A PAGE OF GENERAL INTEREST TO WOMEN READERS

London Advertiser COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

"A Pretty Canary."

Crabapple Catsup—Three pounds of crabapples boiled, 1 quart of vinegar, 1 tablespoon salt, 1 teaspoon cinnamon, 1 teaspoon ground allspice, cayenne pepper to suit your taste, also sugar to suit your taste. I cook crabapples till real soft and mash through a sieve, and then add the rest, heat and seal.

"Merry Anna H.'s Mother."

Hasty Bread Pudding—Put a pint of milk in double boiler and let come to a boil. Then add 2 cups of finely cut dried breadcrumbs (they are best put through a grinder), ½ cup sugar, flavor with nutmeg. Stir in 1 tablespoon flour dampened with water. One egg may be added. Serve with fruit or milk.

[Mrs. Doolittle.]

Oatmeal Cookies—One cup oatmeal, soaked over night in one cup of sour cream; one egg, half-cup sugar, two tablespoons syrup (molasses), one teaspoon soda (scant), salt, spices, one-half or two-thirds cup raisins, flour to make quite stiff; drop on tins and bake.

Cucumber Relish—One quart large cucumbers, one quart onions, one quart cabbage, one quart vinegar, quarter-pound mustard, three cups brown sugar, quarter-teaspoonful red pepper, one teaspoonful turmeric; put cucumbers, onions and cabbage through the chopper, sprinkle lightly with salt and let stand over night; in morning drain, put in dressing and cook for fifteen or twenty minutes.

YOUR boy who "plays the game," your active outdoor chap, needs something besides the regular three-square. He finds in Kellogg's Toasted Corn Flakes an ever-ready and tasty food to repair the waste of the energy which his healthy nature demands.

10c. a package.

The only product made in Canada by THE BATTLE CREEK TOASTED CORN FLAKE CO., Limited London, Ont.

Kellogg's TOASTED CORN FLAKES

188

The Lights of 65 Years Ago

ARE STILL DOING DUTY IN THE SHAPE OF

EDDY'S MATCHES

SIXTY-FIVE YEARS AGO THE FIRST CANADIAN-MADE MATCHES WERE MADE AT HULL BY EDDY AND SINCE THAT TIME FOR MATERIALS AND STRIKING QUALITIES, EDDY'S HAVE BEEN THE ACKNOWLEDGED BEST.

WHEN BUYING MATCHES SPECIFY

EDDY'S

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.]

A Brave Spirit.

Dear Miss Grey,—I am sending a Polish flag, asked for by one of the readers, also a few Sweetheart coupons and Surprise ovals. I only wish I had more to send. I wish to thank "Busy Bee" and "Olivia" for their kind sympathy. Anyone who has lost a little one of their own well know just what I have gone through. I say "lost," but when I think it over I shouldn't say that, for those little ones are far better off than if they were left in this world. God can give them better care than we can, and they belong to him. Still it is hard to part with them. Yet we must not complain, and any way it will only be a short time till we will all have to go, then if we have done what is right in this world we will have the pleasure of meeting our loved ones in heaven.

I would like very much to hear from a "Poor Man's Wife."

I am sending a piece of poetry, which I think is very nice, and hope you will have room to print it on your page some time. FADED LILY.

Ans.—You are facing your trouble in a brave spirit, and we must all honor you for it. Shall be glad to make room for the verses, "The Tapestry Weavers." The snaps you sent interested me very much, and I shall now know just what our "Faded Lily" and her family is like.

Warm-Hearted Friend.

Dear Miss Grey,—I'm always getting so many helpful recipes and hints from your page, so I think it's time I was helping. Someone asked for a string-bean recipe, and as I've tried this with success, I'll pass it on. Cut into pieces fresh, plump string beans, boil in salted water as for the table. Skim out the beans and fill in jars to the top. To the remaining juice, add one tablespoon of vinegar to each quart of beans, bring to a boil and pour over beans and seal. Keep in cool dark place. When you open in winter add cream, butter, and pepper.

"Subscriber," I have a dozen or so white satin flags I'd like to exchange for a resurrection plant if you're willing.

I also have three Sweetheart brand coupons and four Sunlight coupons. I'll send them in to you to give to who may want them.

Would you print this song, Miss Grey? I think it's so pretty. I've tried to get the music of it, but without success.

Someone wanted to know what kind of thread to use for crocheting curtains. Well, I've made one pair, and they are lovely. Get ecru crochet cotton, any number she wishes. I used No. 30. I put insertion about two inches wide, and then a dainty edge. I used ecru marquisette for curtain. If she wishes samples, tell her I will take them off for her. The pattern works up fast—it would need to, being as I have three small children.

