

Sunlight Soap

Saves Them

last as was as possible—it's a wer time duty. Sunlight Soap s the purest and best of all anndry soaps so it's the safest cleanser -and its the most condiplost because being pure, it takes less to de the wash then

Grocers always sell Suntyht. LEVER BROTHERS LIMITED. Toronto, Ont.

Daily Bible Question Club

SUGGESTIVE QUESTIONS ON THE UNIFORM LESSON FOR SUNDAY, NOVEMBER 10, 1918. ONE GOLDEN TEXT SUGGESTION. By Rev. T. B. Linscott, D.D. Jacob Deceives His Father. Genesis

QUESTIONS FOR TODAY.

10. Verses 26, 21.—Why is a plous lier nore dangerous than any other kind?
11. If we have a distinct promise from 3cd, why is it never necessary for us, a any conscious way, to help him carry tour? 12. Verses 22-24.—How can you illustrate that starting out to gain a thing by fraud, every step of the process we need to invent other lies, and perpetrate other deceptions, to carry out the scheme?

New Season of "Y" Political 65 Baskets a Day, as Well as

Golden Text-Speak ye truth each one

Scheme?
Golden Text—Speak ye truth each one with his neighbor.—Eph. xxiv: 25.
A CROOKED "STRAIGHTEDED" IS A CONTRADICTION.
We need to learn that there is inherent virtue in truth and necessary in the policy of advocacte a dectrine, which we believe to be false, because it is "orthodox" is the blackest kind of lying; it perverts the true interests of the people and and perverts our conception of God and the Gospol, it is a contradiction in terms to speak of a crooked instrument, thinking it is straight, will surely come to grief. That which is true mechanically and markmatically, is equally true morally and spiritually.

A Writer Sor. Vaurs.

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A Writer Named Khan, Dear Miss Cynthia Grey.—Can you tell me in the columns of your valuable paper what paper a writer named "Khan." The shame the true the green that the paper a writer named "Khan." The subtraint of the work of the paper a writer named "Khan." The Cult endoyed a very successfully and mathematically, is equally true morally and spiritually.

A Writer Sor. Vaurs.

A VERY OLD SUBSCRIBER.

A NEW OLD SUBSCRIBER.

A

in the Toronto Telegram.

thousands of people in that time, and we have yet to hear of a complaint as Price 250 a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Company, Limited, Toronto,

HOW TO CURE GOITRE OR THICK NECK.

By a painless home treatment of roots and herbs, which build up the oots and herbs, which build up the forty years' standing in a few weeks' time. This treatment is guaranteed to be harmless and will not harm the most delicate system. Write for in-

formation to PROFESSOR MARLO, Your Old Carpets

Canada Rug Co.

POLLY AND HER PALS-



Jimmy Coon and His Friends The Adventures of the Little People of the Great Forest

THE BEAVERS PLAN TO SAVE THEIR FRIENDS. Pone who jumped into the mire did not use their minds. They didn't stop to think what they were doing, and this caused all the trouble. And much of our trouble in the world, you know, comes from not stopping to think. It was very feelish in the little people to do the first thing that popped into their little heads.

But the Beavers used their their their the black and muddy bettom of the pond which they had made, you see, they were too good and made, you see, they were too good and their thing that popped into their little heads. You see, the little people of Mirror And they dearly loved their beautiful one who jumped into the mire did not her minds. They didn't step to have it ruined, and see nothing but the

do the first thing that popped into their little heads.

But the Beavers used their brains.

But the Beavers used their brains.

When they first woke up that morning and saw the water in Mirror Pond had all run away down into Murmuring Brook and Big River during the night, tagy were shocked and terribly disappointed. They felt very bad indeed, for all of their hard work seemed wasted, and their lives were in peril, because thair enemies could enter their houses.

Their make a new Mirror Pond at once. Now, Tom and Jerry, and all the rest of you, get busy right away, and don't let any grass grow under your their enamies could enter their houses. and don't let any grass grow under your feet."



I wish you could have seen those
Beavers as they poured out of their
door in single file, each carrying his
working tools. Father Beaver led the
gene of workmen for he always was working tools. Father Beaver led the gang of workmen, for he always was the big boss of a hard Job. And every Beaver Workmen obeyed him to the very letter. And that was the reason they were so successful.

When the Beavers reached the bank close behind their little house, Father Beaver said: "Just look at the danger the little people are in who are stuck the little people are in who are stuck in that deep mire. Look, they are stuck in thatf'shrdlcmfwyshrdlupupup sinking lower and lower, and very soon will disappear and lose their lives; for,

you see, some can only just stick the little noses above the dangerous quick sands. Now, all come quickly, and for And it was a great sight to see every Beaver running along the bank, trying to keep up with Father Beaver, who would not allow one of them to step a foot on the dangerous mire.

