A PAGE OF GENERAL INTEREST TO WOME



more effective than Sticky Fly chers. Clean to handle. Sold by Druggists and Grocers everywhere.

WHAT SMELLS MORE OF WELCOME WHEN YOU WALK INTO A HOME THAN A VASE OF Fresh Cut Flowers? We are always ready to sup-WEST FLORAL CO. 249 Dundas St. Phone 2187.

EDUCATIONAL.

MISSES WESTCOTT'S BOARD-NG and day school, 441 Ridout, re-pens September 12. 44-bh

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as passible, 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 one who used it. You seem to think

you do, and possibly a little more ev

so where are you going to toot your

n the troubled waters, and smooth mat-

ions re making a block for "Aunt Nan-

Points for "Peanut."

Peanut" some voke designs?

cut them out or not.

ables? Couldn't you just hug them

Here are six Comfort soap wrapers for someone, and eight Sunkist range coupons. I didn't know whether

and if they are not right don't

Ans.—Your query makes me think

Miss Grey Objects.

Dear Walking Encyclopaedia, -- Say,

fellows ever got up courage enough to.

think I have quite a lot of nerve

t-well I'm shaking and shivering for

ear you'll-for fear you'll kick me out!

flags and coupons, so here goes. T'll

send two gum flags, one Magic baking

got, four Quaker oats coupons.

owder coupon (that's all I have), and a

nope they won't "eat each other up."

because I know a dog by that name.

orth window with a mirror and lay

you a package of the most delicious Macaroni you ever

tasted,-made in a sunlit pure

MILK MACABORE

MADE IN CANADA

Your grocer is glad to sell you Catelli's Milk Macaroni, because he knows you will

appreciate its rich flavor-its

inviting golden color-its food

value and economy. He knows

you will come back for it again,

and wins your good will.

so-he sells it at 10c. a package,

Cook Book free if you write

THE C. H. CATELLI CO., LIMITED. MONTREAL. 15

Anv

Where

Canada

ARKONA.

Dear Miss Grey,-Could any of the

ders send me some crochet patterns

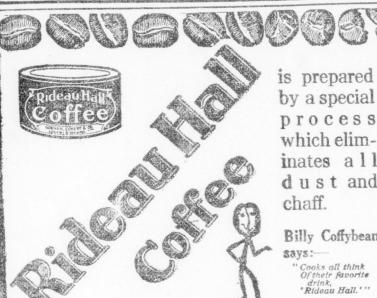
Is this letter addressed all right,

again, this time with a little care you Dear Miss Grey,-Many thanks for will see there is nothing offensive ex your generous offer, which I am very our generous offer, which I am very is not "a filrt," and a lot of other talk glad to accept. Please excuse the long This we already know. Besides no such delay, and don't, for the world, say I'm offensive term was used. You only were

Something I've never had before, know I think just as much of her as "Twenty-One" informs us, and "Laurie" you do, and possible a little more cross tries to strengthen the fact, that I have nwittingly offended "Silver Bell." If horn, I'd like to know, my son. this is so I am very, very sorry, I can assure you. But she did not even imthink when all is summed up that you v anything like this in her latest eruption has been about as nissive. Therefore you should be very and absurd as anyone could imaging areful of your English, "Laurie," and Talking about being ashamed, it is yo ind fault only when you have good "Laurie," not I, who should fee rounds for so doing. Meeting "Silver ashamed. For how will "Silver Bell ell," as you did, you should know, judg- feel about your making such an ado over Bell," as you did, you should know, Judes feel about your making such an ado over such minor details. If you will notice, "Laurie," you will see gette worker. that I am very careful to refer only to those who can apprediate a joke. For it you in the least, will you let me know

EDUCATIONAL

FOR BOYS UPPER AND LOWER SCHOOLS
Thorough Instruction. Large Playing Fields. Excellent Situation.
AUTUMN TERM COMMENCES SEPT. 12, 1916. REV. D. BRUCE MACDONALD, M.A., LL.D.



by a special process which eliminates all dust and

Billy Coffybean

45c per lb.

