



NOTHING in the world is more wholesome for children than fresh, home-made bread, with the light, snowy-white "crumb" and the tasty, golden-brown crust.



ROYAL YEAST CAKES

The Heir to Beecham Park

CHAPTER XVI.

The earl had judged rightly—the drive seemed to have brought new life to his sister. She chatted gayly, breathing the soft air with avidity, and his hope rose higher and higher as he gazed at her animated face. They had turned into the park, which was filled with carriages and equestrians, and Margery, who had been only once before in this part of London, grew interested in watching the groups of people passing to and fro. Lord Court's eyes wandered from his sister's face to hers, and a sense of peace such as he had never felt in the past four years crept into his heart. Lady Enid saw his eyes turned on Margery, and she smiled to herself a happy little smile; she felt that these two would be friends, and she thought pleased her. Just as they were turning to leave the park, a gentleman rode up to the carriage and entered into conversation with the earl and Lady Enid. Margery sat back and let her eyes and thoughts wander. She watched, with a smile on her face, two children struggling for a doll, heedless of the voice of their nurse; then suddenly the smile faded, and her heart seemed to stand still. Beneath the trees to their right a party of riders was just moving on—a woman between two men, followed by two grooms. Margery's cheeks blanched, and her hands trembled; she knew that graceful form only too well. It was Vane Charteris—Vane Charteris, with the smile of content, the glow of perfect happiness on her lovely face; and beside her rode Stuart Crosbie. Margery had looked but once, yet she saw only too well. Vane had turned with a smile to her lover, and he, bending close to her, was murmuring words of tenderness of which might have been guessed by the earnest gaze that accompanied them.

Margery drew back in her seat, as they passed; it was a moment of bitter agony. She had thought herself schooled to meet sorrow, that she was able to be firm, that she had cast out all love and despair from her heart, and filled it with a desire for utter forgetfulness. Now she saw herself in her weakness. The very sight of Vane Charteris brought back the humiliation she had suffered, while the sight of Stuart, the man who had deceived her, insulted her, wrecked her life at its very beginning, brought back the tumultuous joy of that evening in the Weald Wood, the never-ending sorrow of her loss. Ah, she might be as brave as she would, away, but a glimpse of his face had broken down all the barriers that pride had been setting up during these past weeks, and left her as weak as a child.

Took five bottles of Carnol, "Gained twenty-five Pounds."

"I feel better than I have felt for twenty years"
It is in cases of weakness and run down conditions of the system that Carnol seems to be most effective. Almost from the time you begin taking Carnol, you seem to gain health and strength. It builds up, weakens, poorly nourished tissue, purifies the blood, strengthens the nerves, and in this way tones up all the organs of the system.
Read what Mrs. Dunn says about Carnol—"An attack of weakness, as a result of a run down condition of my system in the fall of 1919, caused my anemia. For nearly six months I was so weak I couldn't walk across the kitchen floor. My heart was weak and my health was so bad I couldn't go up stairs. I took different kinds of medicines without getting any benefit, so I asked my druggist, Mr. Ross, of this town, and he advised me to try a bottle of Carnol. Before finishing the first bottle, I found my strength coming back. I took five bottles and in eight months I gained twenty-five pounds. Today I feel better than I have felt for twenty-five years. I recommend Carnol to all suffering from weakness or run down condition. I always keep a bottle in the house. Carnol is wonderful for children, especially for colds when taken in hot water. I cannot speak too highly of this great medicine, as all my neighbors knew my condition. I trust that these words will be a help to all suffering from heart trouble. It affords me the greatest pleasure to recommend this medicine as a most powerful tonic and it has made me feel better than I ever did in my life."—Mrs. James F. Dunn, 256 Yonge Street, Midland Ont.

Lady Enid, she retired to her room. The night hours passed slowly and heavily; she could not sleep. Her mind was haunted by the vision of two forms with the radiance of a great happiness in their eyes. Was London, then, so small that she must be tortured by their faces wherever she went? And her secret—would not that be discovered? They had not seen her to-day, but who could tell whether she might not meet them again? She felt low-spirited and disheartened for a time, then grew gradually easier in her mind. In a week, perhaps, they would leave London, and down at Court Manor she would have peace, if not happiness. Comforted by this thought, she fell asleep just as the gray dawn was breaking, her troubles forgotten for the time in dreams.

For the next three days life went on as it had before Lord Court arrived. Margery took her solitary walks in the square garden, secure from all fears there, and Lady Enid declared herself much better. As the end of the week drew near, Margery felt her heart lighten. Only a few hours more, and she would be safe for a long time!

