

A PAGE OF GENERAL INTEREST TO WOMEN READERS

ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

MADE IN CANADA

E.W. GILLET COMPANY LIMITED
WINNIPEG, TORONTO, ONT., MONTREAL

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.]

Chance for Readers.
Dear Miss Grey.—I am writing to see if you or your readers can supply me with the complete words of "Geary's Book." This has been asked for a couple of times, so I am writing out what I can remember, and perhaps someone could fill in the blanks.

2. I wonder if any of your readers have a pattern for men's overalls. I have tried several places to get one, but so far have not succeeded. If anyone sends one in I will send a self-addressed stamped envelope, and perhaps will be able to return the favor in some way.

3. Have you a copy of "Ignorant's" recipe for oatmeal drops? These were all, but unfortunately I lost the recipe. I think it was printed about the first of the year.

4. In the paper of August 24 "Betsey Price" asked if you thought "wink" a vulgar game. Please relieve my curiosity by telling me your reason for saying "Yes." This game has been much played in our community for years.

Hope everyone has had their say about the soldiers' wives and farmers' wives, as a new topic might be more interesting.

How do you class this writing?
P. S.—Have you many correspondents from this address?
C. T.

Ans.—Requests 1, 2 and 3 referred. I have several oatmeal drop recipes, but do not know which is "Ignorant's." Will she favor us?

4. Perhaps your variety of the game is different to that I have heard of. Is yours a card game or an "eye" game?

5. The soap coupons have been laid aside for you; send address and stamp. Writing is good. Some.

Re California Bishops.

Dear Miss Grey.—Well, here I am again, creeping into your Mail-Box. Am afraid I will be wearing my welcome-out soon, coming so often. But I saw in our column the other day one of our readers asked who the Bishop of California is. I am not much used to the Episcopal Church, and really know little about their religion or ministers, but I undertook to ask an acquaintance of mine who attends the Episcopal Church once in a while. She says there are four Bishops of California, on account of California being such a large state, they thought it impossible to do with but one. She knew of three of them, but did not know the name of the fourth, who resided at San Joaquin. The other three are: Bishop Morland, Sacramento, for Northern California; Bishop Johnston, Los Angeles (but who resides in Pasadena); Bishop William Nichols, San Francisco. She understood he was the head for the state. I hope this will prove a

SIFTO SALT

It flows freely in damp weather. It is something new and better for table use.

Try "Sifto" Salt.
DOMINION SALT CO.
Limited, Sarnia, Ont.

CHILD'S TONGUE BECOMES COATED IF CONSPICUOUS

If Cross, Bilious, Sick, Feverish, or Full of Cold, Take No Chances.

"California Syrup of Figs" Can't Harm Tender Stomach, Liver, Bowels.

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is, they become tightly clogged with waste, liver gets sluggish, stomach aches, their little one becomes cross, half-sick, feverish, doesn't eat, sleep or act naturally, breath is bad, system full of diarrhoea. Listen, mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well, playful child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Beware of counterfeiters! Get the genuine made by "California Fig Syrup Company." Refuse any other kind with "Sifto" brand.

ADVERTISER PATTERNS



A Simple "Easy to Make" Dress.

No. 1714—Girls' One-Piece Dress, with sleeve in either of two lengths. This will make a splendid play suit. It may be worn with bloomers. The sleeve in wrist length has a band cuff. Back and front of this model are cut in one with the sleeve, so that there are only a few seams to sew, and as the dress hangs from the shoulders, there will be little trouble in fitting and making it. Brown crash embroidered in blue or red, white linen embroidered in self color or in pink or blue, will be lovely for this model. It is also nice for percale, gingham, chambray, voile, repp, poplin, pique and drill.

The pattern is cut in five sizes, 4, 6, 8, 10 and 12 years. It requires 3½ yards of 27-inch material for a 10-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 misses' pattern)

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern desired. When you order, please measure you need only mark 32, 34 or whatever it may be. When in waist measure, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100.

Be. If a skirt, give waist and length measure. When misses' or child's pattern, give only the height and bust measure. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from date of application.

Am inclosing two collar patterns. I have some lovely patterns in Mexican work if anybody would like them.

Have any of the readers the recipe for horse radish in milk? If so, would they send it?

A GIRL FROM PASADENA.

Ans.—If any crochet designs are sent in for you, I shall let you know. Your two recipes have been transferred to the Cook Book department.

Would Be Obligated.

Dear Miss Grey.—Could you please send me "The Kaiser's Prayer" and "The Kaiser's Dream"? I would be much obliged if you would. I saw where someone wanted "Just Before the Battle, Mother," and am sending it to you, though I don't think the tune of "When You Were a Tulip," for the ones who asked for them in the Mail-Box. SAUCY KATE (but not so saucy now).

Ans.—Poor Kate! There's nothing like a spell of sickness to remove, quash, eliminate and otherwise subdue one's tendencies. Your recitations went to "Curly Locks" all right, and you would be pleased with the package sent you. Some flags have been mailed, as desired.

Takes the Dare.

Dear Miss Grey.—I wonder if you would let me come into your "box"? I have had an introduction to you, and so I feel that I know you quite well, though I guess you know me better. I don't remember me.

