# A PAGE OF GENERAL INTEREST TO WOMEN READERS

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**It bears the Seal of Purity**

All over the world the name Sunlight stands for purity in Soap. Our $5,000 guarantee of Purity is something more than an advertisement. It marks the high standard we have set for ourselves to give you the best laundry soap it is possible to produce at any price.

**Sunlight Soap**


### POINT EDWARD RED CROSS.

A shower for soldiers' comforts will be held at the home of Mrs. E. Randall, Livingstone street, Point Edward, on Tuesday evening, March 20. Music and refreshments will be provided. The following articles will be acceptable: Gum, candy, notepaper and pencils, soap, insect powder, talcum powder, socks, or anything else friends know the "boys" would like. These comforts go right to the trenches.

### A MOTHER'S LAMENT.

My Son:
I saw you go—and felt you took with you the best that was in me—my love—my prayers—my tenderness!
Oft in the night I awoke with stifled breath and felt that you had gone—ne'er to return. I prayed—oh! how I prayed that God would give you back to me.
My son!
One night a vision came—I saw the Master's form and heard His voice, "Daughter, have faith—thy son is in My hands. Of what avail your prayers if faith you lack?" and so I leave you in our Father's care,
My son—my son.

—H. E. M. S., in Public Opinion.

## RED CROSS AND C.W.C.A.

### FOR THE BOYS IN CAPTIVITY.

As far as its attitude towards the Canadians imprisoned in Germany is concerned, the Canadian public seems divided into two quite distinct parties, the people who, because of the new regulations forbidding the sending of private parcels to prisoners, feel that the poor boys in captivity are being starved, and are consequently worried and over-anxious, and the other class who are not anxious enough and who leave the care of these unfortunate soldiers to that vague body, the "public," to which, of course, they do not belong.

For the former class there is much comfort to be found in the little pamphlet issued by the Red Cross Society's prisoners' department. Here are a few questions from it:

"The Canadian Red Cross Society now send every fortnight to each prisoner of war from the Canadian contingents, 19 shillings worth of provisions, 12 pounds bread, 100 cigarettes and one-half pound of tobacco. This is irrespective of any money the men may assign from their pay or that their relatives may contribute towards extra parcels."

"Private people may no longer send parcels of food or clothing themselves, but the society will purchase and dispatch food parcels for them to any particular man, with any money contributed. The society will also do its best to carry out any wishes as to the contents of the parcels. These parcels are sent in the name of the subscribers and acknowledged direct to them."

"The Canadian Red Cross Society sends the authorized outfit of clothing to each prisoner as soon as possible after his address is known."

"Unfortunately, owing to the very strict regulations issued by the war office, the society is not allowed to accept any parcels of food or clothing to forward to Germany. Neither can it purchase and dispatch any extra clothing. The outfit sent, which is repeated every six months, should, however, be sufficient."

These outfits consist of the following: Greatcoat, jacket, trousers, cap, boots, 2 shirts, 2 pairs socks, 1 pair canvass shoes, 2 vests, 2 drawers, cardigan, 1 pair gloves, kit bag, 3 handkerchiefs, 2 towels.

It is indeed a great comfort to those who have dear ones in captivity to be assured that the Red Cross Society is seeing that our prisoners do not suffer any actual want that can be prevented. But on the other hand we, who are so fortunate to be spared the anguish of having a son or brother or husband interned in Germany, must not forget that we owe every poor captive boy all the comfort we can possibly send him. We are adding to their cup of bitterness, and who can say how full it already is, if we leave our prisoners entirely to the impersonal ministrations of a society. Those boys in Germany bless the very name of the Red Cross Society, that is saving them from starvation and from death through exposure, but there is not one of them but craves a personal word, a little act of kindness and remembrance from the people in the dear old Canada so far away.

We are only adding our cruelty to that of the Germans if we allow one of those gallant lads to languish there in loneliness, without a word of cheer and an occasional present from somebody safe beneath the shade of the maple. A parcel of food and clothing sent out to number so-and-so from headquarters in England may keep a lad from starving and freezing bodily, but that same parcel, sent from the same place only with the name of a sender in the home-land and accompanied by a letter of sympathy and good-cheer, showing that Canadians are grateful and do not forget—why, that parcel will keep the poor fellow's soul warmed and fed, until you have time to write again and send another parcel.

Those poor boys need the personal touch, and that can be given by our following out Regulation No. 2, quoted above. It cannot be repeated too often; let us look at it again.

"The society will purchase and dispatch food parcels for them (private persons) to any particular man, with any money contributed. The society will also do its best to carry out any wishes as to the contents of the parcels."

