

A PAGE OF GENERAL INTEREST TO WOMEN READERS

Lifbuoy Soap, 5c A CLEANER AND A DISINFECTANT.

HUNT'S FULL WEIGHT COAL

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.]



The Bake-Day Smile! Supreme Chocolate is a pure, unsweetened, cooking chocolate, easily melted and mixed, containing that rich chocolate flavour that can only be obtained from the finest cocoa beans.

COWAN'S Supreme Chocolate



Won't You Try Our New Macaroni?

We present something distinctively different and infinitely superior in every way—in Catelli's Milk Macaroni. This new Macaroni—so clean and wholesome—so rich in food value—has a clear yellow tinge—a creamy smoothness—unlike any other.

This is because Catelli's Milk Macaroni is made in a great sunlit factory, where purity is paramount—and made of the very hardest wheat Semolina and Milk. Rich in nutriment—it is both a substantial food and a delicacy. Ideal for children, because so easily digested.

Perhaps you do not know the versatility of Macaroni. Let 'The Girl at Catelli's' show you more than a hundred different ways of serving Macaroni—some of the recipes of the greatest chefs in the world. We will gladly send you this book—which tells all about Macaroni—its exceptional food value and economy. Write for a copy free from

CATELLI'S MILK MACARONI

THE G. H. CATELLI CO., LIMITED, MONTREAL.

(MADE IN CANADA)



You can keep the fine natural color in Raspberry Preserves if you make them with

Lantic Sugar

Long cooking fades raspberries. You can avoid this by using LANTIC SUGAR which dissolves instantly on account of its "FINE" granulation. LANTIC is the best sugar to use for all preserving on account of its purity and high sweetening power.

2 and 5-lb. Cartons 10 and 20-lb. Bags

"THE ALL-PURPOSE SUGAR"

Order from your grocer by name in these full weight original packages

PRESERVING LABELS FREE—Send us a red ball trade mark cut from a bag or carton and we will send you a book of 54 ready gummed printed labels containing 6 for each of the following fruits: strawberries, raspberries, blackberries, currants, grapes, cherries, plums, peaches, and pears. Address

Atlantic Sugar Refineries Limited, Power Bldg. Montreal

ADVERTISER PATTERNS



A SMART LITTLE DRESS FOR MOTHER'S GIRL.

1740—This model is fine for wash fabrics and good for serge, gabardine, wool poplin, repp, challis and silk. In white linen or drill, with collar and cuffs of checked or striped gingham, it will make a fine school or play dress. Galatee, gingham, chambray and linen are also good. The pattern is cut in four sizes: 4, 6, 8, and 10 years. It requires three yards of 44-inch material for a 6-year size. 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 miss's pattern): Measurement: Bust: Waist:

Caution: Be careful to include the above illustration, and send size of pattern wanted. When the pattern is measured you need only mark 32, 34 or 36, 24, 26, 28, 30, 32, 34 or 36, 24, 26, 28, 30, 32, 34 or 36. If a skirt, give waist and length measure. When you have marked the pattern, write only the figure representing the size. It is not necessary to write "Miss's" or "Child's" on the pattern. Each pattern is good for one week from date of application.

her a postal card "shower." It might cheer the long hours a bit. Your rug flags, together with an odd one I changed to have, is being sent to "T. A."

Now, you folks to whom "Wynne" has sent patches, what shall we do with the stamps you sent me? "Wynne" has returned them all to me. They may come in useful again, or I'll return them if you wish, reserving postage.

Oh, "Wynne," people are just crazy for the flannelette flags, so you needn't hesitate to send them to "onct."

The Light Brigade. Dear Miss Grey,—Can you print or send me for stamped addressed envelopes, "Charge of the Light Brigade"? Please answer this as soon as possible. With thanks in advance, I remain, AUTUMN.

Ans.—You can live near a library copy of the famous poem? I shall send a copy is inserted for you, any way, on my page. He the "surprise," I miss you, too. I'll send you a card from the Mail-Box for a while, and it must have happened then.

Help of All Sorts. Dear Miss Grey,—I have been a very interested reader of your page ever since I read the article "The Light Brigade" in my issue of July 7th, headed "An Appeal to the Soldier Wives."

Dear Miss Grey,—I have just been reading "Tommy Atkins" letter, and feel so sorry to think she has to live in a bad weather. Sorry, too, to think all the velvet rugs were gone before her letter reached you. I found one, and am sending it on to you and send to her a letter from "Bizzie," thanking me for the patches, and she has sent me a lot of nice crochet patterns. Have also heard from "Mother of Four," who is also a very "busy" woman, and would put many a younger person to shame the amount of work she can get through.

Have also found some "Flannelette" gum flags. Anyone want them? Thanks, "Curly Bob," for the information re "Daylight Saving—the Origin Of."

Do you have any calls for print patches or wool material? Ans.—I'm sorry for "T. A.," too. Wynne, and was wondering if our correspondents wouldn't like to give

Summer Punch and Pep come from a food that is rich in muscle-making material and is easily digested. It is what you eat, that makes healthy tissue. Every shred in Shredded Wheat Biscuit is full of body-building nutriment.

The burden of years of food folly can be unloaded by going on a Shredded Wheat diet and sticking to it. Get back to Nature before it is too late. Shredded Wheat contains all the body-building material in the whole wheat grain prepared in a digestible form. A satisfying Summer food. For breakfast with milk or cream; for luncheon with berries.

