



Cynthia Grey's
MAIL BOX

All letters to Cynthia Grey must be written in ink, on one side of the sheet, and must be accompanied by real name of writer as well as a pen-name, with address in full, and sent care of The Advertiser.

OFFERS QUILT BLOCKS.
Dear Miss Grey,—Is there room for one more? I enjoy the letters so much, I just had to come. I thought maybe I could help the fund a little, so I am offering enough blocks for a quilt, all ready placed. They are about nine inches square. There are 64 altogether. Anyone wanting them may get them by sending 50 cents to Miss Grey, and postage, of course. I have an idea of sending our age in pennies to the S. C. H. Fund a good one, so I am including mine, but don't tell anyone how ancient I am. The quilt block is a good idea, but would mean a tremendous amount of work for someone. Won't take any more of your valuable space, but will come again if I may. Yours sincerely,
DOONSIDER.

MISSED HER LETTER.
Dear Miss Grey,—I wrote some time ago to explain that I received the suit from A Pest, and a nice useful parcel from Betty's mother. I also enclosed 35c for the cot. I have watched every day to see it in the paper, so I made up my mind to try again. Hoping I am more successful this time. Can you please tell me how to clean white blinds? Find enclosed mite for the cot. Your letter appeared in the Mail-Box some time ago, and in answer to it a Boxite has sent in this way of cleaning white blinds: Get some white paint and paint the blinds and they will be like new. This may also be done to a light colored blind. Thank you for the enclosed hospital mite.

longer), put in jars and seal. I have a pair of good boots, will fit a girl 12 years of age, if anybody wants them. My address is with Miss Grey. Enclosed find small mite for S. C. H.

A REAL DANE.
I am mailing you Ravenlock's address, so that you can write to her direct for the recitations. Thank you for the Danish recipe, which I am an excellent one. Any city dweller who would like the shoes offered by A Real Dane could get her address from the Mail-Box and call at her home for them.

A MACARON RECIPE.
Dear Miss Grey,—Here I am troubling you again. I am busy making a friendship quilt. I would be delighted to receive a twelve-inch square of white calico, with the sender's name and address worked with red marking cotton. My intentions are to work a large piece for the center, marked "Boxites." Don't you think this a novel idea? I will return the favor in any way possible.

Here is a very easy and a very tasty way of making coconut macaroons: One pound of coconut, 1 tin condensed milk. Pour the milk over the coconut to such a consistency that you can form the mixture into pyramids on a buttered tin. Bake for a few minutes in a hot oven. Enclosed please find mite for S. C. H. fund.

MY LANCASHIRE LASSIE.

I am sure that you will be honored to think they are to be included on your friendship quilt. Thank you for the macaroon recipe, which sounds very simple indeed. Thanks too for the enclosed mite. I was wondering where you had gone to, My Lancashire Lassie.

CYNTHIA GREY'S PUDDING.
Dear Mail-Box,—What would we do without the Mail-Box? We come to it with help and for help and advice, and seldom go away empty-handed.

I received a real good hint the other day, so will pass it on, as I tried it and found it good. To clean silverware put it in an aluminum kettle, and boil it in soda water. It cleans it like new. I don't know what the aluminum has to do with it, but one could experiment with other kinds. It takes the black out of all the creases in fancy silver. One would also have to use the baking soda according to quantity of water and silver.

I will send a Cynthia Grey pudding, which perhaps some of the new members may not have tried. Slice tart apples in the bottom of pudding dish, sweeten and add a sprinkle of spice. Make a batter of 1/2 teaspoon of soda dissolved in a cup of warm milk, a pinch of salt, tablespoon shortening, 1/2 cup sugar and flour enough to make batter. Beat well and pour over apples. Goes real nice with whipped cream.

I must quit now and get to Cinnamon Vine. Please send enclosed letter to Cinnamon Vine.

Thanks, A Pest, for passing on the hint re cleaning silver, also for giving the Cynthia Grey pudding. Your letter has been forwarded to Cinnamon Vine.

ATTENTION, IRISH PADDY.

