A PAGE OF GENERAL INTEREST TO WOMEN READERS

A CORDIAL INVITATION

Is extended to the women of London and vicinity to attend a

Demonstration of Baking

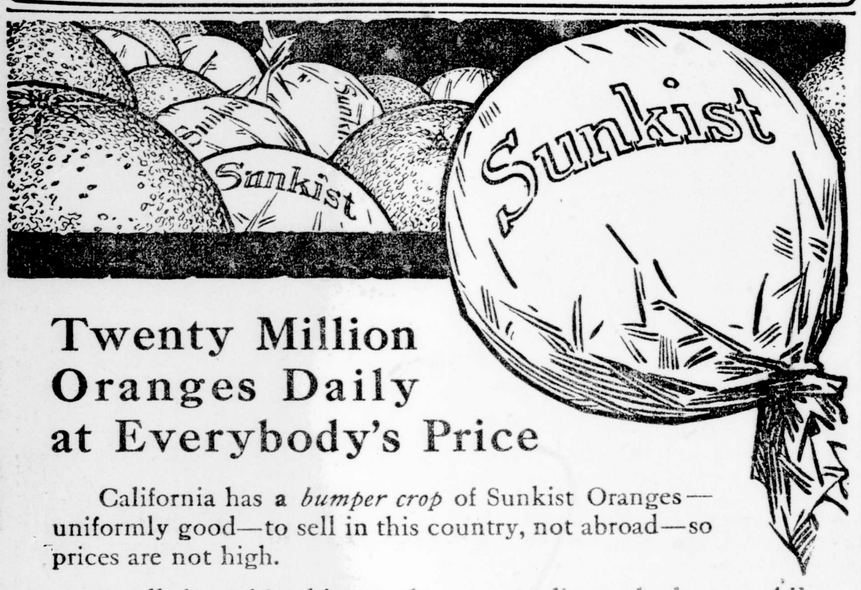
Which is to be held daily from

Monday, April 30, to Saturday, May 5, at

CHAS. W. SUMMERS & SON'S STORE

577 HAMILTON ROAD.

The demonstration will be under the personal direction of Mrs. Clarry Hunt, the accomplished and gifted Australian Food Expert. These demonstrations will be absolutely FREE.



Twenty Million Oranges Daily at Everybody's Price

California has a *bumper crop* of Sunkist Oranges—uniformly good—to sell in this country, not abroad—so prices are not high.

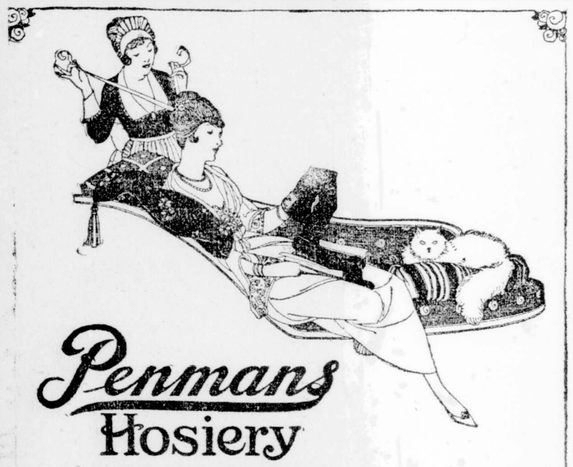
Small sizes of Sunkist are the same quality as the larger. *All* Sunkist are *uniformly good.* All homes can afford them. Everybody can profit by eating less meat and more oranges and vegetables. For their health's sake give the children oranges instead of candy.

Order, today, from your grocer. All retailers now have these oranges in abundance at attractive prices. The smaller sizes are juicy and thin-skinned.

Sunkist

Uniformly Good Oranges

California Fruit Growers Exchange, A Co-operative, Non-Profit Organization of 8,000 Growers, Los Angeles, California



Penmans Hosiery

THE STANDARD OF EXCELLENCE

There is no other brand of hosiery that has made such rapid strides in popularity as Penmans. It combines elegance and practical use for all dress occasions.

—in all weights and prevailing shades.

