OF GENERAL INTEREST TO WOMEN READERS

aking powder made in Canada that does not contain alum and plainly stated on the label.

Daughters of the Empire

Bale 229—30 grey flannel shirts. Bale 230—48 large pads.

Bale 231—27 large pads. Bale 232—17 pads, 380



The convener of boye—13 hospital shirts, 22 gauze hand-mittee, I. O. D. E., acknowledges the following contribu-Roberts' 9 grey flannel Hospital, Shorncliffe, England: shirts, 1 suit py-jamas, 2 pairs socks.

Bethel Ladies' Aid Society, Ilderton, through Lord Bale 23 Elgin Chapter, I. O. D. E.—46 hospital sponges. shirts, 3 suits pyjamas, 12 pairs socks, and \$5 for the motor truck for the 142nd Regiment. Avonton Chapter, I. O. D. E., Avon-

on.-22 flannel shirts, 22 pairs handknitted socks. Little friends of our soldiers, Clande

EDUCATIONAL

St. Agnes' School

Patron, The LORD BISHOP OF ONTARIO. OF ONTARIO.

Handsome, thoroughly equipped building — beautiful, grounds—all outdoor rinks—swimming pool. An ideal place for a school.

PREPARATION FOR THE UNIVERSITIES, SCHOOL OF MILISIC.

MUSIC. MUSIC.
Ernest Wheatley, A.R.C.O.,
Director.
Special Courses for A. T. C. M.
Advisory Board — The Lord
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Corby, Judge Wills, H. F. Ketcheson, Esq., J. Elliott, Esq. FOR PROSPECTUS APPLY TO MISS F. E. CARROLL, Principal.

OAKVILLE, ONT.

A country boarding school for boys, 20

iles from Toronto. The Autumn term opens on Thursday, leptember 14, 1916, at 10:30 a.m. Pros-September 14, 1916, at 10:30 a.m. Prospectus and full information supplied on

J. S. H. GUEST, M.A. (Cambridge), Headmaster.



HLMA LADIES' COLLEGE OPENS ITS THIRTY-SIXTH YEAR ON SEPTEMBER TWELFTH: NINETEEN HUNDRED & SIXTEEN

Larnia, Ontario The Finest Business College Flori in Cana

Every Student in a Good Position.

Write for Illustrated Catalogue. 1aw-t-Sep.2

For calendar and terms: R. I. Warner, M. A., D.D., Alma College, St. Thomas, Ont.

Ontario Ladies' College

And Conservatory of Music and Art, Whitby, Ontario. A SCHOOL OF IDEALS AND AN IDEAL SCHOOL FOR GIRLS. Healthful, picturesque location with the outdoor advantages of the untry as well as the cultural influence of Toronto, which is only 30 miles

way. Academic courses from Preparatory work to Junior Matriculation. Teacher's Certificates and First Year University, Music, Art, Oratory Domestic Science, Commercial Work, Physical Training, by means of arunusually well-equipped gymnasium, large swimming pool and systematized olay. An alert mind, a strong body, a well-balanced moral sense, a broad social vision, are the aims of this institution. COLLEGE REOPENS SEPTEMBER 12TH, 1916.

For Calendar write REV. E. L. FAREWELL, B. A., Principal.

Training Gives Confidence-Confidence Means Success

There are two ways of living-live according to what you earn and Mye TRAINING IS THE ONE THING THAT MAKES THIS POSSIBLE.



Y. M. C. A. BUILDING, LONDON, ONT., and train for a position of trust. Lay the foundation now for a suc

Fall Term from September 5

SEND FOR YUR FREE CATALOGUE. J. W. WESTERVELT, JUN., J. W. WESTERVELT,

Chartered Accountant, Vice- Principal.



You can fill the shakers direct from the opening in the handsome, dust-proof Sifto Salt carton.

Once you try it you'll agree that "Sifto" Salt is the most satisfactory of all salts for table use. It remains "free running," no matter how damp Never hardens and never clogs the holes of the shaker. It is dazzling white and wonderfully pure, too.

At all first-class grocers.

