings, are all new style features on this design. The waist and skirt may be finished separately. As here shown, striped taffeta in green tones was used. The waist is made with a coat closing and the collar may be rolled high or low. The sleeve in wrist length is finished in shirtwaist style. In elbow length it has a flare cuff ex-The waist pattern is cut in six sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The skirt pattern is cut in six sizes, 22, 24, 26, 28, 30 and 32 inches waist measure. It will require 81/8 yards of 36-inch material to make the entire dress for a medium size. With waist and skirt separate the waist will require 2% yards of 36-inch material and the skirt 4% yards of 44-inch material. The skirt measures 2% yards at its lower This illustration calls for two sep-

arate 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:

Measurement: Bust Waist ...

Caution: Be careful to inclose the as your letter was received, above illustration, and send size of tern wanted. When the pattern is measure you need only mark 32, 34 o

her premium; and there are others asking for baking powder coupons, so you see you're really helpful in place of "meddlesome" whatever it may be. Whatever it may be. Whatever it may be wastern waster askirt, give walst and length measure. When misses' or child's pattern, write only the figure representing "Normal-ite" in place of a "country

lass"? Best of success at your studies when you begin. You might remove some of the soil from that waist by putting some cornmeal in a pillowcase, rubbing the blouse in it well, and leaving for a day or so. But probably to wash it in gasoline would be most satover to the Red Cross Society each isfactory of all. If you have a patch of But many of our readers are the goods handy, test it before immers-2. It's pretty difficult to give really

helpful suggestions for some one else's clothes, but you may gain some ideas either with a potato masher or fruit from this. Nothing seems so service-Strain this juice through sev- able as navy blue for school or lowing half pound of white sugar to serge for the colder weather (class a number of quilts every year for my rooms are not always warm) would seem sensible; a wash silk blouse in I enjoy reading rooms are not always warm) would grandchildren and great grandchildren. white is nice to alternate with the For coats, you will need a dark ones. heavy one for the winter months, but at the beginning of the term a coat to match your skirt would be good. You will need a "best" dress of thin woolen terial, a light frock for evening affairs, (although you probably will have Dear Miss Grey,—This is my first if possible, stout boots for street wear, you long continue to read the page. and lighter ones (or slippers) to rest the feet in the evenings. of underwear you will need to be guided, in part, by the weather. years the warm weather last late in the autumn, which would necessitate bringing a supply of light underclothing.

Soldier's Lassle's Thanks Dear Miss Grey,-Please find inclosed the rose jar recipe a reader asked for nut drop cake recipe asked for, and three songs. Hope they will be of some use. Have also sent a cookie recipe. Am inclosing postage for the songs copied for me, and I wish to thank the kind read for her trouble. Has anyone four of the cig arette flags with the flowers on that may have, and two or three of the flannelette gum flags, please? Best wishes to you and all the read-

Ans .- Thank you for sending the drop cake recipe once more. Shall cer-Allies," and "Say Good-Bye to Your tainly make good use of the songs you send, as they are often asked for.

Can someone send "S. L." a few flags?

> Busy With Studies. Dear Miss Grey,-I have been very usy with my examinations and have had time for nothing other than stud-

Are young girls not foolish who ask so much about boys or "fellows," as they term them? How silly it sounds! I think if they would stop being so foolish and try to do some patriotic work they would benefit in the end. I won't say so much about girls giving their colors, about hair, etc., and asking what they should wear and the rest of it, because some girls do wear fearful colors, which do not become

them. "Mac," I will try not to say anything

Daily Bible **Question Club**

By Rev. T. S. Linscott, D. D. (All Rights Reserved.) The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible ory on which this study is based, as ou ponder the following questions:

The word of the cross .- 1 Cor, 1:1,

Golden text .- Far be it from me to lory, save in the cross of our Lord Jesus Christ. Gal. 6:14. 8. Verses 9-11. Show how it is possible to hold the same opinions and still be divided in heart, and to hold different opinions and be one in heart. 9. If two men are contentious, that is, bitter toward each other, can you say or not, and why, that neither of them

is a Christian? 10. Verses 12-16. When a church is contentious, as here described by Paul, by what kind of argument can you show that it is a Christian church?