Gorman, Eckert & Co., Limited 25 London and Winnipeg

Sodas So good that butter

59

What could be more appetizing than fresh, crisp, McCormick's Jersey Cream Sodas which have been baked in white enamelled revolving ovens, by men in snowy white suits?

Sold fresh everywhere in different sized packages.



Marie Carlos Marie Marie Carlos Your Dollars Go a Long Way

the Hands of The Belgian Relief Committee.

NEVER before has relief work been done on such a huge scale, or with anything approaching the efficiency with which it is being carried on in Belgium. Faced with the appalling task of feeding a starving nation, the Belgian Relief Commission has done magnificent work.

Scores of the ablest and highest salaried business men of the English speaking world have given their time free, to perfect the organization and carry on the work. Operating expenses are phenomenally low. Business methods are applied to every feature of buying, shipping and distributing food-

and accounting for every dollar. The result is that millions of Belgians are being fed at an average cost of around \$2.50 per family per mouth! Compare that with your own meat bill

and you will begin to realize what it means. But even this provision is possible only through the generous and sustained

contributions of thousands of people. Canada has been doing nobly, as she should. Many have been regularly giving enough to feed one—or several— Belgian Families. How many can you afford to support?

Whatever you feel you can give, send your subscription weekly, monthly, or in one lump sum, to Local or Provincial Committees, or



\$2.50 Feeds a Belgian Family One Month. Subscriptions may be sent to Local London Committee, Mrs. A. T. Edwards Treasurer, 183 Oxford street, London.



Some people have never tried Red Rose Tea because they think it is just ordinary tea put into packages. WRONGI

Red Rose Tea is a "master" blend of more than a dozen high-grade Indian and Cevlon teas. It is a DISTINCTIVE tea -distinctive in flavor, in richness, in strength, in economy. To prove it, try it.



P. S .- Miss Grey, when you and those Here is the best thing bring cushions and a good curb, for the ayuse down here are rather rough- a thin paste. It really is the best and riders and somewhat inclined to be ir-

Here is a sure cure for hiccoughs. take a drink of something handed to you

ne: The 160th Bruce Battalion is the throat together with the chemisette est battalion in Canada. Now, anybody The sleeve is quaint with its gathere what a boy can do." The result is two just DARE to step forward and say it wrist ruffle. The skirt has wide band each kind, and I just know how pleased isn't

read these kind of books? I love adventure stories, ones of the wild and woolly West-Edward Ellis', Edward Strate- The waist pattern 1770 is cut in si mever's and Capt. Brereton's. I read Could you tell me where Capt. Brereton 2. Do you get many letters from this lives?

> Ans .- Folks that come to the Mail-Box door, calling me by any such name, basket right away-immediately-and it

harm to read adventure stories, but I'm not qualified to pass any opinion on th any of their books. Can anybody help

To Clean a Feather.

Dear Miss Grey,-I see there are few asking for flags, so I have sent few, also a centre, hope they will the ad re a bulldog for sale. (Maybe of you haven't heard this one.) It ad: "Will eat anything—very fond children." Yes, my dear, individual—self. PENNY PICTORIAL.

You could probably clean it satisfactorby covering with a paste of gasoline and flour; it dries quickly and the shall send it you. "Gentle Sea Breeze" Dear Walking Encyclopaedia,—Say, do you know that it takes an awful lot of courage to write to you? I don't lover how those lonely and deserted 3. It's very neat and legibile. Sister's of courage to write to you? I don't know how those lonely and deserted

rather hard on you.

