

A PAGE OF GENERAL INTEREST TO WOMEN READERS

AUNT NANNIE'S "LOVE" QUILT

Many Blocks Over the Fifty-Eight Required Were Sent In—
Story of a Unique Gift to a Soldier's Mother.

Very widespread among our readers of the Mail-Box has been the interest in "Aunt Nannie's" "Patriotic Love Quilt." It was away last spring that the sad message came to "Aunt Nannie" in her Illinois home, telling of the loss of her only son "Somewhere in France." Stirred with sympathy for her loneliness and because of the fact that no pension has yet been awarded her, although sorely needed on account of ill-health, the Mail-Box readers decided to make a "love quilt" in red, white and blue, the colors for which her lad died, with the pen names of the makers written thereon. These dear ones also contributed towards the lining, batting, etc., and Miss Grey is pleased to report the sum of \$11.55, all sent in by advertiser readers.

Points represented in Ontario are: London, St. Thomas, Valparaiso, Malbourn, Burgessville, Port Stanley, Guelph, Jaffa, Campbelltown, Dutton, Vanessa, Thamesford, Highgate, Mossy, St. Marys, Smiths Falls, Shelburne, Woodville, Mount Brydges, Mull, Wilton Grove, Bothwell, Aylmer, Samia, Kingsville, Forest, Lambeth, Thamesville, Hilderton, Leamington, Berlin, Petrolia, Cottam, Humberstone and Dresden.

From far away Halifax came the plea of "Gentle Sea Breeze." He enclosed his note, but "what sort of stuff should be used to make a block?" Miss Grey took pity on him and has made a block of red and white with his name gaily inscribed in the center. Another red and white square above the names of "Twenty-One," one of the Mail-Box soldier lads, and of "Laurie," the contributor who haunts the hayfields at 5 a.m. in his efforts to aid with the harvest.

Artistic Work.

Very much could be said of the individual blocks, many of which have been embellished in a really artistic way by the makers. Hand embroidery, neat featherstitching and other fancy stitches adorn many of the blocks, and "Aunt Nannie" will have a quilt that she may well be proud of for its novelty and attractiveness, too.

Red and white squares were received from the following readers: Orange Blossom, Los Angeles, Cal.; S. S. T. I. S., Unkown, Delta, M. E. W., Soldier Boy's Mother, Becky Ann, Lover of Flowers, Beautiful Doll, Hopsy Burke, Penmau Cove, Optimistic Peg, Old Lady (four blocks), Maple Leaf II, Tory, North Devon and family (four blocks), Canada, Mrs. Gay, Patriotic, Chip, Justa Friend, Faded Lily and family (six blocks), Kitty, Dorothy G., Half Breed, Snowbird, Pioneer's Daughter, Cinder, Thimble, Marie, Eighty-One, Jennie A., Lucky Lassie, Mrs. Gay, Gentle Sea Breeze, and a joint block from Twenty-One and Laurie.

These with their names inscribed on the squares of blue are: "Billie," "Ted," "Small Unit," "Mrs. A. D. C.," "Snowbird," "Star That Shines Bright" was the very first block to come in, "Star of Peace," "Mrs. J. A. McB," "Cynthia Grey," "Rose of Sharon," "Nora Cottam," "Mabel the End," "A

Dub, "Mrs. C. S. R.," "Gladys D.," "Young Mother," "Mrs. M.," "Mrs. W.," "Thamar," "Black Beauty," "Marie," "Just Nineteen," "Clonella," "Lacy Daisy," "Margaret Lindley," "J. Y." (three blocks), "North Devon and Family" (four blocks), "Always Glad to Help."

A very pretty "star" block in red, white and blue, was received from "Sympathy," purple and white silk block from "Denfield Reader," and a black silk block from "Pioneer's Daughter."

The amount of money received for "Aunt Nannie" to date, totals \$11.55. All other donations that come in will be forwarded to her separately. Individual contributions received are: "Elizabeth," \$1, "Lonely," \$1, "Dixie," \$1, "Gentle Sea Breeze," \$1, "Hello Girl," 50 cents, "Aster," 20 cents, 25c from each of the following: "English Lily," "Patriotic," "Twenty-One," "Laurie," "Cassidy," "Sally Gump," "Another Samian," "Robin Brown Breast," "Fatty," "English Florence," "M. C. J.," "Pussy Cat," "Poor Old Maid," "Pioneer's Daughter," "Echo," "Lonely Mother," "Old Lady," "Gentle Sea Breeze," and "Delta" (totaling \$4.75).

