


## ROYAL YEAST CAKES

MAKE PERFECT BREAD

AN IMPORTANT PRODUCT OF CANADA



Bread is the finest food on earth—the one food that everybody eats—that everybody likes, and that agrees with everybody. Bread made in the home with Royal Yeast Cakes tastes better, keeps fresh longer, and is more nourishing than any other.

## LADY IRIS' MISTAKE;

— or the —  
Hero of 'Surata'

CHAPTER XXIX.

The Earl of Caledon was sitting in the library at Chandos, thinking of his daughter and feeling anxious about her—for she had again declined to attend the dinner-table, saying that she was still ill—when the door opened, and she came in.

He looked at her in wonder and alarm, for the youth and loveliness seemed to have faded from her face. Her eyes were heavy with weariness and pain; her lips were white; the whole expression of her features was changed. It was a pale, weary woman whose eyes met his, and it was a voice from which all music and sweetness had gone which said to him—

"Papa, I have something to tell you. Let me tell you quickly, while I have strength."

He rose in the deepest distress. "My darling Iris, how ill you look. What shall I do if you do not get better? I shall send to London for Sir James Forster. You are like a drooping flower."

"Papa, you need not send for any doctors; it is my mind and not my body that suffers. I have something to tell you. Let me be near you."

She knelt down by his side, and rested her head against his breast. "Papa, I am not going to marry Allan—we have parted. I have sent him away, and shall never see him again."

There was genuine concern in the earl's face and wonder in his voice as he cried—

"My dearest Iris, why have you done that?"

"It is no fault of his," she replied, "and none of mine. I love him so well that my life without him will be like death. It is the cruelty of fate which has separated us."

"Why have you parted, Iris? Tell me all."

"Yes, I will do so," she said, mournfully. "Though he is so noble, so true, and so brave he is not a gentleman by birth; he is the son of a tradesman. I could not marry him."

There was silence for a few moments during which the earl's face

grew deathly pale and his hands were clinched.

"I love him," continued Lady Iris; "but I could not be the first Fayne to make an unequal marriage—I could not be the means of casting a shadow upon the ancient glories of our house. They must be held with honor."

"I agree with you as regards that; but, Iris, it seems to me quite possible that you should hold them with honor, and yet marry Allan."

"I do not see how, papa."

"You are free to please yourself, Iris. If you wanted to marry—what shall I say?—a banker's clerk, I should be willing; if you wanted to marry a prince, it would be all the same to me, I have seen so much misery result from marriages without love that I have made up my mind to let you have the fullest liberty, never to control, persuade, or influence you; but, if I may speak my mind plainly about the trouble that has befallen you, I cannot help saying I wish to upbraid you, Iris—you are both proud and prejudiced, and have made a mistake in sending one of the noblest men away from you because he is of inferior birth. There are many people who do not now believe in any distinction that may be conferred by birth."

"All the more reason, papa, that the few should remain true to their order," she said.

"I am not so sure of that," he replied. "Class distinctions and prejudices seem to me to be fast dying out."

"Papa," she said, "you who love me, and who are proud of the ancient honors of our house—would you be pleased to know that I had married a draper's son?"

He was silent for a few moments, and then he answered—

"If that draper's son were Allan Osburn, most certainly I should."

"I thought you would have helped me, papa, in my desperate struggle—for desperate it is—with my love. There are times when I can hardly withstand the promptings of my heart, when I feel that I must send for him and forget my pride. But, if I married Allan, I should never be happy. The pride of my life is that I am a Fayne of Chandos. All my fairest dreams have been of the honor of my house. You do not know, papa—even you who know me best—how proud I am of my descent. I feel that I can look down upon the world as from a lofty eminence."

"My poor child," he said, tenderly, yet with a strange wistfulness in his manner—"my poor Iris!"

"Yes, I am 'poor Iris'; for I have lost all that I held most dear. I have never been 'poor Iris' until now; but it is conviction, not pride, that speaks. Believe me, papa, although I love Allan so dearly, I would rather die than marry him!"

"If that be the case," said the earl, "there is no more to be said. You must do what you think best, my dear."

"Papa"—and she clung to him with hot, trembling hands—"you must be kind to me. You do not know what I suffer. My heart is torn; I feel as though I must die—as though I could never face life again. Be kind to me and help me!"

She was so sorrowful, so gentle in her desolation, that his heart filled with pity for her.

"I will do all I can," he replied, sadly.

"Take me away from here, papa. I can never come back to the rooms that

are haunted by his presence; I should see him everywhere and hear his voice at all times. I must go at once. Every hour that I stay here adds to my torture. Take me to Fenton Woods. I would go out of the world if I could!"

"Your pride must be great, Iris," he said, gravely.

"It is great," she replied, "and Heaven has punished me for it. Take me away to our Northern home, where nothing can remind me of him and nothing can hurt or wound me. Will you, papa, at once?"

