

"SALADA"

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BLACK, MIXED or NATURAL GREEN

THROUGH THE DARK SHADOWS

Or The Sunlight of Love

CHAPTER XXII—(Cont'd.)

Her husband kissed her again, and without another word left the room. Giving some directions to the neighbor who was still in the shop, he set out at once on his journey. He drove into Hampton and took the first train to London, where he intended to tell his father-in-law the whole story, and learn what details he could; for he did not wish ever to bring up the subject again, so far as Lucy was concerned.

Now it happened that Mr. Harker was late at the office that night, bending, and and wrinkled, over his interminable papers; the whole business connected with which was so repugnant to him. Sigh after sigh escaped his thin lips, as he read the piteous appeals, and knew that he must refuse them; must deal out fresh misery against his will. It was hard to be the tool of such a merciless fiend, to be the servant of such a master of deceit, villainy and fraud; but so greatly did the father love his child that he would scarce have hesitated in committing a murder had Jasper Vermont set that crime as a price of his forbearance and silence. He would have purchased his daughter's safety and happiness with his heart's blood, if need be.

Unconscious of the release that was so fast approaching, he worked on, setting in order the various accounts which Vermont would require to be laid before him on the following day; and entering in a book concise histories of the debts and difficulties which placed dozens of Jasper's acquaintances within his power.

A knock at the door startled him, and roused him from his task. Hast-

ily shutting the ledger before which he was seated, and covering the deeds and documents with a large sheet of paper, the old man rose and opened the door.

It was his son-in-law, John Ashford, and at the sight of his round, kindly face, Harker staggered back, and clutched at the table.

"Lucy!" he gasped out. "Is she ill?"

"All right! All right!" said John reassuringly, but in a quieter voice than his usual jovial one. "Don't be frightened. But when she says 'Go and fetch father,' you see, I come and fetch you directly."

Mr. Harker was not to be deceived by this attempt at a jest.

"She is ill!" he cried, the perspiration breaking out on his forehead. John nodded.

"She is better now," he said. "But I should like you to come down at once. We shall catch a train to Hampton Court, and I have a trap waiting for me there. Without any further explanation—for after thinking the matter over, he had determined that Lucy herself should break the news to her father—he helped the old man, still trembling and shaking, to put on his coat, and to lock up the office; and it was not until they were well on their way, that John told him he had found his wife a fortnight ago, lying unconscious on the ground."

Mr. Harker's troubled face darkened, and his thin hands clenched and unclenched themselves, for he knew Mr. Vermont only too well, and the thought had already crossed his mind that this sudden illness was in some way due to the gentleman's interference.

Outside Hampton Court station they

found the horse and cart for which John had arranged; and the two men got in silently and started off once more. They were within a short distance of their destination, when John pulled up the horse with an exclamation of astonishment. They were in a narrow lane, with barely room enough for the cart to pass along, and almost within a yard of the horse's hoofs stood the figure of a young girl.

Ashford recognised her in an instant; with a shout of warning, he threw the reins to his father-in-law and, leaping to the ground, caught the girl by the arm.

"Jessica!" he cried reproachfully. "What are you doing here?"

She looked up at him in silence, and her eyes filled with tears, again.

"I am coming back to you," she said at last, in a low voice, "if you will have me? There was someone I wanted to see again in London, or I would never have gone; for, oh sir, I know how good you and Mrs. Ashford have been to me."

John appeared relieved.

"I thought you weren't one of the sort to go off and leave my Lucy just because she was ill and wanted extra help," he said, in a tone of relief.

"Ill," repeated Jessica, with a look of bewilderment. "She was not ill when I left her. It was the other lady who was ill."

John, of course, knew nothing of Lady Merivale, and gazed at Jessica as though she had taken leave of her senses.

"I don't know what lady you mean," he said; "but my wife has been very ill for the past two weeks, and asking for you often. You said I thought you had run away and left her."

"I will drive back with you, please, sir, if you have room for me. I didn't know Mrs. Ashford was ill," said the girl, humbly following him, as he turned towards the trap.

He lifted her up, and fastened her in securely.

All this time Mr. Harker had taken no notice of the little episode, save to wonder slightly at the delay. But directly he caught sight of the vivid, dark beauty of the girl, he started.

"Who is this?" he asked John, who was hurriedly driving the horse.

"A poor girl whom Lucy has befriended," he replied. "Why, did you think you recognised her?"

