"I Can Now Do My Work Without Feeling Tired" frs. A. Moffatt, Roxton Falls, Que., writes:



nervous debility. I could not sleep or at night, and felt so weak I could not walk any distance. I took several onics, but they only helped me while I was taking them. Mother advised me to take Dr. Chase's Nerve Food, and I felt great benefit from the first box, and con-

DR. CHASE'S NERVE FOOD GERALD S. DOYLE, Distributor.

At the Mouth of the Treacherous Pit

STORY OF LOVE, INTRIGUE AND REVENGE

same church where she had been married before; it would not be lucky dislike the memories it would recall. Sir Karl joined her, and they were ly. married at St. George's, Hanover Square; but it was perhaps the most! Dolores," he asked. their wedding-breakfast, and from fulfilled." there proceeded to the Isle af Wight

It seemed strange to Dolores to live Wyoming." be obtained; and, believing that his row." to be able to see her old home, Sir his wife's nervous anxiety. Karl had the trees cut down which "Karl, she whispered, "do you real- ways brought the same accusation her, although they had been married

The excitement caused by the sud-sorrow?" den departure of madame had abated. It was believed that she had gone!

band's neck, and said to him-

"It is perfect happiness," she an- called Gertrude."

since Sir Karl had married Dolores, a little less happy?" he inquired with Lady Rhysworth, and taken her home a smile "Shall I for instance form to his stately mansion at Scarsdale. a phantom friendship with some of the summer days. Kathleen was now The wedding had been a quiet one. the beauties of the neighborhood? about five years old, and little Ger-Dolores would not hear of this sec- Shall I try to be impatient and quar-

They were sitting in a shady nook ing to White Cliffe. she averred, and above all she would on one of the garden seats. Sir Karl threw his arms around the graceful the Squire; "and I am sure Dolores So the Squire, who had certainly figure and kissed the beautiful face. Will not enjoy it without you. Come plain of the way his wife is treating grown younger in his daughter's hap. The simple expression of great hap. over to breakfast." piness, took her up to London, where piness had touched him inexpressib. The old man was only too delight-

"Are you really so well content." Scarsdale, Sir Karl drew off his glove

"I am alomst afraid to say it; but attention was attracted by a ring. formed in that fashionable church, I am perfectly happy. I have not which he wore. They went down to Richmond for one shadow of care, nor a wish un-

tie daughter. At first they had been swered. "I have never seen one half week; in her opinion no nurse or a son, but Sir Karl declared that in the midst of which was a tiny servant could ever take her place, there could not be too many replicas white rose composed of minute diawere she ever so devoted. They of Dolores. They named the little monds. "I used to call her the white spent one happy week on the island, one Gertrude, after one of Sir Karl's rose," he added, "and she has given heroines in poetry-"Gertrude of me this in memory of it."

in the same neighborhood, but in a "I should give her your name," he Dolores, when she saw the Squire. different home. From the woods on had said to Dolores; "but I think But, papa, I ought to know of the towers of Deeping Hurst could and the little one must have no sor- it is always for you. Now the child- one, from whom only death or the

ly think my name means a burden of against him.

row," he replied.

Lady Allanmore were that madame come to me?" she asked. "How ner-party for you, Dolores." There realized it, they were engaged, and and her daughter had left the neigh- strange it is! Do you know that were several letters for himself, some let him off. that is what I have feared all my on business, some from friends. "I More than one man has married a life, and were very happy. One day like a dark shadow—the feeling that a happy, beaming face, "that I do four who told me that they had done Dolores put her arms round her hus- I had in some way to work out the like a number of letters!" mystery of my name."

"This is too bright to last, Karl; it "It is but fancy," he replied. "One laughed the Squire, "Why, Dolores?" he asked in as no sorrow shall ever reach you. For small, square envelope addressed to get the fancy. The little one shall be him in a lady's handwriting. His

Scarsdale was, every one declared

ing Hurst, was one of the same opin-

on, and a constant visitor there. Sir

Karl and Lady Allanmore were the

most popular host and hostess in the

News had come to Lady Fielden

that Madame de Ferras was dead, she had died at Heidelberg after a long

Sir Karl drove over early one morn-

"I must see you, I can take no re-fusal. My mother is dead, I am de-solate and most unhappy. You pro-fessed friendship for me in former times. By the pledge of friendship

"I thought that old chapter was

finished," he said thoughtfully to him

self. "For what can she want me?

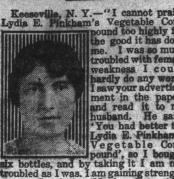
some remnant of loyalty, some mem-

was motherless and desolate, prevent-

relief to him if it were money,

(To be continued.)

The girl is a perfect..."



you, as a housewise, are toubled with a cackache, irregularities, are easily tired out and irritable, or have other disagreeable ailments caused by some weakness, give Lydia E. Pinkham's Vegetable Compound a trial. Let it help you.

The Lure of the Altar

STRANGE ARE SOME OF THE REA-SONS GIVEN BY MEN AND WO-RIED STATE.

Whatever made you marry her?" That is the question generally put to a man when he has reason to comhim. A similar query applies to the ill- all of us be "sporty" enough to fight

ed. As they were driving back to altar? I have questioned a number of from his right hand, and the Squire's

put myself on my feet, and never The young baronet laughed pleas- dreamed of the trouble I asked for,"

clared that she married to get away

Divorce Court could release her.