In view of this golden opportunity we comfortable stay-at-homes must surely see to it that not one single prisoner is forgotten. The drains upon Red Cross funds are tremendous and they should not be used for this purpose any more than can possibly be prevented. There is a prisoners' club in London, Canada, with a long list of prisoners' names on its roll, poor, lonely, homesick boys, every one of them. They are veritable orphan children waiting to be adopted. And they don't want to be adopted by a big society too busy to single out any one; they each want to be taken under the care of a warm-hearted individual, or a nice little cosy club that will write cheering letters to him, and send him parcels just a little different from what the other fellows get. Write to the secretary, Miss Dorothy Gunn, 136 Kent street, London, Ont., and get a name; dig down into your pockets for that money you were going to spend on yourself, you can't possibly need it as much as he does, and send that boy a parcel every two weeks until the war is over.

Notice the gratitude in these letters from boys imprisoned in Germany. They were all written to friends here who have been sending them some home cheer:

Pte. C. V. Harper writes: "Thank you so much for your card just received. It is nice to get a line from anyone in Canada, and it cheers a fellow up some to know that someone is thinking of him. I received the first parcel this week, for which please accept my heartfelt thanks. I can never thank you properly on paper, but perhaps some day I shall be able to thank you personally. . . . There are only half a dozen of us Canadians here and we are all anxiously looking forward to the day when we shall be back in this gool old land of the maple."

But what would his feelings be upon his return if he remembered that "the good old land of the maple" had forgotten all about him when he was suffering the misery of imprisonment in Germany?

From Switzerland, one of the fortunate ones who was recently sent there from Germany writes: "We boys are very grateful to you people at home, for your kindness to us. We feel we cannot thank you enough."

The letters from Switzerland written with perfect freedom have set at rest any doubts that may have been entertained as to the prisoners receiving their parcels.

"If it wasn't for the kindness of the friends at home," writes still nother, "we would be in a very hard position here. You asked me if I should care to hear from unknown friends. Well, I sure would, as news from home is always welcome. . . . If you receive this letter please answer it, if only by a few words."

Possibly some doubts of the prisoners ever receiving their parcels may have deterred people from sending as generously as they otherwise would have done. But surely those fears have been allayed. The British Government would never give its sanction to the spending of such large sums of money for the Germans. Our prisoners can be cared for, but they should be cared for, each man separately by

## Advertiser Patterns

A Unique and Easily Adjusted Apron.

1597—This style has several good points. It has no cumbersome sleeves, the neck edge is low and free, and the fullness is held in place over the front by the belt forming straps that are crossed at the back, and hold the apron in position over the shoulders. Percale, gingham, seersucker, sateen, drill, muslin or lawn may be used for this style. The pattern is cut in three sizes, small, medium and large. It requires for a medium size 5⅝ yards of 36-inch material.

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, to:

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.


# Charming Collection of New Waists---Moderate in Price

## Pretty Voile Blouses Priced from $1 to $3

**AT $1.00** we have at least twenty different styles for your choosing in All-White Voiles with neat stripes and fancy embroidered fronts, large round, square and convertible collars. Very special value are all these numbers.

**FROM $1.50 TO $3.00** we can give you Fine White Voiles trimmed with dainty lace and neat embroidery, large round, square and pointed collars, also a number of pretty Colored Striped Voiles, neatly trimmed; sizes from 34 to 44.

## Habutai Silk Blouses

ARE SMART PRACTICAL AND REASONABLE.

They are made of soft habutai silk, the kind that washes and wears well, they are smartly designed, and the prices are most moderate, ranging from ..... $1.50 to $3.50

**AT $1.50**—A Pretty Blouse of White Wash Silk with jabot front and large collar, with a dainty lace edge; sizes 34 to 44. Very special value.
**AT $2.00**, two neat styles with large sailor collars of good quality white silk.
**AT $2.50**, two smart styles in white silk with sailor collars, also one number in black silk with convertible collar.
**AT $2.75**, excellent quality White Silk Blouse, made with a large square collar, very smart style.
**AT $2.95**, two Black Wash Silk Blouses, one with neat convertible collar, the other with square collar. Special value.
**AT $3.25**—Two very smart styles of Fine Heavy Quality Silk—One style has a square collar hemstitched, fancy cuffs and pretty pearl buttons; the other has a large, stylish collar, neat cuffs trimmed with two small pearl buttons, two wide pleats in front. Special value are these two numbers.
**AT $3.50**, one style with two smart pockets and large collar trimmed with neat self stitching, another in a plain style, large sailor collar neatly hemstitched; excellent quality silk.
**PONGEE SILK BLOUSES**—Very special values are these natural colored raw silk blouses at....$1.75, $2.00 and $2.25

## Five Special Numbers in Silk Crepe de Chine Waists

Silk Crepe de Chine Blouses with sailor collars, neatly hemstitched, in maize, flesh and white. Special value at..$2.75

**AT $4.00**, Silk Crepe de Chine Blouse in white, flesh and maize, a plain style with large square collar.

**AT $4.75**, two pretty styles in white, flesh and maize or with large round collar edged with dainty lace, also cuffs; the other has too pleats in front, deep square collar with hemstitched border.