Contributions of 10 cents were sent by: "Lassie," "Tommy Atkins," "A. B. C.," "Sunflower," "Rumblin'," "Jed," "Snowbird," "Sombra," "Soldier Boy's Mother," "Kitty," "Mother of Two Wee Darlings," "M. E. W.," "Thamar," "Dey Weather Bird," "Mrs. C. S. R.," "Anxious," "Maddiesome Mattie," "Male Friend," "Annie Marie," "Orange Blossom," "C. B. W.," "Mrs. B. B.," "I. S.," "Unkown," "Delta," "M. E. W.," "Soldier Boy's Mother," "Becky Ann," "Lover of Flowers," "Beautiful Doll," "Hopsy Burke," "Penmau Cove," "Optimistic Peg," "Old Lady" (four blocks), "Maple Leaf II," "Tory," "North Devon and family" (four blocks), "Canada," "Mrs. Gay," "Patriotic," "Chip," "Justa Friend," "Faded Lily" and family (six blocks), "Kitty," "Dorothy G.," "Half Breed," "Snowbird," "Pioneer's Daughter," "Cinder," "Thimble," "Marie," "Eighty-One," "Jennie A.," "Lucky Lassie," "Mrs. Gay," "Gentle Sea Breeze," and a joint block from "Twenty-One" and "Laurie."

Miss Grey has personally defrayed the expense of sending the blocks to "Aunt Nannie," has mailed her an order for \$11, and the 55 cents (received since the order was sent), together with any additional tardy contributions, will go forward at a later date. If "Aunt Nannie" gets as much enjoyment out of her "love quilt" as the makers and donors have, it will be a very satisfactory quilt indeed.

Our Daily Hint

If You Know of Some Household Economy, Improved Method, or Labor-Saving Hint, Tell Others About It.

Sent by "Daddy's Girl." Here are a few hints some of the readers may be able to use:

1. When cutting a cake which is fed up your knife in boiling water for a few seconds; you will then be able to cut without the feding breaking.

2. To prevent eggshells steaming in cold weather, rub with vasoline and polish with a silk handkerchief.

3. The objectionable sputtering and flying of hot fat, when eggs are dropped into it, may be prevented if a little flour is stirred into the fat just before they are added.

4. One of our best furniture polishes is one-third turpentine, one-third linseed oil, and one-third vinegar.

ADVERTISER PATTERNS



An Ever-Popular Model.
No. 1731—Girl's "Midday" Dress, with sleeve in either of two lengths.

Galatee, gingham, chambray, percale, voile, repp, linen, linen, serge, suiting, drill and lawn are all suitable for this style. The blouse is finished with a shape facing at the closing and has a wide sailor collar. The skirt is gored and pleated. The pattern is cut in five sizes, 4, 6, 8, 10, 12 and 14 years. It requires 4 1/2 yards of 44-inch material for a 14-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 miss's pattern)

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

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is cut measure you need only mark 32, 34 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. When miss's or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot extend in less than one week from date of application.

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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.]

A Word to Sneezer.

Dear Miss Grey—I am a daily reader of our woman's page. I was more than surprised to read such a sneering letter from a farmer of "A Soldier-Wife." I can truthfully say a soldier's wife or a soldier's mother (I am a soldier's mother) are having very hard times whatever amount of money they receive or whatever amount they do not get. I am confident if our dear ones at the front know all the battles we are having at home about separation allowance and patriotic money, they would all return home, war or no war. As the war deepens, the harder it is for soldiers' wives and soldiers' mothers. I say, get up a battalion of receivers and seizers, and see how much fighting they would do for king and country. If words could express the life of soldiers' wives or mothers, but it can never be known in this world. Get into uniform, farmer. Leave the soldiers' wives and mothers trusting and praying for the end of this war, and all over the world will be "peace, perfect peace."

Parcels to Prisoners.

Dear Miss Grey—I. Could you, or any of your readers, tell me if parcels they have sent to prisoners in Germany reached there safely?

2. What is good for ferns, as I had two lovely ones and all at once they began to die? I hope I have not been too much trouble.

