"Exhausted Nerves and Palpitating Heart"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont.,



never get better. I tried several doctors, but it me helped. I had almost Chase's Nerve Food, I tried it, and can say it certainly has done wonders for me. did not stop until I had taken

Dr. Chase's Nerve Food

GERALD S. DOYLE, Distributor.

The Imprisoned Heiress

The Spectre of Egremont.

CHAPTER XXIII.

"This day week," was the prompt me only as a stepping-stone to fash

The heiress gave a brief thought to This reflection made the proposed Lyle Indor, and then dwelt a moment marriage doubly distasteful to him. the way of a trousseau in a week. who loved him for himself alone. He | She would have insisted upon more felt that he could overlook the ban

though of her clandestine love affair, rest from the wearying cares of

With a stately sweep of her gar-

library to write letters to his attor- doubly sweet by the refined atmosney, men of business, &c.

Thus left alone, Lord Ashcroft en- But those sweet dreams must be deavored to realize the sudden change relinquished in the hour when the ing it ajar,

thought, restlessly. "My admiration The Lady Alexina would never in the pavilion. for the Lady Alexina seems turned to strive to make her home happy. loathing , She must know that I do Lord Ashcroft read her character not love her, and her conduct shows well now. He knew her to be haughwant of womanly delicacy that I ty, supercilious, and domineering. scarcely can comprehend. There was vain, and fond of gayety and splendor. no joy in her eyes when her guardian With a nature so unlike his own informed her that the marriage was there was not much prospect of hapto be hastened. She did not blush un- piness. der my gaze, but looked disappointed For hours he strove to school his and dissatisfied. It almost seems as resignation, and he succeeded so far if she did not love me, and would wed as to dull it into apathy, which he mistook for the divine virtue of sub-

Letter From Mrs. Ayars Tells How Lydia E. Pinkhan's Vegetable Compound Helped Her

Forms Valley, Sask.—"I took the Vegetable Compound before my last confinement, when I got to feeling so badly that I could not sleep nights my back ached so across my hips, and I could hardly do my work during the day. Inever had such an easy confinement and this is my sixth baby. I read about Lydia E. Pinkham's Vegetable Compound in the 'Farmer's Telegram' and wrote you for one of your books. We have no druggist in our town, but I saw your medicine in T. Eaton's catalogue. I am a farmer's wife, so have all kinds of work to do inside and outside the house. My baby is a nice healthy girl, who weighed nine pounds at birth. I am feeling fine after putting in a large garden since baby came. (She is as good as she can be.) Yours is the best medicine for women, and I have told about it and even written to my friends about it."—Mrs. ANNIE E. AYARS, Spring Valley, Sask.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system so that it may work in every respect as nature intends. All druggists sell this depandable medicine, Give it a trial,

hour in the open air, by which tim

To his surprise it was unlocked

A wild night was brewing. The fresh wind blew in from the sea, and the waves dashed against the rocks and the phosphorescent light danced over the water.

A few minutes Lord Ashcroft stood and gazed upon the wild sea made vis ible by the phosphorus through the gloom and then he directed his steps

The night was gloomy, but not in tensely dark Every tree that bordered the path was strongly outlined just distinguish the bowlders, the summer-houses, &c.

Lord Ashcroft passed up and down the avenue, listening to the wailing of the wind through the branches

"One of the maids coming to meet | broken.

half held up by a hand upon which

away from her ears, and she tripped

structure she turned around, and must have seen Lord Ashcroft had he aside into the shade.

She paused a moment, and then

heard the murmuring of voices with- John Cort she did a Chinese dance charge their contents into hoppers, has just been received here.

In an instant he was aroused. Who was it the Lady Alexina had

He felt that, as her husband-elect, he had a right to an answer to these

He crept nearer, close to the pavilion, where he could hear every word that was uttered within, the very wind

The first words he heard were spoken by his betrothed.

It was a gloomy face he brought back to the mansion-a face not at all "Oh, Lyle," she was saying, in pasbefitting the accepted suitor; and the sionate tones, "don't you know, then, Lady Lorean's keen eyes read the why I asked you to meet me here struggle that had taken place within to-night? Did you hear no one sayhis breast, and her heart ached for ing that my marriage-day was ap-

"No one told me, Alexina, but I der the friendly tact of his host and suspected it from Lord Ashcroft's for grown-ups and children, 10c., 25c and 50c. boxes—any drugstore. hostess, who showed themselves more manner. He did not look, though, than ever genial and entertaining. like a happy lover."

It was Lyle Indor, then, whom the heires had come to meet. But what could she have to say to him that could not be said in the house and FORTUNES FROM THINGS WE at a proper hour?