"Have you your canvas and all the necessaries for our pictures, Nugent?" asked Lady Enid, on the afternoon of the day before that fixed for their departure. "I have one or two little commissions to execute this afternoon," returned the earl; "then I shall be quite prepared for work."

"Let us go with you; it is a lovely day."

"But the fatigue!" he said, warningly. "Remember, Enid, there is the journey to-morrow!"

"I shall enjoy it," Lady Enid murmured, a little plaintively. "Then come, by all means, my darling."

With a beating heart, Margery put on her hat; faint would she have stayed at home, but she could think of no excuse, and she did not like to spoil Lady Enid's pleasure. She shrank from the idea of seeing those two faces again, and the chance of being recognized.

The earl was waiting for her at the foot of the stairs. "Enid has sent me for you, Miss Daw," he said, hurriedly, "but I was most anxious to speak to you for a minute alone. Tell me honestly, do you think she wishes this journey to-morrow? Sometimes I fancy I see a hopeless longing in her eyes, and it almost makes my heart ache."

"Indeed, Lord Court," Margery answered, earnestly, "I am sure Lady Enid lives in the very thought of going to her old home. She has talked of it so often. Please do not distress yourself; I have seen that look on her eyes, too, but I do not think it means more than a longing to be well."

"She put out her hand timidly, and he raised it to his lips. "Thank you," he said, gently; "you always comfort me, Miss Daw."

Their eyes met for an instant, and he saw again the deep sadness in hers. "Enid is waiting," he said; "let us go to the carriage."

"This time they drove through the streets, and Margery forced herself to talk and smile, though she was trembling with fear. If her smile died away suddenly, and if her voice had not the true ring, it was only the earl who remarked it. Lady Enid, lying back on her couch, was too interested in all that was passing to see the effort and notice the constraint.

"At last all the commissions were executed, and it was with a sigh of relief that Margery found the carriage was rolling homeward.

"Shall I ever learn her sorrow?" the earl wondered, as they bowed along, noting her sweet face. "It is only one who has suffered as I have who looks as she does—yet that is impossible in her young life."



Jemting New Dishes

The double richness of St. Charles Milk, as compared with ordinary milk, gives you new and delicious flavors to all dishes that call for milk. Send for Free St. Charles Recipe Book and try it out!

The Borden Co. Limited Montreal 870.14-24

THE USUAL WAY.

The young man flew on hasty feet to reach his rented cottage, wherein his wife, serene and sweet as a child, was cooking a wholesome potato. "I have good news," she heard him shriek, "the boss has looked me over, he raised my pay ten bones a week, and now we are in clover. The boss has eyes for sterling worth, and so he boosts my wages; as I am full of harmless mirth, excuse my jocund rages. And now my salary is fat, we'll buy ourselves a Lizzie; I'll get myself a stovetop hat, and paint glad and dazy. I am no more a hard luck dub, for paltry wages grabin'; I'll have to join the country club, and buy a mountain cabin. I know a hundred things we need, for I've been yearning so for your shopping rags with speed, that I'm a little ratty. The wealth we must be burning." "Oh, Charles Adolphus," cries the wife, "your news has made me happy; it takes the shadow from my life, and makes it gay and snappy. Now we can buy some Persian rugs, and paintings by old masters, and statuettes and artware jugs, and gams and mustard plasters." The grand wife, in falsetto whine, speaks up, like any miser: "To put the money down in brim methinks would be much wiser." "What bores these dippy greynards are!" the young folk cry together; "let's go and choose a nifty car, with seats of Spanish leather."

Queen Maud leads a nation—but Queen Maud Sardines lead the world.—Jan23,1f

Just Folks.

By EDGAR GUEST.
JUST A LITTLE GIRL OR TWO.
Just a little girl or two, Like her mother, through and through, Fond of pretty frocks and dresses, Ribbons red and ribbons blue, And she seems to understand That a man's heart is a land To be ravaged by whim, And a chubby little hand.

Just a tiny girl whose eyes Wear the splendor of surprise, Only two years old, yet truly As a woman worldly wise, Know the value of a tear And has known it for a year, And the magic of its luster If a man is standing near.

Only two and she has learned How a man's head can be turned By the loving kiss she gives him, And her little pleasures earned; Knows her face against his cheek Makes her gruff old daddy meek! Only two, and knows already Just the spot where he is weak!

Just a little girl of two, Like her mother through and through, Knowing when she wants a bauble, What a little love will do; But her Dad, severe and grim, Gratifies her every whim. She can rule and reign forever If she'll keep on loving him.