11. If two men actually quarrel over the proper subjects, or the mode of Christian baptism, why are they not followers of Satan?

word) as you are? You are a disgrace to this fair Canada of ours. Do you ever knit or do anything for the boys, who are letting you use "freedom of speech?" You said you thought you were entitled to it, but please remember if it were not for our soldier boys you would not be here to use it. You are simply disgusting.

1. What will take iron rust off white

I will close now, with best wishes to Mail-Box.

Please tell me meaning of name AUDREY. P.S.-Will copy any of following songs: "The Faded Coat of Blue,"
"Nellie Grey," "My Heart Has Learned
to Love You," "When Jack Comes
Back," "Khaki," "Never Let Yourself Forget That You Are Irish, Too,"

"Dixie Law." Ans .- We'll all hope that attention to studies will bring you success. I am not sure, but fancy your name has the same derivation as Aurora or Aurelia, which means "dawn, golden or morning redness." One authority says it means "fresh"-but, of course, in the nice sense of the word! Your offers of songs are passed on.

Nice For Supper. Dear Miss Grey,-I have been one of the silent readers of your page, but now come for help from your page. 1. Two menus for a simple Sunday

evening supper? 2. When a girl is going to her own church and her boy friend a stranger, should she precede him to the seat if there are no ushers? I don't think I shall join the contest

in knitting as I'm rather slow, but have knit three pairs for some of the boys. I hope to see this soon in the page ing the page every success, I sign my-JUST NINETEEN.

(a) Cold sliced tongue notato salad, relish, ripe raspberries, tea biscuit, light cake, tea. (b) Salad of green peas and chopped beets, in lettuce nests, or sliced tomatoes if preferred; salmon loaf, sliced; nut bread, bananas in jelly, cake, tea. The greater part of either meal may

be made ready before hand. 2. Yes, in all cases, where there is no usher, a girl walks down the aisle slightly in advance of her escort. day when he judged your writing. I think it's quite nice.

"Cinder's" Block.

Dear Miss Grey,-I am sending a block for "Aunt Nannie's" quilt. Hope it is right. The red print is not very good, but it is the best we can get at our country store, and I cannot embroider very much. So, if it is not good enough for quilt just dust your desk off with it and drop it in the W. P. B. Yours, as ever, CINDER. Ans .- Don't you ever dare to insinuate that I'd use one of "Aunt Nannie's" blocks to dust my desk! Yours will go to "Aunt Nannie" with all the rest.

Quilts at 81.

Dear Miss Grev.-Inclosed you will find a red and white block for "Aunt

I am 81 years old, but I still plec page. I wish I was near enough to drop in and help "Aunt Nannie" quilt her love guilt.

Sincerely yours, EIGHTY-ONE. Ans.-Dear great-grandma!-We take our hats off to you. Am sure "Aunt Nannie" will think a great deal of little time to wear this!), kimona or your block when she knows that one dressing gown of good weight, raincoat more than four score made it. May

"Caesar's" Oration? Dear Miss Grey,-Here's to the Mail-Box in general, to two or three in particular, and to Miss Grey, "formerly and now playing a prominent part on yoke

The Advertiser staff.' Back again! I come to greet The Mail-Box, with a little feat. Oh, Cynthia Grey, so wise and gay, I've learned what draws us night and

day: You and your troupe of damsels fair, With "Laughing Eyes" so free from care. And, "Silver Bell," the little witch, some varnish. (I tell the truth) she needs the switch. But "Clam'y Ann," with e'er a wheeze, readers.

4. The parody was published last Fri Take my advice keep from the breeze. And then the rest, we'd have you all Come soon again, not wait till fall. "Laughing Eyes," I saw where you were seeking information as to the whereabouts of "Caesar." So in order



Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

Midsummer Sale of Cottons COMMENCING THURSDAY MORNING

This sale is being put on with the express object of giving our customers the opportunity of filling their cotton wants, before we advance our prices, as we will be forced to do in the near future. It will be real economy to take advantage of this sale, as all prices quoted here represent old and special values, and me an a saving of from 25% to 35% on future

Sheetings, Pillow Cottons, Sheets, Pillow Cases, Bedspreads and Cottons Specially Priced for This Sale.