Made in Canada

Profits and Poultry. Dear Miss Grey,—After reading the article in your issue of July 7th, headed "An Appeal to the Soldier Wives,"

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 in which the study is based, as you ponder the following questions:

The word of the cross—1 Cor. 1:1, 2:2. Golden text.—Far be it from me to glory, say in the cross of our Lord Jesus Christ, Gal. 6:14.

15. Verses 17-25. Why is salvation through Jesus' death on the cross foolishness to worldly-wise men?

16. What is "the power of God" which the "saved" experience, and through which the wisdom and love of God are seen in the cross of Christ?

17. Why is it that the wisdom of the ages has been so important to save men from their sins, while belief in a crucified Saviour has been all powerful to do this.

GRAY'S LIMITED

Clearance Prices On All Millinery

Specials in Wash Goods Section For Saturday 35c Wash Goods For 19c Yard



Summer Hats \$5 Each

All our Lovely Summer Hats, new and stylish models, trimmed with flowers, maline and wings, regardless of price, to be cleared at \$5.00 each. The balance of our Trimmed Hats clearing at \$1.98 and \$2.98. Beautiful French Flowers in every color and variety, now selling at Half Price.

Summer Net Corsets at 59c Pair

Fine Net Corsets, with medium bust and long hips, four hose supporters attached; sizes 19 to 28. Special at 59c pair.

Corsets at \$1

These Corsets are of fine quality English coutil, medium bust, long hips, four hose-supporters, an excellent wearing corset. At \$1.00 pair.

Tablecloths Specially Priced For Saturday

Hemmed Tablecloths, 2x2 yards, very special at \$1.25 each. Hemmed Tablecloths, 2x2 1/2 yards. Special at \$1.59 each.

LINEN TOWELING AT 10c YARD.

Pure Linen Dark Crash Toweling, with red border, only a limited quantity to sell at above price.

GRAY'S LIMITED.

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS. PHONES 115-116, 140 DUNDAS STREET.

GRAY'S LIMITED.

OTHER SECOND FLOOR OFFERINGS.

Plaid Dress Goods 35c Yard Six pieces of Fancy Plaid Dress Goods, in good colors for children's dresses. Special at 35c yard.

Wash Silks 50c Yard Jap Silks, 36 inches wide, in black and white, the kind that wears and washes well. Special value at 50c yard.

Striped Crepe de Chine This is a Fine French Silk Crepe that is washable, in fancy blue, grey and helio and white stripes, for smart dressy waists, 32 inches wide. \$2.00 yard.

SPECIAL MIDSUMMER SALE OF COTTONS NOW ON. Take advantage of the special values now being offered in the Linen and Cotton Section.

I feel that I must write and express my disapproval of the sentiments expressed therein.

Briefly, the idea was that in anticipation of a number of our soldiers coming home with their nerves in such a condition that they will require periods of rest, we have given \$25,000,000 away just lately to two great railroad corporations, and here all our boys come home after two years of the most nerve-racking experience, away from home, from wife and the babies; they are stunned, they are weak, they are racked to pieces, a large number; they want peace, they want rest and love. We break up their home, we send the wife and mother out to work to keep the pot boiling—where—in nine cases out of ten it will be in a factory.

Lots of these men love their wives with a true, strong love. Can you picture their feelings when they see another partner in this great and glorious heritage of ours, "Canada," drive by in a swell automobile, forgetful of the debt they owe to the crippled hero, and who even tell him to send his wife out to work?

I saw where a correspondent was asking for information for the 65th Saskatchewan Battalion. This battalion has been in England a week or more. The landing was announced in the same issue as the question was asked in.

Please excuse this writing; the longer I write, the faster I write, trying to catch up. It's a falling off.

A LONELY HOMESTEADER. Ans.—This letter is of very great interest, and I should like to hear from others in respect to profits of poultry farming. Some of our busy farmers' wives, please write.

Say! Advise that friend of yours who has catarrh to sniff up nose a few drops of

COMPASS OIL

daily.

ROSES

A cultured home always has a place for beautiful roses. We have them.

West Floral Co. Phone 2187, 247 Dundas St. ZV

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Refrigerators, Bedsteads, Rockers, Veranda Lawn Seats, Lawn Mowers, etc., all reduced 25 per cent for quick clearance.

H. Wolf & Sons 265 DUNDAS STREET.

FRY'S COCOA

CEETEE UNDERCLOTHING Guaranteed Not To Shrink.

SALADS TO CONSUMERS DIRECT.

Tomatoes, fine, per pound 20c Cucumbers, White Spine, 10c, 15c Lettuce, Leaf 5c Endive, excellent in salads 10c Green Onions, Watercress, Mint, Radishes, per bunch 5c Cauliflowers, each 10c, 15c Green Beans, quart 15c New Potatoes, peck 50c New Beets, bunch 5c New Carrots, bunch 5c Cabbage, New 5c, 10c, 15c Parsley, Savory, etc., bunch 5c Onions, Bermudas, pound 10c

MAIN & COLLYER Telephone 2831, P. O. Box 276.



THE surpassing goodness of our Coffees is not surprising if you consider the story of our fifty years as a business house— Fifty years of constant study to bring to the coffee drinkers of North America the best to be found in the plantations of the world. Chase & Sanborn's Coffees