White grapes, halved, seeded, mixed with nut meats and served on lettuce with French dressing and crisp wafers, make a very dainty salad course.

EXCELLENT

for rheumatism, neuralgia, backache and kindred ills. Rub it in well with the tips of the fingers. An enemy to pain.



MINARD'S LINIMENT

MURPHY'S GOOD THINGS

LOOK HERE! You Can't Beat These Values!

Look at them! Quality for Quality they are real Bargains in every sense of the word. True economy in every item shown. They are typical of what is waiting for you in our regular lines at this store; standard quality, every-day needs at a big saving. For economy sake, Come!

Light Weight Suit Cases.

Splendid for those who do not wish to invest a great amount of money. They are excellent value, for they will give the wear and have the appearance of far higher priced bags.



Each, \$1.98 to \$3.49

Ladies' Hats.

Just a few left; some very pretty shapes and shades. Clearing at \$1.98 to make room for our new stock. Regular \$5.00 Hats.



Now, \$1.98

Ladies' Dresses.

A gigantic Dress Sale—We must clear our shelves in a hurry to make ready for new shipments. Every dress in the store now selling at

\$4.98 & \$5.98

Ladies' White Organdie Blouses.

V and round neck.

Each, 79c.

A Turkish Towel Sensation.

One glance is enough to tell you these towels are unusually low. Big, strong, heavy, double Terry Towels, ordinarily a good value at 50c.

Each, 39c.

Galvanized Wash Tubs.

Best grade Galvanized Rolled Steel Tube, with strong rimmed edges and raised front. You will find many special values besides this one. Price our line before buying.

Each, \$1.25 to \$1.98

Melton Cloth.

40 inches wide, in Fawn, Brown, Grey and Red.

69c. per yard

Blue Serge.

52 inches wide.

\$1.25 per yard

Ladies' Skirts.

A small lot of Ladies' Skirts, made of fine heavy Cloth, in Navy only. While they last.

Each, \$1.98

Children's Knit Waists.

This garment is made to stand hard, everyday wear, and yet is carefully fitted for comfort. Patented safety-pin holders, over-stitched neck and arm holes. White only.

Each, 29c.

Ladies' Night Gowns.

These are made of good quality Flannelette that gives long, satisfactory service and launders perfectly; square, round and V neck.

Each, \$1.79

Umbrellas.

Waterproof taped edge, American Tafetta.

Each, \$1.79

Ladies' Corsets.

In White only.

Each, 98c.

Melton Cloth.

40 inches wide, in Fawn, Brown, Grey and Red.

69c. per yard

Misses' Pullovers.

Pure Wool, in Peacock and Fawn; to fit up to 12 years.

Each, \$1.49 to \$1.98

Men's Dress Shirts.

Always popular, and in the new woven stripe patterns. These Madras Shirts are particularly good looking. With French double cuffs. Well made and properly proportioned.

Each, 98c.

Boys' Pullover Sweaters.

Pure Wool, in Brown, Grey and Navy; to fit up to 13 years.

Each, \$1.19 to \$1.98

Ladies' Brown Silk Hose.

First quality, spliced heel and toe.

49c. per pair

Toilet Paper.

3 Rolls for 25c.

Skirting.

Good quality, 36 inches wide.

29c. yard

Stripe and White Flannelette.

Per yard, 25c. & 29c.

Alarm Clocks.

Each, \$1.98
Watches \$1.98

Women's Colored Cashmere Hose.

The quality of this Hose should not be judged by the low price. We are extremely fortunate in being able to offer this select quality Hose at such marked reductions.

79c. & 98c. pair

Extra Strong Suspenders.

For the out-of-door man. Broad band, stout suspenders to resist the constant tug and pull during busy working days. Comfortable, too, there's plenty of stretch in 'em.

Per pair, 49c.

Jaquettes.

Brushed Wool. They come in shades of Pearl, Jade and Fawn, Fawn and Open.

\$4.98

Camisoles.

In Satteen and Mulin. In shades of Pink and White, White lace yoke and tape shoulder straps.

Each, 49c.

The Season's New Neckwear.

Perhaps clothes don't make the man, but correct neckwear certainly helps to create a good impression. Our new display includes new four-in-hand of lustrous silks in attractive color combinations.

Our Price, 49c. & 75c.

Mercerized Poplins.

In very pretty shades.

Per yard, 39c. & 49c.

Flette Underskirts.

In White, Grey and Stripe.

75c. each

Damaged Cotton.