Penmans, Limited
Paris

Also makers of Underwear and Sweater Coats

146

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

Lifebuoy Soap, 5c

A Cleaner and Disinfectant

Cynthia Grey's Mail-Box

Wounded Three Times.

Dear Miss Grey,—I saw by The Advertiser page where someone was asking for a soldier's name so they could send him a parcel. Knowing this young lad's parents are not able to send him many parcels, and as he has been wounded three times, I know he would be delighted if anyone sent him a box. Yours truly,

A LOVER OF YOUR PAGE.

This lad left London with the 70th Battalion.

Ans.—I'm waiting with inky pen to send this lad's address to anyone who asks. He surely deserves some Mail Box friends.

Regular Rainbow Effect.

Dear Miss Grey,—Did you ever feel blue or green with envy or white with rage?

I am inclosing a few recipes which I hope some of our readers will like.

Mother made salmon loaf, which appeared on the Page some time ago, and it was very good.

Well I will have to close. I wanted to write more, but I have forgotten what it all was, and no doubt you hate to be pestered with so many letters.

TWENTY-SEVEN.

Ans.—Mercy on us! Do you think I am a chameleon? But, to 'fess up, maybe I've felt all three at once, when my dearest enemy had a becoming new spring hat, and I was obliged to wear an old 'un!

Your recipes are fine, and appear under Cook-Book heading. Hope you will forgive the "mutilation" of your letter, but I felt it was best. As to being "pestered," if there were no letters, I'd have no job, and what a sad plight I should be in then! Nextly, your surmise is right; and lastly, I'm not looking for a vacation this year.

A Welcome Visitor.

Dear Miss Grey,—I have been going to send a note for some time, but neglected doing so. I am inclosing a tie pattern for "Everybody's Sister." It is very pretty when done in silk. Was it "Auntie's Friend" to whom I loaned "The Songs My Mother Used To Sing"? I have failed so far to secure another copy. W. A. R.

Ans.—Your design is even now in the hands of "Everybody's Sister," and no doubt "brother" will rejoice in a new tie before long. You are a welcome visitor again, "W. A. R." I wondered whence you had vanished. And I assure you, you never did anything to offend me in the least. I like you and your letter, too. But that trip?—not while the war lasts, I fear.

Cookies For Overseas.

Dear Miss Grey,—I should appreciate it very much if you could give me a couple of recipes for cookies to be sent overseas. Sincerely yours, N. G.

Ans.—Some of our readers who are regularly sending cookies overseas to their friends may have special recipes which they will be kind enough to let me print for you. But in the meantime, these may be found satisfactory:

Oatmeal Date Cookies—One cup of sugar, ½ cup butter, ½ cup lard, 2 cups oatmeal, 3 cups flour, ½ cup buttermilk, 1 small teaspoon soda, pinch salt.

Date Filling for Cookies—One pound dates, ¾ cup sugar, 1 cup water; boil till thick, spread between cookies.

Walnut Macaroons—One small cup brown sugar, 1 egg, 2 tablespoons melted butter, 1 tablespoon sweet milk, ½ teaspoon baking powder, 1 cup chopped walnut meats, 4 tablespoons flour.

Hermits—Two eggs, 1 large cup sugar, ¾ cup shortening, ¾ cup sour milk, ¾ teaspoon soda, ½ teaspoon cinnamon, 1½ cups flour, 1½ cups oatmeal, ½ cup chopped raisins, ½ cup currants. Drop from spoon; they should spread out like cookies.

A Mother's Sorrow.

Dear Miss Grey,—I see "Aunt Nannie" has some seeds, and I would very much like some. Will you forward this letter to her please. I am in great distress now, as I received word my only son was killed in action on April 9, and oh! how many were wounded that same day.

I see where the readers are asking for apple marmalade. Well, if they use the same things for pears, it makes such a nice change for preserves. This is how I make mine: Four lbs. pears, 2 lemons and 3 oranges; grate the rinds (says the recipe), but I cut mine fine, peel it off fine and then peel off the white, as it makes it bitter. Cut up the oranges and lemons in small pieces; cut the pears larger; put 4 cups water in kettle and boil altogether for 2 hours; let stand over night, then add 4 lbs. of white sugar and boil for two hours altogether; if it's not transparent, boil a little longer; be careful not to burn it. Put in jelly glasses and let stand till cold before covering.

