

### Do You Bake Your Own Bread?

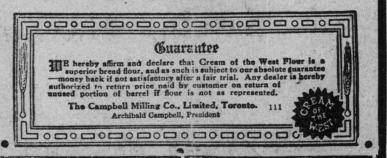
Everyone who bakes bread should know about my Cream of the West Flour.

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CHAPTER XL.

I had listened to that morning, as Nat, alone, you know. There was that bathed in tears and filled with contrition, had sobbed it out to me from a sheltering nest of sofa-cushions, You might have turned suspicious of winding up with the incoherent declaration that she would never as long as she lived dare to see Roger any more, and throwing out a final

Just that," I assented.

"And she could condemn me on the ord of afellow like that!" he went

"Yes," I assented again. "But look This was the precious story which here, old fellow-it wasn't his word and I went and corroborated that

'And then she's such a hot-headed that the sooner she either went into engage herself to that unlucky man man"-and I lowered my voice invol-This, then, was what I wanted to untarily, as though the skeleton could tell my friend, and what presently, overhear-"if you still have the fanafter a word or two of introduction. I cy that she doesn't care for you, you'd began to tell him. Yorke's face as I have dropped it if you had seen her went on and his expression when I for the last day or two. I verily behad concluded were a study. It lieve that a little more of it would seemed that he could not get over it have killed her. Dizarte feared for

"Why, is she ill?" Yorke asked, with quick anxiety.

### Madam! If you Are Bilious, Constipated or Headachy Please Try "Syrup of Figs."

and constipated-simply because they been gently but thoroughly moved on don't exercise enough. They don't and out of your system, without eat coarse food, or enough fruit and nausea, griping or weakness. Your green vegetables. Those are nature's head will be clear, complexion rosy, ways of keeping the liver and thirty breath sweet, stomach regulated; no feet of the bowels active; but very few more constipation, gases, pains and women employ them. The next best aches.

way is delightful, Syrup of Figs. Nearly all ills of women can be overcome with Syrup of Figs alone. and regulated. Then you will always head which made me pause and ask There is no need to have sick head- be well-always look and feel your ache, backache, dizziness, stomach best. sour and full of gases, bilious spells, But get the genuine—the old relisallowness, coated tongue, bad breath, able. Ask your druggist for "Sprug bad complexion, nervousness and de- of Figs and Elixir of Senna." Refuse, edy is one or two teaspoonfuls of deli- ups sometimes substituted to fool you. clous Syrup of Figs. Try this to- The true, genuine, bears the name night-you'll feel splendid in the California Fig Syrup Company; look morning when the sour bile, clogged for this on the label.

It is simply a matter of keeping your stomach, liver and bowels clean

pression. The surest and safest rem- with contempt, the so-called Fig syr-

esn't want anything but you-alhough, to be sure, the awkward part it is that she has firmly made up ner mind never to dare either to ee or speak to you any more.' At resent she is undecided whether to end her days in the retirement of a asumption—in the latter case you will have the goodness to drop an oc-

Yorke half laughed, and his face ost the momentarily hard look which it had worn. I went on:

"The worst of it is she has taken it into her head to blame herself for

"Herself?" he echoed. "What do you mean? What is she to blame for

"Of course-that's what I want to he last words of Raby St. George

on my coat. "But she's dead on the onvent at present, old man. You'd etter hurry up, or she'll have taker

yould never come into her presence gain unless she sent for me?" I made a wry face at that, remem-

"Oh, I recollect! But you know, it until Dizarte told me yesterday." sems to me. Yorke, that the next

upid thing to taking a stupid pledg "Ah, that's pretty much my owr tea-in this case, at any rate!"

'Just so. You'll come then?" "I would probably do that if she zere on one side of the globe and I n the other. What are you grinning

"I was wondering which of you two as the more gone of the pair." 1 aid. "All serene, then! I'll go er eyes out over the inspiriting prosect. And there's madame all this vhile firmly persuaded that she is retting her heart out after that unortunate Froude. Can't you walk ack with me now?"

"Not very well. You see, Ned"nd he laughed-"I can't well neglect he doctor, bless his old heart-just ow, at any rate! He'll be in directly o dinner, and after that I shall be

"I say, Roger, did you know anything of mademoiselle's husband, Max

"What sort of a fellow was he?" "A heartless, daring sort of scamp

that purl with

Overheard in a Street-Car. There's a lesson right there! Little blemishes of com-

plexion, small sores, eruptions, spots, are not only unpleasant to the person afflicted, but are the first thing noticed by other

A little Zam-Buk applied at night to spots, eruptions, sores of any kind will do wonders.

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thing, was devoted to him."

"I believe that woman loved the down, disgraced her, ill-treated her f it." Nor had I, remembering what while she has breath in her body. Do I'll wager anything that, whether she says so or not, he first instigated her to do it. Queer, isn't it?"

> "And yet we all thought that she was setting her can at Froude." "And so she was, no doubt: but that

was when she thought her scamp of a

he was dead, as he was reported to be

"Then that second time you rushed off to Paris it was not about anything connected with him?"

### **Exhausted Nerves Sleepless Nights**

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What misery to lie awake nights and think of all sorts of things without being able to get the rest and sleep which is necessary to restore the nervous energy wasted in the tasks of the day.

This symptom of sleeplessness is one of the surest indications of an expensive wasted particular transfer.

one of the surest indications of an exhausted nervous system. You must have sleep or a breakdown is certain. Dr. Chase's Nerve Food feeds the feeble; wasted nerves back to health and strength. In a few days you obtain the natural, restfu. sleep which helps so materially in restoring vitality to the nerves and strength to the whole body.

Mrs. Sarah Campbell, 108 Alma street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights."

months I was so bothered with nervousness that I could not steep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse.

"I began using Dr. Chase's Nerve Food, and it was not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well."

"Of course not," Yorke returned, ooking at me curiously. "My brother-in-law was ill, and I was telegraphed for. I thought I told you." Of course he had told me; and I reddened as I shook hands again, tell-

more ashamed than ever I had felt yet that I had been dense enough to doubt my friend's perfect truth and honesty. And then, happier than I had been since the night of the ball, I left him.

Getting back to Chavasse as ex

ing him that I should keep a lookout

for him at the Mount, and feeling

peditiously as possible, I found mathem out of her head. Virtue Dent sat there, quite her placid self again, stitching away at something that looked like a sheet. She had been sent to keep guard, I suppose; but

"Well, old lady," I said, cheerfully, only reply I got. I tried again,

she got up when I entered, and, mak-

ing her usual demure courtesy, left

"Been talking to Virtue, eh?"

### "Ah, we fancied that from her let- If Constipated or Bilious-Cascarets.

(To be continued.)

o Biliousness, Headache, Sick, Sour Stomach, Indigestion, Coated Tongue or Constipation.

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