## PAGE OF GENERAL INTEREST TO WOMEN READERS



Wifile)-Three cups oatment, 3 cups

flour, 1 cup shortening, 1 cup brown

sugar, 1 cup molasses, 1 teaspoon sods, dissolved in ½ cup hot water, 1 tea-

receipt of 25c to 971 Princess avenue London. Oct.14-1aw-t

EDUCATIONAL

Western

University

NEW SESSION OPENS SEPT. 27. Further increase and strengthening

Another large addition to revenue.

Idress the President or Registrar. Sept. 2, 9.

IISS ZIMMERMAN'S PRIVATE school for girls reopens in Cronyn Hall, September 11. Matriculation and high school entrance successes 1916.

spoon ginger, pinch of salt.

#### London Advertiser COOK-BOOK

Realpes Supplied By Cynthia Grey's Readers.

For Joyce. caroni and Cheese-Quarter pound | macaroni, 2 tablespoons grated bread,

EDUCATIONAL. Sarnia Business College Sarnia, Ontario

The Timest Basiness College Monthen Consider Every Student In a Good Position. Write for Illustrated Catalogue. 1aw-t-Sep.2

#### OAKVILLE, ONT. A country boarding school for boys, 20

entles from Toronto. The Autumn term opens on Thursday, September 14, 1916, at 19:30 a.m. Prospectus and full information supplied on

J. S. H. GUEST, M.A. (Cambridge), Headmaster. Aug5,19,82

St. Agnes' School

BELLEVILLE - - ONTARIO
Patron, The LORD BISHOP
OF ONTARIO. Handsome, thoroughly equipped building — beautiful, extensive grounds—all outdoor rinks—swimming pool. An ideal

place for a school.

PREPARATION FOR THE UNIVERSITIES, SCHOOL OF
MUSIC. Ernest Wheatley, A.R.C.O.,

Director.

Special Courses for A. T. C. M.
Advisory Board — The Lord
Bishop of Kingston, Senator
Corby, Judge Wills, H. F. Ketcheson, Esq. J. Elliott, Esq.
FOR PROSPECTUS APPLY TO
MISS F. E. CARROLL, Principal.

Ontario Ladies' College

Healthful, picturesque location with the outdoor advantages of the ountry as well as the cultural influence of Toronto, which is only 30 miles way. Academic courses from Preparatory work to Junior Matriculation, eacher's Certificates and First Year University, Music, Art, Oratory, omestic Science, Commercial Work, Physical Training, by means of an nusually well-equipped gymnasium, large swimming pool and systematized lay. An alert mind, a strong body, a well-balanced moral sense, a broad octal vision, are the aims of this institution.

COLLEGE REOPENS SEPTEMBER 12TH, 1918.

For calendar and terms: R. I. Warner, M. A., D.D., Alma College, St. Thomas, Ont.

HLMA LADIES' COLLEGE

OPENS ITS THIRTY-SIXTH

YEAR ON SEPTEMBER

TWELFTH: NINETEEN

HUNDRED & SIXTEEN

For Calendar write REV. E. L. FAREWELL, B. A., Principal.

And Conservatory of Music and Art, Whitby, Ontarlo, CHOOL OF IDEALS AND AN IDEAL SCHOOL FOR GIRLS.

### 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.]

Brother May Act. Dear Miss Grey,—Would be much mont. It's good of you not to entirely forget the Mail-Bex amid your "glad" ng question for met

Is it proper for a brother of either he bride or groom to perform the teremony?

PUZZLED. cayenne, % pint milk, 2 ounces grated is either a clergyman or magistrate.

cheese, ½ oz. butter; break up the macaroni into short lengths and put into a saucepan with enough slightly New, But Interested. Dear Miss Grey,—You will know that frequent visitor, but school soon will am a new arrival, but all the same be starting, and I'll have to make into a saucepan with enough slightly salted water to cover. Boll slowly for twenty minutes, drain, then put on with the milk to boil tender. Use rather "tasty" cheese; mix two-thirds of it with the macaroni, and seasoning, place where an old lady offered to make a switch for a reader and I wonder if she would make one for me, too? If she wouldn't mind I wish you may "win" you success! This corre

flags; either with the flags on or solders, as I have a few of both kinds and would like very much to get enough for a cushion. Hope that in the future I may be of some assistance to you or the readers. Before I close, Miss Grey,—I am sending some coupons that may come in useful to you some fine. Now for a general to you Molasses Oatmeal Cookies (Wee Miss Grey, I would like to mention that Stott's Velvet Foot Powder, guaran-teed to cure sore feet or any skin dis-ease it can be applied. For sale at the best drug store. Malled or filled on

Another large addition to revenue.