Tomorrow-The Beavers Do Rescus

DOMINION SECRETARY URGENT APPEAL FROM ALEXANDRA SCHOOL MEETING OF "Y" CLUB FOR FOOD AND CARS

Club Will Open Nov.

handled by up-to-date women are some of the special features, which will be afforded by this year's program. Those wishing to join may register at any time at the Central V W C A 187 afforded by this year's program. Those wishing to join may register at any time at the Central Y. W. C. A., 187 King street.

Patriotic Western Ontario

Address All News for This Column to the Editor of the Women's Page,

HARRINGTON R. C. CIRCLE. The packing committee of the Har-ington Red Cross Circle met at the tome of Mrs. Innes Sutherland to pack their usual monthly box to Hyman Hall, which consisted of 14 suits pyjamas, 64 towels, 26 pairs socks, 6 face cloths, with a total value of \$57.10. They also sent 34 pairs of socks, 19 towels to Harrington box overseas

Maked Milk for Invalids

A nourishing and digestible diet. Con-

70 Nurses' Lunches, Still

**Settled with, Unless a free action of the bowels cocurs at least once a day, constipation is sure to ensue, the normal common table piles, sick and billous haddenes, coated dongue, obnoxious haddeness and uncomfortable piles, sick and billous hadd

ANOTHER GRANDMA.

Ans.—We are always pleased to have the "grandmas" drop in for a chat, for invariably they bring along some useful hints. So call in again, "Grandma"; we'll keep a warm corner for you.

Where To?
Dear Miss Grey,—Will you kindly send me a lonely soldier's address? I am hoping to see this in print soon.
Thanking in return, MUGGS.
Ans.—Shall be delighted to do so upon receipt of a stamped, addressed envelope.

Missed Seeing It. Dear Miss Grey,—About a month ago I wrote to the Mail-Box, telling you that I was a new-comer, and how much good I was getting from the Page. I also inclosed a stamped envelope for stocking-foot pattern, but as yet have not seen my letter in print, nor re-ceived the pattern. So I thought I would venture once more and see if this will reach you. We came from Missouri, and I like Canada very much. ing a new housekeeper, I cannot tell away in stone jars. u how much I have appreciated the ly the spices can be

Advertiser Patterns



any address on receipt of 10 cents silver or stamps.

CYNTHIA GREY'S
MAIL=BOX

Dear Miss Grey,—I am 13 years of age and would like to correspond with some girl of about that age. I am in the Senior IV. class. Like the other farmerettes my older sister and I work out in the field, our principal work is heeing in the garden. Dear Miss Grey, as I am just learning how to crochet, would you or any other kind reader send me some lace patterns, also the daisy yoke pattern? Would you kindly supply me with the words of an old

N. B., writes: "Having been troubled for years with constipation and trying everything I knew of, a friend advised me to use Milburn's Laxa-Liver Pills. I can gladly recommend them to anyone who suffers from constipation.

Milburn's Laxa-Liver Pills have been on the market for the past 25 years, and have been used with the best results by thousands of people in that time, and

A FRIEND OF THE SOLDIERS. Ans.—Has anybody heard from Sap-per Harris? Please let F. of S. know if he is well. Shall try and send you another name soon.

What's Apple Butter For? Dear Miss Grey,—Seeing apple but-ter spoken of in the Mail-Box would any of our readers kindly tell a working housekeeper what it is used for and how it is made? One of your readers, A WORKING HOUSEKEEPER. A WORKING HOUSEREEPER.

Ans.—How is apple butter used? Well lady. I 'spects it's to be spread on bread just like any other jam. Here are two ways to make it: Apple Butter.—Boil new cides down one-half, then add an equal quantity of apples which have been pared, quartered and cored; boil till the apples are tender then sweeten.

It till the apples are tender, then sweeten, and boil to a smooth, buttery mass, without stirring; spice to taste, and put away in stone jars. If cooked properly the spices can be omitted if desired, and the true apple flavor preserved. Better if left slightly tart.

Apple Butter Without Cider.—Pare and core the apples; boil in water until fruit is soft; mash to a fine pulp; to each 25 pounds of apples add 2 ounces to give something again. But this is

An old-time poet wrote it, And we feel its truth within. When folks share a common trouble, Why, they find a common tie, And good-nature seems to double When the clouds are in the sky."

"'One touch of human nature

Just makes the whole world kin.'

-00 El- arold to redolf ent nou of



The Spanish Influenza

"A Touch of Human Kindness"

TT TAKES a serious affliction like the recent epidemic of Spanish Influenza to really bring out the best there is in most of us. Nothing more splendid has been seen in all the war than the utter fearlessness and devotion to others shown by those brave girls and women who-taking their lives in their hands-went into pestilence-ridden homes to nurse the sick and soothe the dying, and we want to pay our own profound tribute right here to the Sisters of Service for their noble work.

