

The Captain and the Crew



are equally liable to the effects of exposure, and provision should be made, on every vessel, for the proper care of such cases. There are "Vaseline" preparations designed to relieve all the common ailments of the seaman. These preparations deserve a prominent place in the medicine chest, or better—separate chest for "Vaseline" preparations alone.

Vaseline Capsicum Petroleum Jelly

Trade Mark Reg.

Is a counter irritant which effectively relieves pains in the chest and stomach, cramps, toothaches, rheumatic and neuralgic complaints.

Start a Medicine Chest with a liberal supply of "Vaseline" Capsicum Jelly and the other "Vaseline" preparations shown here on the lid of the chest.

Sold at all drug and general stores.

Chesebrough Manufacturing Company, New York City.

W. G. M. Shepherd, Distributor, 137 McGill St., Montreal, Canada.



Sweet Eva!

CHAPTER XXVIII.

"Forgive me"—afterwards she remembered how strange his voice had sounded, like a voice she had never heard before.

He took up her cloak from the bed and put it round her shoulders.

"You'll take your death of cold—you're cold as ice," he said again hoarsely. He touched her hand, but she drew it away from his shivering.

"Forgive me," he said again. "I was mad—forgive me, for God's sake."

"No."

She supposed she must have spoken the word herself; she knew that it was her intention to speak it, but the voice was not hers.

She kept her eyes averted from him; it was not that she feared she might soften if she looked at him—it was simply that she was indifferent. She was worn out; she was only conscious of a great desire to be alone.

Philip paced the length of the room and back; he was trying desperately to control himself.

"You must forgive me," he said at last. "Don't you see that I can't stand it any longer . . . I'll ask your pardon on my knees—I'll do anything you want . . ." His voice was laboured and exhausted.

"No," she said again.

Something like a sob escaped him.

"I've been a swine, I know—I've no



No Appetite

Nervous exhaustion leads to distaste for food. The nerves of the stomach are weak, digestion fails and you become generally upset and out of sorts.

The secret of complete restoration is in getting the nervous system fully built up.

Mrs. R. Cheney, 208 Richmond St., Chatham, Ont., writes:

"I was troubled with indigestion, which caused me many sleepless nights, I would be in terrible distress at times, and would get no relief for two or three hours. For sixteen months I ate nothing but Shredded Wheat biscuits, as I dare not eat anything else. I did not know what to do, as I had tried so many different remedies, as well as doctors' medicines, without gaining permanent relief. Finally I got some of Dr. Chase's Nerve Food, and while on the second box noticed that I was improving. I continued the treatment until I am now fully restored, and have returned to my regular diet. My husband has also taken Dr. Chase's Nerve Food with splendid results, so we are glad to recommend it to others."

At All Dealers.

Distributor:

GERALD S. DOYLE.

defence to offer, but I beg of you—Eva . . .

"No . . ."

From where she sat she could see both their reflections in the long glass; she found herself staring at Philip fixedly, and yet she was not conscious of having focussed her attention on him at all.

This man was her husband, and she loved him—she felt that there was a love at her ear reminding her of this, prompting her. She was sure that she tried to listen and to realize the truth of what the voice was saying, but it was too difficult; she could not keep her attention fixed; her lips parted in a long sigh . . .

"No," she said again.

She did not know why she said it; it was no answer now to any words of his.

He broke out again desperately—"You're my wife . . . we took one another for better or worse . . ."

She raised her eyes, dark with bewildered suffering.

"We didn't—I took you because you were a Winterick, and you took me because my father was a rich man—"

she began to laugh, empty, foolish laughter.

"Oh—my dear!" said young Winterick, broken-heartedly.

The little caressing words for the first time pierced her apathy; her eyes flashed into a sort of awakening, like the eyes of a sleep-walker who has been roughly aroused; her brows contracted with physical pain.

"Oh, go away—go away . . ."

"Eva . . ." Philip held out his arms to her, but she would not look at him. "Please go away," she said weakly.

And the next moment she was alone in the brilliantly-lit room, staring at her white face in the glass.

CHAPTER XXIX.

