

A PAGE OF GENERAL INTEREST TO WOMEN READERS

Sunlight Soap has a high standard of purity which is backed by a \$5,000 guarantee. If a soap has no standard there is no reason why it should always be of uniform quality, always contain the best materials or be anything like as good as the soap with a standard.

SUNLIGHT SOAP

5cents

Sunlight Soap

LONDON ADVERTISER COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

"Ugly Susan."

Lemon tart—1 egg, cup white sugar, butter size of egg, cup currants, ¼ cup sweet milk, 1 lemon, added last, just put a little in your crust as they raise quite a bit.

Cheese tart—2 eggs, cup white sugar, 1½ cups milk, spoonful vanilla, ½ cup currants, 1 teaspoon cinnamon, pinch salt, bake in shells.

"Hazel."

Nut cake—1 cup butter, 2 cups sugar, 4 eggs, 1 cup milk, 3 cups flour, 2 teaspoons baking powder, 1 cup nut kernel.

Tea cake—1 tablespoon melted butter, 1 egg, 1 cup sugar, 1 teaspoon baking powder, 3 cups milk, 2 cups flour.

ENTERTAIN NORMAL "Y"

Students Guests of Association at Pleasant Tea.

On Monday afternoon the local Young Women's Christian Association entertained the members of the Normal School branch in the association residence, Wellington street, and gave them an insight into the work being done in this city. Miss Lang, the Travelers' Aid secretary, told about the work of her department, in the assisting of old and young through difficult situations caused by misconceptions, misdirections and misunderstandings. She explained that it is always safe to ask information or aid from a woman in uniform, and with the Y. W. C. A. badge.

Educational Work.

Miss Davies spoke of the educational classes and physical culture training open to the members, and urged all to endeavor to take a course in first aid and home nursing. Mrs. Charles Leonard explained the work of the extension committee among the girls in city factories, and described some of the noon meetings held with the girls. Miss McCandless gave practical encouragement to the girls just starting on their career as teachers.

Miss McLaughlin, of the Normal class, led in some rousing patriotic choruses, in which all joined most heartily. At the close, tea was served, and a most enjoyable hour spent by all.

COWAN'S Almond Nut Bar

A rich, velvety, milk chocolate containing an abundance of plump almonds—a quality that cannot be surpassed.

Sold everywhere.

Made in Canada.

INFANTS-DELIGHT

It's BORED

TOILET SOAP

For Nearly Half a Century

the choice of the first families in the land. The delicate perfume appeals to every woman. The only Bored Toilet Soap. Sold in dainty cartons.

JOHN TAYLOR & CO. LIMITED, TORONTO

4-B Established 1865 Makers of Fine Soaps and Perfumes

Red Rose Tea

"is good tea"

Your taste for good tea will prove to you

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.]

On Baby's Head.

Dear Miss Grey—I have been a silent, thoughtful reader of your Mail-Box for some time, and now think I can be of help to "Scotch Lassie," and perhaps to some others who may have trouble with an obstinate scab on baby's head. Make a good poultice of flaxseed and dust in it a little boracic acid. To keep "ruttie" in place put on a tight-fitting nightcap. Change poultice night and morning. Great care should be taken in washing off the old poultice so as not to irritate the sore flesh. Try adding a few drops of carbolic acid to the wash water, and dry very gently with a soft towel.

I cured my baby's head by this treatment in a very short time, after the doctor had failed to help him.

BIRD C.

Ans.—Thanks very much for not continuing a "silent reader." Some of our young mothers will welcome the hint. Will make good use of the flags you sent; two of the kind you wished have been mailed to your address.

Brother Is Wounded.

Dear Miss Grey—May I peep into your Mail-Box again?

1. I hope I can get the song, "The Old-Time Religion," which I have been looking for.

2. What would be nice for a baby 3 years old, as I would like to give him a present?

3. Could you print a recipe for ginger cookies?

4. What age does a girl have to be before she can train for a nurse?

5. My brother George is a soldier and is wounded. Who would be nice for a present to send to him? I know the hospital he is in and would like to send him a present.