The conversation was not permitted

to flag throughout the remainder of

the day and evening, music being re-

of interest in the topics under discus-

sion, and thus the hours wore away,

At the usual hour the family sep-

arated, and Lord Ashcroft sought his

room, but not to remain there. He

knew that his sister would not fail

to pay him her usual nightly visit,

and he could not bear to meet her in

He thought of taking refuge in the

picture-gallery, but he could not meet

Aimee and look coldly upon her, while

But I must not see her. My hen

his present state of mind.

"No, he did not look happy, Lyle," said the Lady Alexins, with a bitter the householders in the country could inflection of her voice. "I suppose I be gathered together during a single don't exactly suit him. Perhaps he year, it would weigh about 10,000,00 wants a wife more beautiful than I." tons, including about 3,700,000 tons of





VESTA READY MIXED PAINT

DURADIO GLOSS PAINT

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MIRABOL THE SUPREME ENAMEL has a fine, hard gloss surface which makes it very durable. Its use is advised for all doors and interior woodwork, where a high-gloss finish of a distinctive

From all Dealers and Storekeeper

MADE IN ENGLAND.

Princess Obtains a Job

Breaks Family's Long Distance Loafing Record. years the Aristoff family

no work. Recently Princess Ketto Mikeladz signed a contract

Pincess Ketto arrived in New York a month ago with a small child and a story of hardship and exile following the Russian Revolution that rivals the most harrowing. Her sister suffered so from maldutrition that her teeth dropped from their sockdiamonds flashed and jewels glowing ets and her hair went snow white; her husband disappeared in Southern used for filter beds on sewage farms. Russia, her small niece she saw as well as for making mortar and

> servant who escaped to Persia with is gleaned, and then burned or tippe her jewelry and whom she joined on waste land. Until recently this later the Princess supported herself was the practice in a certain town in and her daughter, Maria, through the the Midlands, where the bottles were intervening years of exile in Teheran. sent to marine store dealers, and the Bagdad, Cairo, Rome and Paris She profit was divided among those en her savings and through the good One quarter's "waste" realized £343, offices of Princess Matchabelli (Ma- in, addition to the revenue from tins donna in "The Miracle") obtained a and paper. hearing with Cort.

years ago, according to her story. official collectors, and articles of silmother to her child, she says. She day. she had learned years ago in royal from which they fall into a revolving

if Dizzy, Bilious, Constipated



Rubbish Heaps

cinders (equal to 2,500,000 tons of high-grade coal), and would be worth about £3,000,000.

What becomes of this vast quantity of "waste"? Its disposal depends largely on local peculiarities, From schold refuse in colliery districts remote hamlets. Sometimes, again, rubbish contains an unusually large

STOP That COUGH AND CURE THAT COLD!

It debilitates the system and leaves it an easy prey to disease

Stafford's Phoratone Cough Cure

will cure almost every ordinary cough or cold in very short time, generally in twenty-four hours if taken at the first symptoms.

At this time of the year it is very hard to avoid colds, but the minute you feel you have taken cold is the best time to take a remedy. You thus avoid any of the dangers that very often follow a cold

Don't depend on luck to cure you-have a bottle of

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always in the house and use it when the cold starts. That's the best way-and the safes

FOR SALE EVERYWHERE.

Price--35c & 60c per bottle Postage, 10c extra.

(In Outports, buy from your Dealer and save the postage). Manufactured by

DR. F. STAFFORD & SON

of London. From it is gathered every week thirty tons of paper, which, dur-

About one-half of the country's re- channels their profits have fallen off. distinct market value, since it can be

Much of London's refuse is dumped She was educated with the chil- at Dartford, where there are hunwhere she was born twenty-seven happy hunting grounds of many un-

which sucks up the paper and carries quested to make known the quantity funds amount to \$144,169.79. The lingeric collar and cuffs. it into a suitable receptacle, and of narcotics required annually for its finally, all that remains—the bigger medicinal and scentific needs. They rubbish, such as bottles, jars and tins desire that the agreement further pro--is delievred on to a conveyor belt, vides for legislation stipulating the where it is picked by hand.

for steam-raising, the dust goes to the can be worked out.

similar course may be taken with blem has not yet been reached. boot polish.