Prepared by the "Century Salt" people. DOMINION SALT CO., LIMITED, Sarnia, Ont.

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.]

has been very ill indeed, but writes that

she is some better and improving slow

A Helpful Hand.

Dear Miss Grey,—I saw in the paper where "Troubles" wanted the two

songs, "Always Take a Girl Named Daisy" and "Save Your Kisses Till the

too late in the season to get a wide

Ans .-- You have not spared yourse

if the weather continues warm.

Got Up Courage,

Came at Last!

BURNING ECZEMA

Trial Free

work, "Doris," for this means a lot of

copying, I am sure. "Troubles" songs

striped skirt? Sincerely,

have been sent her.

1. Not twenty.

Her Khakl Face. Dear Miss Grey,—I have been wait-ng for some time for the Mail-Box to down so that I might have room insert my "want column." mention, so I will just jot down the

1. I have a little slip of pincushion t to bloom, to pick off all the slips and not allow it to branch out at all. Can any of the flower lovers give me any information concerning it? . May I have that battalion song o the tune of "When You Wore a Contents of bales packed August 16, 'ulip." I missed cutting it out. by the Daughters of the Empire, Lon-

don, for Queen's Canadian Military reasonably suppose I have already ac-Miss Grey, it mars my beauty heaps, and that's a calamity as it is never very much in evidence anyway.

4. Has anyone found themselves bur-Mrs. McLaren Brown, honorary sec-

retary of the C. W. C. A., England, dened with too many velvet writes to the Marion Keith Club as mats? If so, they would be very acceptable as I have about one-quar Marion Keith Club.

Care Mrs. Campbell.

Dear Madam,—In a recent consignment received through Mrs. Campbell, were some towels and sheets forwarded by your club.

I am directed to convey through you to all those concerned in this very welcome gift, the very grateful thanks of this association. As you may have enough to make a cushion. I'm afraid

welcome gift, the very grateful thanks of this association. As you may have heard, a bad fire gutted a large portion of our hospital supplies, and your tion of our hospital supplies, and your the words of "Mount Warm soft water and white soap, rinse and blue in lukewarm water, roll them I saw the request in today's paper, in a clean cloth for about half an low. Am sending the words of "Mount Vernon Pills for Paddy-Ump-Dump," as I saw the request in today's paper, in silver or stamps. heard, a bad fire gutted a large portion of our hospital supplies, and your sheets and towels were doubly welcome, coming as they did when we were in need of all sorts of hospital supplies.

and blue in lukewarm water, roll them up in a clean cloth for about half an hour, then iron, she would have no trouble keeping them white.

Did any of the readers ever try oaliged, Also, if you have more white satin flags than you know what to do with, I will send a stamped envelope with large party of the Allies"? I would be greatly obliged. Also, if you have more white satin flags than you know what to do with, I will send a stamped envelope with large party of the would be greatly obliged. Also, if you have more white satin flags than you know what to do with, I will send a stamped envelope with large party of the would be greatly obliged. Also, if you have more white satin flags than you know what to do with, I will send a stamped envelope.

The Nations' Flags.

Dear Miss Grey,—Thanks so much or your kind thought in sending back my Poland flag, also in offering me may more I wish. If you happen to have a satin flag of Canada, and one care in the Nations' Flags.

For "Marguerite."

Dear Miss Grey,—I saw where some one who signed herself "Marguerite" wanted soap coupons. I have sent these, as they are no use to me. In reduction of the nations of the saying, for course, that I can give a satisfactory answer. Yes, your friends were right. Thanks. Do

I know you too?

Came at Last!

Then strain and bott spirits (if preferred). I am inclosing a form who signed herself "Marguerite" wanted soap coupons. I have sent these, as they are no use to me. In reduction of the property of the pr can eat Last!

Came at Last!

Dear Miss Grey,—Am sending three turn (if I am not too late) I would like the following songs, "Juniata," south.

The GIRL FROM THE SUNNY turn (if I am not too late) I would like the following songs, "Juniata," south.

Came at Last!