LOVER OF CHILDREN.

Ans.—1. As you will see in this column, "M. J. W." has sent a copy of the words of "Old-Time Religion," and another reader, "Sandy," offers a copy of the music and words, if you wish it.

2. Many little chaps of this age are fond of Teddy bears or "woolly dogs" that may be pulled about on wheels. A silver drinking cup always makes an acceptable gift for a youngster. A very practical gift is to open a bank account in the baby's name; even a one-dollar deposit is a "nest-egg."

3. Shall publish one in the Cook-Book.

4. Eigheten, I believe.

5. Some "news from home" scrap books would likely be acceptable to your soldier-brother, or why not have a copy of the Daily Advertiser mailed to him? Reading matter is sure to be welcomed by those convalescing. A parcel containing a pair of home-knit socks, chocolate, or cocoa or oboe, milk or other dark reds, very pale yellow and pink, and probably also blue.

6. Referring to readers.

7. A nice pin-cushion for her dresser, or some new runners for dresser and stand, might be acceptable. Gloves, a piece of neckwear, a nice box, fancy bar-pin or collar pins, box of neat stationery, are also suggestions for gifts.

8. Am sending you a few crochet designs, as requested. Sorry they were overlooked before.

Holds Same Opinion.

Dear Miss Grey—It is hardly likely you would be hearing from me if it wasn't for "A Most Young Man's" letter. Do you know, I often wondered whether it was because I am so old-fashioned in my ways and a trifle particular as to my special boy friends, or whether I was just a queer old stick-in-the-mud, but I have always held the same opinion as expressed by the above-mentioned "Most Young Man."

I think that any young girl who permits any or all of her boy friends to kiss her, certainly cheapens herself, and I honestly believe if you would look at it that way.

Is a Brunette.

Dear Miss Grey—I, I have dark curly hair, dark eyes and complexion. What are my chances?

2. Could anyone give me words and music of "The Village Band," "Only a Pansy Blossom," and "I Am Looking for a Sweetheart"?

3. What will be a suitable birthday present to give to mother, not too expensive?

4. Thinking you in advance, I remain, as before, your devoted admirer, J. W. C.

Ans.—1. You should look nice in dark and "burnt" shades of brown, crimson or other dark reds, very pale yellow and pink, and probably also blue.

2. Referring to readers.

3. A nice pin-cushion for her dresser, or some new runners for dresser and stand, might be acceptable. Gloves, a piece of neckwear, a nice box, fancy bar-pin or collar pins, box of neat stationery, are also suggestions for gifts.

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I think that any young girl who permits any or all of her boy friends to kiss her, certainly cheapens herself, and I honestly believe if you would look at it that way.

Wants Voke Trimmings.

Dear Miss Grey—You have that "Cora B." has sent some crochet designs to be exchanged for flags. Am sending some flags, and would like at least two yoke designs with scallops, or one yoke design and one lace would do. I also noticed where some other readers had sent some crochet designs, so hope to get some. I send you a few designs, some time ago, about designs, but failed to see it in print, and also sent a stamped addressed envelope.

A GROOMER'S WIFE.

Ans.—Your first letter appeared in our column, all right; sorry you did not see it. None of the designs sent in by "Cora B." were for yokes, but I think I have one or two on hand I can send you. There is such a demand, it seems, that I have a problem dividing them.

Believes In Friendships.

Dear Miss Grey—It seems to me our page is getting more interesting every day. I think it is all "Margaret's" have the same opinion regarding friendships? It is really too bad not to disagree a little with "Margaret," Landley, and "Cynthia Grey," especially as you do not want us all to "side in." But what is one to do when you just simply cannot think any other way? Supposing all your bringing up has been in that direction?

Regarding the question of kissing before an engagement has been formed, I am reminded of a conversation some time ago. Several girl friends and myself were of the opinion that it should not be allowed, when my brother, who is something of a tease, and having overheard the conversation, remarked "if there was no kissing some people might never get engaged."

