A CORDIAL INVITATION

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

Demonstration of Baking

Monday, April 30, to Saturday, May 5, at CHAS. W. SUMMERS & SON'S STORE

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.



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.



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London Advertiser



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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

Ing 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.

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.

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 surming is right; and lastly, I'm not looking for a vacation this year.

A Welcome Visitor. Dear Miss Grey,—I have been going to end 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

surmise is right; and lastly, I looking for a vacation this year.

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 oatmeai, 3 cups flour, ½ cup buttermilk, 1 small teaspoon soda, pinch salt.

Date Filling for Cookies—One pound the circulation department, receipt will be sent you. An Date Filling for Cookies—One pound dates. % cup sugar, 1 cup water; boil till thick, spread between cookies.

Walnut Macaroons—One smail cup brown sugar, 1 egg, 3 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, % cup shortening, % cup sour milk, % 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.

London Advertiser
COOK = BOOK
Recipes Supplied by Cynthia
Grey's Readers.

Sent By "Twenty-Seven."

Potato Omelet—Beat the yolks of sexs very light, season 1 cup of mashed potatoes with 1 saltspoon of salt, tycup of milk, 2 teaspoons of stleft 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 plping hot, pour the potato omelet into it. Brown lightly, turn, and serve very hot.

Cape Cod Creamed Fish and Potatoes—Soak salt codish for several hours in cold water, drain and cut into pleces, 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 some course of fish and potatoes. Pet Name is Pete.

Jane Alexandro Manager County in the 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 fust such a pattern the other way and ice as the potato of making the potato of making the potato of making the potato of making the potato of the expension of salt, the potato of the potato

"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?

We won this big subject. The door of candian 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.

Advertiser Patterns



A POPULAR AND PLEASING MODEL. 2019—Girls' One-Piece Yoke Dress, with Sleeve in Either of Two Lengths.

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.

Cookles For Overseas.

Cookles 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:

as per directions given below:

Name

Town

Province

Age (if child's or misses' pattern

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. 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.

Theumatism. Say, what about exchangmed you allow it now? I would so much like to get patches or flags to put

Dear Miss Grev.-Seeing where I can

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

Our Special Sale Price is 11c Yard



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 perfectfitting, stylish dress.

JOURNAL

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

WOMEN'S INSTITUTE

COLDSTREAM, May 1. - The annual

neeting of the Coldstream Women's

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.

'cold tea

put in

dd boiling water and serve

better your lunch

is a highly nutritious and digestable beyonly boiling water

> a delicious palatable

and tea ordinarly re-

quire sugar and milk

before they can be

drunk, but Choco-

tains the chocolate, milk and sugar to-

gether) is always ready in an instant.

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latta (because it con

to make-

drink. Chocolate and cocoa

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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 46

is enjoyable at any time. It has a deli-

VERSE

[Copy sent by "Tory."] Heavily falls the rain, wind 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.

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 cauntry 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 whe
Their banner in triumph waves.
This was our parting trust;
God bless you, boys, we'll welcom



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