HER HUMBLE == LOVER ==

Sir Frederic paced up and down for another hour, then, parched with thirst, remembers the wine, and, go-ing in, drinks a goblet with unsteady hand and feverish haste; then absently he sinks into the chair in which Signa had been seated, and half drowses. There is no fear in his heart, though he knows that he is waiting for the man whose villainy he has un-masked, and whose wife he has sent away; he has passed beyond the range of all feeling save miserable de-

The evening draws in; lights shine here and there in the windows of the willage street; peasants drop in at the Mountain Goat, wearied with their day's work, to get their simple draught of wine and water. The landlord opens the door and looks into the sitting room, but thinking his strange guest has fallen asleep, retires again on tintee.

Presently there comes the sound of and with an abruptness that brings the horse to his haunches with a clat-tering noise, Lord Delamere pulls up lord, who has been waiting behind the blind, comes into the passage, then shrinks from his task, and muttering: "He said he would wait and explain

let him do so! Yes," creeps discreetly out of sight. Hector hastens through the little hall and opens the door of the room, suddenly, but gently.

"Well, Signa," he says, cheerfully, with an undertone of joyous relief. "I which an undertone of Joyou selection.

Any come back, you see. Where are—
Why are you sitting in the dark?
Saunders is not so bad, after all.
It is a sprain and I left him in good hands. Signa"—for the silence suddenly frightens him—are you there?

Are you select? Where are the Are you asleep? Where are the lights?"

Hurriedly he takes his match-box from his pocket, and, striking a match, lights a candle, then, shading it with his hand, he turns round and seesnot Signa, but Frederic Blyte asleep in

her chair.
For a moment he stands as if he were dreaming, and the candle almost drops from his hand; then he looks round the room eagerly, and without waiting to rouse the sleeper, darts up-stairs into her room. She is not there, With a sudden, awful fear, which he chokes with a discordant laugh, he returns to the citting-room, and lays his hand upon Sir Frederick's shoulder. The sleeper awakens, and with startled eyes stares up at the dark, threatening ones glaring down at him, for a mo-ment, in a bewildered fashion. Lord Delamere's hand grasps him tighter. Lord

"Wake up," he says, not roughly, but with deep intensity more ominous than any mere roughness. "Why are

Sir Frederick cises and confronts him, and even in that moment Lord Delamere notices the change that time and passion have wrought in the once self-satisfied countenance.

"You have returned then," says Sir Frederic, not yet quite in possession

of his faculties.
"I am here, yes," retorts Lord Del-amere, impatiently. "Answer my question; why are you here?—in this

place?—in this room?"
"Take your hand from my shoulder," says Sir Frederic, gloomily. Lord Delamere's hand drops, and he

smiles darkly.
"Now, then," he says, quickly. Why are you here?—what is your business?"

I came to seek you. I followed you answers Sir Frederic, calmly, but with the calmness of a man wraped in despair, and too careless of his danger to heed it.
"Well, you have sought and found

me," says Hector, instantly. "And then, what did, you come for?"
"I came to tell you that you were a villain," says Sir Frederic, "a cruel, heartless villain."

An awful smile crosses Lord Dela mere's face.

"Could you not wait until I returned to England? Was it necessary to take so long a lourney for such a purpose?" he says, with deep sarcasm. Then he starts, and looks at him

Was it to tell me only, or to tellanother?" he asks. "Have you seen Sig-Lady Delamere?"

"Yes, I have seen her," answers Sir Prederic, with a sigh.
"Where is she? Do you know where
she is?" demands Lord Delamere,

with a fierce haste.
"I have seen her," I know where she is the response, dogged and

Lord Delamere seizes him by the

"You have seen her, you have fol

"You have seen her, you have followed her here, to pour some wild, mad story in her ear!"
"I have come to tell her the truth, the truth of which I warned her the night you treated madike a dog and tore her from me."

Lord Delamere draws a long breath

"The truth? What is it? No matter. Don't answer. Tell me, where is my wife?"

"Safe from your pursuit." says Sir Frederic, doggedly "She has left you. Lord Delamere; she has taken the only course open to a pure-minded, innocent girl, when she finds that the man she has married is a yillain who has decelved her. She has flown."

Liceter rushes to the door with the look of a madman, then he pulls himself up and looks round, for there is

self up and looks round, for there is an air of security and confidence about the words and tone of his foe

that clarms him. he breathes, "you have been ow long? She left—when? here—how long? She left—when? One word! Idlot, madman, insane as you are, you would not be so mean as to allow her to go by herself.