"Yes. It would seem a little discourteous to our guests; but we must arrange matters as well as we can. We must get rid of our visitors. That I can do to-morrow morning. I will announce that letters of importance call me to Fenton Woods, and that, as you are not well, I intend to take you with me for change of air; and we will go the day after to-morrow. Will that do, my dear?"

"Yes," she replied, sighing deeply. "It is the best arrangement that can be made. How hard life is—and I thought it all brightness. How shall I bear the years that are to come?"

"Remember always that it is your own fault, Iris. You have sent Allan away; but I am sure that he would come back at one word from you."

"He would come back," she replied, mournfully, "and he would bring love and happiness with him; but it would be better to me to die than to speak that one word, papa."

"Then, my dear, hard as it is, you must bear the pain."

"Yes, I must bear it," she assented. "Better anything than to be a degenerate Fayne! Papa, will you help me? Do you think that pain kills?"

"No, or I should have died years ago," he said; and again she clung to him.

"Yours was the pain of bereavement," she remarked. "Do not think me heartless; but it seems to me that I could have borne pain of that description more easily."

"You do not mean that, Iris. You are beside yourself; you do not know what you are saying."

"Does pain kill?" she moaned. "Papa how long shall I live—and will life always be so hard?"

"No, not always, Iris; time blunts pain. My dear, there is no other place you would like better than Fenton Woods? I would rather we went anywhere than there. Would you like Germany and Switzerland?"

"No," she replied with a shudder. "It must be Fenton. I must have some time alone. I could not bear visitors or crowds. I shall be better alone."

(To be continued.)

## "HAD A NARROW ESCAPE"

"I never realized until a few months ago how risky it is to neglect a cold in the chest. I have always had such good health, that a cold either in the head or chest, while unpleasant, never gave me any worry. Outside an occasional cold, I had never known what it was to be laid up even for a day in all my life, until last December. One afternoon I got a chill and no matter how close I got to the stove, I could not seem to get warm. This chill was followed by a cold in my chest. As usual I neglected it and it kept getting worse and worse. Finally I had to go to bed and send for the doctor. His examination showed that I had pneumonia and a bad case at that. By careful nursing on the part of my husband, my children and some friends, I managed to pull through, but the doctor told me I had a narrow shave. And here's where my troubles began. While I was now out of danger, I was anything but well. I was still very weak from the effects of the pneumonia. Although I had lots of life and energy before my sickness, I was now worn out and tired all the time. I slept fairly well, because I was exhausted. But my sleep didn't refresh me because while I appeared to be asleep I was conscious most of the time of what was going on around me. Although all kinds of tempting dishes were prepared for me, I had no relish for food. This sickness had already undermined my health to such an extent that I was a living skeleton. I was getting discouraged as nothing I took seemed to do me any good. I wondered if I would ever be well again. A friend said one day, 'It did me a world of good, I was completely run down and you can see for yourself how well I look today. Why don't you try it?' Thanks to this friend's advice I am in perfect health again, as healthy and as full of life and vitality as ever. I have been told by a friend who is a doctor, and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money."

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DR. CHASE'S NERVE FOOD

At all Dealers.

GERALD S. DOYLE, DISTRIBUTOR.

DR. CHASE'S NERVE FOOD



## Add This Beauty

Pearly teeth—combat the film tonight

There is a way to prettier teeth, and millions of people have found it. It consists in removing the dingy film. You see the results everywhere—on teeth you envy, maybe. And those glistening teeth are often one's premier attraction.

This offers you a ten-day test, to show how whiter, cleaner, safer teeth may also come to you and yours.

### Film clouds the teeth

Your teeth are coated with a viscous film. You can feel it with your tongue. It clings to teeth, enters crevices and stays. It forms the basis of dingy coats. The tooth brush used in old ways does not end it, so nearly everyone has suffered from that film.

It is the film-coats that discolor, not

the teeth. Film is the basis of tartar. It holds food substance which ferments and forms acids. It holds the acids in contact with the teeth to cause decay. Germs breed by millions in it. They, with tartar, are the chief cause of pyorrhea. Thus most tooth troubles are now traced to film.

### Now you may combat it

Dental science has long been seeking a daily film combater. Now two effective methods have been found. Able authorities have proved them by many careful tests. Leading dentists, nearly all the world over, now advise their daily use.

A new-day tooth paste has been perfected, to comply with five modern requirements. These two film-combating methods are embodied in it. This is the

**Pepsodent** MARK  
TRADE  
The New-Day Dentifrice

Now advised by leading dentists nearly all the world over, Supplied by all druggists.

Present the coupon this week to

**T. McMurdo & Co.**  
ST. JOHNS

## 10-DAY TUBE FREE

Present this coupon, with your name and address filled in, to any store named. It is good for a 10-Day Tube of Pepsodent.