Dear Miss Grey,—It is a long time since I wrote to the Mail-Box. But I read your letters every day, and I am very much interested in your cozy corner. I see where Mystery wants the cucumber relish recipe that appeared in the paper last year. I sent one last year, but do not know if it is the one she wants. I saved it when it was printed and I am sending you the recipe in print. I was corresponding with Irish Paddy, but I have lost her address. If she sees this letter, I hope she will write. I wonder if any of the Boxites live near here? We have tourists from all over the world visiting around here in the summer. I just live about a block from the beach of Georgian Bay. It is beautiful here in summer, and no matter how hot the day, we usually get the grandest breeze off the bay. Isn't it fine the way the S. C. H. fund is growing? Here is a mite toward it. The last time I signed May, but I see someone has claimed that name, so will close, wishing you and the Boxites every success, and sign.

MAY FROM WARTON.
Cucumber Relish—One dozen cucumbers, 1 quart onions, 4/2 cups brown sugar, 1/2 cup mustard, 2/4 cups flour, 1 ounce curry powder, 1 ounce turmeric, 1 ounce celery seed, 3 pints vinegar. Peel cucumbers and slice with onions in salt over night. Bring sugar, vinegar and spices to a boil, add Cucumbers, onions and flour. Cook until soft. (Very nice.)

It is rather late for the cucumber recipe, but maybe some of the Boxites will cut it out and paste it in their recipe books. It must be delightful where you live in the summer. May, but how about the cold winds off the bay in the winter? But it would be worth bearing to enjoy the summertime. I should imagine. Thank you for the enclosed hospital mite.

MOLLY DISLIKES FASHIONS.
Dear Miss Grey,—Our corner is becoming very useful and helpful of late. Sorry I can't help any in that line now as the ladies in our town have a social service committee and they take anything we can spare and have a cheap sale every month. Our church also sends a box to the west every autumn so that we haven't much surplus clothing left. I think it's just fine to pass along anything we can do without, and it may be just the thing some one else is needing. Our church ladies have just got out a cook book too, so for my part I would prefer to give a little once in a while direct, so I am enclosing my mite for S. C. H. fund. What do you all think of the new fashions? I for one hope the long trailing skirts will never come in fashion again. I think the short skirts were just fine, not too short, of course. But the long dangling earrings they are the limit. True, we are not compelled to wear them, but "my lan" o' love, we have to look at them pretty often and it's some punishment even to look at them. What say ye, Boxites? And the big sleeves—but words fail me—I must branch off to some other subject. Perhaps we could do

like the Salvation Army and have a self-denial week and send what we save to the S. C. H. fund. Well, I must close, and will remain as before, with best wishes to all.

MOLLY MAGUIRE

I think it is a splendid idea to form a social service committee in each town or village and in this way you do not overlap when helping the needy ones. Thank you for the enclosed hospital mite. So you don't like the long skirts Molly? Well, I am afraid they are hard to stay, whether we like them or not. The styles have changed entirely since the summer months, when we had the short dresses, flapper hats and bobbed hair. Now it is an entirely different young lady we see, with long draped skirts and sedate hats.

SAUCE FOR THE CAT.

Dear Miss Grey,—Have been quite interested reading the many letters, but its several years since I wrote the page. In my last letter I offered to correspond with a Boxite wanting information about the north country. The funny part was that her father's and my address are the same. She visited him last Christmas, and we had several chats over the phone, but were unable to meet on account of the depth of snow (four feet on the level), and the day she was coming here it was snowing and blowing too much and oh, so cold! A Boxite asked the way to prevent cats eating chickens. Tie the cat up and turn the hen on it. When she is through the hat won't like chickens any more. I have been told it's a sure cure.

When I wrote last I was Mother of Three Girls. Now I am Mother of Four Girls. It was quite a coincidence that you should write to this boxite, wasn't it? Mother of Four Girls? I hope you aren't living near the district where the forest fires have been raging. I think the method of curing the cat of eating the chickens a rather harmless one, as the cat would not be able to defend itself. I am sure you don't love cats. So your babies are all girls. Thank you for the inclosures.

ATTENTION, CARROT TOP.
Dear Miss Grey,—I saw Parrot's letter and she thinks I am in England. I did intend going, but I did not find it very convenient, so I am still in dear old London, Ont. Forgive me Parrot, but I will write you a nice letter when you see, I belong to the G. F. S. Club at our church and we are giving dolls to the children at Christmas in the new hospital. I have them to dress and I have over thirty to do. Some I bought from wigs on, others I have to buy hair and put it on. I have twenty-three finished, so you see I have been busy. There are not two dolls dressed alike. I do wish you could see them, Miss Grey, everyone thinks they are lovely. I know the children will like them. Carrot Top, write to me.