Large clean pieces.

55c. lb.

White & Stripe Flette.

98c. & \$1.25 lb.

SIDE TALKS.

By Ruth Cameron.
WHEN THE UNIVERSE SEEMS OUT OF TUNE.
I don't suppose anyone can remain on the best of terms with all his friends all the time. Ups and downs occur in friendships as well as in other circumstances of life. One friend does not seem to fit in with our mood, his mannerisms bore us temporarily, and we turn to another friend for awhile knowing (if we have learned to understand ourselves) that presently we shall turn back refreshed to the first friend.
Which is inevitable and does not signify that anything is wrong either with us or the friend.
When No One Pleases Us.
But there is another state of mind that comes to most of us once in a while that does signify something. I mean the state of mind when all of our friends seem to bore or irritate us.
When we feel that everyone is critical and unkind.
When we seem to have vendettas on hand with almost all of our friends and acquaintances.
When we think the whole world is in some way out of tune.
The Cure.
Get more sleep and more exercise. Simplify your schedule and stop driving yourself as though you were a slave. Do something kind for someone. Get out of doors. Go on a long walk. Go to bed right after dinner for a few nights. Get as far away from your job as possible for a few hours, or a few days, if that's possible. Go to the public library and ask the librarian to give you some book of stirring and courage inspiring biography that will make you ashamed of your grouch. Have your tonsils out, or your eyes examined.
It all depends on what ails you, what the cure should be. But if you can lay hold of the realization that it is you and not the rest of the world that is out of joint you have taken the first and most inspiring step toward a cure.
Gent's good English Spats, at SMALLWOOD'S.—Jan23,1f
Every member of the household should know how to turn off the water pipes in case one bursts and threatens to cause damage and inconvenience.

The Will

There comes a time in the life of every man when he must leave his worldly possessions to the care of another. In anticipation of this, therefore, the first obligation resting on an individual who is possessed of property is the making of a will, and this should be done before the faculties become impaired by time or the ravages of disease.
THE MONTREAL TRUST COMPANY will act as Executor for Estates large and small. It is thoroughly equipped to efficiently and economically undertake the administration of Estates and will carry out the instructions and desires of the Testator bearing in mind at all times the best interest of the Estate.
Montreal Trust Company.
ROYAL BANK BUILDING
Sir Herbert E. Hall, President
A. J. Brown, E.C., Vice-President
F. G. Donahoe, Gen. Mgr.
F. T. PALFREY, Mgr., St. John's

Financial Between France and Britain National and American ed.
FRANCE WILL ... ARMS CO.
The Daily Mail Government has de- with the United- favor to build up national Armaments wrapper adds th- plain, the Britis- 7, has arranged-- assador, who is te- State, on March 6 Conference durin- agreement can W- her powers.
FRANCE TW- The promise of improvement of and another \$30,000- gions, to be flo- rates as soon as it- sibly balanced a- the remedies fo- financial and econo- mized by France. In the contrar- Chamber of Me-
AN ECONOMIC BU C A- Economic and tre- treated between- any. The Germu- nly placed an e- ment of all bills- ruck list. It is e- a Rumanian G- ing retaliatory e-
PRIZE CREW B- BOSTO- Charges that t- the coastguard c- an after it had b- m-runner, 25 m- rd, drunken c- prize, were a- rt-to-day by-rim- ege Morton of- sition for torre- ed her cargo of
DISCUSSION OF B- CATION OF B- The debate wa- resolution of W- rative, South Ye- nement to the- n Act. Sir E- lead's difficul- N. A. were re- tional. It was- fault. There ad- es so far as C- taken by o- th- Thomas Vlen, A- sired with the- that no charge- ost consulting a- l- l- l- g- n- Hon. T. A- e resolution. It- e thought, to- l- such moment to C-
FOUR LABOURERS KINGSTON, N- our labourers w- madian Govern- an Navigator, cl- ing when fire b- voline explod- t. It is be cr-
GRAIN COMMER- OT- The cost to det- en- quiry commis- sioner. The Gov- ndling in Canada- all cost is expec-
WORLD HAVE HU- H-
CHICAGO, I- L. Kraft, Pres- tional Coma- proposed by- day that Ch- Secretary of State, a- of head of- council recom- nants in Su- day- vocation com- e- of \$30,000- name St. Joh- n- ment of Trust- e- the coming y-
S. TOURN HA- ONT- mitted that bet- ce- m-
Light-colored slippers will not stained by galoshes if you slip your feet off an old pair of stockings when before donning your galoshes.