Improved library and laboratory equipment.

My Dear Miss Grey,—As my home is a miss from Guelph, I can offer alltie assistance for "Billie" (even if I am so far away at present). There are two hospitals in Guelph, the Guelph in Guelph in Guelph, I can offer a diversity education, about one-half of the members of Congress were graduates, and most of the others had part of a college training, while two-thirds of all the great influential positions of the country were filled by college-training while two-thirds of all the great influential positions of the country were filled by college-trained men.

For Calendar or further particulars

Pollyanna Goes Fishing.

My Dear Miss Grey,—As my home is a miss fill on of its miles from Guelph, I can offer all the assistance for "Billie" (even if I am so far away at present). There are little assistance for "Billie" (even if I am so far away at present). There are two hospitals in Guelph, the Guelph General Hospital and St. Joseph's. The address of both are Guelph, Ontario. I am having a beautiful time in Vermont. Is of shing at 5 o'clock in the morning: and or shelves. If put right in the graduates, and most of the others had part of a college training, while two-thirds of all the great influential positions of the country were filled by college-trained men.

IT PAYS TO HAVE A UNIVERSITY EDUCATION.

For Calendar or further particulars

Pollyanna Goes Fishing.

My Dear Miss Grey,—As my home is all the leash to ean phone all the assistance for "Billie" (even if I am be down of all the great with to do. I was told to use camphor goes to find out what to do. I was told to use camphor mailed ones, and of the day ones and little ones, and of the may send to do one held in down and tell "Ant-Hater" what helped me get rid of anits. I had big ones and little ones, and of the may send to do one held in the worked won-ders for men. Cut off some and put around in corners where they one is a third to do. I was told to use camphor sum, and it just work "Pollyanna Goes Flahing.

will open at 10 o'clock, when

officers of the Municipal Chapter

will be in attendance to receive their

tho, with a number of others, trans-

rred to the 4th Canadian Mounted ifles, called attention to the fact that

some fifteen of them were in prison in

Sermany and sadly in need of com-

orts. The Municipal Chapter of the O. D. E. at once took up the matter

soners a package containing 2 pairs

re of London, and money sent to the committee in England, which will forward each one a parcel fortnightly.

Mrs. H. A. Boomer and Mrs. J. M.

Cards of acknowledgment for com

rts sent, have been received in the

ed from England that Pte. T. S.

ovell of the 3rd Battalion, one of the

risoners of war in Germany who had been adopted by the Daughters of the Empire of London, had escaped and

was free once more to go back to the

Walter Perry, one of the recipients

acknowledgment to the Trafalgar

Chapter, L. O. D. E., the donor of the

parcel sent him. After some amusing rhymes, he goes on to express the

heartfelt thanks of the boys "as much the kind thoughts and good wishes

that must surely accompany the tobac-co and cigarettes as for the smokes

hemselves; and we hope and trust that

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

Story on which this study is based, as

"Paul's Sorrows and Comforts." IL

Cor., xi., 21-xii., 10.
Golden Text-"My grace is sufficient

for thee; for my power is made perfect in weakness." IL Cor., xii., 9.

18. Chap. xii., 1-6-Why would you say

or not that it is probable, or possible,

that a Christian today may have a sim-

Paul had?

thorn in the flesh?

ilar experience of the unseen world as

19. Verses 7-10-What was Paul's

20. What is the chief "thorn" that

Lesson for Sunday, September 10, 1916

"The Agrest of Paul," Acts, xxi., 17-40,

robust Christian men have today?

ou ponder the following questions:

may one day have the extreme easure of personally thanking at least

The fifteen will also be adopt-

and is sending the writer sufficient

supplies to give each one of his fellow-

socks, oatmeal, sugar, bacon, oxo, biscuits, cocoa, hard chocolate and cigar

ed through the Daughters of the Em

at Wolseley Barracks grounds.