Philip did not go to bed at all that night. He sat at the window of his room looking out into the silent street, and watching for the coming of the dawn.

There was a dread in his heart that if he were to go to bed he would wake and find that his wife had left him. His head was splitting. The passionate impulse which had driven him to strike Eva seemed to him the most terrible action of his whole life.

"I must have been mad," he thought over and over again.

If she had been a woman whom he hated it would still have seemed terrible, but he adored her, and he believed that she would never forgive him.

He could only remember her as he had left her, sitting in her torn frock on the couch at the foot of the bed, her eyes staring fixedly before her. He tried to conjure some happier picture of her, but failed. He could no longer even see her as she had been before their marriage—a light-hearted, happy girl. He could only see the white-faced, tragic woman into which marriage had turned her.

He wondered if the fault had been all his. Until the last few months he had not known himself for a passionate man, but now he was afraid of the depths of feeling of which he was capable.

He kept the door of his room

open all night. It was right opposite to Eva's across the hall. He knew it would be impossible for her to come out without his knowing it.

She was so silent that a fresh fear struck him. He left his chair and crossed the room softly to hers.

There was no sound within, but the door was still unfastened and the lights were burning as they had been when he left her.

After a moment he pushed the door wider and slipped sideways on the couch and lay, dressed as she was, her head pillowed on her bare arms.

He bent over her fearfully; but she was asleep—only a troubled sleep, it is true, in which her face still looked drawn and unhappy—but Philip caught his breath in sharp relief.

He took the elderdown from the bed and laid it gently over her. He would have liked to move her into a more comfortable position, but he was afraid of waking her.

She looked so young, such a girl, in spite of the trouble in her sleeping eyes, and a great tenderness stirred in his heart. He bent nearer to her, and she stirred and gave a little protesting murmur, as if even in her sleep she was conscious of his presence and found it distasteful.

Philip went back to his own room and sat down by the window again. Grey dawn-light filled the street now. He opened the window and let the cold morning air fan his aching head.

The effect of Virol on Growth and Development



BABY PIRKS.

"Life Despaired Of."

38, De Burch Street, Cardiff, South Wales. 30/3/20.

To "VIROL," LTD., Gentlemen.

I have much pleasure in forwarding a photo of my son. He was so small at birth and such a weakling that his life was despaired of. He was tried with several of the widely advertised foods but rapidly went almost to a skeleton, limp and hardly any life in him.

In a very few days after trying him with Virol an immediate change for the better was apparent, and he is now a plump, happy, strong child without a blemish, and is always taken to be quite a year old.

He is a splendid example of the truth of the claims you advertise for "Virol." Please make any use you like of this testimonial.

Yours very sincerely,

(Sgd.) Mrs. F. Pirks.

VIROL

Virol, Ltd., 145-146, Old St., London, E.C.1.

A brown, dusty-looking sparrow which had risen early to look for breakfast called a friendly "Cooop" as it flew by.

Philip thought of the Highway House and wondered how the garden was looking. He had seen it so, often just as early in the morning as this—the dew-laden grass and the tall, stately trees slowly appearing through the grey mist. It seemed a lifetime since he left it all. Oh, to be back there again and find all this only a bad dream! He crossed his arms on the chair-back and leaned his head despondently on them.

Eva meant to leave him, he was sure of it. He had instinctively guessed the meaning of those last words to him in the library:—

"This—finishes it!"

He wondered what his mother would say. He was sorry for his mother.

She would hate the scandal and exposure.

He must have done off, because he woke with a start to the sound of the maids moving about the flat.

He started up with wildly-locking heart. Eva! Supposing she had gone while he slept; he went again to her room, but the door was shut now and locked.

He went along to the bathroom and washed and shaved and changed his dress suit for tweeds.

He dreaded meeting his wife: he was even more ashamed now in the light of day of what he had done than he had been overnight.

(To be continued.)