Crabapples or snowapples done the same way make a nice orange.

Hope you are well, and won't get out of patience with my long letter. Yours sincerely. PRISONERS' FRIEND.

Ans.—My dear friend, what a terrible loss you are called upon to bear! I cannot tell you how sorry I am to hear of it, and yet I am proud of you, to know that in the midst of it, you are trying to forget self for the good of others.

It is certainly a pleasure to send your letter to "Aunt Nannie," and also the inclosure, of course.

Pet Name Is Pete.

Dear Miss Grey,—Here comes another new reader to bother you a short time.

1. Will you please send me the name and address of a lonely soldier? If you have the name of a lonely Scotch Highlander, I would like it much better, but if not the other will do.

2. Will you please give me your opinion of girls waving at trainmen? I mean, is it all right?

3. Please criticise my writing?

4. Do you receive many letters from this postmark?

5. Last, but not least, may I call again? My pet name, PETE.

Ans.—I believe we can send you the name of a real "Scotty," so look pleasant, "Pete."

2. Why folks—particularly girls—should wish to wave at trainmen more than any other individuals on earth, is more than I can fathom. But certain 'tis, 'tis true; there's no harm in it, I suppose, as long as there is no effort on either side towards further acquaintance.

3. It is legible, but youthful in formation.

4. A number.

5. Yessir.

Lost Without Us.

Dear Cynthia,—Inclosed you will find postal note for $1 for subscription to paper. Have been so lost without your page, as we have not been taking The Advertiser for some time. I don't think I can get along any longer without it. How are all the Cynthians? I wonder if they all feel the spring weather like I do? I hope not, anyway. I'm always down and out this time of year with rheumatism. Say, what about exchanging—do you allow it now? I would so much like to get patches or flags to put in the days when I can hardly walk, and the sewing helps me get the days in.

MISS PRIM.

Ans.—The money has been handed to the circulation department, and a receipt will be sent you. Am sorry to hear of your illness, which must indeed be trying. As the flags: Much as I should like to, I would scarcely be considered fair to make an exception in the case of one reader, but there is no objection to your getting a few patches. Cynthians will please obtain Miss Prim's address before forwarding. It will be cheerfully supplied.

Helpful to Two.

Dear Miss Grey,—Seeing where I can be of some use, I have come to help "134th Highland Girl," by copying the pattern of a butterfly, which I secured while in the hospital a very short time ago. It has been a year since I called, so won't stay long. Was very glad to see "Aunt Nannie's" letter last week. I only wish I had some fragrant English violets to send her. I sincerely hope this pattern will be of some use. I remain as ever. CURLY NIG.

Ans.—You will be doubly pleased, "Curly Nig," to hear that your instructions are of use to two readers in place of one. "In a Hurry" was pleading for just such a pattern the other day, and I can send directions to her while awaiting "Highland Girl's" address.

She Thanks Olivia.

Dear Miss Grey,—I see in your column that "Olivia" has sent to the Mail Box several copies of instructions for knitting soldiers' socks and wishes my address for same. I am inclosing my address, although I gave it before when I made the request for instructions. Many thanks to Olivia for them. Have been looking anxiously for the instructions to be printed in The Advertiser, as Miss Grey stated that she would be pleased to reprint them and help along a good cause. From

A MEMBER OF THE RED CROSS.

Ans.—The directions supplied by Olivia have been sent this reader. May say that while I try to list the many addresses received, they go astray sometimes, as in the above instances.

Different From Father.

Dear Miss Grey,—Most certainly we want to have something to say about votes for women. I do, at least. Why should we not vote? Haven't we an equal right with the men? To be sure there are grand and good men, and well-educated men too, in the world, but there are just as good and as well-educated women also. We should at least be allowed our chance. I heard a man a short time ago make the remark, "What is the good of giving women votes? They won't know what they are voting for." Well, at least a great many of us do know, and those who don't, let me say to you, get busy and find out. We are not to be so easily beaten. My opinion is there are just as many men today that do not thoroughly understand what they are voting for as there will be of women. A great many of them vote (and have done so for years) just as father did, without ever having an opinion of their own. But I am glad to say that since I was 16 I have had my own views and opinions, and it is not the same as my father's, either, though you may be sure my husband is on the same side—ha, ha! I think I hear someone say, "He knows the safe side, at least."

