

## A PAGE OF GENERAL INTEREST TO WOMEN READERS



**ENO'S**  
**FRUIT SALT**

Women fly to Eno's  
when Headaches threaten

## 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.]

## Games for "Blue Eyes."

Dear Miss Cynthia—Will you or some of your many kind readers offer some suggestions, games and contests, for the entertainment of about thirty, all to be held on the 15th? It is to be an open evening, that is, without any program, but I would like to have some new ideas and contests. I am,

BLUE EYES.

Ans.—I am afraid that by the time this can appear in print it would be too late for hints from others to be received. Perhaps some of the ideas for a St. Patrick evening, given the other day, may help you. Charades are enjoyed by many and sharpen the wits. And a gardening contest might come in handy.

"Explain to the visitors that as spring is so near at hand, people must be considering what to grow in their gardens. Give each a slip of paper and pencil, for the guessing may be done in couples; on the paper in this list, with space for the guesses. The list is headed: 'What would grow if you planted—?' a woman's foot? (lady slipper); a bat? (leek); the king of beasts? (dandelion); a preacher? (jack in the pulpit); a cat? (mackerel); a date? (olive); a cow? (cowslip or milkweed); a jilted bachelor? (bleeding heart); a wise old man? (sage); a contented person? (heartsease); a Dutchman? (Dutchman's breeches); a sheet of music? (beets). As a reward for this a tissue paper rose might be given as a 'funny' prize."

## Glad to Help.

Dear Miss Grey—Having seen in last night's "Tiser" where "Puss and Feathers" wanted the words of "The Gospel Chorus," also a recipe for ginger cookies (without eggs), I am sending them along. Glad to be of a little use sometimes. Wishing the Mail-Box and all its readers every success, I remain as before,

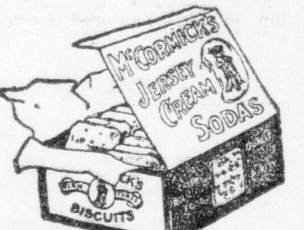
MUGGINS.

Ans.—"P" and "F" please send address and stamp for the hymn. Thanks for helping, "Muggins."

## A Waitress's Wish.

Dear Miss Grey—Here I come again to ask another favor of you; hope you will not be vexed. If you have an address of a lonely soldier in the 153rd Battalion would you send it to me, or anyone in any battalion in Ontario or Canada. In inclose 25 cents for the prisoners' war fund, although it is a small sum. I will send more next month. Hoping you will send me one

SOMETIMES you buy a box of sodas that doesn't open up just right. Not so with McCormick's. Our special air tight sealing keeps the contents crackling crisp. Sold fresh everywhere in different sized packages. Ask your grocer.



**McCormick's**  
**Sodas**

So good that butter seems unnecessary

Then shall the King say unto them on his right hand.....

"I was an hungered, and ye gave me meat; I was thirsty, and ye gave me drink..... naked, and ye clothed me....."

Then shall they answer him, saying—  
"Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink? ....or naked, and clothed thee?"

And the King shall answer.....  
"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

Overseas, in ravaged Belgium, more than 3,000,000 of "the least of these" are hungry, thirsty, thinly clad—looking to us! Have you done what you could for any of them?

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

SEND CHEQUES PAYABLE TO TREASURER

**Belgian Relief Fund**

59 St. Peter Street, Montreal

The Greatest Relief Work in History.

Subscriptions may be sent to Local London Committee, MRS. A. T. EDWARDS, Treasurer, 183 Oxford street, London.

how to start them from whoever they buy plants from.

Now, these are the easiest to handle of any, and anyone wishing good seeds at low prices can get them at any seed dealer's; but I have one seed company I have dealt with for six years, and never found any better, and but not state name, for it would be censured, but will send name to anyone sending card or stamp through C. G. route.

Now, Miss Grey, I hope this will be of interest to many, and if there is more I can do, would only be glad to help out down the high cost of living for all that are willing to try hard-earned money.