Our own business was seriously hampered by many of our men being laid off through sickness, upsetting our production and deranging our



Sincere thanks are due our thousands of customers who cheerfully accepted the inconvenience of late delivery that at times could not be avoided, do what we would. We found in the good-humor of the people that "touch of human nature that makes the whole world kin," and take this opportunity of saying, with real gratitude-

"Thanks, Folks!"

"FOOD IS WINNING THE

NEAL BAKING COMPANY, LIMITED WAR-DON'T WASTE IT." WINDSOR, LONDON, SARNIA, ST. THOMAS

Cook until thoroughly mixed

and thickened. Cookles Without Eggs. Dear Miss Grey,—I heard that peo-le in Canada could not send parcels

to American soldiers without a special request. Is this true? If so, can you please give me particulars, as I have several relatives "over there" to whom several relatives "over there" to whom I would like to send parcels. Here is a recipe for oatmeal cookies without eggs: Two cups sugar, I cup shortening, I cup boiling wate, I teaspoon soda dissolved in water, 5 cups oatmeal (rolled oats), I pinch sait, 3 cups flour with I teaspoon baking powder, I teaspoon cinnamon. Roll soft, and bake in a quick oven. A cup of relating would improve the cookies, but

ican soldiers unless they send a request for such. The request has to be signed by a commanding officer, and when sending the box request has to be inclosed, and it has to be stated on out-side of box that request is inside.

A Bride's Queries. Bride-To-Be: (1) September 8, 1899, came on a Friday. (2) Usually the bride came on a Friday. (2) Usually the bride provides the linen supply for the new home, and frequently her mother assists in this "labor of love," but I suppose it is not absolutely necessary if it better suits convenience to do otherwise. (3) The bride is privileged to have whom she chooses as her bridesmaid; it need not be the sister if the prefers the friend. (4) Shades of brown should be most becoming.—seal. nigpose it is not absolutely necessary if it better suits convenience to do otherwise. (3) The bride is privileged to have whom she chooses as her bridesmald; it need not be the sister if the prefers the friend. (4) Shades of brown should be most becoming,—seal, nigger, or castor. (5) Yes, the bride's mother is the hostess on this occasion, and she should welcome the guests; then they pass on to offer congratulations to bride and groom.

Mrs. Rip's Music.

Miss Grey,'I saw my letter in print, and I would like "Mary Elizabeth" to return "In the Shadows of the Pines" when she has finished with it, as it is an old favorite. Yours sincerely, MRS. RIP VAN WINKLIM. "Mary Elizabeth," please note "Mrs. "R. V. W.s" request. The latter, however, failed to give her address a second time, and I did not retain it before,

Dear Friend,-Do you know what will make hair grow where it fell out in

without eggs: Two cups sugar, 1 cup shortening, 1 cup boiling wate, 1 teaspoon soda dissolved in water, 5 cups oatmeal (rolled oats), 1 pinch salt, 3 cups flour with 1 teaspoon baking powder, 1 teaspoon cinnamon. Roll soft and bake in a quick oven. A cup of raisins would improve the cookies, but they are good without them.

MARION U. S. A.

Ans.—This is the information supplied by the London postoffice, regarding the matter: Boxes cannot be sent to American soldlers unless they send a request

Forgot Her Address.

Dear Miss Grey,—I am back to your page once more. I see where "Beth" has the song of "The Gypsy's Warning," which I would like to have very much, and also "The Shadow of the Pines," If you have it. ROSEBUD.

Ans.—You overlooked one little formality, "Rosebud"—that of inclosing name, address and stamp. However, if anyone incloses a song for you, I shall tell you via the Mall-Box.

DIED AT DURHAM.

By Cliff Sterrett

YOU GOT &

AUTHIN'

ON ME

MAGGIE!

red-blooded Canadians there as organic iron - Nuxated ron," says Dr. James Francis Sullivan, tor, and Vice-Presidential formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital, Nuxated Iron often increases the strength, and endurance of weak, nervous, rundown people in two weeks' time. It is now being used by over three million people annually, including such men as Hon.

Leslie M. Shaw, formerly Becretary of

Money for Victory Bonds

THE money you can save in a year by using Klim-pasteurized separated milk in powder form-will go long way towards buying Victory

Besides this saving, Klim is 100% nutritive value. It has the natural fresh milk flavor and being in convenient powder form enables you to use all the separated milk on the table and in cooking that your needs demand. No waiting for the milk man, no tickets to buy, no bottles to



wash. Use Klim as you need it. It is always fresh. The tins have covers. In baking mix dry with flour, sugar, etc. For table use in liquid form, whip into water. Make just the quantity required for each meal. In I and 10 lb. tins at you

Grocers'.

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