Daughters of the Empire

DOGG IT is hard to break the down amid the hills and lakes of Ver-

"Win" Sends Thanks.

times. Safe journey home.

Dear Miss Grey,-The readers of the Ans.—Perfectly proper for either to do so, assuming, of course, that he supplying me with soap ovals. Hope I may soon be able to extend some help to them.

It seems as if I have become a ver

too? If she wouldn't mind I wish you may "win" you success! This correwould send me her address. in the serving dish, sprinkle with the remainder of the cheese, the bread-crumbs and the butter, dotted over the top. Brown in the oven and serve top. Brown in the oven and serve top.

consider myself just "real mean" if I didn't sit down and tell "Ant-Hater"

dance at Springbank on Friday even-

and nine pillows to the hospital

Allow me again to extend to you m

Murren, Aug. 14, 1916.

sincerest thanks for your kind reme

osity. I have the honor to be, madan

Dear Madam,-Pleased to notify yo

are living here in a hotel among the Alps. Dear madam, I am much oblige

JOSEPH GILL. 9442, 3rd Battalion, C. E. F., Hotel Alpenruk, Murren

London onservatory

Music

The London Conservatory of Music begins its new

school year on Tuesday,

Sept. 5. All the distinctive

features which made the past

year such a great success

will again be in evidence-

weekly recitals, lectures, or-

chestra, ensemble playing,

scholarships, choral class,

854-386 DUNDAS ST.

Phone 1101.

to you for your kindness, and as

main, Yours grateful

brance, and also for your past ge

Your obedient servant,

land on the 11th of this month

adopted prisoner.

the chapter.

front and try to catch the man who captured him. We hope many others by Mrs. T. H. Smallman from her

of the tobacco forwarded to our sol-liers through the Overseas Club, writes

Dear Madam,—Pleased to notify y

some time. Now for a question:

Ans.—Unfortunately the envelope bearing "Old Lady's" address had been destroyed before it reached me, so I'm still in the dark as to her place of abode. Shall let you know if she sends it again.

Ans.—Assure you I'm not the least bit angry, so don't look frightened. Glad you reminded me, for it was just an oversight. Your coupens came in very handy.

Ans.—Assure you I'm not the least bit angry, so don't look frightened. Glad you get it, Miss Grey? 1 am most gure I had on stamps enough. What will take apple and pear stains from baby's white dresses?

What will take apple and pear stains from baby's white dresses? Dear Miss Grey and Readers,-Would

Rambled, Rambled Right Along," of-fered by "Sylvia Pankhurst." I don't

The various chapters in No. 1 Mill-tary Area are invited to meet with the London Daughters of the Empire on the 13th of Septon the Lord Roberts Chapter, L. O. D. E. Soda, stir till lumps are removed, let settle, and strain through cheesecloth. Bottle tightly. For stains, dilute about 4 times, and soak stained parts, then rinse and bleach.

The convener of the supply committee acknowledges the following contributions:

Lord Roberts Chapter, L. O. D. E. Soda, stir till lumps are removed, let settle, and strain through cheesecloth. Bottle tightly. For stains, dilute about 4 times, and soak stained parts, then rinse and bleach.

Thank you for hints re camphor and its liability of being absorbed by food.

ters of the Empire on the 13th of September in Cronyn Hall. The object of the meeting is to enable representative members of the nity to become better. The treasurer of the Municipal Chapter of the treasurer of the Municipal Chapter of the Munici order in this vicinity to become better acquainted with each other and to con-Phanking you in advance and wishing flags. Could I have the

Ans.—Would advise your obtaining a large ones, gum, I think the others are cigarette or tobacco. I would also

Dear Miss Grey,-Just a word then

the privates of the old 33rd Battalion, evening, September 3, under the ausploes of the Trafalgar Chapter, I. O. studies for another term, and will have D. E., when an excellent program will no time to write. be presented. Proceeds for soldlers' do not believe in discussing personal matters here. It is kind of you, though

The newly-formed chapter of colle- whoever wisnes them.