Of late years the pecuniary results

A case in point is that of the City of such salving have varied greatly. these facts are admitted it is not an During the war and for a short time insuperable task for each country to estates is delayed mainly through afterwards many towns made large control the manufacture and distri- the fact that beneficiaries are residtrade began to get back into the old

> This famous old English Remedy for Coughs and Colds Caus Compound

Essence LINSEED COMPOUND Food

The Suppression

learned to dance because it was the By another system refuse is auto-The next moment Lord Ashcroft thing for Princesses to dance. For matically sorted. The dust carts dis-

"The Government and the people of decorations and commemorative cornflower in a variety of lovelychildhood. She got the job. She riddle. This separate the fine ash Canada," said Dr. Boland, "earnestly scrolls. was almost tearful with gratitude from the cinders, and metallic ar- request the co-operation of other There remain on hand in the same At a further point is an exhaust, first place that each country be re- tionary Force, in which the total sweaters, which have discarded the effective control of the manufacture. After the rubbish has gone through sale, import and export of the alkathe machine, only one-quarter of it is loids mentioned. This international really waste. The cinders are used convention is highly desirable and it

farmers, and the paper is taken to a "In Canada, as in other countries, To clean your baling machine, whence it travels to the ravages caused by the use and owels without a mill for re-pulping. If the paper is abuse of narcotics are taking alarmcramping or over-acting, take "Cas-useless for anything else, it may be ing proportions. There, as elsewhere, converted into papier mache, which the evil is spreading quietly, insidimay be used for the manufacture of ously; it invades without hardly an exception all classes of the com-Articles picked from the belt are munity. And though the drastic legestion, sour upset stomach and
all such distress gone by morning.
Nicest laxative and cathartic on earth
and rusted tins are crushed flat and checked its progress it must be adand rusted tins are crushed flat and checked its progress it must be admade ready for melting down. A mitted that the solution of the pro-

bright tins; but these can be re-made. "A fact however that strikes our on the spot, being put into a separate mind is that in Europe as well as in machine, from which they emerge as North America, the thing to be dreadmaller tins, such as are used for ed is not opium in nature or the cocoa By these and other methods seventy- loids. Indeed, were the illicit use five per cent. of the rubbish collect- confined to the raw material, it might ed, unpromising as it looks to the un- be considered in these continents, at least as insignificant. Cocaine, morphine, and heroin, there are the enemies we must combat. Is there a means of restricting their use to the sole needs of medicine and science? "These three alkaloids I have men-

tioned are the outcome of elaborate processes of manufacture. An industrial undertaking which has for its object the extraction in appreciable quantity of alkaloids from opium and coca leaves requires a fairly large plant and an involved machinery; circumstances that make clandestine manufacture well nigh impossible Moreover, the nations where such in ustries operate are members of the

"Therefore, in a given country, the tion is limited or where it has been effective control and limitation of the product is possible, if it is sincerely d

Medals and Money Await War Veterans Canadian Government Department

Unable to Locate Rightful Own-Ottawa, Dec. 26 -- A total of 166 -030 badges of death-defying service in the World War are still going begging in this Dominion, according Of these 85,301 are British war medals, and 50,503 are victory medals. of Drug Traffic and they are to be had by their rightful owners simply for the asking above there are 3,463 graves of Cana-The nations of the world must co- partment, "is due entirely to the operate to control the narcotic drug fact that the addresses of the recipibeen reported. Of this number 5.942 The Dowager Czarina Maria was god- ver are found on them almost every traffic, Hon, Dr. H. S. Beland, Minis- ents are not available at National ter of Health for Canada, told the In- Defence headquarters." Since the

> ticles—pins, nails and the like—are nations with a view to an internation- department 791 estates of deceased picked out by magnetic separators. al agreement. They desire in the members of the Canadian Expedibuckles, are worn with the new

on fyle at National Defence

These funds are being held in

s number 37,607 graves have lefinitely registered to date. ter figure, though, is subject ost daily revision because aves are constantly being located officials of the Imperial War r theatres. It is estimated, howthat it will be necessary to inscribe the names of about 14,000 on morials to the "missing." These are being erected at Menin Gate and

have been definitely accepted as atto date distributed 964,535 medals, choose a carnation, a gardenia or a

w leather belts, fastening with



Pompeian Beauty Powder Owing to its xceptional adhering qua

and its bewitching perfume, is fast be the choice of discriminating women. The various shades, Flesh, Natu Rachel and White-the result of years experiment on different complex a perfect blend for your particular type

These Three For Instant Beau First, a touch of Pompeian Day Cra (vanishing) to make the skin smoother softer and to hold the powder. Then a Pompeian Beauty Powder in the shade suited to your complexion. If you nee little extra colouring add a touch of Pipeian Bloom and over all a light dusting the Powder.



standing John

Nigel de wild, charms the deat

ed to th 'Three small 1 Paul.

ent stage

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ST. LOUI

1 cur % cupi 2 sma

Cream work to apple sa cinnamo peel, mix flour, sif very slo quarter

WALT light on his life loot; t icebergs night h reary uman nowl aga heard urn thi

et him