Where, oh where is Carrot Top, Oh where, oh where can she be. Can you tell me what is good for falling hair? Mine is very bad. What do you think of my writing this time? Is it better? I will send you a donation for the cot next time I write. From
HAZEL EYES.

I saw some of your dolls at the Children's Hospital, and like everyone else, fell in love with them. What a lovely idea to give dolls to the little children at Christmas. It would keep you quite busy dressing so many, but you will be repaid when you see how delighted the babies are with them. Here is a hair grower that was sent in to the Mail-Box, but as I never used it, I cannot tell you if it is effective or not: 7 ozs. bay rum, 9 ozs. witch hazel, 1 drop hydrochloric acid, 1 dram salt (common). Mix bay rum and witch hazel; add half oz. carbonate magnesia and shake well; filter, add salt and let it dissolve; add hydrochloric acid, which will clarify liquid. Apply, rubbing well into the scalp each night.

LOST HER SON, TOO.

Dear Miss Grey,—Please find enclosed \$1 for S. C. H. fund in memory of our fallen son, my own included. Also one dime sent to me for music. I received a letter this week asking if I had more music at the same price. I have kindly publish the fact when it is in time for this news to go in the paper, and if they would state if a song, comic, secular or sacred is required, or a two-step. I will try and oblige. I have sent the third roll of music to Emma, for which I believe she sent a shin-plaster each time. I received three letters of appreciation. Surely God's hand is in providing this wonderful weather when fuel is scarce. I have had beautiful flowers this summer. Cosmos are in the lead now, and so lovely, mauve, white and crimson. I distribute them freely and next day the bushes are full of bloom again. I wish for success to attend all schemes for fund. Your page is very helpful and so interesting. I feel so disappointed when there are no letters. Sincerely yours,
TETTEN.

Thank you for the generous hospital mite for our fund, which is growing very quickly these days. Your songs have been a great help in adding to it. Tetten. I am sure your flowers are lovely. I think cosmos are beautiful, and we seem to appreciate them more when the other flowers are gone.

TO PAINT LINOLEUM.

Dear Miss Grey,—We are taking The Advertiser and like it very much, and I think the letters are very helpful. Now I would like a little help. About a year ago a lady wrote telling about painting linoleum; that she would tell anyone wanting to know what to use. Am enclosing ten cents, and was pleased to get this information.

JUST AS I AM.
If the person who offered to tell about painting linoleum sees your letter I am sure she will let you know. I am unable to tell you the name of any special preparation to use, but if you go to a hardware store they will tell you what to get. Thank you for the enclosed mite for our hospital fund.

FINDS RAILWAY SHOULD NOT CUT EMPLOYEES' PAY
Report of Conciliation Board Submitted To Department of Labor.

AFFECTS 7,000 C. N. R. MEN

Declare Reduction Would Prevent Workers Supporting Families Properly.

OTTAWA, Oct. 20.—(By Canadian Press.)—That a reduction in wages of clerks, freight-handlers, roundhouse, store, shop, station and other lesser-paid employees on the Canadian National Railways should not be made was the finding submitted to the department of labor this afternoon by the board of conciliation appointed last August to deal with the question.

The report is signed by the chairman, P. T. Costello, and H. S. Ross, K.C., representative of the employees, George D. Kelley, representative of the railways, did not concur in the finding, and will submit a minority report.

More than 7,000 employees of the Canadian National Lines in all parts of Canada are affected. The principal reason given for the decision was that any further reduction in wages of the classes under consideration would leave them without adequate means of supporting their families in a proper manner. The report stated that after full investigation of all available statistics it was believed that little or no reduction in the cost of living in Canada had occurred during the last year.

Another interesting point which had a direct bearing on the finding was that of the financial position of the National Lines. The Canadian Northern and the Canadian Government Railways were not paying before they were amalgamated, and had to be taken over by the government because of large deficits. It is observed. "It should not be expected that these deficits would so soon be on a paying basis, and it should not be forgotten that these roads were built mainly for the purpose of opening up new territory, the development of which has been retarded on account of unfortunate conditions brought about by the war. These low-paid employees should not be asked to bear more than their share of a burden which should be carried by the country as a whole."