I notice where "Sunbeam" has asked for clear ribbons. I am inclosing some, also a recipe for a good cake. If "Sunbeam" needs more ribbons and sends me her address, I will try and get more for her.

JEANICE.

Ans.—Readers are welcome to give any information they like along this line. If you follow the news of the I. O. O. E. and the Red Cross Society in these columns, you will see how both societies are sending parcels continuously, with gratifying results.

2. The hot, dry weather has been hard on ferns. I'd advise you to ask at the nearest plant dealer's store for a ton of some sort for the fern. It might be well to clip off the dried-up fronds, set away in a dim light, and water well every third day.

Am holding the ribbons here, waiting to receive "Sunbeam's" address. Write again, Jeanice.

A Cool Business.

Dear Miss Grey—I am such a stranger to the Mail-Box that I am rather timid about writing this, but business takes so much of my time that I am really away behind in a lot of my correspondence. Did you ask what business I am in now? Why I am in the ice cream business now, and any time you happen to be in town, my drop-in-it's my treat. I noticed where some readers are having trouble with their chickens. Well, for diarrhoea there is nothing so good as boiled sweet milk, and for cholera I would kill all the sick birds and burn them, and clean

up the yard and keep well sprayed with a strong disinfectant. Chicken mixed in the food will help to get rid of it.

Now for a question, Miss Grey. Do you know if the value of American five-cent pieces is going to increase? I have been told so, and am saving all I get, which is no small amount in my business. I guess that I have nearly a bushel now.

Best wishes to all readers, as I must "be brief." ORIGINAL LONELY.

Ans.—Gracious, Lonely, if you keep on accumulating five-cent pieces you'll be in the Rockefeller class in a year or so. No! I do not think that their value is increasing—in it because of the nickel in their composition? I shall surely call for that ice cream some day soon! Thanks very much for the dollar.

Removing a Stain.

Dear Miss Grey—As so many are asking how to take ink out of linen or other articles, I thought perhaps a few words from me along this line might be appropriate. I have been married thirty-five years, have raised four boys and three girls to manhood and womanhood, and am assured you have had quite a number of different stains to contend with. Not only have I taken them out for myself, but have taken them out for a great many other people.

The first thought I wish to impress on everyone in regard to removing stains is patience. We get in too great a hurry and do not give the chemical, or whatever it is used, time to do its work. I had the misfortune to have a whole bottle of ink spilled on my very "bestest" table cloth, making a very dark stain, and as it was Sunday and I had company I just laid it away till Monday morning. If I had attended to it right away it would have been easier.

I began operations by putting enough coal oil in a vessel to entirely cover the stain, and let the cloth stand in it until the stain was softened, so that it could be squeezed and rubbed gently until the oil had taken up all the ink it would hold. Then changed it for more. When the stain becomes very pale and the water is all out, I treat it to a bath of chloride of lime, one tablespoonful of chloride to a gallon of hot water. Pulverize the lime well and add to the water, stir thoroughly and strain through muslin. Then lay the goods in it for twelve hours, watching it closely; as soon as the stain is out, remove the goods and rinse through several waters.

If a rust stain appears, put a generous quantity of cream of tartar on and tie a string around like tying the clothes when you lay them out. Boil for half an hour and your work will be complete. This is for ink that is very obstinate. A great many times ink can be taken out of cloth by just sprinkling with cold water and leaving it in the sun. Keeping it wet until the stain comes out. I have taken up quite a bit of space, but I have tried to be very explicit.

ONE, TWO, THREE.

Ans.—Your experiences will, without doubt, be of much help to readers. There's not many of us too old to learn.

There's Sense in This.

Dear Miss Grey—Of all the letters that have appeared in the woman's page from time to time, the letter signed "A Lonely Homesteader" was the best. His letter was excellent; he knew whereof he spoke. We Canadians are willing to give money and men to assist in the present struggle, that freedom and justice may be maintained. We can even be resigned when we read the list of our fallen heroes, but the "last straw" is the man or woman who from a platform or overseas, would be so lacking in common sense and pride for this Dominion of ours as to lay down plans that the poor wounded fellows on the ground should be the hardest work they could find. Ask any gardener if working a few acres is play. Most of our men are doing hard work for a poor, weak, nerve-racked soldier to engage in during the extreme heat of the summer months. Not only that, but his wife must go to work and their children be neglected.