Some may wish other garden stuff which is more difficult to grow, but I just mentioned the easiest, and as to the table I give, it is just to give an idea, but of course there is much more to do after seeds are up, such as hoeing, thinning, etc.

I noticed where one spoke of cucumbers not doing well near clover. I find that the bees do not do the work on the cucumber blossoms that they should when too near flowers or clover.

This is some war, eh, Cynthia? I have a brother over there, wounded and in the hospital. I will sign myself as B4.

Ans.—"Aunt Nannie" must have been giving you some lessons in spelling, eh, Uncle? Or did you swanow a spelling-book? Seriously, though, it's kind of you to take all this trouble, and maybe you'll write us again when things begin to grow. I'm using the table separately, as it had to be set double column.

She's Initiated.

Dear Miss Grey—Here is the eggless ginger cookie recipe for "Puss and Feathers": One cup brown sugar, one cup shortening, half cup of hot water, one teaspoonful soda, one cup molasses, one teaspoonful ginger, half teaspoonful salt, flour enough to make a soft dough.

As I know several soldier boys, I will send the address of one who would be very glad to receive a box of "goodies." I'm sure, and I already have two or three to write to so will divide up.

Have just tried "Well-Wisher's" timely hint for preventing a cold "before it starts" and feel better already.

Hoping I may call again.

Ans.—You've initiated a full-blown member of our circle, "Peggy." We are glad of your help and interest.

Perhaps Some One Knows.

Dear Miss Grey—I am going to bother you with some questions: "The Motherland" by British subjects?

2. Why is Germany called "The Fatherland" by German subjects?

3. Can you give me the address of some place where I may send some of our small Sabbath school papers?

Ans.—Small and 2—I do not know the reason why. It is a custom of long standing in each country. I will early the terms came into use, I cannot say.

2. Referred to our readers. I am in charge of the local clubs, etc., for soldiers are kept well stocked with reading matter.

Already Has Them.

Dear Miss Grey—The one that wants that song "I've a Saviour King" etc., just want the words? I could send him the words.

2. Has "Khaki Lass" got her silk patches? If she still wants them, I could send her some, if she sends Miss Grey her address and postage to cover same. I will send you my address.

Well I will close and what do you think of my writing?

WHAT I HAVE I HOLD.

Ans.—A copy of the hymn has already been sent for "that old song." I will send you a copy of the hymn.

2. How about "Khaki Lass"? 3. You write very neatly.

Meaning of Mizpah.

Dear Miss Grey—Well I'm back again for some more help.

I received a brooch as a gift with "Mizpah" engraved on it. The giver said it meant two things, but I'm ignorant of them both. Please give me your idea and the meaning of Mizpah.

I noticed in yesterday's paper where "Lon" asked for a cure for ingrowing toenails, suffered with the same thing for some time, and I cured mine by cutting the nail real short and rubbing it with Vaseline.

It's a very nice motto indeed to appear on a friendly token.

They're Both All Right.

Dear Miss Grey—Here goes for a few lines. It seems a long time since I have written to the page. How is Miss Grey? Say, I am nearly dead with a cold. Do you know any cure for it?

Well, say, people, how are you all, anyway? I suppose just the very best. I have been having some fun reading the page this couple of days. Here, you city folks, don't say anything about the farmers. Where would you people be if it wasn't for the farmers? I live

Ans.—If you had been a good little girl and attended Sunday school as you ought, you would have known the meaning of "Mizpah." Now get out your Bible, turn to Genesis 31, and read the parting between Laban and Jacob, verses 44-52, and you will no longer need to sign as "Puzzled."

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More than 100 Lenten Dishes

that you can make with CATELLI'S

MACARONI

More nourishing than meat—far, far cheaper than eggs—much more inviting than fish.

Eat more Macaroni during Lent and cut down the cost of living.

AT ALL GROCERS. Recipe Book free if you write THE C. H. CATELLI CO. LIMITED MONTREAL.