QUIT TOBACCO

So easy to drop Cigarette, Cigar, or Chewing Habit

No-To-Bac has helped thousands to break the costly, nerves-shattering tobacco habit. Whenever you have a longing for a smoke or chew, just place a harmless No-To-Bac tablet in your mouth instead. All desire stops. Shortly the habit is completely broken, and you are better off mentally, physically, financially. It's so easy, so simple. Get a box of No-To-Bac and if it doesn't release you from all craving for tobacco in any form, your druggist will refund your money without question.

Lloyd George's Plans.

Lloyd George's speech, which was published in full in the New York Times of Sunday, will be most eagerly scanned for its references to international affairs. In what concerns English domestic politics, he exhibited his usual dexterity in committing himself to nothing before he was ready. He chafed his political opponents. He played with the talk of an early general election, asking innocently who could have started it, and gave the impression that he was ready to lead either of the great parties, or both of them, if his enemies pressed him too hard. All this was little more than Georgian byplay. The questions to which his answers were expected to be really important were (1) what was to be his attitude toward France, in view of the position taken by her new Government, and (2) what would he have to say about the Genoa conference?

At one point Lloyd George quietly but firmly took issue with M. Poincare. The new Premier of France had publicly declared that he was against the plan of conferences between the Prime Ministers of the Allies. He wished to go back to the fashion of regular diplomatic exchanges by official notes. But Lloyd George responds that no man is afraid of a conference who is not afraid of realities. To meet face to face and through things out is far better than to trust critical affairs to the slow grinding out of correspondence through the Foreign Offices. This is a direct and pretty sharp challenge to Poincare. But, after all, it relates only to method. As regards the substance of French contentions, Lloyd George shows himself ready to insist that Germany be given to understand that she must pay her reparations bill in full, even if certain delays, and changes in the schedule of payments, be granted to her. The British Prime Minister said nothing about the defensive treaty with France, but doubtless stands willing to proceed with it as planned.

The part of his speech into which Lloyd George put most heart, and apparently most preparation, was that devoted to the general European outlook. He dwells upon the dislocation of trade and the derangement of currencies, upon unemployment and unrest, in a way to make out as powerful an argument as he could in favor of an international conference at Genoa. With him this is evidently now a strong aspiration. As such, more than as a settled plan; he presented it. Doubtless he has been informed, since the invitations were sent out, that the work laid out for Genoa will have to be carefully defined, and the conditions under which other nations will agree to meet Germany and Russia must be stringently guarded, if acceptance is to be general. Cer-

"SIX MONTHS AGO"

"It's hard to realize that six months ago I couldn't walk across the floor and now I am so well!"

"I have never been very strong but the heat last summer was too much for me. This and the fact that my husband was out of work and I had to work day and night to keep from starving, left me a physical wreck. Luckily my husband was able to get a good job just when I had to go to bed. I tried everything I could think of to get strong, but each day I seemed to be getting weaker and weaker. I was reduced to a skeleton. I couldn't eat or sleep. I had no strength left and finally I was so weak that in trying to cross the floor one day I collapsed. I was so ill and weak that I didn't care whether I lived or died. And then I heard about that marvelous preparation—Carnol. A friend of mine had used it with wonderful results and as it had done so much for her, I decided to try it. The results were nothing less than miraculous. In two weeks I was able to get up and walk about the house. My appetite had returned. I was actually hungry. I could sleep when I went to bed, something I had not been able to do for months. I have already taken six bottles of Carnol and I am still taking it. I weigh more today than I ever weighed before in my life. I sleep like a child. I am never tired and my skin is as clear and my cheeks as rosy as a girl's. I bless the day I heard about Carnol." Mrs. K., Toronto.

Carnol is sold by your druggist and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle and he will refund your money. 3-122

Fashion Plates.

A UNIQUE STYLE.



3666-2828. The graceful draping of this model is not the only attractive feature. The sleeveless long shoulder blouse and jumper portions are unique and very attractive. As here shown, broadened chiffon and velvet are combined. One could use serge and taffeta, or Canton crepe and figured silk together.