Pillow Cases

HEMMED PILLOW CASES in sizes 40, 42 and 44 inches, very special at 25c pair or \$1.50 a dozen HEMSTITCHED PILLOW CASES, 40, 42 and 44 inches; fine quality cotton at 19c each

HEMSTITCHED PILLOW CASES in a heavy quality cotton; sizes 40, 42, 44 and 46 inches 25c each

Pillow Cottons

CIRCULAR PILLOW COTTON in 42, 44 and 46-inch widths, very special at .. 19c yd. HEAVY CIRCULAR PILLOW COTTON, 40, 42, 44 and 46-inch widths; worth 30c yard, sale price 25c yd. PLAIN PILLOW COTTON in 40 and 42-inch widths only, priced 16c yd.

Bath Towels

35 dozen Bath Towels; white and colored. to sell at 25c pair Hemmed white Bath Towels; extra large size | Marseilles spreads, medium size, special at at 25c each

AGENTS FOR THE LADIES'

Phones 115, 116.

writing, as I have my last year's to help you out I looked up "Annan-Blue, especially, is always in good the stamp code. But I have no copy teacher's opinion and that quite dale's Encyclopaedia and found just taste, and may be brightened with red on hand. Can anyone to whom it has squelched me along that line. Wish- what you wished.

what you wished.

It seems that he has moved his residence from the "Imperial City," and now lives in a picturesque little village, full style books. If I can ever be of full style books. where roll the waves of "Grand Lake Erie." Here he lives, shorn of all his kinglike honors, for if you saw him strutting around the hayfield you'd think he no longer possessed much of an "imperial" officialdom,

"Silver Bell," you should have signed yourself "Silvered Belles." If I am a 'clever piece," you are a clever little rogue, and woe be unto the poor unfortunate who falls under such an enchantress' charms. When you kissed that pin your eyes must have been dimmed with tears, from sheer joy, otherwise you would not have made the grave mistake of kissing it instead of the original. The next time "Twenty-One" wants to be peaking out from behind the dcor, But, au revoir, Cynthians; it is ow 11:35 p.m., so I must retire. Here's ling" in our column, but there's always CAESAR. 25c for the quilt. Ans .- Noble Caesar, thou'rt irrepresstble, or irresistible, or both, and I just hope "C. A.," "B. D." and all the rest of them help me sit on you good and hard. I've summered not far from your picturesque little village," and quite agree with your description. Seems to me we ought to have a snap of you in azines, there are McLean's. Toronto:

the hayfields, all arrayed in your kingly robe of overalls (?) Thanks for the quarter. I'm sending

you the particulars desired. Painting a Floor. Dear Miss Grey,-I am coming again you for help. 1. Please reprint the formula of first coat to paint a floor that is going to be

varnished. I cut it out, but have misplaced it. 2. Could you or any of your readers give me a pattern for crocheted lace for heavy marquisette deep cream curcrochet thread and what number to use. If anyone can supply me with this pat- thanks for "Mrs. McB's" fern

the same. 3. I would be glad to exchange a few gum flags which I have, or to copy some songs for anyone who could give from nobody seems to know just where, a nice openwork pattern for a crocheted

I just think "Aunt Nannie" is a dear. 5. May I call again. Well, good-bye, namesake, ANOTHER CYNTHIA

Ans .- 1. Wonder if this is it? I forget which reader sent it in: It is five ounds of yellow ochre, one pound best glue, one gallon of soft water. Put on the floor hot with a whitewash brush When dry go over it with boiled oil or 2, and 3. Referred to crocheting

5. Sure, drop in again "Cynthia." Dress for School, Dear Miss Grey,-I am happy to have an excuse to call on you again.

disgusted with "Mac" and think that

'Sylvia Pankhurst" certainly gave her her deserts. I have been successful in my exam chool entrance with honors. Miss Grey, could you tell me how school dresses should be made and of that material? I want it to wear durdvise me on such matters. nuch in this busy season, but if you would please consider the matter I

LORELEI. you might have your blouses made in Norfolk, or else sailor style. Nothing is more serviceable than a lightweight serge or cheviot in blue or brown.

page every success, I remain,

HOME JOURNAL PATTERNS 140 DUNDAS STREET.

Another Duckling.

