

You can't make clean bread unless you have clean flour

"ISN'T all flour clean?" you ask. No, not all, because not all wheat is clean, nor all flour mills.

Wheat is dusty when the flour mills receive it. There are particles of sand in it, and also foreign seed matter. Not until all these impurities are completely removed is the wheat ready for milling.

Even then the most delicate task of the miller still remains—to remove the crease dirt. Embedded in each grain of wheat is a tiny deposit of dark mineral matter. It is called "crease dirt" and must be removed before the miller can make clean flour.

You can always depend on Rainbow Flour for extreme cleanliness. The care taken in its manufacture is almost mysterious. This carefulness begins with the farmer who raises the wheat and ends with the chemist who analyzes every lot of flour as it comes through to be sure of its purity.

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MAKES GOOD BREAD



Your grocer has it in 7-lb., 14-lb., 24-lb., 40-lb., and 98-lb. bags and in barrels.



Canadian Cereal and Flour Mills Limited, Toronto, Canada
Makers of Tillson's Oats—Rainbow Flour—Star Flour



Mrs. Trevanion leaned over. "What are you doing down there, Nora?" she called down, shrilly. "Come up. I want you."

Nora ascended the path, and stood leaning against the end of the bridge. Mrs. Trevanion wiped the mist from her face and eyes with her apron and looked at her.

"I've been calling to you this last twenty minutes," she said, not complainingly, but with the coldness with which they always addressed each other. "What were you doing down there?" She did not add, "You are wet through," because neither of them would have thought anything of it. To be wet through, eight months out of the twelve, was their normal condition.

"Nothing," replied Nora, sweeping the wet, thick hair from her face with a slow, listless gesture. "Do you want me?"

Mrs. Trevanion nodded. "Yes; come home with me."

Nora followed, her eyes fixed on the ground, the dreamy, absent look settling on her face again.

Mrs. Trevanion entered the cottage and flung a thick log of wood on the fire and stirred it into a blaze beneath the kettle.

Nora sank into a chair and watched the flames, her head resting on her hand. "The elder woman, as she set out the tea things, looked now and again at the bent figure, the dreamy face; then she said suddenly: "Are you ill, Nora?"

Nora started slightly and raised her head.

"No? No. What makes you ask me?"

Mrs. Trevanion kept her thin lips closed for a moment; then she said: "Because you are so silent—so—I don't know how to put it. You have changed a good deal lately, Nora."

"Changed?" She looked at the elder woman's hard face inquiringly, with a slight frown of the dark, straight brows. "How am I changed, aunt?"

She spoke as if she were almost hoping for her own sake that her aunt would be able to explain. "You are changed," replied Mrs. Trevanion. "You seem dull and out of spirits. You wander about alone all day."

(To be Continued.)

Evening Telegram Fashion Plates.

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Ladies' Apron with Revers and Panel Front.

Lawn, nainsook dimity, cambrie, crossbar muslin, or percale are suitable for this design. It may be developed without the revers and sash. The pattern is cut in 3 sizes—Small, Medium and Large. It requires 4 1/2 yards of 36 inch material for a Medium size.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

9692—A DESIRABLE SUIT FOR MOTHER'S BOY.



Boys' Knickerbocker Suit.

This style of garment is most practical and convenient for little boys, and lends itself readily to serge, flannel, velvet, corduroy, galatea, kindergarten cloth, linen or madras. The design shows a yoke panel effect in front to which the side fronts are joined. The back yoke is stitched over the back, and may be omitted. The pattern is cut in 4 sizes—3, 4, 5 and 6 years. It requires 4 yards of 36 inch material for a 4 year size.

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MINARD'S LINIMENT RELIEVES NEURALGIA.

A Millionaire's; Countess Westerleish.

(Continued.) (To be Continued.)

Vane shook his head.

"Do you doubt me? Do you think I have invented this story to silence your pride?" demanded the old man, sternly.

Vane hesitated.

"No; I believe you," he said, quietly. "I will take enough to pay my debts, if you think so much is owing to me."

The old man waved his hand, and sitting down at the table, opened a drawer and took out a check already filled in, and handed it to Vane.

Vane took it reluctantly and looked at it. He saw that it was made out for five thousand pounds, and bore the date of the previous day. "You see," said the squire, "I had made up my mind before—before all this. It is yours, fairly yours."

Vane held the check loosely, hesitatingly. Blood is thicker than water. This terrible story of Reuben Vane's life agony still wrung his heart.

"See here, sir," he said, his frank voice trembling with genuine emotion. "I'd rather you'd take this back and give me your friendship instead. I don't want your land or your money. I can even manage somehow to do without this. For—for my mother's sake"—his voice dropped—"let us be friends, sir!"

The old man's eyes softened for an instant under their shaggy brows, but

CHAPTER XIII.

The day Vane Tempest left Vane Hall a slim, girlish figure lay on the narrow ledge of the rock against which the bridge rested, looking down at the ravine into which Vane and his horse had been precipitated.

It was Nora. The rain was still falling; drifting up the vale in thin clouds at times, at others being driven as if despitely by the heavy gusts of wind from the sea.

She lay supported by her elbows her chin held in the hollow of her hands, quite regardless of the rain which fell upon her like a soft veil, her hair clung to her forehead and her neck like wet sea-weed, making her face, paler even than its wont, look like ivory by contrast.

There was a strange look in her face, in her eyes, as they dwelt dreamily upon the ravine half obscured by the mist.

Vane had remarked the wonderful power of expression which those

dark-gray eyes possessed, and the variety of emotions which they could so rapidly indicate. No sun-flecked, cloud-shadowed rock could change so swiftly as the lights and shadows in Nora Trevanion's eyes; and as she lay now the expressions were changing, shifting continually.

One moment the face would indicate a vague sorrow, the next as vague an unrest; then a kind of wild defiance, as if she were battling with some mood or emotion. Every now and then she would drop her face

it was for a moment only; the next he had hardened himself.

"No; I want no man's friendship," he said, harshly. "I have suffered enough at the hands of friends. Go your way and leave me to mine. A carriage will be ordered for you. I will take you to Porth. You will not see me again. Good-bye." He held out his hand. Vane took it and gripped it.

"I don't know whether to be sorry or not that I came," he said, very quietly, in his blundering, public school grammar.

The old man withdrew his hand, looked at him, turned abruptly, and left the room.

Half an hour afterward Vane was being driven in a dog-cart toward Porth, and asking himself whether after all he really was awake or asleep and only dreaming that he had been at the Witches' Caldron and Vane Hall.

But he had two substantial proofs of the reality of his adventures—check for five thousand pounds, and Nora's shilling.

After a time she rose slowly and dreamily, and made her way along the narrow shelf to the ravine. She stood on the very spot Vane had fallen, and looked down, as if she were recalling some scene in her memory.

Once or twice she raised her head and looked round, as if she almost expected to see him standing beside her, or hear his voice.

Then, as if waking from the dream, she would draw a long sigh, and bury her face in her hands.

Presently the silence of the grim place was broken by a shrill "coo-coo!" It sounded twice before she paid any heed; then she rose slowly and reluctantly, and looked up.

Her aunt's tall, angular figure, half shrouded by the mist, was standing on the bridge.

With a strange listlessness, in singular contrast to the clear, lingering notes which Vane Tempest had first heard, Nora gave back the cry.

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