Well, Miss Grey, I sure had to smile when I read the letter signed "Two Tissue-Paper Dolls." It seems they are not in favor of woman suffrage. They seem to have forgotten that not so many years ago Great Britain was ruled by one of the noblest women the world ever knew, our beloved Queen Victoria. Now, Dollies, we are not asking to rule Great Britain, but only for an equal right with our men folks to vote. "Gadding," indeed! Oh, well, no doubt it is their first escape from the nursery, so we won't be too hard on them for giving their opinions this time, so run back to your nurse, Dollies, and try your luck at amusing the kiddies.

Say, Miss Grey, where are all our old Pageites? Have they gone to war? I miss some of them very much. Come, "Parsonage Mother," we can't let you stay away too long, and "In the Dust," I do hope you haven't been smothered in those terrible days of spring cleaning. Let us hear from you again soon. Well, I think I had best run away now and solicit some votes for—— Ha, ha! I think I can hear someone whispering about the W. P. B., so bye-bye, all good friends. Yours to a cinder.

FUSS AND FEATHER.

Ans.—An interesting letter, and I hope to receive other epistles giving views on this big subject. The door of opportunity is practically open for Canadian women as enfranchised citizens, and they must not fail to "measure up" to requirements.

WHEN LIVER IS TORPID

or sluggish all the other vital organs of your body are affected—you have stomach and bowel troubles, your head aches, your skin loses its clearness, and you have "the blues." Take Hood's Pills—gentle and thorough. Do not irritate nor gripe. Price 25c, of all druggists, or C. I. Hood Company, Lowell, Mass.

London Advertiser COOK-BOOK

Recipes Supplied by Cynthia Grey's Readers.

Sent By "Twenty-Seven."

Potato Omelet—Beat the yolks of 3 eggs very light, season 1 cup of mashed potatoes with 1 saltspoon of salt, ½ cup of milk, 2 teaspoons of sifted flour, a little chopped parsley, pepper to taste, and a little lemon juice if liked. Beat the yolks of the eggs into this, then the beaten whites. Heat an omelet pan, butter, and when piping hot, pour the potato omelet into it. Brown lightly, turn, and serve very hot.

Cape Cod Creamed Fish and Potatoes—Soak salt codfish for several hours in cold water, drain and cut into pieces. Cut cold cooked potatoes into dice and mix with the fish, having equal quantities of fish and potatoes. Put into a saucepan with sufficient cream to cover, season to taste with salt, pepper and paprika, and cook slowly until cream thickens (about 40 minutes).

Graham Gems—One-half cupful of good syrup or brown sugar, 1 cupful of sour milk, 1 teaspoonful of soda, ½ teaspoonful of salt, 1 tablespoonful butter (melted), graham flour enough to make a stiff batter. Mix in the order given, and bake in hissing-hot gem-pans.

Fruit Roly-Poly—To 2 cupfuls of flour add a pinch of salt, 4 level teaspoonfuls of baking powder and 1 tablespoonful of lard (or shortening). Mix with cold water to a consistency sufficient to roll out very thin. Take ½ can of can of chopped peaches or pineapples, or any fresh fruit in season. Spread fruit on rolled-out crust, sprinkle well with sugar, roll up as jelly-roll, and put in a deep round pan well greased with butter. Add ½ cupful of sugar and a tablespoonful of butter. Cover all with boiling water, and put in oven to bake until a good brown. The boiling water, sugar and butter make the sauce.

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D.

(All Rights Reserved.)

The six daily studies for this week constitute the international Sunday School Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

"Jesus, the Servant of All." John, xiii., 1-17.

Golden Text—"Whosoever would be first among you, shall be servant of all." Mark, x., 44.

7. Verses 4-5—Why should every Christian, no matter how exalted his position, arrange his affairs, and so "gird himself," that he may do personal service for everybody?

8. What kind of service may Christians do in these days for their fellows, to most nearly correspond with Jesus washing his disciples' feet?