## Advertiser Patterns



1507

AN ATTRACTIVE MODEL FOR HOME OR BUSINESS WEAR.

1507—Simple becoming lines mark this dress design. It is good for taffeta, dotted or figured voile, checked or novelty suiting, serge, gingham, chambray, linen or percale. For a morning dress linen, or gingham would be very serviceable. For business wear, serge, taffeta, or voile would be suitable. The waist is cut low and outlined with shaped revers that form a smart pointed cuff in wrist length. The chemise has a standing collar which may be omitted. The sleeve is close-fitting below the elbow and finished with a smart pointed cuff. The pattern is short length a turn back cuff forms a neat finish. The skirt has played fullness in back and front, which may be stitched in tuck effect. The pattern is cut in six sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 7½ yards of 36-inch material for a 36-inch bust. The skirt measures about 3½ 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 miss's pattern) .....

Measurements: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent, you must also send 10 cents in silver or stamps. If you do not, the pattern will not be sent.

On a farm and we have everything to eat, such as cream puffs, and, you know, such things as that. We are people that do have the pure cream and lots of everything else. I think "Puss and Feathers" is quite right; we don't always have fat pork to eat.

2. Has "Khaki Lass" got her silk patches? If she still wants them, I could send her some, if she sends Miss Grey her address and postage to cover same. I will send you my address.

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worked up when she wrote it, and is maybe a different person now. I am glad so many of the girls are of the same opinion as "J. O. G." I really did not think there were as many good girls left as there are. I have never known a girl and have certainly never tried to put any around one, so I am called "slow," too. As the city and country boys are being discussed so much I might say I prefer the majority of country boys instead of city boys. It is much easier to find out a country boy's character than a city boy's. I am one of those farmers that live on a farm and raise eggs, and they sure are good this winter. I am not in khaki yet, but intend to be after seeding. I think it would be a good idea if Miss Grey to make the editor keep the advertisements off the page and give the readers more room to discuss their questions. Will you please send me "J. O. G.'s" address? I inclose a stamped envelope. May I call again? Wishing you every success, I remain,

SLOW BOY.

Ans. Cannot send "J. O. G.'s" address without her permission. How about it, "J. O. G."? 2. Of course.

Her "Passover" Bread.

Dear Miss Grey—I saw where "Bos-tonian" was having trouble with her bread. I think she may keep it too warm, and in some way a cold draft strikes it and, like acidity, it drops, and all the fussing in the world will never make good bread of it. I would advise having the room very warm, also the kneading board and flour; don't allow the dough to be opened while the loaf-making is in progress. Grease the top of the loaves, wrap the pans well around the edges with a thick cloth, allowing it to be three or four inches above the top of the loaves.

I baked my first bread about three months ago; being a young thing, I ventured into this undertaking with fear and trembling, and I thought, "I don't know what I am doing, but I will try." I had bread-making instructions spread out before me all the way from Cynthia Grey's Mail-Box to the kitchen. I didn't know yeast from sponge, or sponge from dough, and grew so muddled that I was obliged to go to bed for a few hours to compose myself before I attempted to make it. I was wonderfully made. It was fearful to eat, and wonderfully hard to get rid of. I called it my Passover Bread. My husband suggested that I need not be at all particular to pass over more than one slice to him a meal.

I am inclosing a recipe for feather muffs—but not the kind of feathers that filled the beds of our ancestors.

Every good housekeeper substitutes muffs or biscuits for bread from time to time, in order that the family meals shall have an appetizing variety. Hot muffins are a favorite delicacy. I recommend the following to housewives who wish to get the most out of their sack of flour: Four tablespoons of butter or dripping, of sugar, 1 egg, 3 cup milk, 2 cups flour, 2 teaspoons baking powder. This recipe makes 12 fluffy, tasty muffins at a very little cost.

We enjoyed a very hearty laugh over the letter written by "Puss and Feathers" in the "Tiser" of last week.

