Shows Remarkable Restorative Power of Lydia E. Pinkham's Vegetable Compound.

Chealey, Ont.—"Before using Lydia R. inkham's Vegetable Compound I was total wreck. I had terrible pains in regides and was not regular. Finally a total wreck. I had tarrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half way up the steps. I tried two doctors but they did me no good. I saw your medicine advertised in the newspapers and thought I would give it a trial. I took four bottles of the Vegetable Compound and was restored to health. I am married, am the mother of two children, and do all my housework, milk eight ried, am the mother of two children, and do all my housework, milk eight cows, and do a hired man's work and enjoy the best of health. I also found Vegetable Compound a great help for my weak back before my babies were born. I recommend it to all my friends who are in need of medicine, and you may print this letter if you wish."—Mrs. 'HENRY JANKE, R. R., No. 4, Cheslev. Ontario.

Mrs. HENRY JANKE, R. R. No. 4, Ches-ley, Ontario.

It hardly seems possible that there is a woman in this country who will con-tinue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contra-diction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

the Future.

CHAPTER XIII. FRESH FIELDS.

"Hold up!" cried Hodge, offering a not unfriendly shove to safer latitudes. middle-age, homely and yet refined, "Mind where you're a-goin' to! Seems to me"-apostrophizing Sydney, who priety of dress-none too rich, by the involuntarily sprung forward-"a chap exquisite mending of her well-worn as can't step straight afore noon-time gloves-Sydney would have returned ought to be 'shamed of himself, 'cept | to meditating and watching westward he be ha-a-lf bloind!"

his cackling freight, as the obstructor, his shoulder once more by the post of safety, muttered, "Half! Would it were only half!" And Sydney, halting quite near him, saw with an access of profoundest pity that his eyes, turned full upon her now, were absolutely sight- traveling!" less; the light of day to him only darkness! Such a thrill of pain ran through | Sydney, smiling. her as she realized this, it seemed downright cruel to pass him by without one sign of sympathy. A rattling for. With snorts, as of exhausted ef- present mood, could well spare. forts on such a hot day, the engine porter!" In the distance the six tour- row that morning. ists were all clamoring for a reduction of fare. Carriage-doors began closing But the stranger Sydney watched seemed forgotten. With a wistful sigh full vision. It seemed as if he would be provoking." left hehind But this was more than the girl could suffer. Obedient to an in-



BABY DAVIS.

After Influenza

5, Hill Side Villas, Nr. Newport, Mon. March 7th, 1919.

Dear Sirs.

I am forwarding photos of my little boy, aged 3 years. At 3 months I commenced giving him "Virol." This is the result. I found it a really wonderful food. He is just recovering from influenza, and again it proves his best food.

I strongly advise all mothers to try it.

Yours truly, J. DAVIS.

Virol is used in large quantities in more than 2,006 Hospitals and Infant Clinics It is invaluable for the

stinct of courageous courtesy, she went "I think I heard you say you wish o go on by this train. May I show you

carriage?"
turned toward her voice. ould be very grateful, but-There was no time to lose. "Which class?" asked Sydney.

The color rose to his for "Then she could not say "follow me," so boldly placing her hand with in his arm, "this way, please. I am holding the door open. The compartment is empty. Now"-as he took his leat-"will you allow me to fetch you

ticket?" But this service was not demanded Up rushed the station-master with the needful passport. Sydney, releasing her hand, drew back, with cheeks unnecessarily tingling, as her compan ion stooped nearer than he perhaps

"I am very thankful," he said, "for your kindness. It is difficult to get used to being helpless.'

At the patient gravity of his manne tears sprung to her eyes.

"Ah, that it must be!" she murmur ed; "I wish-" "I could have done more," she would have said, but the guard was calling out, "Stand back!" With a shriek, off went the locomotive His hat raised in farewell, the stranger was borne away, and Sydney devoted her few more minutes' loneliness to a vain hunt through memory's hidingplaces for some clew to an identity not altogether unknown, she felt con-

But she was still in a labyrinth on the matter when her own train rushed in; and having taken her place in a second-class carriage (prudently economizing for return with Mrs. The Shadow of Dacie; even ten-pound notes have an end!) her one fellow-journeyer occupied her attention for the half hour they were together.

After the few instants' comprehensive inspection travelers naturally make of each other, leaving in this case impression of a person of early denoted a gentlewoman by simple profor a first sight of the Malvern Hills, And he grumbled himself off, with but from the opposite corner came the question soon:

"Will you allow your window to be open as well as mine, if you please?" "Certainly; it is warmer than an hour or two ago."