Dear Miss Grey,—Am sending three turn (if I am not too late) I would like the following songs, "Juniata," "Hello Central, Give Me Heaven," "Auld these days, "Billy Boy," Port Rowan, the port of the po a Gypsy wrapper. With bess. OLD COUNTRY WOMAN.

Ans.—Your flag has been returned, also some sent for you by "W. A. P."
I've included one of Canada, Great Britain, but could find neither Scotland nor Ireland among my assort- a month, and finally decided to walk

white linen tablecloth?

3. Is it proper for a girl to accept a bracelet from a young man? My folks

C. A." Hope "G. F. S. S." gets have been quite wrathy with me for tter so we can hear from her again. doing so. Do you think it dreadfully A Red Cross report from France tells Yours at B-4, HAZELL. nours at B-4, HAZELL.

Ans.—Glad you like your oushion now ou've made it. For the ink stain try talic acid; wet the spot, drop a very the acid on, leave for a few minutes, or work between the spot.

Our "Girl From the Sunny South"

Daily Bible Healed by Cuticura **Ouestion Club**

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

The six daily studies for this week "The Riot at Ephesus." Acts, xix.,

Golden Text-"The Love of Money Is a Root of All Kinds of Evils." I. Tim., vi., 10. 19. Verses 35-41-Who was the god-

dess Diana supposed to be, and what did her worship stand for? 20. Was it superstition pure and simple, or is there any ground for belief that the image of the goddess Diana did fall down from heaven? 21. When is it ever wise to act under the influence of anger or passion? Lesson for Sunday, August 27, 1916: Journeying to Jerusalem." Acts xx.,

ADVERTISER **PATTERNS**



A SET OF SMART WRAPS. 1698.—These pretty and fashionable capes are nice for wear over the pretty thin gowns of this season. They may be developed in material to match a dress, or made of taffeta, crepe de chine, 4. Personally, I should think so, but velvet, chiffon, embroide vou might still get considerable wear velvet, chiffon, embroidery, faille, pop-

The pattern includes the three styles illustrated, and is cut in three sizessmall, medium and large. It requires 14 yards of 30-inch material for No. 1. Miss Grey,-I have been a reader of never muster up courage to write until now. Am sending the words of "Mount

and explain; certainly, ask anything you like, not saying, of course, that I For "Marguerite."

To add to the life and beauty of woollens, flannels, laces and all kinds of sensitive fabrics-use

the incomparable cleanser. LUX is the pure essence of fine soap, in flakes It dissolves readily in hot

water-makes a cream-like

lather which cannot injure

fine fabrics or dainty hands. Just try LUX. 10c. Woollens



Made in Canada by Lever Brothers Limited, Toronto

Miss Grey,—I have been a reader of your page for some time, but could never muster up courage to write until now. Am sending the words of "Mount Verpon Pills for Paddy-Lymp-Dump," as A pattern of this flustration mailed the reader of the pattern Vernon Pills for Paddy-Ump-Dump," as to any address on receipt of 10 cents spare. I can feel for her, for I get the onging to see my people who are all in he Old Land, but I am very fond Canada, and think it a grand countr and so free, but of course England i "home." I will change my name and sign myself, STEPMOTHER No. 2.

Ans.—Your letter is very bright and amusing, despite your khaki countenance. Khaki is the fashionable color this year, so why fret? If you send address and a stamp, a copy of that battalion song is yours. Your dime for "Aunt Nannie" has been credited. Does anybody know how "Y. T." should care for her cactus in order to have bloom?

Mrs. Do-Much.

Dear Miss Grey,—I have just finished reading the Mail-Box, and see where "Raddy-Ump-Dump" would like the words of "Mount Vernon Bells," so I have written them off for her. Also where "Summer Shower" would like to know how to wash silk gloves without turning them yellow.

"LOILIDOD"

"LOILIDOD"

"Cat.

"Loillpop's" Cat.

"Loillpop's" Cat.

"Loillpop's" Cat.

"Inches" or "y-cars." Patterns cannot reach you in less than one week from and they of "you replied letter. I understood that to war with a military blue coat? Many love your page.

Could you or any of your readers tell me what to do for a cat with the mange and how it's caused?

Have used sulphur and vaseline; the don't help. Mange suggests filth—does it not?

