A PAGE OF GENERAL INTEREST TO WOMEN READERS

Purity! Purity! Purity!

The one dominating note that runs all through the making of Sunlight Soap is Purity. The $5,000 Guarantee you get with every single bar is not a mere advertisement. It marks a standard set for the buyers who select the choice Sunlight Soap materials—for the soap boiler—for the expert chemists—for the girls, even, who wrap and pack Sunlight.

All are mindful of the Guarantee—it is a source of gratification to all the Sunlight workers.

Sunlight 5¢ Soap

"Little self-denials, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favorite temptation—these are the silent threads of gold which, when woven together, gleam out so brightly in the pattern of life that God approves."

NEW SPRING TAILORED

Suits, Coats and Hats

No more high prices for Smart Tailored Suits and Hats. This lot comprises a variety of styles and materials greater than we can list here. There are suits of serge in black, navy blue, black and white, and all the shades popular this season. This week we are showing scores of popular priced suits fresh from the designers' hands which sparkle with touches of artistic tailoring not previously shown. We are especially proud of the following new models priced at $15.00, $16.50, $20.00, $22.00. We are making special efforts to put more style and quality into these suits than other stores offer at $25.00 to $45.00. Alterations free of charge by first-class designer and fitter.

Spring Millinery

Trimmed Hats a feature at $2.50, $3.75, $4.49

The Dominion Ladies' Outfitters Co. makes special effort to put more style and quality into these $2.50, $3.75 and $4.49 hats than other stores offer at $4.00, $6.00 and $8.00; nothing but the smartest style of good materials including fine satins, braids, straws; the trimmings are roses, ribbons, maline, cherries and novelty effects. The assortmen includes many large, medium and small hats, and remember there are no two hats alike.

Flowers and Novelty Effects

You will find here the largest stock and biggest variety of flowers and novelties in Ontario.

Our Costume Department

We carry high grade goods and every garment is made on our own premises and to your own measurement. We also have the experience of over 20 years in designing and fitting from 5th Avenue, New York. All work made strictly by first-class men tailors, workmanship and fitting guaranteed.

Special Offer for Friday and Saturday

Silk and Serge Dresses to be cleared at less than half regular price. About thirty raincoats in misses' sizes only, to go at $1.75
Twenty Skirts, regular $3.50 and $4.00, at $1.98

To give us more space for White Spring Coats coming in

THE DOMINION LADIES' OUTFITTERS
269 DUNDAS STREET—CORNER WELLINGTON.

INFANTS-DELIGHT TOILET SOAP

The Complexion Makes All the Difference

between a plain and a beautiful face. You cannot be too particular about the toilet soap you use. "Infants-Delight" is distinctly different from any other soap. It is borated—the only borated toilet soap. Sold in dainty cartons.

One Price 10c. Everywhere In Canada

JOHN TAYLOR & COMPANY
LIMITED, TORONTO
Established 1865
Makers of Fine Soaps and Perfumes 9-B

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.]

Soldiers and "Smokes."

Dear Miss Grey,—I see by tonight's paper, "A Stranger Within Your Gates" sends her address. She does not say if she would care to have the crochet patterns I offered. I am sending some, and if she would not care to exchange some why please exchange with some other reader. I am sending a few flags also for "Stranger." I quite agree with "Tory" on the tobacco and liquor question, and the dirty, filthy cigarettes. If young men and young women could see their stomachs after the use of these things for a few years, they could not help but cry out against them. To think of the cigarettes bought for the young and old soldiers when they need good wholesome food worse: the money sent in place of cigarettes would certainly buy lots of useful comforts for the soldiers, and do them far more good. Now, I suppose, I will have everybody yelling at me, but I guess probably I can pass my opinion as long as they can't reach me to use weapons on my body; I can stand their remarks through the Mail-Box.

I am sending an addressed envelope for any crochet patterns sent for me, and could you send me the song, "It's a Picture From Life's Other Side"?