Money Cannot Repay.

and it's raining, too. I'll try and make since I called on you last, but I am be welcome. self useful as well as ornamental if going to venture again. I will soon be ou'll be good to me. I guess the best moving away where your ay to make myself useful is by sending | Won't reach me, and I would make ay to make myself useful is by sending | little help before I go. Your Mall won't reach me, and I would like a Box discussions seem to be getting slightly warm these days. Now, Miss Grey, I am proud of our soldiers. They are all right. And, on yes, I nearly for- and friends to do their duty, and it Oh, I nearly screamed with joy when seems too bad that anything should be Oh, I nearly screamed with joy when I saw "C. A.'s" letter! I cut it out and I feel, oh, so sorry for their friends. saw "C. A.s" letter I tat the last scrap, lept it, it was so good. Oh dear! When Every time I look at a soldier I won-der how many hearts will ache for him hope they won't "eat each other up." when he goes to France. I am sure think "Caesar" must be a nice chap, that their wives and mothers suffer because I know a dog by that name. There, there, "Caesar," don't get mad. I didn't mean to hurt your feelings. This dog is a very nice dog, real nice, exceeding for the pain they must entire the soldier or his family for the pain they have the soldier or his family for the pain they have the soldier or his family for the pain they have the soldier or his family for the pain they have the soldier or his family for the pain they have the soldier or his family for the pain the

ingly nice! Awfully friendly, don't you dure in this time of strife. Will you let me give a piece of advice 1. Can anyone tell me how to clean Now for some questions. to the kids that want to know what their colors are? Well, get in front of a tried gasoline without any effect. 2. Will someone send me the bateces of cloth against your face. Have talion song that goes to the tune of me friends in the room with you and "When You Wore a Tulip"? I have they think the color looks nice beside the music but would like the words. 3. Would you or some of the read

> 4. Would you be kind enough to sug for Christmas? Wishing you and the Mail-Box every have them. I should like to get some success, I am CLOVER BLOSSOM.

P. S.—Well, "Spunk" I agree with you; I'm afraid "T. O." will be spoiled. Ans.-1. Referred. 2. The words of this were published once on our page; if I can find a copy

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 you ponder the following questions:

"The Arrest of Paul." Acts xxi., 17-40. Golden Text—"Thou shalt be a witness for Him unto all men of what thou hast seen and heard." Acts xxii., 15.
8. Verses 20-22—When a church expels a devoted minister for no other reason than preaching a wrong doctrine, how is the action regarded in heaven

9. In bridging the two dispensations is it likely that God "winked" at the apos-tles trying to graft the law of Moses into Christianity, or was it God's plan that Jewish Christians should keep the

10. Is it probable or not, and why, that James and the elders at Jerusalem knew of the full liberty of Christ's Gospe or that "the law" was to be abandoned? (See Gal., v., 1-6; Heb., viii., 8-13, et





Walst-1770. Skirt-1769.

As here shown, pompadour silk wa of the taffeta, and is full and gathere

of children." Yes, my dear, individually and collectively—young and old (some of the biggest babies are the grown-up ones!) I love them all. Your help with coupons is appreciated. Come again.

self. PENNY PICTORIAL.

P.S.—What do you think of my writing? My sister says it is awful.

Ans.—Have had no personal experience in cleaning a feather ornament so ience in cleaning a feather ornament so appeal to readers to help if they can you in less than one week from You could probably clean it satisfactor.

supplied it to us in the first place.

4. If he's overseas, there seems little to suggest save the necessities of socks, khaki handkerchiefs, a plummy cake. smokes, soap, fountain pen and so on. Dear Miss Grey,—It is quite a time However, suggestions from readers will not be too late for a quilt donation.

That "Won" Her.

Dear Miss Grey,-Received your kind reply to my question asked through the columns of your Mail-Box. I tried that way of calling around to my friend's unexpectedly, and she said she so I will send you a piece of the cake. acting as strangely as before, so I shades, French blue, jade green and think we will get along O. K.

Inclosed find some cigarette flags for be popular.

Inclosed find some cigarette flags for be popular.

Inclosed find some cigarette flags for be popular.