Have you ever been up here? Its a pretty town all right. But—Now I all low with the words of "Mount Vernon Bells," so I have written them of for her. Also where "Summer Shower" would like to know how to wash silk gloves without turning them yellow.

LOLLIDOD

"LONELY MOTHER.

"Inches" or "y-cars." Patterns cannot reach you in less than one week from and makes or "you replication.

"Wicked considering he was a very nice our wicked considering he was a very nice our will less to a given the nighter of application.

Wicked considering he was a very nice our will allow me to send my love to "Mrs. Homebird." I enjoy her letters especially.

Swell Inches" or "y-cars." Patterns cannot reach you in less than one week from and wicked considering he was a very nice our will est of application.

Wicked considering he was a very nice our will allow me to send my love to "Mrs. Homebird." I enjoy her letters especially.

Swell Inches or "Yours." Patterns cannot reach you i

sloves without turning them yellow. I think if she would wash them at night and hang out, and bring them in early in the morning, she will have no trouble. As this is the first time I have written to you, guess I hadn't better be too long. Could you please print a recipe for apple butter? I will inclose a couple of cheap and good recipes.

Ans.—'Mrs. Do-Much." you should have signed, I think. Shall insert an apple butter recipe in the Cook Book for you. Your recipes will appear there also.

The Netland Fig. another five days, stirring each day. Then strain and bottle, adding a little

Dear Miss Grey,—I saw where someone who signed herself "Marguerite" wanted soap coupons. I have sent these, as they are no use to me. In return (if I am not too late) and the same than the same than

e Broach?

S. OLD COUNTRY WORLD.

and have put his name on a block. He is sending 10 cents for "the quilt."

And have put his name on a block. He is sending 10 cents for "the quilt."

Warning and Answer." I have not are on the mend.

RED CROSS AND C.W.C.A.

into The Advertiser office on August 12, cheerfully containing your three blocks and dime. Am sending them not writing sconer, but I have heard not writing sconer, but I have heard a month, and many decided to walk into The Advertiser office on August 12, cheerfully containing your three blocks and dime. Am sending them post-haste to "Aunt Nannie." Every London member who pays \$1 League, St. Marys Ladies' Aid, St. 12, cheerfully containing your three blocks and dime. Am sending them post-haste to "Aunt Nannie." Every London member who pays \$1 League, St. Marys Ladies' Aid, St. 14, St. 15, Church, Kirkton, St. Thomas, Elgin Branch C. W. C. A., Thamesport of the containing two delegates. Please be a hostess! And delegates. Please be a hostess! And delegates. Please be a hostess please. thursday next, will be entertaining the delegates. Please be a hostess! And if you are going to be a hostess, please date W. I., Varna Patriotic Society,

deta on plant as often as it needs to detail a copy of "The Heiress of Heath-annual meeting on Thursday next, Audicular to dele, or Virgie's Inheritance"? Should gust 24. Very many visitors are sure Club, Rectory street school, Boyle Me-London that there would be no advan- an Church, Sacred Heart Convent

us that the ambulance given by this branch is in constant use there. During the month of July the Red Keeping Cool and ions from the following circles.
Aberfeldy, Aughrim W. I., Alvinsto Rokeby Aid Society, Aylmer Red Cross branch, Alvinston, Maple Ridge Red Cross, Belmont, Blenheim, Marlboroug' Chapter, I. O. D. E., Blenheim English Patriotic Society, Brownsville W. Centralia Patriotic League, Chatham Red Cross Society, Clinton Women's Patriotic Society, Denfield, Ladies Circle, East Williams Baptist Church Dorchester Station Red Cross Circle Exeter, Elimville and Sunshine Circle Exeter Book Club, Galt Women's Pa constitute the international constitute the filternational constitute the filternation constitut affected. It was one Workers, Granton Red Cross Auxiliary large eruption and it Hyde Park W. I., Ilderton Red Cross became very itchy and burned. She was cross burned. She was cross became very itchy and burned. She was cross and irritable and for four years I lost sleep.