Will "Betty Perkins" copy "The High-landman's Toast" for me? Please inglate girls chaperoned by the Campbell closed find stamped envelope for Becher Chapter, will give an informal Yours sincerely, MOLLY-O. Ans .- Am sending an address to you

SPECIAL SALE

It has been used with success for ver thirty years. One application gives relief, and most cases are sured in from three to six applica

25c, at all druggists.

UNDERCLOTHING

GREEN CORN Fresh picked, per dozen, 20 centa. Main & Collyer ELEPHONE 2831, P. O. BOX 275



GIRL.



PRETTY FROCK FOR MOTHER'S 1776-White challie, with blue dots, was used in this instance. The trim-ming is of "Val" insertion. One could

the words of "The Little Old Ford quires 3 yards of 44-inch material for a 6-year size.

washing soda, and 2 quarts boiling water. Four the water over lime and soda, stir fill lumps are removed, let whatever it may be. When in walst

he Mail-Box and its editor good luck, stamped envelope for them, also six Trafalgar Chapter, I. O. D. E., \$25 | I am,

for the Western University Corps, \$5 for the special consignment to the prisfor the special consignment to the prisfor the special consignment to the prisformaldehyde candle at a drug store and like some flags with flowers. Now for some questions: visitors. At the close of the afternoon session, through the kindness of Col. for the overseas tobacco fund.

The receipt of a card from one of a card from one of Santamber 2 under the aus-

ing, the 8th of September. It is to be hoped many will avail themselves of the privilege of spending a pleasant is set in type, and will be printed as soon

evening, and adding to the funds of Major Smith, medical officer of No Training Depot, sends the following letter to the treasurer of the Municipal Mrs. Cl. T. Campbell:
Madam,—I have the honor to thank you for the generous gift of magazine

SUMMER GOODS

H. Wolf & Sons 265 DUNDAS STREET.

Compass Oil IS A TRIED REMEDY

for Piles

DO NOT SUFFER. Use it today and find relief.

CEETEE

Guaranteed Not To Shrink.



## "Be sure it's

Let that be part of your next message to your grocer if you want something different, something better for table use. It always remains free-running, even in the dampest weather, never clogs the shaker, never hardens under any condition.

In handsome dust-proof cartons at the better class of grocers.

A refinement of the celebrated "Century" Salt DOMINION SALT COMPANY, LIMITED SARNIA, ONT.

#### 65 Years Ago ARE STILL DOING DUTY IN THE SHAPE OF

EDDY'S MATCHES SIXTY-FIVE YEARS AGO THE FIRST CANADIAN-

MADE MATCHES WERE MADE AT HULL BY EDDY

AND SINCE THAT TIME FOR MATERIALS AND STRIK.

ING QUALITIES, EDDY'S HAVE BEEN THE ACKNOWLEDGED BEST.

WHEN BUYING MATCHES SPECIFY

# Queen's Dessert A Pure Vanilla Eating Chocolate

For our Heroes-CANADA

At times during heavy bombardment the army commissaries becomes so disorganized that ordinary food is unprocurable for days.

During such times as this the value of a convenient and concentrated food that may be carried and handled easily, cannot be over-estimated.



### "Make Plenty of Jelly this Year"

DECEMBER LASS.

school, one not too fussy

to be so interested

Ans .- There are only about

Children must have sweets and the most wholesome and economical sweets you can provide for them and for the whole family are delicious homemade preserves and jellies made with



## Lantic Sugar

Order by name in original packages

2 and 5-lb. Cartons

10 and 20-lb Bags

Lantic Sugar is a pure cane sugar of "FINE" granulation specially suitable for preserving as it dissolves instantly and makes a clear sparkling syrup

> PRESERVING LABELS PREE. Send us a red ball trade-mark, cut from a bag or carton, of Lantic Sugar and we will send you a book of 54 printed and gummed labels all ready for use. Address

ATLANTIC SUGAR REFINERIES, Limited, Power Building, Montreal

## reminder Lest you forget that box of MOIR'S Chocolates

Made by Moir's Limited Halifax Canada