Dear Miss Grey.-This is my first

visit to your corner, which I read with

interest every day. I would like to

exchange songs with some of the read-

ers. I would like Casey Jones. Hello.

o Marching to Germany, Everybody's

Doing It, and School Days. In return

can give Keep the Home Fires Burn-

ing, Silver Bell, I'm a Lonesome Mel-

ody, Somewhere in France, For King

room for one more. If songs come

For Jean's Mother,

"Jean's Mother."—Am very sorry to have to say "no," but it would be di-

rectly against our rules to give the

recommendation. In regard to mag-

flags have been mailed to you.

I'll forward them to you

Central, The Wild Cowboy,

Sheets and Sheeting

SHEETS, size 2x21/2 yards; ready-to-use, ex-

tra special value at 75c each

HEMSTITCHED SHEETS with a fine linen

finish, excellent quality cotton, special at ...

...... \$2.25 pair

80-INCH BLEACHED SHEETINGS with a

round thread, splendid wearing quality.

specially priced at 29c yard

White Cottons

HEAVY WHITE COTTON in a splendid

wearing quality 10c yd.

40-INCH LONGCLOTH of superior quality,

42-INCH NAINSOOK, lovely quality for

gowns and underwear, special at 15c yd.

42-INCH NAINSOOK, a very fine quality at

a special price 20c yd.

Bedspreads

Dimity bedspreads, splendid for summer

use at \$1.25 each

\$1.49 each

College Canada FOR BOYS Upper and Lower Schools Careful Oversight. Thorough Instruction. Large Playing Fields. Excellent Situation. Calendar sent on application.

Autumn Term Commences Sept. 12th, 1916

St. Andrew's

and Country, I Love You, Canada, Sing Again That Sweet Refrain, Rev. D. Bruce Macdonald, M.A., LL.D., Never Let the Old Flag Fall, The Maple Headmaster Leaf and Stay in Your Own Backyard. UGLY DUCKLING. law x Sept.13 Ans.-We have had one "Ugly Duck

West Floral Co.

The oil that soothes, strengthens and imbers up the joints.

OF ALL

SUMMER GOODS

Refrigerators, Reed Rockers, Veranda Chairs, Lawn Seats, Lawn Mowers, etc., all reduced 25 per cent for quick clearance.

265 DUNDAS STREET.

Wolf & Sons

247 Dundas St.

The Courier, Toronto; Canada Month-ly, London; Home Monthly, Winnipeg Compound and Westminster, Toronto. "Just Rosebud."-The coupons and WON'T SHRINK WOOLENS

"A Stranger" wants "B. C. Sister's flannelette flags, as hasn't enough to finish her cushion. Also is anxious to ROSES get songs entitled, "Gypsy's Warning" and "Answer to Gypsy's Warn-"Apple Elater."-Your letter has been

forwarded to "Cinderella." When the parcels come to hand I shall notify want. Also tell me what kind of those for whom they are intended, and they can then send postage. Your tern I will send a stamped envelope for were printed; you evidently overlooked "Friend to All the Boys in Khakt."

-Were your blocks mailed to this of-fice, or delivered personally? No one our business office recollects having received them. Could you inquire. as you can describe the parcel better

Notes. "Texas" implores me for a copy of

Your "Get-Away Power in Summer is low. Summer brings mental and physical lassitude. The spirit is languid, the liver is lazy. Nature is trying to unload the toxins that come I am from heavy foods and lack of outdoor exercise. Help Nature to restore natural nations and have passed my high vigor and vim. Get an eightcylinder stamina by eating Shredded Wheat Biscuit ng the fall. I am rather too stout with fresh fruits and green o look nice in middles. If you would ssist me in this matter I would be vegetables. Cut out meat very thankful, for I have no one to and potatoes - eat these I am sorry to have to trouble you so delicious, nourishing little loaves of baked whole wheat would be very thankful. Wishing your and be cool, contented and happy. For breakfast with Ans.—If middles don't seem to suit. milk or cream; for luncheon

Made in Canada

with berries or other fruits.

FRYS COCOA

CEETEE UNDERCLOTHING Guaranteed Not To Shrink.

LETTUCE. Head, fine, each, 10c. LETTUCE. "Cos," 10c. ENDIVE, 10c.

Main & Collyer TELEPHONE 2831, P. O. BOX 278