Mr. Harker shook his head. She strongly resembled someone he had seen; but, for the moment, he could not call to mind who that person was.

"What is her name?" he inquired.

"Jessica," replied his son-in-law. "She doesn't seem to know any other."

They drove on in silence, broken presently by Mr. Harker, who had stolen another glance at the silent girl.

"A wonderful likeness," he murmured. "I could have sworn that Ada Lester, the actress, as she used to be."

He relaxed again into silence, and John was too much wrapped up in his own thoughts to question him further.

They reached the little shop at last, and Jessica ran lightly and quickly up to the bedroom. She was welcomed warmly by Lucy, who had grown to like the girl, and had been greatly upset by her absence.

"I'm glad you have come back, dear," she whispered, as Jessica bent over her. "Where have you been?"

"To London, dear Mrs. Ashford. I did not know you were ill. I came back with Mr. Ashford."

"John!" exclaimed Lucy, the color rising in her face. "My father as well?"

"Yes," said the girl. "I will call them."

She did so, and a moment later John and Mr. Harker entered the room.

"Here he is, dear, you shall tell him the news yourself, while I take the horse back," said the kindly John. He bent over and kissed her; and Lucy followed him with wistful, adoring eyes, as he went out accompanied by Jessica.

The next half-hour was an affecting one. The father and daughter, Harker could hardly believe the good news; for so long had they tried and succeeded in keeping the truth back from Ashford, that it seemed incredi-

PAINS AFTER EATING

WIND IN THE STOMACH—ACIDITY, HEADACHES—CONSTIPATION

ARE SIGNS OF INDIGESTION.

Indigestion—the complete or partial failure of the digestive processes—frequently throws out of gear the whole machinery of the body. You can't enjoy the vigor and vitality of good health unless your stomach, liver and bowels do their work regularly and efficiently.

MOTHER SEIGEL'S SYRUP

As a digestive tonic and stomachic remedy, Mother Seigel's Syrup is esteemed in tens of thousands of homes, wherever the English language is spoken. If you suffer much or little from disorders of the stomach, liver or bowels, try the effect of taking 15 to 30 drops of this famous remedy in water, after meals, for a few days and note its beneficial effects.

ASSISTS DIGESTION

The new! White contains three times as much as the old size and is more effective.

he indeed that he had forgiven freely and wholly. Mr. Harker looked a different being when, after kissing his daughter affectionately he left her and went down to the little parlor.

John was sitting smoking his pipe; but he started up when the old man entered.

"What is the matter?" he said, as he looked at his pale face. "Is she worse?"

"No," said Harker. "She is better, thank Heaven!" John Ashford, he continued humbly, "I have come to get your forgiveness for the pain we have caused you. I knew my girl to be a good girl, although she had once been so foolish. I knew she would make you a true loving wife, in spite of her sin. It was I who overcame her scruples, and made her marry you. I did it for the best. I did it that she might be happy; for I knew how she loved you, and she so feared to lose your love and respect. She tells me you have forgiven her, but can you forgive me?"

John grasped his hand.

"Of course I do," he said heartily. "You did it for her, so I have nothing to forgive. If my poor darling had only plucked up courage and told me all the hour we were man and wife, she would have learned how dearly I loved her, and it would have saved you both many unhappy years."

Tears of gratitude stood in Harker's eyes, as he returned the handshake.

"Heaven bless you, John," he murmured. "Not many men would be so merciful. We will never speak of this again. You will not regret your generosity?"

"What are you going to do?" asked Ashford, struck by something unusual in the old man's voice.

"I am going back to London," said Harker smiling grimly, as in anticipation of a pleasant task. "I have work to do, an account to settle now—for Lucy and myself. You don't know all, yet, John; you don't know, you never will know, all that Lucy and I have suffered!"

He paused as if overcome by his emotion; then continued in a trembling voice:

(To be continued.)

Use A Fertilizer— Says Gov't Agricultural Dept.

Why fly in the face of Providence? The sound advice, contained in the bulletin of the Department of Agriculture, is based on the knowledge of the best agricultural experts in the country and the accumulated experiences of thousands of farmers.

Almost every soil lacks some element of the plant food necessary for a maximum crop, and each crop leaves the soil poorer. Therefore, those important sustainers of plant life—potash, nitrogen and phosphoric acid—must be put back into the soil in the form of a fertilizer.