Hoping to receive these soon and sorry if I have offended some with the truth. I am as before,

SOME KIDDO.

Ans.—Shall be glad to send you a copy of the song and also any crochet patterns that may be received. Shall retain your envelope for a few days.

As to the question of tobacco and the soldiers at the front, perhaps you are looking at the matter from a little bit the wrong angle. Personally, I am no upholder of the use of tobacco, especially in cigarette form, yet when trench conditions are considered, it seems to me to the men occupying them—combating as they do with cold and wet, fever and chills, and what is worst of all, smells—"a smoke is almost a necessity. Those who have been there, certainly claim so, at any rate. It may be a fearful relinquishing of principle to some of us, but conditions surely alter cases.

Teddy Bear Pattern.

Dear Miss Grey,—I saw where "A Mother of Three Wee Girls" has a Teddy bear pattern. I would like to get one if she would be kind enough to send it. I would also like to get the songs, "Red Wing" and "Tipperary." With best wishes to the Mail-Box. Hope you can read my scribbling.

PANSEY.

Ans.—Another reader has already spoken for the Teddy bear pattern, but no doubt if "Mother of Three Wee Girls" sends it, you also can have it in turn.

Birthdays the Same.

Dear Miss Grey,—Well, isn't it strange, "Black Beauty," your birthday and my own are the same day and also the same year? You are the first one that I ever heard of, with your birthday on that date, May 13, 1893. And what about "A Stranger Within Your Gates?" I wonder if that's her birthday, too. If so, we should have a little tea party. What do you think, Miss Grey?

I noticed in Saturday's paper "Pansy" Blossom" asked for a mustard pickle recipe. Will send the one I use. Hope she will enjoy them, as I do.

IVADELLE.

Ans.—Thank you for the recipe. Glad you called. Going to ask me to that tea party?

Poor Curly Head.

Dear Cynthia,—I thought I would drop in again for a little while to say that "March Wind" and I, I am sure, must reconcile. I am so sorry I misunderstood, and I humbly apologize. I have seen one or more letters in response to mine that pleased me very much, selfish person that I am.

I haven't seen anyone answer the mother who asked the opinion of any of us as to the best material for children's wash hats to hold starch. I used last summer fine pique and fine linen, or a fine repp will do. I always make them suitable for a cold starch brim. By the way, isn't "Mrs. Homebird" a brick? I presume her letters will be fewer now, as her time is too preciously occupied to waste on us all.

Now for a question: I am a sufferer from sciatica in the left hip, to such an extent that I cannot put my foot to the floor sometimes. I have never had anything with so much pain attached in all my life. Now, I wish if any of our kind readers have ever experienced this affliction, would they let me know of some relief? The doctors here seem unable to do anything, only say, "Apply mustard plasters," which do no good. What is your opinion on such cases, please?

I have been going to send in those flags I promised, but it is weeks since I have been out of doors (practically an invalid), but as soon as I can, will send them along. I must ring off. Hoping to hear more of our reunion this summer. CURLY HEAD.

P. S.—If any readers have a remedy for sciatica that you cannot publish through the ad. restrictions, I will send a stamped envelope for same. Thanks for any you receive.

Ans.—Poor little mother! Shall be glad indeed if any reader can advise me of a remedy or of something to give relief. Somehow, I haven't a great deal of faith in the treatment you mention, because I know that it has not availed in some cases (sciatica was not the trouble, though); however, if there is a reliable person in your city who gives such treatment, an experiment could surely do no harm.

Your hint re the wash hats and others for our "Daily Hint" column, much appreciated.

Thanks For Kitty.

Dear Miss Grey,—I wish to thank "Kitty" through your page for her kindness in sending me such a nice letter, explaining so well just what I wished to know about painting on silk or velvet; any information along these lines I will greatly appreciate, also on china.

As to Margaret Lindley's letter about boys and girls being friends, I certainly think it is right for her to accept his friendship. A person may have many acquaintances and friends, but still have few good, true friends.