"Oh, very hot indeed! Dreadful for "Now, I thought it delightful!" said

"Which shows you bound on pleasure," said the lady, with good-humor not untinged by envy, and the sigh of points and shrill approaching she ended with bespoke some species scream announced the train he waited of soothing such as Sydney, out of her

"I hope you are not bound on anycame puffing in. "Late!" cried the thing sad," she said, quite earnestly, guard, briskly; "hurry up there, desiring no more encounters with sor-

"Well, sad-no," was the answer. relief, "I've only come away from something disappointing. I have been he moved his head now right, now a good many miles and spent a good left, as with old habitual gesture of many shillings for nothing, which is

"Indeed it must be." "Do you know Northampton?" "Not at all I am from the east of

England." "It was Northampton I went to yesterday—by appointment—to meet a lady-a widow. Just the person who would have suited so well as-well, companion, or-to share our home. thought I had got exactly what I wanted: then when we had our interview the exasperating woman could only simper like a schoolgirl, and tell me she was going to get married again!"

At this Sydney broke into smiles. "It was too bad, though!" she confessed. "A telegram ought to have Herefordshire with me." spared you your journey."

"Just what I told her! And what most of all, wanted a home more than that she was "Miss Hurst, Wynstone, salary. Oh dear, I wish this man had been at Hong Kong before she'd met

him." "Let us hope you will find some one else just as fitting. There must be plenty such," said Sydney.

"Ah, but not to be found when you want them. And I really must have some one. There are circumstancesbut I won't trouble you with those unless you know any one who would fill the situation. I'm sure I would try and make her happy!"

Evidently a kind woman, thought Sydney. Not intellectual, but housewifely "comfortable." If ever dear, distant Mary Dacie needed a homelong might that day be coming!-here might have been one for her. But to mention this fancy would be absurd. So she could only answer that she had no such treasure on the roll-call of her acquaintance, but would remember the want, "a good reader-a good

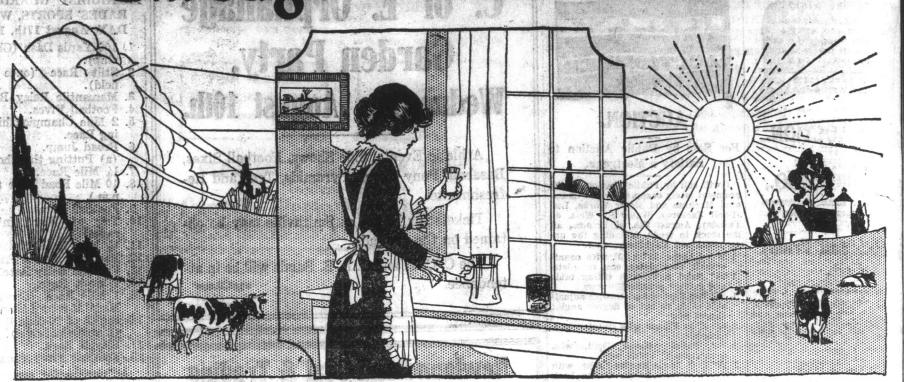
voice—and very little salary."

"But a good home," put in the lady, charmed by Sydney's interest. "I really may say that if she doesn't mind some necollegities. I know I culiarities, I know

ould try and make her like it." "I think you would," agreed Sydney; "but if I ever found this valuable person, whom should I direct her to?"
"Oh dear, I have no card about me but my address is here," drawing an velope from her sachel. "You stop

at Lutterthorpe?" as the train slack-

Ik Which Stays Sweet
Through Summers Heat



T is difficult to keep milk from "turning" in the summer even with an ice box or refrigerator in the

And sweet, pure, fresh milk is essential—especially when there is a baby's food to consider.

Carnation Milk is therefore particularly welcome in summer.

You can keep it on your pantry shelves—any quantity, for every need. Even when the can is opened it stays sweet and fresh for several days.

The reason is simple.

Pure, rich milk from Canada's finest dairy farms is delivered fresh each day to the Carnation condenseries.

Part of the water is taken away by evaporation. While still fresh, it goes into containers.

It is SEALED air-tight - safeguarded against contamination.

And then STERILIZED.