I'll send you a couple of fruit recipes, and will close with the best of good wishes for your Mail-Box. Here's a dime for dear "Aunt Nanny." What a difference there is in getting a son to enlist, but it's a horse of a different color when he gets killed and a pension to pay, eh? This world's pretty cold all right; makes me think of a saying my father has:

To spend, to lend, or to give in.
"'Tis a very good world to live in.
But to beg or to borrow, or get one's own,
'Tis the very worst world that ever was known."

What do you think of my writing?
Will sign AUNTIE'S FRIEND.

Ans.—Now, do you know, I can't believe that that particular part of the world represented by our Mail-Box readers is so very hard-hearted! Your own letter belies that; what do you think?

That is a dear old song you send. Readers, it is entitled "Songs My Mother Used To Sing." Could anyone of you send music for "Auntie's Friend"?

You fruit recipes sound very tempting.

The Five Vowels.

Dear Miss Grey,—I saw in the paper of August 2 where "Spunk" offered to exchange recitations. I would like to get the piece "The Inventor's Wife." She could have any of the following pieces in exchange: "The Toothache," "The Greedy Fox," "Little Jim," "The Charming Young Widow I Met on the Train," "I Rather Think I Will," and many others. Would like to get any good comic recitations.

I would like to get some Imperial Baking Powder, Magic Baking Powder, Magic Soda or Gillett's Lye coupons; in exchange I would give any of the above recitations, or the following songs and recitations: "My Scotch Lassie Jean," "Little Nell," "Wanted, a Minister's Wife," "Silver Threads Among the Gold," "No One to Love," "Tell Mother I'll be There," "Three Leaves of Shamrock," "The Curse of an Aching Heart," "Will the Roses Bloom in Heaven?" "The Letter Edged in Black," "The Silver Moon" and many others. I would like the recitation "My Sister's Best Fellow." It goes like this:

"My sister's best fellow is six foot three,
And he is as young and handsome as could be;
And sister's so little and slender and small,
You never would think she could boss him at all."

Inclosed find some recipes, if you can make any use of them. Will sign myself, A. E. I. O. U.

P. S.—Have you the remainder of the piece "The Lips That Touch Liquor Shall Never Touch Mine"? I got the first part, but we didn't get our paper with last in.

Ans.—I chance to have a copy of "The Inventor's Wife," and if "Spunk" does not reply, might send it to you. Shall try and find a copy of the missing verses of "The Lips That Touch Liquor."

A Kind Offer.

Dear Miss Grey,—Thank you for the flags. I would like ten of the soldier, animals or flowers, as long as the background is white.

Does "Twenty-One" get The Advertiser regular? If he doesn't I could send it. Of course, it is the morning issue. If you could put his address in I will send it.

Ans.—Your offer to "T.-O." is very kind, but I believe he is on The Advertiser's daily list already. Am sending you a few flags that I chanced to have.

"Sunbeam" is "Teakettled."

Dear Miss Grey,—I see by Wednesday's paper "M. C. J." has sent you some cigar ribbons for me, and as you say there are "enough to reach from here to Tipperary," I am rushing my address ahead for them before you are swamped by the impedimenta. By today's (Thursday) paper, I see where "A Huron Girl" has some for me also.

Ain't I a teakettled kid! My fondest hopes will be realized, for I will surely have enough material to make the cushion as I wanted to, now—an octagonal one.

I wish to thank you both for your kindness, and let me say also "It pays to advertise" your wants in the Mail-Box.

Hoping I have inclosed sufficient postage, I will say au revoir.

SUNBEAM.

Ans.—Your thanks to the senders of the ribbons cheerfully conveyed. But I do not believe that to make your cushion really fulfills your fondest hopes! Now, be honest!

Lice On Nasturtiums.

Dear Miss Grey,—My own two brothers are away doing their bit, although one is in the hospital in England, the other is "Somewhere in France," firing the big guns in the artillery. He has been in France for almost two years except for a couple of months this spring.

1. Could you or any of the readers tell me what to do for my nasturtiums? The stems are just covered with small dark lice, and the flowers seem to die.

2. Have you a couple of recipes for salad dressing handy? If you haven't never mind.

3. What time would we have to post a parcel to reach France by October 6? Does a parcel take longer than a letter? Do you think a good rich fruit cake would be too dry when it gets to France? What could a person send a soldier in France for birthday presents? There are several of us, and we all want to send him something nice.

4. Could you possibly get me a poem printed, the first words of each stanza is "How often, oh how often"? I think it was written by Longfellow. I have hunted all over for it, and now come to you. Can you help me?