I was in the same position once myself. I think a friendship like she spoke of is certainly a help and uplifting to both. I did intend to be brief. I am sending a gum flag. Someone was asking for some. I thank you for the flags you sent me. I hope I may be of more help next time. Bye-bye. From SNOWDROP.

Ans.—Your thanks are gladly passed on to "Kitty."

To Can Veal.

Dear Miss Grey,—Just a few lines in reply to inquiry of "Peg o' My Heart" in regard to canning veal.

Have never canned any veal, but I would think it would be all right put up as I described the canning of beef, only as veal is young and tender it would not need to be boiled so long.

We once butchered a calf about nine months old, and I canned the veal and it was just as good as the beef. Have also canned fowl, and find it keeps, and old hens especially make nice tender meat done that way.

"Victoria" asks about the treatment of Easter lilies. This last November when planting narcissus and hyacinth bulbs, I planted an Easter lily bulb and treated it the same as the other bulbs (like you described in March 21 paper). Now I never grew one before and do not know if that was the right way, but I certainly have a beautiful plant. It is in an 8-inch diameter flower pot, stands now two feet high, with five buds on the end, which are now nearly two inches long ,and appear as if they will yet grow considerable before blooming. Have taken care to turn the pot daily so it stands perfectly straight. Think it requires more water than the other bulbs. Wish you might see it when in bloom.

Wonder if you have seen a robin yet, Miss Grey. For over a week there has been a pair coming regularly to the orchard for the few frozen apples that they find hanging there, then fly away towards some evergreens for shelter. It has helped to brighten these stormy days just to watch them. The children tried feeding them crumbs but they are too shy and it snowed so often it buried the crumbs before they came again.

Ans.—You have the start of me very much, for I have yet to see my first robin this year. The kiddies are most thoughtful trying to feed the robins; if only all the children were as kind to the birds and animal pets.

Hope "Victoria" and "Peg" note your hints meant specially for them.

Tonic After Grip!

Dear Miss Grey,—I am just getting over la grippe, and how I do enjoy the Mail-Box. I saw "Orange Blossom" wanted to know how to get rid of ants; if she would take green sage and put where they are, they will soon disappear (dry sage will not do).

I wonder if any of the readers could furnish me with a song that runs like this: "We are going through this world, and we can't go twice, and if everything went right, oh! wouldn't it be nice."

I wonder if any of the readers have tried growing snapdragon and stocks in the house? They are beautiful and will bloom all winter. Could anyone give me a spider lily root? Will exchange any of my kind for one.

I will inclose a crocheted wheel.

2. Could you tell me how to wash tapestry curtains?

I remain, MARCH SUBSCRIBER.

Ans.—Hope The "Advertiser" tonic continues to drive away the horrid grip. That idea of growing stocks and snapdragon in the house is a fine one. I have also heard of digging up lily-of-the-valley bulbs (or roots, which is it?) just before the heavy frosts came in the fall; 'tis said they will bloom freely and perfume the house with their delightful fragrance.

2. Wonder if the method for cleaning chenille curtains would not also be satisfactory for tapestry? I know they are quite different in texture, yet the same treatment in washing would probably succeed. Some time ago a reader wrote the Mail-Box telling how she successfully washed her chenille curtains. "Use a good handful of Lux in nice warm water; wash, rinse in clean warm water, hang out in a good drying wind; that is all I do, and it is all right; mine are red, with a different colored border." I am glad to repeat this information, as coming from a "housewife" reader, I feel it to be most practical.

Have Had the Measles.

Dear Miss Grey,—I have just come safely through a siege of measles, our five little ones having just recovered from having them quite seriously. In my nights of watching I did a great deal of crocheting in the moments while the little ones rested from their feverish fretfulness. And now I would like to know if "Black Beauty" would send me the embroidery patterns she has for a spare bedroom set. I will take the best of care of them and return them to her as soon as I get them stamped off. I will inclose stamped and addressed envelope for them, so there will be no unnecessary delay.