Gunns Shur-Gain Fertilizer

is in growing demand amongst farmers who want the best. It gives much more satisfactory results than a home mixed fertilizer because the ingredients are scientifically proportioned to meet the requirements of both soil and crop and are blended into a perfectly balanced plant food. Expert chemists have prepared these formulas, checked by Government analysts, and the mixing is done under careful supervision.

Gunns Shur-Gain Fertilizer is finely ground, making it more economical to use and easier to apply. It will not burn or sour the soil, and it is very rich in humus. There is a formula to fit the requirements of every soil and every crop. These are fully explained in our booklet, "Bumper Crops," and also general directions for their use. A copy is ready for you, if you will ask for it.

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These natural fertilizers stimulate the plant, without impoverishing the soil. They nourish both land and crop. They are made from blood, bones, trimmings, etc., and have no unnecessary filler in them. Every ingredient has proven fertilizer value. Every one of our twenty-five different fertilizers is a proven success. Write for bulletins and booklet. We will promptly mail them to you free of charge.

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The Best Fence for Poultry. It is made of the finest wire, and is so constructed that it can be easily put up and taken down. It is the best fence for poultry, and is sold by all hardware stores.

used up an enormous amount of nervous vitality before bedtime comes round again. Nervous parents often have nervous children, and unless a strict regime can be established the inherited nerve fatigue will show itself early.

Redpath SUGAR

Redpath refining methods produce no second grade sugar. We make and sell one grade only—the highest—so that you will never get anything but the best under the name of Redpath.

"Let Redpath Sweeten it."

Canada Sugar Refining Co., Limited, Montreal.

Suet a Cold Weather Economy.

If you are really trying to cut down that universal bugbear, the high cost of living, lessen the meat some day and make up for the deficiency by having a suet dish.

Suet puddings are easily made and delicious if the following rules are carefully observed:

First. For plain puddings use about four ounces of suet to each eight ounces of flour or of flour and breadcrumbs.

Second. The suet must be chopped very fine so as to resemble bread-crumbs. If the suet is rendered and then allowed to cool in a solid lump it can be grated with a coarse grater, which is less trouble and even more satisfactory than chopping.

Third. Equal quantities of flour and breadcrumbs make a lighter pudding than flour alone.

Fourth. Plain suet puddings can be made without eggs, but when they are used the puddings are both lighter and more nourishing.

Fifth. In making a pudding the consistency should be too wet to handle, too stiff to pour.

Sixth. Suet puddings require to be very well cooked. A pudding no larger than a big cup requires at least an hour steaming or boiling, and the larger and richer they are the longer cooking they need.

In making suet pastry for meat pies and fruit dumplings use the following recipe:

Suet Crust.—One-half pound flour, one-quarter pound suet, one tablespoonful fine breadcrumbs, one teaspoonful baking powder, a pinch of salt, cold water. Chop the suet very fine, mix all the dry ingredients very well together. Form into a stiff dough with cold water, turn on to a flour-board, knead very lightly until there is a smooth side underneath and then roll out to the size and shape required.

The following are all old, well-tested family recipes, and you will find that they are excellent for cold days; but when such a pudding is to be eaten as dessert the rest of the menu should be light and include green vegetables.

Apple Dumpling.—Pastry, as in the recipe for suet crust; apples, sugar enough to sweeten, five cloves, rind of a half lemon. Make the pastry and roll out. Cut off enough to make a lid for the dumpling; with the rest line the greased pudding mold, pressing the pastry well back against the sides, core and quartered, into the center; add the cloves, sugar and thinly sliced lemon rind; roll out the piece of pastry which you have set aside for the lid; brush the edges with cold water and press down firmly, squeezing the edges tightly together so that the fruit juice may be kept in. Cover with greased paper and steam for two hours. Rhubarb, plums and blackberries all make good dumplings in this same way.

Suet Dumpling.—One-half pound flour, four ounces suet, two ounces sugar, one-half teaspoonful baking powder, one-quarter teaspoonful salt, a little milk. Chop the suet finely and add to the flour sugar, baking powder and salt; make a stiff paste with the milk, knead lightly, divide into six pieces and roll up into balls. Have a saucepan ready with rapidly boiling water, drop in the dumplings and boil gently for three-quarters of an hour.