The necessity for hearty co-operation between the managements and employees of the system at this juncture is also strongly stressed, the report pointing out that the movement of grain and coal should not be hampered by industrial unrest. The proposed wages, it was said, tend to prevent this co-operation.

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Beatty Flagship Lion Will Not Be Scrapped.

LONDON, Oct. 20.—(Canadian Press Cable.)—It is understood that Earl Beatty's flagship Lion will not go to the scrap heap after all, that the admiralty has withdrawn the Lion from the list of battle-ships due to be scrapped as the outcome of the Washington conference.

It was announced on October 6 that the admiralty had found it impossible to accede to the desire expressed in many quarters that Admiral Beatty's flagship in the great war should be preserved. It was stated then that the cost of maintaining the Lion as a national relic would be very large.

EX-M. P. FOR CENTER WELLINGTON DIES

John McGowan, Active in Public Affairs, Passes in Elora.

ELORA, Ont., Oct. 20.—John McGowan, ex-M. P., died at his home here early today. He was one of the best known men in this district, and was born in Greenock, Scotland, in 1846, coming to Canada in 1857. He took an active part in public affairs and was reeve of Peel Township for several years. He was first elected to the Ontario Legislature in 1874, and as a Conservative to the Dominion parliament in 1900, sitting for the old federal constituency of Center Wellington.

He is survived by his widow and the following children: John McGowan, Teeswater; Mrs. Margaret Johnston, Brampton; Mrs. Ben Broughton, Regina; Mrs. T. C. Wardley, Elora, and the Misses Grace and Jessie McGowan of Toronto. Two sons, Duncan and Lieutenant Charles, predeceased him, Lieut. Charles having been killed in action in 1916.

IRISH SITUATION IMPROVING DAILY

DUBLIN, Oct. 20.—Richard Mulcahy, minister of defence, refused in the Dail Eireann today an appeal made to him by George Cavan Duffy for assurance that Irish prisoners would not be deported to St. Helena or some other place where the British navy would be required to prevent their escape.

Mr. Mulcahy refused also to name the place of deportation. William Cosgrave, president of the Dail Eireann, described the Irish military situation as "well in hand and improving daily."

"I have no doubt whatever as to the ultimate result," he declared. "All that is wanted is for the people to forget there is any interruption of normal conditions and get back to work."

Plasterers are making \$25 a day in Chicago, but then, they have to live in Chicago.

Pure Green Tea—

is guaranteed the finest when it bears the name

"SALADA"

Famous for its Flavor—Just try a sample.



MOTHER, INSIST ON GENUINE "CALIFORNIA FIG SYRUP"

Say "California" to Your Druggist and Refuse any Imitation of this Harmless Laxative for Children

If your child is listless, full of cold, has colic, or if the stomach is sour, breath bad tongue coated a teaspoonful of "California Fig Syrup" will quickly start liver and bowel action. In a few hours you can see for yourself how thoroughly it works the constipation poison, sour bile and waste right out and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today may save a sick child tomorrow. It never cramps or overacts. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advt.

DYE FADED CURTAINS, SKIRT SWEATER, DRESS OR COAT IN "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old worn, faded things new. Even if she has never dyed before, she can put a rich, fadeless color into shabby skirts, dresses, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything! Buy Diamond Dyes — no other kind—then perfect home dyeing is guaranteed. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade or run.—Advt.

Your best friend lives right here
CANADA is a rich market for the national advertiser when the daily newspaper is a vital part of his merchandising organization. It is a business graveyard for those who look far afield for miraculous help.

When your special salesmen, window dressers and sampling crews are building up sales in our trading area this month what possible effect has "national" circulation a thousand miles away on their effort, except to add the burden of wasted dollars to the product they sell.

With consistent intelligence you use this circulation to carry today's selected message today. If tonight's conference reveals tomorrow's big problem, tomorrow's newspaper will

meet the task. This kind of advertising is not easy. It is not "publicity." It is controlled and directed merchandising force.

"The flexibility of newspaper advertising and the choice it presents of the amount, class and location of circulation enable the advertiser quickly to direct his campaign wherever and whenever it is most needed," says The Canadian Shredded Wheat Co., Ltd.

Your good product, intelligently merchandised with the help of the daily newspaper, will widen its market faster than production can keep pace with the increase.

Issued by the Canadian Daily Newspapers Association, Toronto.