Guess how old I am, please—just for fun, won't you?

Now can't I be
MISS GREY'S BEAU?

Ans.—It is very kind of you to say all those nice things about the page, but modesty forbids my printing them. Really, it does! Hence they are censored. You must be proud of the service your brothers are rendering our Empire. Hope the one in hospital is not seriously injured.

1. The dark lice seem to be a regular pest of nasturtiums, and I have never yet found a remedy, so appeal to Cynthians for aid.

2. Keep your eye on the Cook-Book and see what happens!

3. As a rule, it takes parcels about a month to reach men in France—or sometimes a few days less. By inquiry at the postoffice one can catch the English mail, and thus make good connections that way. A rich fruit cake is ideal for sending, also a fruit loaf; if you want to send gifts, why not socks? They seem to be appreciated more than any other gift one can send. Or you could pack a box with candies, gum, biscuits (in tin boxes), cocoa, soup tablets, soap, vaseline, healing salve and "smokes"; and slip in a few snapshots of your own sweet selves. He'll appreciate that for sure.

4. I have looked all through my copy of Longfellow, but without success. Yet the line seems familiar. Can any other poetry-lover supply the name of the poem, or the author?

5. Now, to be exact, I'll guess that you're just 17 years, 7 months, 3½ days old. That's a venture in the dark all right.

6. No, you can't if you're as young as I've guessed—for I'm heaps older! Besides, you're a girl, anyway.

Consider It Carefully.

Dear Miss Grey,—I have been an interested reader of your page for many months, but really hadn't thought of writing myself. However, I have been so interested in the letters re soldiers' wives and soldiers' business that I would like to express some of my thoughts on this subject. We know there are some women who are using the money they receive through Government and patriotic funds for purposes which we think unnecessary, but there is a certain kind of people who are always looking on the worst side of things.

I know many women who are just as careful as they can be—taking care of the money, and making it go as far as possible. Especially I think of a case where the lady has three little children to bring up. Is it not a great responsibility to be left with a family, and the father not there to help you? How many are appreciating the mothers who now are caring for those who will be the people of Canada in a few years? Not as many as should, I'm sure. If we look into the matter carefully, I think we will find that the people who are talking about the soldiers' wives in such a deprecating manner, are ones who have no Government or patriotic money coming to them. Why have they not? Because likely none of their men have yet answered the call of DUTY! I find that these are the people who are doing the talking. No, I am not a soldier's wife, trying to defend my own good name. I am just a single girl interested in the discussion, but have many friends amongst whom are some who have enlisted to defend their wives and children from German kultur.

One of the letters in the morning edition of the 11th inst. said if more of the young men here would enlist, the married men wouldn't have to go. Truth hurts sometimes, but this is true. It is really awful to see the youth of our country going to France, perhaps never to come back, but it is many times worse to see them staying here, living on the best of everything, enjoying themselves at the lakeside, dancing, etc., when perhaps it is at the cost of many a man's life. I, for one, would not waste my time dancing with them, although I like dancing very much. How could I, when I think of my best friends away in the danger zone, maybe now giving their lives for our sake? "Better love hath no man than this, that he lay down his life for his friend."

To many my ideas may appear very strong, but we need to be serious, because it is a very serious time, although it is taking some people a long time to find it out. Perhaps I have lost my chance of again coming into the corresponding chain, anyway I would like to know what others think of this subject.

Yours, with the best of wishes.
MARION.

Ans.—As far as I am concerned, "Marion," you certainly will not be barred out. No indeed, sensible, thoughtful letters like yours, are ever welcome. I hope to see other ideas on the subject, too, and also that you will write again.

Her First Visit.

Dear Miss Grey,—Here's my first to the Cynthian Mail-Box: Re lemon drinks for working men, does my friend know that lemons are 60c per dozen? Hardly economy this hard year. I substitute fruit juice; even oatmeal in water gives it a relish that men like.

A few queries please:

1. A good grape wine recipe?

2. A black currant wine recipe?

3. How to preserve plums that have a bitter taste after cooking?

There, what a bother I am, but maybe I can help next time. A pleasant holiday to you all, Miss Grey included.

GRATEFULINE.

Ans.—1 and 2. Will some Cynthian reader come to the aid of this new visitor? We'd like to help her since this is the first time she has called.

3. Here, again, I call for help. I really think nothing can be done to remove the bitter taste, but I may be in error, and should be glad of correction.

4. The remainder of your letter will be answered as you wish.

A Mother's Theories.