Sanitary Housecleaning

Carpets, rugs, wallpaper faultlessly cleaned by vacuum system. 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 4190, 6360.

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the Signature of

ADVERTISER PATTERNS



1366—A popular and comfortable model. Ladies' house dress, with or without collar, with sleeve in either of two lengths, and with cap.

Gaiters, seersucker, gingham, chambray, percale, or lawn are good for this style. Its practical feature is the reversible closing, but if desired the fronts may be stitched to position at the centre. The neck finish may be collarless, or with the neat rolled collar. The sleeve is good in wrist length and very convenient and comfortable in elbow finish. The ample pockets, one or two, may be added or omitted. As here shown khaki cloth was used with trimming of white wash braid. Blue and white checked gingham, gray striped seersucker, or dotted percale are also appropriate. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The cap may be of the same material as the dress, or may be used as a house hood, or with the neat rolled collar. The skirt measures about 3 yards at the foot. 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 wanted. When the pattern is bust measure you must only give 22, 24, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure, 22, 24, 26, or whatever it may be. Write name and address on the pattern. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from date of application.

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NEW CORSETS AND BRASSIERES

WE HAVE A FULL RANGE OF NEW MODELS IN LA DIVA AND D & A. MAKES 50c to \$9

We advocate your buying now, as our stock of new spring models is complete; also our size range, in any model, and then it's necessary to get new corsets before you choose your spring wardrobe, since the lines vary with each season.

La Diva, Model 790

Has a medium high bust and short skirt, and elastic section in front, which gives you absolute comfort when sitting and yet holds the figure in well, embroidered trimmed, three sets of supporters.

SIZES 21 TO 36.

\$2.50



1366—A popular and comfortable model. Ladies' house dress, with or without collar, with sleeve in either of two lengths, and with cap.

Gaiters, seersucker, gingham, chambray, percale, or lawn are good for this style. Its practical feature is the reversible closing, but if desired the fronts may be stitched to position at the centre. The neck finish may be collarless, or with the neat rolled collar. The sleeve is good in wrist length and very convenient and comfortable in elbow finish. The ample pockets, one or two, may be added or omitted. As here shown khaki cloth was used with trimming of white wash braid. Blue and white checked gingham, gray striped seersucker, or dotted percale are also appropriate. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The cap may be of the same material as the dress, or may be used as a house hood, or with the neat rolled collar. The skirt measures about 3 yards at the foot. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

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NON RUSTABLE CORSETS

D. AND A. CORSET, with elastic tops, lightly boned, free hip, a splendid model for slender, girlish figures, Sizes 19 to 26, at 50c

D. AND A. MODEL, NO. 704, for slender and average figures, medium bust and long hips. Sizes 19 to 30. This is the best corset ever offered for \$1.00

D. AND A. MODEL, NO. 236, a lightly-boned corset, medium bust, short skirt, four hose supporters. Sizes 19 to 26, at \$1.00

D. AND A. MODEL, NO. 346, typifies the latest style tendencies; it is a trifle higher and shorter, intended for medium figures, made of fine quality coutil, at \$1.25

D. AND A. MODEL, NO. 540, has medium bust, long hip, reinforced at waistline and abdomen, elastic inset in back, sizes 20 to 36, at \$1.75

LA DIVA MODEL, NO. 550, an ideal corset for a tall, medium stout figure, made of high-grade coutil, high bust and long hip, embroidery trimmed, satin bow, six hose supporters, sizes 20 to 30, at \$2.25

LA DIVA MODEL, NO. 842, a corset for the rather tall stout figure, made with a medium bust and long hip, well boned, tailored trimmed, sizes 20 to 36, at \$6.00

LA DIVA MODEL, NO. 924, a lovely brocaded silk corset, with elastic inset at bottom of back, satin ribbon trimming, plush padded front, medium bust and long hip, sizes 20 to 30 \$9.00

Brassieres from 50c to \$2.25

D. AND A. GOOD-SHAPE BRASSIERES, hooked front or crossed in back, with embroidery trimming in front or plain with laced up back, perfect fitting, sizes 32 to 44, at 50c