NODDIE.

Ans.—I have received the designs from "Black Beauty," and as soon as I hear from "Red Tulip" I shall send them on to you with her address, so that you may remail them, in turn.

You must have had a wearisome time during convalescence of five kiddies at once. Thanks for your kind appreciation of the Mail-Box.

NOTES.

"Black Knight" sends her address and the song, "Pictures From Life's Other Side," has been mailed her.

Will "Red Tulip," who asked for embroidery patterns, please send her address and a stamp for them?

FRY'S COCOA

Whenever you sprain your ankle or wrist think of

COMPASS OIL

The oil that soothes, strengthens and limbers up the joints. x

Ladies' Tailoring
AT POPULAR PRICES.
LATEST SILK AND WOOL FABRICS.
ROSS', Limited
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HUNT'S DIAMOND FLOUR
ALWAYS THE SAME

SANITARY
Housecleaning

Carpets, rugs, wallpaper faultlessly cleaned by vacuum system,

THE DUSTLESS WAY

No trouble, no dirt, no work. We clean your carpets, rugs and upholstered furniture as they stand.
Let us give you an estimate.
Make your appointments early.

Sanitary Housecleaning Co.
PHONE 4130, 5350.

RED CROSS AND C. W. C. A.

Miss D. Gunn, convener of the prisoners' department and information bureau, has asked me to insert the following notice:

I will be greatly obliged if all those who are sending parcels to prisoners will kindly give me their names, either by letter or telephone, so that reports from this department may be full and correct. Also that we may help the public to average their parcels to prisoners. It is a pity that one man should get parcels from three or four societies or individuals, while others get nothing.

I also wish to make sure that no one is being neglected. And I cannot do this if I do not know the names of the senders. So that if any of them are unable, for any reason, to keep up a regular supply of parcels, others anxious to do so may take their places.

I would particularly like to receive the names of all those who are sending to Henry Booth, John Morrisey and Henri Souvet. (Signed)

DOROTHY GUNN, Convener.
136 King street. Telephone 253.

There are now about fourteen hundred Canadian prisoners of war in Germany, at various camps.

Anyone wishing to "adopt" a prisoner (i. e., send regular parcels, letters, etc., to one particular man), if they will apply to Miss Gunn at the above address, will be given a form to fill in, saying the number and frequency of parcels that they are prepared to send, etc. This will be sent to England, and they will be given the name of a prisoner to whom they may send parcels, etc., either through the Red Cross department (by paying a monthly subscription), or personally, by post.

Many London people have sent parcels to Lance-Corp. Watt, which he has distributed among the less fortunate men in Camp Stendal. Among those who sent were the pupils of Riverview, Talbot, High and Alexandra schools.

Fifty Parcels During the Month of January.

Several letters and postcards received from him in reply recently say:

Stendal Camp, January 15.

Dear Mother,—I have received parcel with song books, etc., and have now about twenty-five books. I had also your letter telling me that you were sending me money the tenth of every month. Your parcels are coming through all O. K. But be very careful packing jars of meat and fruit. Could you send me some of Kipling's poems? and ask Jack to send me a book on construction. I have three on architecture that I got from England, but my own on construction is the best I have seen.

I have received fifty dollars from you so far, twenty of it at Christmas time. You can send lots of playing cards, but never mind the bows, as we do not play euchre—it is all whist.

I see that Jack is the president of the Rotary Club? What is the Rotary Club?

(I should suggest that the Rotary Club adopt a prisoner at once, and lighten this darkness.—K. B.)

January 31.

I received your letter telling of the election of Col. Gartshore for mayor.

This month altogether, counting the parcels sent by different people for distribution, I have received fifty. So you can see that I get them. All through, I have not missed one of the lot that I have had letters about. Since you have been sending me parcels, there have only been two spoiled, the parcels with the jar of tongue and one with preserves. Those big jars break easily. . . . Altogether I have received fifty dollars from you. Ask Jack to thank George Mills for that Safety B Blade sharpener. It is very useful.