9. Why cannot any person be a disciple of Jesus, who is not willing to do the most menial thing for his fellows, should God so command?

Advertiser Patterns

A POPULAR AND PLEASING MODEL.

2019—Girls' One-Piece Yoke Dress, with Sleeve in Either of Two Lengths. This is a good style for wash dresses, and is also nice for serge, gabardine, plaid and checked suiting. It will look well in linen and taffeta. The dress is plaited below a square yoke, and the sleeve may be finished in wrist or elbow length. The pattern is cut in four sizes: 4, 6, 8 and 10 years. It requires 4⅞ yards of 36-inch material for a 6-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'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 32, 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 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.

Our Big Annual Sale of Mill-Ends of Dress Ginghams and Chambrays

Commences Tomorrow (Thursday) Morning at 8:30

A splendid lot of mill ends of Fine Ginghams and Chambrays, suitable for house dresses, aprons and children's dresses, in stripes, checks, plaids and plain colors that are guaranteed fast dye, in lengths from one to five yards. These materials are worth today 15c to 17c yard.

Our Special Sale Price is 11c Yard

Why Pay 20, 25, 30 for patterns

NO HOME PATTERN COSTS OVER 15¢

ILLUSTRATED IN THE LADIES' HOME JOURNAL

HOME PATTERN DEPT.

Ladies' Home Journal Patterns

HERE'S ONE THING THAT HAS NOT ADVANCED IN PRICE.

The Ladies' Home Journal Pattern is absolutely the best to be had in every sense, and is now the only first-class pattern which is still being sold for 10c and 15c. Again you save in using it, as it helps women to dress themselves and their children more becomingly and more economically than ever before. Every pattern is an accurate, simple working plan, an exact guide to a perfect-fitting, stylish dress.

Gray's LIMITED.

Agents for the Ladies' Home Journal Patterns.
140 DUNDAS STREET.
Phones 115, 116.

Gray's LIMITED.

Rideau Hall Coffee

is enjoyable at any time. It has a delicious, appetizing flavor, and a mild, pleasant, refreshing influence.

Rideau Hall Coffee is uniformly ground and tested for quality in the cup. It is coffee just as you would like it.

Air-Tight Pound Tins, 45c
Smaller Tins . . . 25c

Gorman Eckert Company Ltd.
London & Winnipeg

CLEAN-UP WEEK

[Chicago News.]

The first breath of spring causes the housekeeper to feel a surge of renovating fever. Just as Edna Ferber has so well described the psychological moment when a woman feels she must wash her hair, so there seems to come a similar moment when she cannot endure one moment longer the pent-up conditions of winter housekeeping. We long to throw open the windows, shake the rugs, air and brush our heavy clothing.

Now, although the most ideal housekeeper never allows her house to get in such a condition that it needs an allopathic cleaning in one full swoop, still spring seems at all times of the year the natural one for rearranging, sorting, discarding, disposing.

But now a word of caution. Just dragging out the discards and dumping them on the dumbwaiter or garbage can, leaving them to languish until the department sends for them, is not the best way. First, in clearing out articles, especially clothing, remember that while last season's hat and overcoat may seem worthless in your eyes, there are others less fortunate who might obtain another season's use from them. So take the trouble to make up piles of clothing or other useful articles and send a call for the Salvation Army or some such suitable agency.

As to papers, books and magazines, remember that there is a shortage of paper so serious at present that we may see a newspaper famine. All old paper can be used again, and if neatly packed it sells at a fraction of a cent per pound. Old rags should not be burned, but kept separate, for while we may scorn our cast-off underwear, it makes a splendid roofing material and other new furnishings of value.

In this cleaning campaign lay in a store of disinfectants and use them intelligently. Various compounds of creosote are extremely good smelling and excellent for washing out closets, walls, floors, etc. For stronger uses around the bathroom use a chloride or carbolic, taking care that the bottle is put away out of reach. The tar products, such as tar paper, tar flakes, and balls, are needed to scatter among clothes, blankets and all articles that are laid away. At this time the plumbing of the house should be looked over. Traps should be flushed with strong solution of washing soda. Outside all basement drains can be treated to a bath of kerosene. Let no rubbish, especially rags, matches or excelsior, lie around to offer a good spring nesting place for Mr. Fly, Mr. Roach and other many-legged visitors.