Dear Miss Grey,—I am going to be in that quilt if I keep at it all summer. If it is all ready full please pin this to one corner for a tassel, not that it is so very ornamental! These hands are more used to embroidery patches on overalls, or doing fancy work with a hoe, but there is goodwill in every stitch. The Sunshine Baby chewed it a little, thereby improving the appearance, but when you have half a dozen brand new teeth, you want to try them on something. I am also sending you a little snap, but a very poor one. She had just been helping her mamma hang out clothes, and you can see she is pleased with the job.

I have laid up a great many theories—from watching the experiences of others—about raising children, or girls rather. I have no ideas on raising boys for I believe one must keep their own childhood in view to be able to understand the child, and I do not remember when I was a little boy, do you? But I never could air my ideas before without meeting, from some point, a pitying smile and murmur of "Old Maid's Children." Now, I will have a chance to show if I can live up to my beliefs, and maybe I will find myself in the position of the man who said he knew exactly how to manage his wife if she would only let him!

We had a good rain and we have all felt like living again, after five weeks' steady dry weather and heat. Is it not a delicious feeling when you have to wake up and pull the quilt over you? Am only sending a dime this time, as those D. L. O. people cleaned me out. I will put on a few extra stamps this time. MRS. HOMEBIRD.

Ans.—Well, dear lady, patience, or persistence, or kind-heartedness—or whatever it is on your part—is now rewarded! Your block reached me this time, and is by now speeding on its way to "Aunt Nannie." The dime will follow later in company with others.

Readers—Do you know I could just love the Sunshine Baby to death! She's the—but what is the use of trying to describe her? I've placed her "pioter" along with "Mrs. Busy Bee's" wee Donald, and they make a charming pair.

As to the block, don't believe all that "Mrs. H.-B." says about it.

The Light Brigade.

Dear Miss Grey,—I saw where someone wanted "The Charge of the Light Brigade." I am inclosing it, hoping it is what they want.

1. Are there many who write from Colchester Village or Harrow P. O.?

2. What will keep a G——— from becoming brown and drying up? Also inclose a recipe for Parker House rolls.

ARMADA.

Ans.—You are a good child to copy the song, and as there have been several requests for this famous poem, I am going to publish it.

1. A few from each, I believe, judging by the postmarks. Many of our correspondents do not use an address line at the head of their letters.

2. Was it geranium you meant, or a gladiolus, or what? If the latter, this is not a very good year for them, and many growers are complaining of poor bloom and small blossoms. If geraniums dry up and turn brown, it is a fairly sure sign a grub is disturbing the roots. Repot in fresh soil, and keep in a cool, dark place for several days.

Friends With All.

Dear Miss Grey,—I am sending a little help this time, but not very much. I am sending one Gillett's lye coupon, and wish in return Purity oat coupons. I would like as many as I could get. I am also sending a poem asked for by one of the Mail-Box readers. I am sending my address for gum flags, any kind will do. I will send any songs I have if useful. I will not mention titles now. I would like the songs: "When You Wore a Tulip and I Wore a Rose," "Just Before the Battle, Mother," and also the recitation, "The Kaiser's Prayer." I have a piece called "The Kaiser's Dream." If anyone wants it I will copy it. I would like velvet, silk or satin patches if anyone has them. I will give them slips of houseplants or flower seeds in return, or any other help I can give. I would like to correspond with "Molly-Cholly." I will leave my address with Miss Grey. Now for a few questions:

1. How do you pronounce "garage"?

2. May I call again?

I am not only Miss Grey's friend, but everybody's. As B4.

MISS GREY'S TRUE FRIEND.

Ans.—Your offers and requests referred to our readers. "Molly-Cholly," do you wish to correspond with this true friend of mine? Anyway, I'll send her address to you.

1. The word "garage" is pronounced "go-razh," the second "a" being pronounced as in the word "far."

2. Yes, the door's always on the latch. Hurrah, it's nice to be friends with everybody, but a little tiff now and then seems to add spice to life, don't you think?

A Worried Mother.

Dear Miss Grey,—In some inconceivable manner my little girl has contracted a case of head lice. I was shocked to find that her hair near the neck was full of nits, as well as quite a few lice, some of them small red ones. I lost no time in getting after them, and have succeeded in routing out most of the lice, but, oh, dear! those dreadful nits, they stick just like glue to the head. I rubbed vaseline, mixed with sulphur, into the scalp, and then tried to comb nits out with a fine comb. Then I tried brushing, but to no avail. I remember reading lots of remedies last winter for these pests, but did not save any, thinking I would have no use for them.

Someone please come to the rescue and help. A WORRIED MOTHER.

Ans.—Remedies advised at the time to which you refer were: "Buy 5c worth white precipitate, mix with tablespoon lard, rub well in."