I was written by a boy, or some spoiled child, who felt hurt that his name was not mentioned along with the "pet" in that block. I am inclosing a few lines that you may think worth a corner in your valuable page. I like it much better than this Benwell-Birchall "mess" that has been so much sought after of late. How can anyone spend time to read such a composition, when there is so much good reading scattered every-

This epistle grows lengthy you say? Well, I may never come again, as the authorities are always on the hunt for "escaped idiots," so no doubt the "escaped idiot" will be rounded up and lodged in a place best fitted for him.

Ans.—After such an interesting letter, sound that threat of never coming again, I am sure you will not mind me writing how many of our "Pacities" would "leap up to a similar bread baking experience." Let's hear.

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## Millinery



**Spring Opening**  
March 15 and Following Days  
On Thursday

We want you to come to our formal opening display of the new fashions in Millinery, Suits, Coats, Blouses, Silks, Dress Goods and Wash Fabrics for Spring and Easter, 1917, also of all those accessories that accompany them most fittingly.

We believe that you will enjoy this occasion, appreciating the variety and excellence of the merchandise which will be shown on that day.

**Gray's**  
Limited

an half filled his mess can bottom with water, and foolishly put in all the rice he had, and started to grumble because it was too thin. After a while the rice began to swell, and he had to call for some more water; this was forthwith supplied, and everything was in perfect harmony again. Soon the rice had swollen again, and another call was made for water, and then a race between the water and the rice. Soon the mess can bottom was full, and the rice was swelling, and still the quest for water was not over. In the end, the two boys took it off and ate it, as they said if they kept it on the fire it would still keep swelling a few lines they thought that it would be best to eat it. It was very funny for the on-lookers, but not for the boys who were hungry.

Must close now, with best wishes for all from the same old

Ans.—How glad our readers will be to hear from "the same old Twenty-One." It is so long since he penned the Mail-Box a line, that we are thrice pleased to receive this cheery epistle, for the hands that feed us to close. We will be dim as she reads the little account of the rice and water. And the good-naturedness of "Lads Like Twenty-One" a reproach to we who sit comfortably housed and fed at home?

Cure for Lou.

Dear Miss Grey—Seeing where "Lon" was asking for a cure for ingrowing toenails, I have one. Have found carbolic acid to be a great relief. It will not cure entirely, but brings quick relief. This is my first appearance in your cosy corner, so I will not stay long.

1. Could someone please give me a recipe for roll jelly cake, with not too many eggs?

2. If you have a lonely soldier's address, could you send it to me, as I want to make them all happy as my brother is over in France?

Thanking you in advance,

Oh, Highland Laddie!

Dear Miss Grey—May I have "Highland Laddie's" address as I'd like to exchange recitations? Am sending a piece which would do for a little kiddie to say. How is my little one?

Ans.—"Highland Laddie," please send your address.

You write a neat and very graceful hand, "Duffy."

A Voice From the Parsonage.

Dear Miss Grey—Many thanks as I have been reading your page I have felt I would like to reply to some of the inquiries, but have not done so before. But before I go a bit further, I must ask your pardon, Miss Grey, for not replying to them, and the one who has been very busy doing our little bit for the last time. I have been thinking of you so kindly copied the words of a hymn I asked for, "Oh, When Shall I See Jesus?" I received them and used them and enjoyed them, but I have not had time to write you. I have been very busy doing our little bit for the last time. I have been thinking of you so kindly copied the words of a hymn I asked for, "Oh, When Shall I See Jesus?" I received them and used them and enjoyed them, but I have not had time to write you. I have been very busy doing our little bit for the last time. I have been thinking of you so kindly copied the words of a hymn I asked for, "Oh, When Shall I See Jesus?" I received them and used them and enjoyed them, but I have not had time to write you. I have been very busy doing our little bit for the last time. I have been thinking of you so kindly copied the words of a hymn I asked for, "Oh, When Shall I See