In this morning's paper "I Don't Know" dared anyone to say the 16th (Bruce) Battalion was not the best battalion in Canada, and as I always take a dare, here I am. Now, "I Don't Know," are you listening? I say the 142nd Battalion, commanded by Lieut. Col. Graham. It is among the best battalions that were ever raised. Miss Grey, do you remember who the person was who asked if Col. Graham's men were any good? Don't you think they owe someone an apology? You know sarcasm does not digest very well.

Regarding "Caesar" vs. "Laurie," we have some old guns (good safe ones that won't work) that I could loan them if they desired.

With best regards to all the Mail-Boxers, may I close and please Miss Grey, may I?

Ans.—I don't know. It's for you to answer "KALAGEN." Perhaps the latter's guns may find service nearer home than the Laurie-Caesar controversy.

I do not recollect which reader asked about the 142nd commander. Possibly the query was not intentionally offensive.

You're invited to pay a return call, of course. If I had your real name, then I might say whether I remembered you or not.

Words of "Bonnie Jean."

Dear Miss Grey.—I am sending inclosed the words of "Bonnie Jean" for "Ugly Duckling," and recipe for dill pickles for "Peggie."

JANE FROM WAY BACK.

Ans.—"Ugly Duckling" will send her address for the song. "Jane," dear, please don't go so far "way back" that you'll forget the Mail-Box.

She's From Pasadena.

Dear Miss Grey.—I saw where "Ant Hater" wanted to know how to cure a spider on the wall. I would like to take a couple of spiders and dip them in sugar and water, and every time she goes near to dip the spider in boiling water, and dip the spider in sugar and water. I am sure she would be rid of every ant in a week.

Could any of the readers let me have an under-valued pattern in crochet? I cannot take the pattern off paper. If anyone would let me have it, I would return it. I see where "Another First Timer" has some crochet patterns to spare, so I would like to get them.

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been refused the request, started to cry, and said he "didn't have much fun here alone." As for me—well, I wish I had six more boys for the darling to play with. This is my first letter, and oh, so long! DUCKIE'S BIG SISTER.

Ans.—This is very kind of you, and I hope "U. D." will at least send her address for her "big sister."

Some of our thoughtful mother readers may be pleased to discuss the problem of the homesick lady. "Dixie," haven't you something to say?

Are Noble Women.

Dear Miss Grey.—I am sending some supplies soap for dear "Mrs. B." but want nothing in return (bless her dear heart), but her goodwill. I think those noble women deserve all the kindnesses that we can bestow upon them. My husband is not in uniform, but I have two brothers-in-law, four nephews, and eleven cousins in the army. I wonder if those people who have so much to say about the soldiers' wives ever stop to think what would become of their property if the Huns should win this war. All deeds come from the crown, so all deeds come from the crown. I am sure that the soldiers' wives should be very grateful to the women who make such sacrifice for their benefit.

Some time ago someone asked for a recipe for home-made grape wine, so I am sending one which I have tried, and had splendid success: Twenty pounds of grapes, 6 quarts boiling water, when still three days on the pulp. Squeeze the juice (do not remove the sum) strain, add 10 pounds granulated sugar, let it stand for a week or until it is done fermenting, and put in jars or bottles.

With best wishes for Miss Grey, our soldier, "Aunt Nannie," and all the Mail-Boxers, I remain, yours sincerely,

P. S.—Comfort soap coupons are for whoever wants them.—B.

Ans.—Have placed the coupons in "Mrs. B's" envelope. Always glad to hear from you, Britto.

Pieces From "Patriotic."

Dear Miss Grey.—Inclosed find the piece "The Flying Cloud," for "Patriotic," and would she copy any verses she has? Also please forward these recitations to "Evelyn on the Farm," and would she copy those she offers?

I am sending 30 Comfort soap trade marks for "Spunk," and two copies of the stamp language which I had for anyone who wants them.

Now, can you or any of the readers supply me with the words of "Caledonia," "The Crookit Babes," "Memories of Gallies" and "The Firemen's Wedding." I will try to return the kindness in anyway I can.

Thanking you ever so much,

PATRIOTIC.

Ans.—"Evelyn," please send your address and four cents postage for "Patriotic's" pieces?

Urges "P. M. W." To Advise.

Dear Miss Grey.—That letter from "A Poor Man's Wife" about that soldier's wife just made me blood-boil. For heaven's sake, "P. M. W.," if you are a friend of both husband and wife, why don't you help her? Why doesn't she write and tell her husband just how things are, and perhaps he can advise her, or couldn't she go and stay with some of his people, and make arrangements for her keep, or else go to some respectable home and board; then even, she would have a little to lay by. But, for goodness' sake, advise her in some way, or else come to some arrangement with her mother. Tell her to write her food right down. She must not think that her whole duty is to her mother, now; it is to her husband first, and her mother second. She certainly has to blame. She can't claim to be a thing besides just the needs of duty. What if her husband should come back disabled? Then she would wish she had some of the money that she had spent foolishly before. I wish I could see the girl and mother for about half an hour. They are both to blame; the mother, perhaps more so than the girl, for she should be the one to advise her, but

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