Or "apply blue ointment to the head for two nights, followed then by coal oil, and the next day wash the head thoroughly."

Readers may wish to send in additional help to you, for it is a trouble, I believe, that has worried more than one watchful mother.

A Chicagoan.

Dear Miss Grey,—I am sending a boudoir cap pattern for "Shelus." I hope she can use it. I have made several, and all who see them think they are lovely.

I am inclosing 10 cents for "Aunt Nannie's" quilt lining. I am a native of the large city near her home, and feel for her in her great loss. Now, for the inevitable question—your candid opinion of my scrawl. Best wishes to the Mail-Box readers and yourself.

MRS. DOROTHY H. W.

Ans.—Readers, don't believe her; she does not write a "scrawl" at all, but a nice, legible hand. Your pattern is sent to "Shelus," who will like it, I am sure.

He's Over Seventy.

Dear Miss Grey,—Am perhaps one of The Advertiser's oldest readers. In its John Cameron and Dame Durden days there were no Cynthia Grey's columns. But the scene has changed. Today that column holds a big place and the writer of this, though well passed the three score and ten mark, is one of its interested readers. Though many miles from the old home city, The Advertiser is a daily visitor in our home.

Am inclosing in this "Greetings" for that brave but shamefully ill-treated little woman, "Aunt Nannie." Wonder how many Cynthians will "coffup" to help do what that tail-with-the-dog-cut-off-Government at Ottawa refuses to do? Godspeed the day when all red-tapeism and all other man-made isms are buried so deep that there will be no possibility of a resurrection. If this is not welcome, give it the show out.

Will sign myself,

FOUR, FIVE, SIX.

Ans.—Your letter with very practical "greetings" came too late for the latter to be included in the sum forwarded to "Aunt Nannie," but will go with the second amount probably being mailed next week. Am pleased to have a contribution from such an old friend of The Advertiser, and hope you will not stop with one epistle. You would see in Saturday's issue (August 12) just what a nice little sum was raised for "Aunt Nannie," and every day brings in its dime or quarter for her, still. Now do not forget, you've a cordial invitation to call again, and bring any reminiscences with you that you deem of interest.

Pieces of Print.

Dear Miss Grey,—I am sending ten Comfort soap wrappers for someone who is saving them. Can anyone let me have some light or dark pieces of print for quilt blocks? I would like very much to get some. In exchange I will send songs or flags. Enough for this time.

SALLY OF SARNIA.

Ans.—I have "Sally's" address, and will send it to anyone having patches for her. Do not mail them to me, as that means double postage, and we have to economize in war times!

"Wynne"—You are a true friend to the Mail-Box, and I certainly am appreciative of your interest. Do not think "Tommy" will object at all, so you may have her address. Call again? Well, I should say so. Your cards have been mailed to "T. A."

"Sunflower"—Glad you were pleased with the flags. Shall send any others I get, of the kind you wish.

ADVERTISER PATTERNS

A Smart and Trim Style for the Growing Girl.

No. 1626—Broadcloth, cheviot, velour, velvet, satin, linen, voile, mixed suiting or shepherd check could ben sed for this model. The style is youthful and becoming. The skirt is made with deep plaits, and has seams at the centre front and back, and at the sides. It is trimmed with a pointed belt, which may be omitted.

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 .....

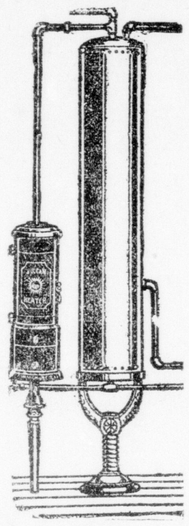
Town .....

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, 26 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.



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Made in Canada

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It cures sleeplessness, irritability, nervous headaches, etc., by restoring vigor and vitality to the run-down and exhausted nervous system. The benefits obtained are both thorough and lasting. 50 cents a box, 6 for $2.50. All dealers, or Edmanson, Bates & Co., Ltd., Toronto.

Dr. Chase's Nerve Food

Daily Bible Question Club

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

"The Riot at Ephesus." Acts, xix., 23-41.

Golden Text—"The Love of Money Is a Root of All Kinds of Evils." I. Tim., vi., 10.

11. Verses 30, 31—Why should a man never refuse to risk his life for a good cause, if, by so doing, he can conserve its interests?

12. Was Paul's first impulse right, to rush in among this angry crowd?

13. When should we, and when should we not, be governed by the first impulse?

14. Verse 32—In the usual riot or mob, what proportion of the crowd know what they are contending for?

If eyes are inflamed, one drop of COMPASS OIL once a day will quickly cure them. Smarts first, then soothes.

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