February 6.

Received letters telling of Miss Costello, Mary Irwin, etc. Also about sending spiced meat. You might send some bacon. Parcels are coming all as stated in letters, and in good condition. Boots, uniform, etc., and all fitted me beautifully.

February 20.

You will notice that my address is changed to No. 2 Kompagnie 4157 (Gefangenlager), Stendal. Am receiving parcels O. K. Got Shakespeare. Give love to all. Yours, BOB.

And just here I would like to point out what many warm-hearted givers may not have quite realized.

Everybody wants to know that their parcels reach their destination—perfectly natural desire. Most of us are eager for a letter from the recipient himself. One parcel contained gifts from eleven individuals, with names attached to each.

In the case of a friendless prisoner, that's charming. I am sure that he greatly enjoys writing to each one in turn. I am sure I would, if I were interned! But in the case of a prisoner with anxious friends, it's cruel.

Prisoners are allowed to write one letter and one postcard each fortnight. Lance-Corp. Watt has received fifty parcels in January. Many of these were from his own people, an even greater number from friends, or other generous folk, who sent, through him, to the men at Camp Stendal.

If "Bob" writes a letter to you, thanking you for your parcel, he must wait another two weeks before he writes to his mother. That means a month between his letters. And sometimes the letters are delayed.

Now, just think that over. And if you are sending to anyone who has friends, ask him to say, in his home letter, that the parcel from you has arrived. And if you hear from any prisoner, whose friends and relatives you know—even if you don't know them, but only their names and addresses—don't delay in passing on whatever word you have received.

Anybody's heart goes out in response to the "sorrowful sighing of the prisoners." One can hardly hear to think about the prisoners' parents.

KATHLEEN BOWKER,
Corresponding Secretary.

5,000 YARDS MILL ENDS 5,000 YARDS

GINGHAMS and CHAMBRAYS

On Sale Thursday Morning at 8:30

Fine Dress Ginghams and Chambrays, in plaids, stripes, checks and plain colors, in pink, tan, brown, grey, black and white, copen, sky and grey-blue, warranted fast colors, in lengths from one to six yards. The qualities are worth from 12½c to 25c yard. To be sold at from

8c to 17c a Yard

This is a money-saving opportunity we advise customers to take advantage of. Owing to the scarcity of dyes and the advance in cotton, it will not be our privilege to purchase at such low prices again. We are fortunate in securing this special bargain, and are offering you the benefit of it.

BE ON HAND THURSDAY MORNING TO GET AN EARLY CHOICE.

GRAY'S LIMITED.

Agents for The Ladies' Home Journal Patterns.
PHONES 115-116.
140 DUNDAS STREET

GRAY'S LIMITED.

OUR DAILY HINT

If You Know of Some Household Economy, Improved Method, or Labor-Saving Hint, Tell Others About It.

Aunt Annie.

White corduroy velvet can be washed with white part of washing, in the ordinary way, and boiled if necessary, only don't wring from bluing or last water. Shake well to raise pile before putting in rinse water. If tinted cream, put a little cold coffee in rinse water. Put wrong side out over a cloth-covered coat hanger, pin on securely with safety pins, and hang hanger to clothesline. I bend hook so it can't get loose. A skirt with belt can be secured to coat hanger, knotting hook through belt and pinning securely.

For colored corduroy, wash as you would colored clothing, being careful not to get lint on. Better strain water if washed after white clothes, or use fresh water.

Corduroy can be worn and washed as often as soiled—several times in a summer. If well shook out will look like new each time.

LONDON ADVERTISER COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

Noddie.

Cocoa Cake.—1 cup brown sugar, 1 egg, 1 tablespoon butter, 1 of lard, 1 tablespoon molasses, 1 tablespoon cocoa, 1 teaspoon cloves, 1 of cinnamon, ½ nutmeg, 1½ cups flour, mix these together thoroughly, then add 1 teaspoon soda, dissolved in 1 cup boiling water. Bake in hot oven for about 30 minutes.