Now is the time to plan adequate screenings of the house, as already Mr. Fly has arrived from Palm Beach and other favorite southern resorts. Forget not that sunlight is the chiefest disinfectant, and that bedding and every kind of tufted or fabric furnishing should be treated to a good sun bath. If articles are to be laid away for the summer first spray them with naphtha, using a hand atomizer or small liquid sprayer. Remember that every additional article in a room takes up that much of the air and breathing space, besides offering a lodgment for dust. The spring clean-up should have for its object elimination of the unessential as well as the sanitation of the house.

BEDBUGS.

Go over all infected or suspected parts on beds, base-boards, walls and edges of wallpaper exhaustively with a small paint brush dipped in half a pint of spirits of turpentine. As you go along, stop up all cracks and crevices where it is possible for an insect to hide with carbolic soap. Take care not to go near an open fire or a flame of any kind when using the turpentine, as it is inflammable. A solution of corrosive sublimate can be used in the same way, but remember it is poisonous.

Varnish is a sure and safe remedy where it can be used, as it not only does away with the bugs, but improves the appearance of your furniture as well. Give a thorough application to all parts of your bedstead, making sure that every slat, crack and corner receives attention.

Try washing the infected parts with two pounds of alum reduced to a powder and dissolved in about four quarts of boiling water. Keep the water well heated while you use it.

VERSE
NEW AND OLD

BRAVE BOYS ARE THEY.

[Copy sent by "Tory."]

Heavily falls the rain,
Wild are the breezes tonight,
But 'neath the roofs the hours as they fly,
Are happy and calm and bright,
Gathering 'round the fire,
Although it be summer-time,
They sit and talk of brothers abroad,
Forgetting the midnight chime.

Refrain.

Brave boys are they,
Gone to their country's call.
But yet, oh yet, we cannot forget
That many brave boys must fall.

Resting on grassy couches,
Pillowed by hillock so damp,
Of martial fire how little we know,
Till brothers are in the camp.
Thinking no less of them,
Loving our country the more,
We send them forth to fight for the flag
Their fathers before them bore.

Oh, the dread field of battle,
Soon to be strewn with graves,
If brothers fall they bury them where
Their banner in triumph waves.
This was our parting trust;
God bless you, boys, we'll welcome you home,
When rebels are in the dust.

No Better Salt in the World

Windsor Table Salt

Made in Canada

THE CANADIAN SALT CO. LIMITED

WOMEN'S INSTITUTE

COLDSTREAM, May 1. — The annual meeting of the Coldstream Women's Institute, for election of officers, will be held at the Foresters' Hall, Poplar Hill, on Tuesday, May 8, at 2 p.m.

After the business the following program will be given: "Sentiments on Spring"; Red Cross report, Miss K. Salisbury; music, Miss Leila Lindsay; difficult churning, reasons and remedies, Miss Laura Gregory; paper, "The Gentle Art of Making Happy," Mrs. Sarah Marsh; reading, Mrs. Hiram Cutler. A collection for Belgian relief will be taken; shower for soldiers.

At the April meeting Miss Salisbury reported 65 pairs socks, 20 pyjamas and 2 day-shirts sent to Hyman Hall during the month.

Instead of cold tea put in **CHOCOLATTA**

Add boiling water and serve

—and see how much better your lunch tastes. Chocolatta is a highly nutritious and digestable beverage and requires only boiling water to make—

a delicious palatable drink.

Chocolate and cocoa and tea ordinarly require sugar and milk before they can be drunk, but Chocolatta (because it contains the chocolate, milk and sugar together) is always ready in an instant.

THE NUTRIENT FOOD COMPANY
Toronto, Canada

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Don't be in doubt-order **HUNT'S DIAMOND FLOUR**

"Always the same" Since 1854 and that the best

2250

Graduation Bouquets

"THE BEST FROM WEST."

WEST FLORAL CO.

249 Dundas St. Phone 2187.

ZXV

Whenever you sprain your ankle or wrist, think of

COMPASS OIL

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

X