**AT $5.00**, an attractive Blouse in white, flesh, champagne and peach, with colored hemstitching, large square collar, heavy quality silk crepe.
**AT $5.50**, Heavy Quality Silk Crepe Blouse, in white, flesh and maize, trimmed with pretty colored stitching, fancy pearl buttons, large collar.
Crepe de Chine Sport Blouse in pretty rose, green, gold and blue stripes, very smart style. Price .....$6.00
A range of exclusive styles in dainty Crepe de Chine and Georgette Crepe Blouses. Priced at...$6.50, $7.50 and $9.00

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Phones 115, 116.

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**The Prize Packet in the Mess Kit is**

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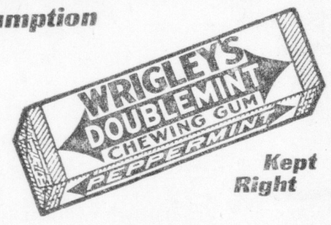


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Millions of bars supplied every month to the Army and Navy. Every bar means more power to our forces — at home and abroad.

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Cleanses mouth and teeth. Helps appetite and digestion. Refreshes, soothes and satisfies.

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C49


## What Every Woman Should Know

*Dr. Ferdinand King, New York physician and author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—iron deficiency—is the greatest curse to the health, strength, vitality and beauty of the modern American Woman.—Sounds warning against use of metalic iron which may injure the teeth, corrode the stomach and do far more harm than good; advises use of only nuxated iron.*

Watch for large article by Dr. King, soon to appear in this paper, entitled "The Crying Need of the Woman of Today Is More Iron in Her Blood." In this article Dr. King explains why the modern American woman requires more iron than she did 20 or 30 years ago, and shows how by taking simple Nuxated Iron, weak, nervous, run-down women may increase their strength, vitality and endurance 100 per cent in two weeks' time in many instances.

Nuxated Iron, recommended above by Dr. King, is for sale by the Standard Drug Stores, and all good druggists, on an absolute guarantee of success and satisfaction or your money refunded.

## Cynthia Grey's Mail-Box

### For a Shower.

Dear Miss Grey,—I am always asking you questions, I am invited to a miscellaneous shower next week. Will you kindly suggest something for me to give, not too expensive, under 40 or 50 cents?
DOLLY.

Ans.—There are dozens of nice gifts, fancy and useful. If you know that the bride-elect is collecting a certain kind of china, a piece might be added to her set. Dainty bits of linen, such as lace-edged doilies, a pretty vase or mantel ornament, card tray, odd bit of china—or in more prosaic matters—a granite saucepan, two or three pie plates or a "teapot for two,"—would any of these suit?

### Mrs. Newlywed's Cake."

Dear Miss Grey,—After seeing "Magnolia's" bread-making experience in last night's Mail-Box, I could not resist the temptation to write and tell of my experience, or rather, inexperience, with cakes.

I was married just before Christmas, and until after my marriage I had never done any baking. I had always worked ever since I was through school, and, of course, I did not have very much time at home. My mother was one of the dearest mothers a girl could possibly have, but, like a great many more, I am afraid she was thoughtless where my learning was concerned.

When I was home any time when mother was going to make a cake, instead of saying to me: "Madoline, stand here and watch me mix this cake together, and then the next time you can try mixing it yourself," it would be: "Madoline, please go and play the piano, or finish off that piece of embroidery; you are in the way here until I get this cake mixed and in the oven." Of course, like most girls, I was only too pleased to get away from the muss ((as I then called it), and the washing of dishes afterward.

I am afraid it was my poor husband who had to suffer for all this. After I was married I wanted to make all the beautiful cakes you read about in the cook books. So I started on a feather cake. Well, some people may have called it feathers, but it was much more like yellow leather to me. All but two pieces of that (which hubby and I TRIED to eat) went in the garbage can. The next was a devil cake, and I don't believe the person it was named after could have eaten it. It was so dry you choked at one mouthful.