How easy it is for some men and women to give advice from an easy chair on a cool veranda, or from an auto furnished by our Government. Let our "honorary colonels" get out and raise the cabbage and pumpkins, and some of those women who never had a rake or hoe in their hands might assist them, or some of the officers who returned to Canada because there was no command for them overseas, and rather than go to the trenches as privates have returned and found a nice, well-paid job on the "Safety Brigade" down at headquarters. I was pleased to read what the "Old Un" had to say about it.)

But really, Miss Grey, when I read the statements made by the women about the eight hens that laid the "golden eggs" and lifted a \$500 mortgage in two years, I could not help laughing, and I am sure wondering there are any of Ansonia's relatives still on earth. Not only are these "philanthropists" laying plans for their bodily needs, but our ministers are debating

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GET RID OF YOUR FAT

IF YOU ARE NEEDLESSLY BURDENED WITH SUPERFLUOUS FAT, READ THE FOLLOWING CAREFULLY. SEE HOW EASILY OTHERS HAVE REDUCED BY MY SIMPLE AND EFFICIENT METHOD OF FAT REDUCTION. SOME HAVE REDUCED OVER A POUND A DAY. ALL THIS HAS BEEN ACCOMPLISHED WITHOUT RESORTING TO DIETING OR TEDIOUS EXERCISE.

MISS O. WHITLOW WRITES:

"I have lost 70 pounds as result of your treatment and have never felt so well in my life as I do now."

MR. S. S. S. WRITES:

"I have lost seventy pounds as a result of taking your treatment. I feel better in every way. I can now take long walks without becoming tired or short of breath. I thank you very much for what you have done for me."

MRS. J. G. HEWITT WRITES:

"I have taken your treatment faithfully and can say that it has entirely relieved my rheumatism."

MRS. E. HONNER SAYS:

"Well, I am glad to inform you that I have lost 45 pounds in six weeks."

MISS C. PECKER SAYS:

"I thought I would let you know how I am getting along. I am feeling fine and have found the treatment pleasant to take at all times. I have not lost any weight, but I have reduced 45 inches from my waist, 18 inches from my waist, and 18 inches from my hips. Of course I am pleased with the result."

exercising that you have to follow.

To all who are overburdened I will send FREE a trial treatment and also my plan whereby I am to be paid only after reduction has taken place, if you so desire.

Send me your name and address clearly, send it to me by first mail, and so start on the road to the recovery of your former health and figure.

DR. R. NEWMAN, Licensed Physician State of New York

36 East Third Street, New York (Desk B-8)



I am a licensed practicing physician and personally select the remedies for each individual case, thus enabling me to select remedies that will produce not only a loss of weight, but will relieve you of all the troublesome symptoms of overindulgence such as shortness of breath, palpitation of the heart, indigestion, constipation, gout, asthma, kidney trouble and various other troubles which often accompany overindulgence.

My treatment will relieve that depressed, tired, sleepy feeling, giving you the renewed energy and vigor which come as a result of the loss of your superfluous fat. My treatment is the only scientific treatment known that will positively produce a loss of weight without harm to the system.

You are not required to change in the slightest from your regular mode of living. There is no dieting or

ing. Names of officers alone frequently fill a column and a half of a newspaper. The names of the private secretary or a whole sheet. It is very wonderful the way no one is bitter or complains of the price we are paying for freedom. I suppose throughout the British Isles there is scarcely a family which is not mourning someone.

A friend of mine here in July, 1914, had five of the handsome and most splendid some a woman could wish to have. In July, 1915, she has not one. All have fallen, and she is a widow, but not one word of complaint have I ever heard from her, and she is but one of thousands of other women who at this time are the mainstay and inspiration of the nation.

I am afraid I have rather wandered away from the business of this letter, which is to acknowledge the receipt of your communication of June 27, June 29 and July 10.

I have a few words in which to convey our gratitude to the members of your chapters for the very generous and splendid way in which they are rallying to our support in sending us new hospital supplies.

I am glad to say that the hospital room is once more in order. The first few days after the fire were really horrible. However, all that is past now. The room has been rebuilt and everything is going forward again. Among the first supplies to go upon our new shelves were those from your chapters which I acknowledge at the beginning of this letter.

Believe me, dear Mrs. Campbell, we here appreciate more than I can say all that you in London