REEVE GIVES $10

Vanneck Red Cross Receives Gift From Township Reeve.

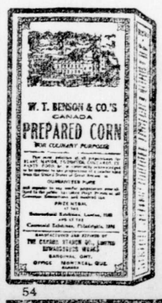
VANNECK, March 27.—T. G. Turnbull, Komoka, the reeve of Lobo Township, has given $10 to the ladies of the Vanneck Red Cross Society. The money will be spent for Red Cross material to be made up by the society.

MOTHERS' CLUB.

On Thursday evening the quarterly meeting of the London Mothers' Clubs will be held in the Normal School, at 8 o'clock. Mrs. Hughes will occupy the chair. Addresses by Miss Isobel Armstrong and Miss B. D. Thornley feature the program. Good musical numbers are also being arranged for

More than half a Century of Quality is behind every package of

BENSON'S Corn Starch



Always order by the name BENSON'S in order to get what you want

Practically every grocer in Canada has BENSON'S.

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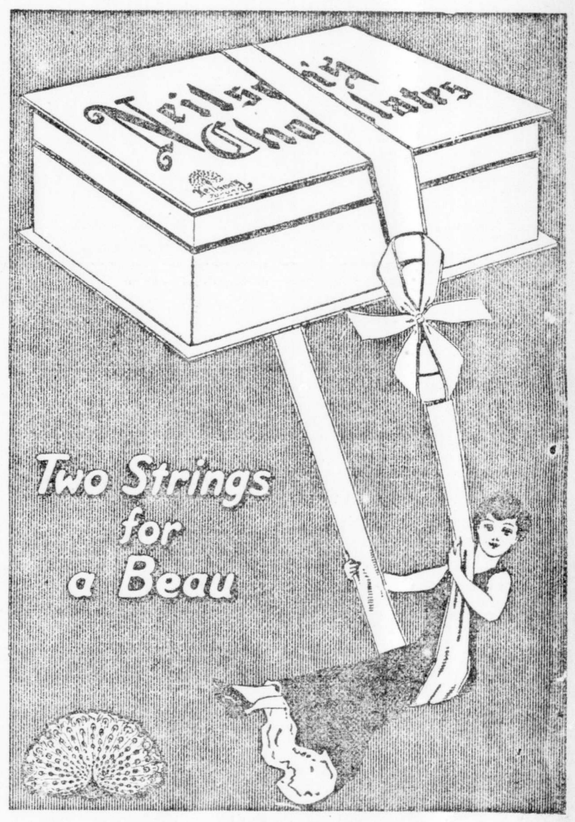

FOR SALE BY

Standard Drug Stores

252 Dundas St. 344 Richmond St. 174 Dundas St.

Pure, clean, flavory and strong, in sealed packets.

Red Rose Tea "is good tea"

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Baby Carriages

We have just received a new assortment of 1916 Baby Carriages, in reed and wooden bodies, finished in grey, brown, green and natural colors, upholstered in fine corduroys. We cordially invite you to look these over. A big selection at $15, $18, $20 and $25.

H. WOLF & SONS
265 DUNDAS STREET.

BARGAINS in CHOICE SPRING FLOWERS

Roses, Carnations, Violets, Daffodils, Narcissus and Lily-of-the-Valley.

West Floral Co.
PHONE 2187. 249 DUNDAS ST.
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CEETEE UNDERCLOTHING
Guaranteed Not To Shrink.

SALADS

Tomatoes, firm and good, pound 25c
Lettuce, Boston Head, each .. 20c
Endive, very fine, 15c, two for 25c
Celery, "Hearts," 4 in bunch .. 10c
Watercress, Green Onions, each 5c
Radishes, bunch 5c

DELIVERIES:
7:30 a.m. 10:30 a.m. 2:30 p.m.

Main & Collyer
Telephone 2831. P. O. Box 278.
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