The next was Hermits. A friend gave me the recipe. She said they were splendid, and as they called for no eggs, I thought they would be profitable things to make. They turned out a wonderful mass of soggy dough. Do you wonder I quit and became a customer of one of the home bakeries?

But I will tell you a brighter story now. Not being a give-it-up kind of a girl, I bravely tried it again yast week with a recipe I picked out of a book, and I had splendid results. In fact, I made a cake yesterday which my husband says is better than the kind I have been buying at the home bakery. So from now on my motto is "Try, Try Again."

Miss Grey, I do not know how to knit, and I think it would take me some time to learn, and then perhaps I would not be very fast at it, but I crochet very quickly, and I have been told by experts that it is very good work. Do you not think I could help the boys at the front better by crocheting and selling my work and giving the money for their comforts than by wasting time learning to knit, and perhaps just making one pair of socks by Christmas?
MADOLINE.

Ans.—Hurrah for little Mrs. Newlywed and her cakes! I am sure Mr. Newlywed is pretty proud of the little wife who "wouldn't give up."

If you have a good market for your crocheting work, it would seem as though you could do better for patriotic purposes than by learning to knit. On the other hand, if you have no market established for your work, you may find it difficult to sell, and thus result in a waste of time and material. Wonder if you couldn't "do your bit" by working at Hyman Hall, sewing or packing, etc.?

### Enough Strife Elsewhere.

Dear Miss Grey,—I saw in Monday's paper where "Lou" was asking for a cure for ingrown toenails. I think this will help her, as it did mine, and I had a very bad one. Purchase 10 cents' worth of tannin powder at a drug store. Lift up the corner of nail as best you can and crowd in some powder. Hope this is some help.

I enjoy the Page very much when people are trying to help one another, but I do not believe in trying to carry on so much strife. There is surely enough of that in this world just at present. Could anyone be so kind as to tell me anything about using peroxide and ammonia for hair on the face? Is it a sure cure, and how long will it take, or could you offer any other suggestions for it? So many preparations only seem to make it worse.

Well, I must close, as this is my first visit, and I would not like to have the cold shoulder turned on me. Hope to see an end of all this nagging on our Page.
AN INGERSOLL READER.

Ans.—Shall welcome any message from those who may have tried the peroxide-ammonia treatment. It is "supposed" to eventually destroy the root of the hair, the liquids being used alternately every day, but can anybody tell "Ingersoll Reader" if it really does?

### He Still Reads Them.

Dear Miss Grey,—I am slow in coming to your Page, but have not had the opportunity to write, for I have been at Windsor and having a good time. I still read the interesting items in The London Advertiser, and like to read them. I washed the ties in a solution of gasoline, and it cleaned them good.

I see where "A Subscriber" wants to a loving friend or group of friends, interested in him individually.

Please, won't you write to Miss Gunn and tell her you want to adopt a poor lonely boy, until his time of imprisonment is ended?
MARIAN KEITH,
Press-Sec.

## 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 Story on which this study is based, as you ponder the following questions:

Review—"Jesus, the Way, the Truth and the Life." Read John, xiv., 1-14.

Golden Text—"Jesus saith unto him, I am the way, and the truth, and the life; no one cometh unto the Father but by me." John, xiv., 6.

The questions for this week may be used as an original lesson, or as a review of the eleven preceding weekly lessons. The date, and title of each lesson, where found, Golden Text, and one question selected from each lesson, follow during the present week.

Jan. 7—"Jesus, the Life and Light of Men." John, 1., 1-18.

Golden Text—"In Him was life, and the life was the light of men." John, 1., 4.

1. Verse 4—When the Word created life, did he do it as a finished product, that is life fully organized, or create the germ only?

**The World's most famous Dressmakers**

are making changes in styles to which this season's D & A Corsets are perfectly adapted.

The D & A Corsets are fitted on living Canadian models and bring to Canadian women the latest styles adapted specially to their requirements.

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*D & A Corsets are made by the Dominion Corset Co., makers of the La Diva Corsets and the D & A "Good Shape" Brassières.*

5.17

NON RUSTABLE
**D&A CORSETS**

DOMINION CORSET CO., QUEBEC MONTREAL TORONTO


know the names of the hospitals in Detroit. If she would like me to, I could give them to "A subscriber."
BILLY GOLDEN.

Ans.—Perhaps the reader inquiring for Detroit hospitals will let "Billy" know.

### LOBO WOMEN'S INSTITUTE.

The regular meeting of the Lobo Women's Institute will be held at the home of Mrs. D. T. Gray on Wednesday afternoon, March 21. All ladies invited.


**Green Carnations and Shamrock for St. Patrick's Day**

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