"She had the trouble seven years before I heard of Cuticura Soap and Ointment. Now she is healed." (Signed) Mrs. Peter Johnson, James St., W., Gravenhurst, Ontario, November 11, 1915.

Sample Each Free by Mail With 32-p. Skin Book. 'Address postcard: "Cuticura, Dept. J., Boston, U.S.A." Sold throughout the world.

A Number of Things.

A Number of Things.

A Number of Things.

Dear Miss Grey,—Am very much interested in your page and am now coming to you for help.

In Please tell again just where you ted to know what to do for ferns turn yellow or brown. This is what the content of the process of the p are supposed to put the initial on table to the know what to do for ferns turn yellow or brown. This is what do: Break off yellow parts and put them where they look best on pit lead on plant as often as it needs it.

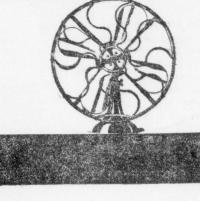
2. Could anyone tell me where I could the possible to arrange advantageous convention rates, for those coming to the best on the possible to arrange advantageous convention rates, for those coming to the best on the possible to arrange advantageous convention rates, for those coming to the best on the possible to arrange advantageous convention rates, for those coming to the best on pit lowslips?

2. Could anyone tell me where I could very lower possible to arrange advantageous convention rates, for those coming to the best on pit lowslips? to come by motor. Others live so near morial School, St. Andrew's Presbyteri-KATHLEEN BOWKER, Honorary Secretary-Treasurer.

> Happy in Summer is easy for the man who knows what to eat. Keep cool and comfortable by eating Shredded Wheat Biscuit with fresh fruit and green vegetables. Make Shredded Wheat your meat during the sultry days. It contains more real bodybuilding nutriment than meat or eggs. Serve with berries or sliced bananas or other fruits.



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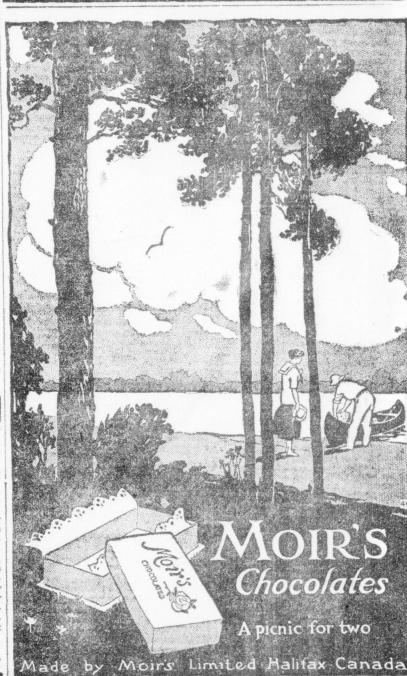
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Any room in the house can be made cool and comfortable on the hottest day for less than a tenth of a cent an hour by simply turning the switch and starting a

ELECTRIC FAN

It brings relief in the sick-room, in the nursery, in the kitchen or dining-room-anywhere in the overheated house.

were in need of all sorts of hospital supplies. Did any of the readers were in meed of all sorts of hospital supplies. Did any of the readers were in meed of all sorts of hospital supplies. Did any of the readers were in meed of all sorts of hospital supplies. Did any of the readers were in meed of all sorts of hospital supplies. Did any of the readers were in the sail for the mean coals and five contains a long time. Wet the state then, drop on the add; lay adde for a white, then rinse find the are room placed in the state of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white, then time in the ward if you he said state the colling of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white state the collings of the songs for "step-mother No. 2." and postage for her or white collings of the songs for "step-mother No. 2." and postage for her or white state the colling of the songs for "step-mother No. 2." and postage for her or white state the colling of the songs for "step-mother No. 2." and postage for her or white state in the colling or "white state is the state of the songs for "step-mother No. 2." and postage for her or white state is the state of the songs for "step-mother No. 2." and postage for her or white state is the state of the songs for "step-mother No. 2." and postage for her or "white state is the songs for "step-mother No. 2." and postage for her or "white state is the song





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for Piles

It has been used with success for

over thirty years. One application

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cured in from three to six applica-

DO NOT SUFFER.

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