All Are Delighted with Vicks
London Families Find It Wonderful For Cold Troubles

London people became acquainted last winter with Vicks VapoRub, the vaporizing salve for all cold troubles.

In the hundreds of homes where it has been tried, Vicks is already a standby for croup, children's colds, bronchitis, catarrh and various skin hurts and itchings.

Truly "The Remedy of 100 Uses"

Vicks, the discovery of a North Carolina druggist, is a combination in salve form of the old time-tries remedies, Camphor, Menthol, Eucalyptus, Thyme, Oil of Turpentine and other volatile oils.

When Vicks is applied it has two immediate actions. Externally, it is absorbed through and stimulates the skin, relieving the soreness and tightness of the chest. Internally, the volatile ingredients, released as vapors by the body heat, are inhaled directly into the affected air passages, loosening the phlegm and relieving the congestion and inflammation.

For croup and common colds you just rub Vicks over throat and chest and cover with a warm flannel cloth. One application at bedtime usually prevents a threatened attack of croup. Colds are ordinarily broken up over night. Croup attacks are usually eased in 15 minutes.

For deep chest colds, tonsillitis, bronchitis or incipient pneumonia, hot, wet towels should first be applied over the throat

ABSORBED through the skin, and at the same time,

INHALED, as a vapor, Vicks is the modern **DIRECT** treatment for all cold troubles.



and chest, to open the pores of the skin and then use Vicks. For head colds, asthmatic or catarrhal troubles, insert a little Vicks up the nostrils, snuffing well back. Also melt some in a spoon or tin cup and inhale the vapors arising.

In the United States, where Vicks originated, it is almost universally used in preference to internal "dosing." Mothers prefer it for children's cold troubles because it acts directly and quickly, and because it is applied externally and hence does not disturb the most delicate stomach. It is fine, also, for cuts, burns, scalds, bruises, sores, bites, stings, itching skin troubles and other forms of skin inflammation.

50c per at all drug stores

If you prefer to test Vicks before purchasing, cut out this coupon 6A and mail it to the Vicks Chemical Company, 344 St. Paul St. W., Montreal, P. Q. A free test size package will be sent you promptly.

VICKS VAPORUB

Over 17 Million Jars Used Yearly

Reports From LONDON People

Last winter each London druggist gave away to his customers a dozen jars of Vicks, with the understanding that they would test this new remedy and report the results. We are giving below a few reports from the many that were received.

352 Adelaide Street

Mrs. C. N. Perrin, of 352 Adelaide St., London, Ont., says: "I find Vicks VapoRub everything it is recommended to be. It is surely a good household remedy."

Route No. 3

Mrs. W. Strong, of Route No. 3, Thetford, Ont., says: "We like Vicks VapoRub, and think it is the best thing for a cold in head. Rub it across forehead and nose, and it soon relieves the cold. It is just splendid."

69 Chesley Avenue

Miss Margaret Hooley, of 69 Chesley Ave., London, Ont., says: "I am pleased to say Vicks VapoRub has done me a lot of good, as I am subject to colds in winter. I also found it a great relief to my throat when I had tonsillitis. Also, my mother finds it good for headache. I would not be without it."

175 Sydenham Street

Mr. S. B. Putnam, of 175 Sydenham St., London, Ont., says: "I have used Vicks VapoRub and am still using it and find it excellent when the nose gets clogged from either cold or catarrh. I would not like to be without it in the house, as I am troubled a great deal in that way and have never found anything that gave me relief as quickly as Vicks VapoRub."

72 Empress Street

Mrs. A. Lott, of 72 Empress St., London, Ont., writes us: "I wish to say for children with croup Vicks is grand, and for colds. Baby has just come in and wants Vicks put on his hand, which he hurt while playing. It is a fine thing, and would not like to be without it in the house."

305 Dundas Street

Mrs. Showers, of 305 Dundas St., London, Ont., writes us: "I have used your Vicks VapoRub for the last six months and would not be without it. It is very good for headache and severe colds in the head, and I always get it, especially for the children. I could not speak too highly of it."

993 Maitland Street

Mr. John G. Bradley, of 993 Maitland St., London, Ont., writes us: "To say I was pleased with the results obtained from Vicks VapoRub would be too mild, for I was not only satisfied, but was greatly surprised at the results obtained by its use. I not only used your Vicks VapoRub personally, but other members of my family also used it with good results."