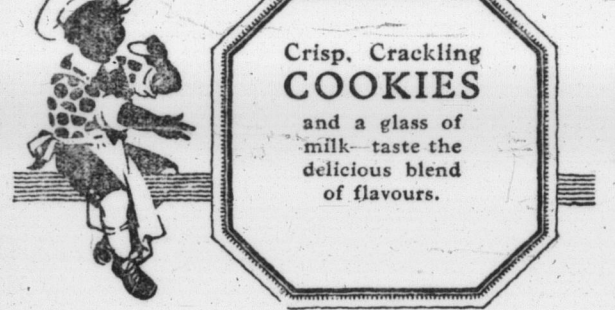
Roly-Poly.—Pastry, jam. Make the suet crust as in foregoing recipe and then roll out to about one-quarter inch thick in an oblong twice as long as it is broad. Spread it with jam to about an inch of the edge, then brush the edge over with water and roll up neatly, pressing the ends well together and keeping the jam in the middle. Place it on a scalded and floured cloth and roll up loosely, so as to leave room for swelling; but tie the ends very tight and quite close to the pudding, carrying the string from one end to the other so that it makes a kind of handle by which it can be lifted. Then stitch up the edges of the cloth and plunge the pudding into rapidly boiling water, taking care not to bend or break it when doing so, and boil for two hours. To lift the pudding slip a fish slice or even a plate under the pudding with the left hand, catch the string with the right hand and lift gently without bending; take off the cloth and drain away all the water; put on a hot dish, dust over with powdered sugar and serve very hot with a white sauce.

Pig Pudding.—Four ounces flour, four ounces breadcrumbs, four ounces suet, four ounces sugar (brown is cheaper than granulated, and does not require so much for sweetening), four ounces figs, one teaspoonful baking powder, one egg, a little milk, a pinch of salt. Chop the figs up rather small and mix all the dry ingredients together; then add the beaten egg and enough milk to make it the right consistency. Put into a ground pudding mold; cover with greased paper and a scalded and floured cloth, steam for two hours and serve with a plain white pudding sauce or a lemon syrup. If raisins and currants are substituted for the figs in this recipe it is known as "bachelor's pudding"; if chopped cherries as "cherry." It can also be made into "marmalade pudding" by omitting the fruit and adding two tablespoonfuls of marmalade at the same time as the egg and milk; with two tablespoonfuls of molasses and two ounces of suetana, raising it is known as "irreacle pudding," but the foundation is always the same, and it invariably requires two hours steaming.

Deposits of tungsten ore have been discovered in Korea and mines are being opened.

FIVE ROSES FLOUR

FOR BREADS-CAKES-PUDDINGS-PASTRIES



Crisp, Crackling COOKIES and a glass of milk—taste the delicious blend of flavours.

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

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The Housewife's Corner

Three Essentials for Children

Children, if they are to become strong men and women, must have proper food, proper air and proper rest. It would be a very good thing if all mothers could be trained to recognize the danger signs that show that there is a deficiency of any of the three.

With respect to proper food, the digestive disturbances of young children are easily enough recognized. Sometimes the fault is with the kind of food, but more often it is with the quantity that is permitted. In these respects children differ just as adults do.

It does not always follow that because one child thrives on unlimited quantities of a certain food it will suit the next child as well; stomachs vary in tolerance at every age. Teach the children to drink water. Drinking a glass of water a half to three-quarters of an hour before each meal will rinse out the little stomach and better prepare it to receive the food that follows.

Then between meals encourage them to drink water; from one to two glasses. Nature's demands for either food or water are similar and to give the stomach food each time one feels the sensation of hunger is often the cause of chronic stomach trouble. The good physician always stands ready to work with the mother in determining the proper quantity of food for a child to have.

The signs of fatigue should be carefully observed. A child never says in words, "I feel absolutely exhausted," but he says it in excitement, in irrit-

ability of temper, in tired eyes, and especially in wakefulness. All children should be good sleepers; if they suffer from insomnia, something is wrong. Sometimes the trouble comes from too much romping and excitement just before bedtime. That is a great temptation to both parents and children, but it should be resisted. The feet of a wakeful child are often cold; that shows that its circulation is

poor and that there is a tendency for the blood to go to the head. A warm bottle at the feet is serviceable in such a case.

Still more must the question of rest be left to the mother. A child who wakes very early in the morning has

used up an enormous amount of nervous vitality before bedtime comes round again. Nervous parents often have nervous children, and unless a strict regime can be established the inherited nerve fatigue will show itself early.

Redpath SUGAR

2 and 5 lb. Cartons—10, 20, 50 and 100 lb. Bags.