It is not artificially sweetened. It is not separated or

Simply rich, "whole" milk-wonderfully fresh-reduced to an unvarying standard of creamy consistency.

Use it as it comes to you—to add flavor and deliciousness to coffee, tea, cereals or fruit.

Add water to Carnation Milk-at least an equal part—for use on the table, for the children's drink, for cooking, for every purpose for which you use ordinary milk.

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Take Carnation Milk along when you go camping or picnicking.

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then. I wish you had been going into near by the railway—Lutterthorpe lay row of silky-seeding poplars here, the pliant little noses about most interro-one, Lewis by name, but he well

Capel Moor, Hereford."

CHAPTER XIV. AND THE FRUITS THEREOF.

Make Bovril the

much of your energy.

BOVRIL simplifies

Summer cooking

Your cold lunch or supper will do you far more good if you begin with a cup of hot Bovril. You need the extra nourishment of

Bovril as much as ever in these summer months, when outdoor exercise claims so

So long as there is Bovril in the house you

can always have the best of all consommer ready in quick time without getting hot over the cooker.

first course

She closed with a regretful hand- when Sydney Alwyn once more thread- covered with blue-eyed periwinkles, dered path; but no other welcome was heard." shake. Then Sydney alighted at the ed her way through lanes her foot- as of yore, seemed to beam amiable acceded Sydney from her once holiday makes seeing her all the more annoy- Lutterthorpe staton, and as the train steps had not known for night three- recognition on her. Further up she haunt. suited. Nice voice, liked reading, and,

time, or its changes lay lower than same expression that once upon a with wonder on the young stranger, question, for fear of possible representations. the surface; Guyswick she could time had alarmed her into suspicion answered her inquiry with: barely remember, but this, an en- that he might turn alive and come chanted village full of select delights down from his sign, with such artistic been no Lewis live here this long to childhood, she had not forgotten, craft was depicted the girl bestowed Lutterthorpe, the hamlet by the As she went with quick throbbing en- by the noble animal on the unwary

basking in the glow of almost noon, hollow willow there, anon a bank gatively as she traversed the box-bor- afore the two people afore us, so could have laughed aloud at sight of It had not altered much in all that the Rampant Lion wearing the self- the door to her knock, and looking ly. "But"—half afraid to put

ousy, active little Lytter, or Lutter, joyment up once familiar paths, the folk who entered his enticing portals! Past the school, where the children came trooping and shouting out as she went by, just as they did at twelve o'clock when she was small, and their iotous exit gave nurse and her the time of day-and there was the church, and round about the many tombs where she had learned from "Taffy" that "widow" must not be encumbered with two d's, and, by the testimony of numerous "Hie jacets," that never an a must intrude in "Here liehh."

> Almost the kind, quivering old voice sounded in her ears again. Almost she could feel the clasp of the old brown hand about her wrist.

She turned away longingly to the umble homestead across the grassy ane—the very same, with hummin ees about it, and apple trees grown hadier and bigger-with half an expectation of seeing her old nurse, hite-coiffed and mob-capped, stiff in er sunny corner, clicking away with ittering pins at some mysterior anufacture in Welsh wood, destine r the encasement of Mr. Lewis' legs But there the disillusionment be

ened speed. "I must say good-day, that run for miles gleaming in and out very cottages with their specialities, a inhabitants worked their long ears and while. We are Davis. There

A woman of unfamiliar form opened "Lewis! Why, no, miss. There've



Young Men and Young Women--

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Empire Business College

Sydney, N.S.

"Went out! And a long time Sydney looked very blank. "Lewis is gone!" she repeated "he is living! And still here, at Lat

thorpe?" "Oh, he be here or hereabouts," answered the woman, "though he's dwellin' I can't rightly point? We're naught but fresh ourse and I'm not much of a one to ge news. We only took this place Lammas."

"Tha-n-k you," said Sydney, ginning to turn away ruefully. cottage interior was not inviting With not one who cared to see there would be no sense in stop about it.

But the woman lingered, lat hand, so she explained to her. "I used to come here often what was younger. And I made a journal this morning on purpose to look a all again. I suppose I foolishly culated on seeng the people in it

as when I last left." "Which, askin' your pardon, like reckonin' of your chickens they was hatched, miss," ret Mrs. Davis, taking the proverb of calling, apparently, for matronly with numerous progeny were scraping about the once tidy gan "True enough," Sydney ag and you cannot even tell me, which way I must go to find b nome. I do so wish to see som

(to be continued.)