Inclosed find some cigarette flags for be popular. any who may want them. If any other

some Willie" as I did before, but will change it to HAPPY WILLIE. wrong way. The Ans.—Whoops, Wille! I've added a its appearance. half inch to my stature. I'm so pleased my advice helped. And how I'm an- the groom. ticipating that cake! Our Clinging Vine.

Dear Miss Grey,—I am inclosing an addressed envelope for the crochet pataddressed envelope for the crochet p terns, and hope I am not too late to and 50 more "Sunkist" wrappers for but without veil or orange blossoms. share them. I am also sending stamps gest some suitable gifts for a soldier anyone who may want them. I have more wrappers should anyone like to Robin Hood" coupons if any kind

reader has any to spare. Am I

late to send in a donation for "Aunt

Off to the Front! Put yourself in top-notch condition by eating Shredded Wheat Biscuit, a food that supplies the greatest amount

of body-building material with the least tax upon the digestion. You cannot get son for next Sunday. Read the Bible Story on which this study is based, as to "the front" in any business with a poorly nourished body. Delicious for breakfast with sliced peaches and cream.



Made in Canada

GRAY'S, LIMITED

Fall Suitings and Dress Fabrics



While Woolen Materials are scarce and high in price, our fall stock of Suitings and Dress Fabrics comprises an excellent range of materials in good values. BY

Owing to the scarcity of materials and dyes, there are few novelties shown, and, therefore, the materials this season will be of a durable and seasonable character, such as Serges, Cheviots, Gabardines, Diagonals, Broadcloths and Wool Poplins for suits; while for dresses Silk and Wool Poplins, Resildas, Cord de Chenes and San Toys will be popular selling materials.

The colorings used this season will be dark and somewhat sombre, such as navy, black, wine, purple, dark green and brown. Our Dress-Making Department is now open, and we advise our customers to place their fall orders early.

DRESSMAKING DEPARTMENT ON FOURTH FLOOR. DRESS GOODS AND SILK DEPARTMENT ON SECOND FLOOR.

The fall suits are here, and we have a finer and more complete range than ever., The skirts are plain and full, with gathered backs and neat belts; the coats long and semi-fitting, the waist line defined by braid stitching or belt, with wide-spreading collars of the cape or sailor variety.

Poplins, Gabardines, Serges and Broadcloths are the materials of first favor.

Our prices are strictly moderate, ranging from \$13.00 to \$35.00

SUIT DEPARTMENT ON THIRD FLOOR.

JOURNAL PATTERNS. PHONES 115-116.

140 DUNDAS STREET.

Nannie's" quilt? I should like to help asked too much, could you give me a Borden, also two grandsons at the with it, but have just neglected doing potato salad, also the dressing recipe? Borders of United States and Mexico,

Yes, indeed-or when we can help victim becomes unconscious.

"Yolande"-1. The ever-present navy Book column. Writing's fair. blue promises to remain a leader once would go. Thanks very much. I have again for suits; some dark brown, a sister who will be married next week, green and plum will be worn, also broken checks and novelty fabrics and When mine comes off I will send some of that also! My little friend is not dresses, gray, navy, sand and beige 2. Hold the wrong side of the skirt

2. Hold the wrong side of the skirt over the steam of a kettle (just the worn parts I mean), then hastily place on table and brush the nap up the on table and brush the nap up the on table and brush the nap up the one table and brush the nap up the one times improved. wrong way. This sometimes improves dressed envelope?

The flower-girl enters the room first, walking just in front of fthe couple. As the clergyman is neared, she steps to the left of the bride, slightly in the

her wedding dress at such a reception, might be worn.

Liked the Cake.

Dear Miss Grey,-Here I am again bother you. I received your coupons and was glad to receive them. I also died "Marguerite's" tip top cake, and t sure was some cheap and good cake.

ay "Marguerite" if you have some s and you send me some please. ther have the sugar than the vinegar, I have lots of songs, namely: "Then Sing the Old Songs.' NEWLYWED B. C. S.

Spray With Boracic.

songs desired?