Your Name.....

Address.....

Out-of-town residents should mail this coupon to The Pepsodent Company, 1104 So. Wabash Avenue, Chicago, Illinois, U. S. A., and the tube will be sent by mail. Only one tube to a family. N-1X

## The Cowboy's Appreciation.

(From the Boston Herald.)  
Some Englishmen over in this country were served admirably by a cowboy who showed them about, acted as guide, companion and friend. A strong friendship sprang up among them. So when the Englishman went back to England they told the cowboy if he ever came across the ocean to be sure and look them up, that they might return his courtesies. He had no expectation of crossing the sea; but the war came along, and fate flung him on English shores, where he was at a camp. His English friends were true to their profession of friendship; but they were in some doubt as to how they could fittingly entertain the cowboy who, though a good friend and a sturdy man, was not accustomed to the ordinary social procedure of English aristocracy. But they decided to go through with the conventional programme, so they gave him a big dinner, at which many notables in high English society were present. To the cowboy they gave the honor of escorting in to dinner the best duchess they could find. She was something of a personage, of course. The cowboy was staggered by the situation. He sat beside this resplendent duchess for some time in agonised and hopeless silence. The situation was uncomfortable in the extreme. After ten or fifteen minutes had passed it came upon him that he certainly must say something, and say it soon. So, summing up all his courage, he turned to his magnificent dinner companion and said to her:

"Say, I don't know just what to say to a duchess, but oh, you do look good to me!"

## All Vessels Carry Fireworks Supply.

ROCKETS AND FLARES USED FOR SIGNALLING PURPOSES.

The skill of the maker of fireworks is not directed entirely, or even chiefly, to the manufacture of jumping crackers, golden rain and other illuminations which figure in the public fireworks displays.

By far the most important and responsible part of his work consists of making various kinds of fireworks, particularly those required for use at sea.

Virtually every ship carries her supply of colored lights, which are chiefly used as a means of signalling the vessel's identity when she passes one of Lloyd's stations at night.

## Nerves So Bad That She Would Sit and Cry

Mrs. Mary Hocking, Madoc, Ont., writes—

"Dr. Chase's Nerve Food has done me a wonderful lot of good. I suffered from general weakness and was so run down and my heart and nerves were in such bad shape that I would sit down and cry and not know what I was crying about. I also used to have weak spells. Thanks to Dr. Chase's Nerve Food, however, I am real well now. I shall always keep a box of the Nerve Food in the house, and recommend them to my friends; they are a wonderful medicine."

(Mr. J. W. Vince, Druggist, of Madoc, Ont., says: "I have sold Mrs. Hocking your Nerve Food, and the medicine has done her much good.")



**DR. CHASE'S NERVE FOOD**

At all Dealers.

GERALD S. DOYLE, DISTRIBUTOR.

## FREE At Your Drug Store This Week

A 10-Day Tube of Pepsodent. Present the coupon for it. Then watch the delightful effects. You will quickly see why millions use this tooth paste daily.

dentifrice called Pepsodent which you are urged to test.

### Multiplies two forces

Pepsodent brings two other effects which authorities now desire.

The saliva contains two great tooth-protecting forces. One is a starch digestant, to digest starch deposits on teeth. The other is alkali, to neutralize mouth acids, which attack the teeth. These forces usually need frequent stimulation. Certain foods will stimulate them, but most people fail to eat these regularly.

Pepsodent, with every use, multiplies those tooth-protecting forces in the mouth. It largely increases the starch digestant and the alkalis. Thus night and morning it gives these natural forces a multiplied effect.

That alone marks tremendous progress toward better tooth protection.



### Watch the changes

Present the coupon for a 10-Day Tube, then watch the delightful results. You will see at once that Pepsodent does what has not before been done. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear. The mouth, left in alkaline condition, also feels refreshing.

You will want these effects continued when you know how much they mean. Go get the free tube and see. Cut out the coupon now.

## Coke

Of the best quality for the Gas Works. An excellent substitute for Anthracite and the best smokeless fuel for Domestic or Industrial Clean, Efficient and Economical.

Book your orders early, be ready for the cold weather.

Our price, sent home, per ton of 2240 lbs.

Note—A sack of coke purchased for seventy-five

**ST. JOHN'S GAS COMPANY.**

sept 12, 11



Your Home

Can be made more comfortable and pleasant by the use of the simple economy device

of your fuel bill. Keeps out cold, draft, dust and soot, deadens noise and stops rattle.

Coco Metal Weatherstrips placed in your windows and doors relieves the bother with storm sash. It is cheaper than storm sash, is effective, and last as long as the sash. For both new and old alike. Let us tell you more about

French in the term, and the distinction between the expected and the unexpected, and the point of view.

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