The blouse 3666 is cut in 6 Sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The Skirt 2828, is cut in 6 Sizes: 24, 26, 28, 30, 32 and 34 inches waist measure. To make this smart gown for a medium size will require 4 1/2 yards of 40 inch material, or if made as illustrated, 1 1/2 yard of figured material and 3 1/2 yards of plain material, 40 inch wide. The width of the skirt at the foot is a little over 2 yards.

This illustration calls for TWO separate patterns, which will be mailed to any address on receipt of 15c. FOR EACH pattern in silver or stamps.

AN EXQUISITE STYLE.



3639. For afternoon or dinner parties, this model is "just the thing to wear." It has new and pleasing lines, and not the least among its features is the uneven hem effect, produced by the inserted panels at the sides of front and back. It crepe de chine and satin, crepe de meteor and georgette either in matched shades or contrasting colors, this style will be very attractive. One could also have soft tricotine or serge, taffeta or velvet with satin.

The Pattern is cut in 6 Sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. A 38 inch size will require 5 yards of 40 inch material. The width of the skirt at the foot is a little more than 2 yards.

A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.

Just Folks

by Oscar A. Guest

EXPERIENCE.

I've lived through forty kindly years—I've been a little boy at play. My mother used to dry my tears. And kiss my little hurts away. I've trudged to school against my will, I've wondered why I had to go. I've been through many a childish ill. All boyhood's joys and cares I know.

I've been the dreamy, sorrow youth Who thinks himself so very wise; Once on a time, to tell the truth, I placed much stock in fancy ties. And pointed shoes and yellow spats. For I was only twenty then. But now I've on an egret, and that's the way I needest at older men.

I've been impatient to succeed. I've dreamed my dreams, and some in vain. I've pictured many a splendid deed. By which my goal I should attain; I've played the sighing lover, too. I've stood to grief and suffered woe. All that a man must journey through. At some time has been mine to know.

And this I've learned, that one and all Follow the common path of life. We share its game as children small. And later share the days of strife. Now, looking backwards, I can see—That much I ratted against was good. When time had made it plain to me. And what seemed harsh, I understood.

The only Eyesight Specialist named Trappnell doing business in Newfoundland to-day is KARL S. TRAPPNELL, 307 Water Street (upstairs, next door to Kodak Store).—Jan.16/22

Going! Going! Gone!

Here is a good one from George Robey's "After Dinner Stories."

Smith bought a business through an agent as a going concern. After six months he failed, but took his trouble very lightly.

Meeting the agent some time later he said:

"Do you remember selling me a business as a going concern?"

"Yes, of course I do," replied the agent.

"Well," said Smith, "it's gone."

To Stop a Cold in One Day

Take



Lexative Bromo Quinine tablets

Be sure you get **BROMO**

The genuine bears this signature **E. M. Snow**

Made in Canada.

Price 50c.

Darn Your HOSIERY!



If you have good Hosiery you won't darn it so much. The place to buy Good Hosiery is BLAIR'S. There is less darning of their Hosiery than there is of others. But a stitch in time saves nine, and we just wish to say we have lately received

A Lot of Mending Wools

in a large variety of colors at 4c. card.

Some Hosiery Specials OPENED:

Men's Black and Colored Wool Cashmere & Fingering Socks.

These are the last word both in Quality and Good Value.

We offer Men's English Heather Fingering Socks at from 75c. pair only.

Ladies' and Children's Black Fingering Hose.

Quality, Weight and Warmth here. Ladies' at \$1.00 pair; Children's from 70c. to 90c. pair.

Henry Blair.

JUST RECEIVED:

Latest Records,

Brunswick and Gennett, 75c. and upwards.

A bundle of New Music given with each Record.

CHARLES HUTTON,

The Home of the Gramophone.

A delicious appetizer is made as follows: Toast small slices of bread on the under side, spread with a paste made of well-seasoned yellow cheese and place on each two small slices of bacon. Broil until the cheese is brown and the bacon crisps.

A good salad dressing for wiches is made as follows: 1 tablespoon mustard with 1 table-spoon sugar, pinch salt and the yolk of an egg. Add slowly 1/2 cup beaten butter, 1/2 cup vinegar and beaten whites of eggs. Cook in double boiler thick and add 1 cup whipped cream.

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