Ans.—"Marguerite," you will be bleased that "Mrs. Newlywed" liked

promised, and also a few "Robin Hood" a child complains of a sprained ankle with their loved ones. oupons that just arrived. Who wants or wrist, it is wise to consult a doctor "Morning Glory's" wrappers? It will at once. In most cases there is little Ans.—You shall be an honored guest, ot be too late for a quilt donation.

The dates given both came on a is in considerable pain), the paralysis only hope we secure the old-time song spreading through the body, and the victim becomes unconscious. Doctors that many of those who tell their sorand throat with boracle acid and water who pray, but you know it often seems advise the spraying of children's nose each night. Some recipes will appear in the Cook-

Dear Miss Grey,—Inclosed you will HAVE SOFT three small tolores of wrappers and three small tobacco flags, which you may distribute among your readers. one wishes them they will find my address with Miss Grey.

2. Will a white woolen sweater shrink 3. She should walk at the left of or stretch when washed? If so, how can I prevent it?

2. Have you many readers from bround here? 4. Your opinion of my writing.
5. What day did March 15, 1900, and November 12, 1895, fall on? STAR OF THE WEST.

Ans .- 1. Shall be pleased to do so shall keep your envelope a week or s 2. Most apt to shrink. Use Lux fo washing and follow directions on the 3. Yes.

4. Average.
5. Thursday. Tuesday.

Vexing More Than One.

Dear Miss Grey,-I come to ask your opinion of a problem that is always nore cheap and dainty recipes like that vexing me. Do you think it right for the why Miss Grey will give you my adsome of the officers of the army to resign just when they want to, and after will send a little help. Here is a coaxing our boys to enlist? Perhaps some of them wish to resign, too, but they would not break their oath or be so untrue to their country. What do you think of my scribbling? I am, and proud think alt and pepper, and about 6 to be,

A PRIVATE'S SISTER.

P. S.—Where have "Merry Anna" and "Jacko" disappeared to? Ans.-1. This is probably vexing more 1 nave lots of songs, namely: Then You'll Remember Me," "Killarney," "sisters" than you and me, but what "can we do? Of course I do not consider bye," "The Old Stone Mill," "I Cannot 2. Of average quality.

Great Grandma's Opinion.

Dear Miss Grey,-I am coming again pleased that "Mrs. Newlywed" liked to you for a song entitled "Flowers, your cake. Are any of the latter's old wild wood flowers, in a sheltered nook they grew." We used to sing it in Woodstock school when I was a child. Now, I am sending two flannelette flags Dear Miss Grey,—I noticed in the paper where it said: "She's a wise mother who takes all necessary precautions" against infantile paralysis. Now, what I want to know is the very first symptom of the disease, and how it acts later on, and what precautions I can take. I have three little kiddles all under 10 years and it is a great always help us if we ask Him.

with it, but have just neglected doing so. Dear Miss Grey, what day of the week did the following dates fall on: December 25, 1865, and July 29, 18727 May I call again when I can bring some help to the Mail-Box? I am the same old vine, MORNING GLORY.

Ans.—I've mailed you the patterns as premised and also a few "Robin Hood" a child complains of a sprained smaller.

GREAT GRANDMOTHER rows through the "page" are women the very telling of the perplexity to others seems a relief at times. Don't

By using Cuticura Soap exclusively and Cutiours Ointment occasionally. of each free with 82-page



Address

Bos-

Washing WON'T SHRINK WOOLENS

Whenever you sprain your ankle or wrist think of COMPASS OIL

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

Bed Davenports You are invited to come and look over our handsome dis-

play of Pullman Davenports and Divanettes, in fumed and golden oak. We offer you a selection not equaled anywhere, and very moderatelypriced.....\$22.50 to \$65.00

H. Wolf & Sons 265 DUNDAS STREET.

CELERY HEARTS

Main & Collyer

all under 10 years, and it is a great always help us if we ask Him.

worry. Now, if I have not already I have a son and stepson at Camp TELEPHONE 2821. P. O. BOX 275