A hig fine, handsome man, whose Sir Karl declared laughingly that wife was quite of the "doll" type, his wife spoiled them. Dolores al- said he had never really cared for twelve years, he was most unhappy, and so was she.

"We have a large correspondence | "But she made me marry her, so "The word 'Dolores' means sor- this morning," said the baronet, open- she's got to bear it," he said, and ading the letter-bag. "This is Lady ded that his wife's will was so much or can be detected in bakeries where one knew how relieved Sir Karl and "But my darling, what sorrow can Fielden's handwriting—a ball, or din-stronger than his that, before he

life? It has been hanging over me must say," he cried, lookin round with girl out of pity. Yet from the three or istic in common, that they produce happy, beaming face, "that I do this, I learnt that it is a ghastly mistake to do so. Pity may be akin to love, have what you like," the backing-oven. The bacteria grow best at a temperature of 20 to 28 degrees Centigrade. The formation of a knack of waning swiftly, amidst thing is certain, Dolores; while I live Sir Karl's eyes fell suddenly on a the everyday cares and worries of

Money and Matrimony.

Doctors recommend it when mother's milk is not available. Eagle Brand is just pure milk and pure augar put up in sealed cans which keep it absolutely pure. The leader since 1857. Write for free Baby Welfare Books.

times. By the pledge of friendship that you gave me, and by the memory of my mother, I appeal to you to let me see you. I will not enter the house where the woman who stole you from me lives; but for her, you would have been mine. Let me see you this evening; I want a favor from you—the last I shall ask from you in my life. You must not tell Dolores To-night, at eight o'clock, I will be at the white gate which leads into your woods. Meet me there.

LOLA." But he did not finish the sentence; ory of the time when he had been her friend, some pity for her because she



parent for a "gaoler" mate.

arried for many years, and who had It was very galling to know they who seemed never tired of telling

and husbands who had married for love, and whose love is as fresh and green to-day as ever it was. This was truly cheery. Maybe there are more of the kind than some think.

An Amateur Shelk,

"I married because he promised to look after my brother. You see, poor Jim has been a cripple from birth, and although he had the most of my earnings, its wasn't half enough. He wanted nourishment and better air." said a wife of eight years' standing, while she declared that her husband had kept his word and been so good to her brother that she simply "just couldn't help worshipping him."

There are many girls who marry for such unselfish reasons, but not all these matches work out so success-

One man declared in the Divorce Court that he had only married his MEN FOR ENTERING THE MAR. | wife three weeks before, to prove his "Sheiking abilities" and to be able to boast of his conquest to his friends. The reason for marriage are legion,

but the reason matters little. The thing is, having married, ought we not on and make a success of that which



Diseases of Bread

whether the man was suited to her or bread from the presence of misrobor not. Evidently she had forgotten the ganisms, and which may accordingly proverb about the frying-pan and the be called "bread diseases" are described by a writer in The Scientific American (New York). One of these makes the bread sticky; one colors

> bread to such a condition that it can bread disease is most common. The crumb becomes sticky and colored. The most characteristic symptom is that the bread, on being broken, can be pulled out into fine threads. The bread assumes quite a disagreeable odor and taste. The musty acid colthe disease has been prevalent, many weeks after it was first noticed. The particular bacteria which bring about this disease belong to the potato bacili group and possess one characterspores which are extremely resistant, the sticky mass in the bread, which can be pulled out into long threads, is due to the swelling of the bacteria

membrances. Then there are the girls and boys Bread becomes bloody-colored, due countenance changed when he saw it, who have married because they were to another bacilius. Outwardly, the one of our reliable Fire Insurswered, "and that never can last on | So it was settled; and, after his his lips trembled, and all the light of not allowed a latchkey. They just appearance of the bread is the same, ance Policies is necessary beearth. It is meant only for heaven." wife, Sir Karl worshipped his child, happiness went out of his eyes. He hated having to come home to time, but when it is cut open red streaks opened it and read these few lines - and they hated more still having are seen in the crumb. This disease Safeguard your home and savfathers or mothers waiting up with and the one described previously are ings, call and talk it over, frowns on their faces, and having to most troublesome to the baker, because once the disease sets in, it is an extremely difficult matter to eradicate it. The utmost cleanliness must be observed to prevent these tu,th,s,tf diseases and to destroy them once

they set in. "Bread also has a tendency to become mouldy, for it is a firstrate medium for the development and growth of molds. Various moulds can produce various colors in the bread. For ex- "Waits the marble in the quarry, ample, the mould mucer produces a In the mountain's rugged breast: white coloration; aspergillus glaucus. Waits to tell of fame and glory a blueish green coloration, etc. Reddish and black spots may also be produced by moulds. Neither the moulds themselves nor the decomposition products which are brought about by their presence in the bread are deleterious to the health, but they make the bread unseemly in appearance and unseemly in appearance

"There are various preçautions to be followed in order to avoid the evelopment of these diseases in the Skinner's Monumental bread. A moderately high temperaure is favorable for the growth of the bacteria. Warm bread should be coled off quickly after baking. The air in the room in which the bread is kept must not be moist, Well-baked ead, cooled as quickly as possible, and kept in an airy, dry and not too up with the steer—who can run as-warm room will not be subject to tonishingly fast—take a flying leap

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good quality. Only 45c, pair. Ladies' Short Sleeve White Cotton Vestswith laced front. A big seller at 45c. each. For stout women. Price 55c .each. Of course we can give you lower priced Vests, but we only mention this one which is a leading seller.

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