Almost madly he put the question, and with the same heavy manner S:r Frederick answers:

"he says "she has gone She would not permit me to alone. accompany her-

"You!" echoes Lord Delamere, with a wild scorn that is so like Sig-na's that Sir Frederic flushes a heavy

red.
"I am a gentleman and an honest
man, Lord Delamere; you know that
she would have been as safe with me

"Cease, you madman?" breaks in Lord Delamere, seizing him by the arm. "Do I not know that she would arm. "Do I not know that she would have rather died than have you with her—oh, my darling—but—but—oh, Heaven, sent me calm sufficient to deal with the fact!" and his lips open with a wild prayer. "Now, listen to me. You say that she is beyond my bursuit. Whither have you sent her? pursuit. Whither have you sent her? Answer at once, or as there is a Heaven above us, I will wring the an-swer from your throat!" and, indeed, hand waves in the air with an ominons motion.

"I am not afraid; you cannot awe me, Lord Delamere!" says Sir Fred-eric. "I directed my man—" "Your man!"

"Yes, my coachman, to take her ladyship to Aletto; if he drives quick ly-and he will do sc. he knows the road, and the horses were fresh—snowill catch the night mail!

Hector tears the watch out of his pocket, and with his hand to his head makes a rapid calculation.

"Oh, Heaven! it is too true!" he groans. "She will cross before I can reach her. Oh, fool, fool, to leave her alone and unprotected. I felt this evil! I felt it approaching! Oh, Hea-ven! if I had but staye!! Oh, my darling! my darling!" and giving way to his emotion for a moment, he hides his face in his hands, quite for getful of the tall, white faced Sir Frederic. After a moment he recov-

ers, and he locks darkly at his com-panion—darkly and wonderingly. "You madman!" he exclaims. "What wild story did you tell her? And to think that she should believe you— you—believe your simple word against my love and devotion! It is incredible—incredible! Am I, too, mad? I cannot believe it. By what witchcraft, what miserable act did you gain her car and convince her?" he demands, with desperate intensity.

Sir Frederic flushes, then pales

You are right.

"You are right. My bare word, though she knows I would not lie, was not enough. I brought proofs, Lord Delamere, absolute, irrefutable proofs of your crime—"
"Crime!" he echaed it with a bewildered air. "Crime! But you said proofs! What proofs? Answer! If you knew that you were in peril of your life—that I can scarcely keep by hands from your throat you would my hands from your throat, you would be more acute, Sir Frederick Blyte!" "I am not afraid." he responds

doggedly. "I told you so before. know I am dealing with a desperate unscrupulous man; but I am utterly and completely indifferent. For myself I care nothing-it is of her-

"Silence! You shall not speak of her!" exclaims Lord Delamere, sternly. "The proofs—the proofs by which you convinced her, you madman!"

"They were not far to seek; they ere ready to my hand," replies Sir Frederic, coldly, 'The girl you ruined whose lover you shot, is here in this place. I had but to bring them together; Signa had but to hear the riscrable, cruel story from the vic-tim's own lips—"

Lord Delamere interrupts him with a groan.
"Oh. Heavens! I see it all!" he says.

on, neavens: I see it all!" he says, striking his forehead, and leaning against the table. "I see it all! Oh, my poor darling, what you are suffering now! And alone, too-alone!" and more than once he hides his face in his hands.

There is silence broken only by the buzz and hum of the peasants chattering over their wine. Then Lord Delamere lifts his pale, naggard face,

and looks sternly at his comparion.
"Sir Frederic," he says, and his voice is stern and solemn, "this day you have done a wrong which, if there be any true manhood in you, will bring you remorse that shall last you until

Sir Frederic starts and glares at

"Wrong!" he says, hoarsely, "I have one my duty-my duty. I have done my duty my duty. I have unwasked a villain, and undeceived a

"No!" responds Lord Delamere, in an awful voice; "you have committed an error that, by its consequences, amounts to a crime." "Error!" says Sir 1

"Error!" says Sir Frederic, panting.
"Yes. Who were you to judge? You elected yourself my judge; you tried me on a matter of life and death; you convicted me; you sentenced me withconvicted me; you sentenced me without hearing both sides. For myself, I
—I can bear the consequences of your
mad injustice and malice; but she—oh,
my darling, my tender hearted girl,
whom I have watched over as never
father watched over daughter, husband over wite—you have broken her
heart, and sent her into the world to
tear her misery along! Oh Heaven! tear her misery alone! Oh, Heaven! if there be any sense in you, any feeling of humanity, any capacity for remorse, you will wish that you had died before you did this day's block, bitter work!"

White and trembling, Sir Frederic glares at him.

"What—what is this?" he demands, hearsely. "Do you dare to tell me that it is not true?—that——"
"Look at me," retorts Lord Delamere, confronting him with flashing trues and with a face awful in fig.

eyes, and with a face awful in fts

sterpness and solemnity. "Is this the face of a coward—an assassin? You mad fool! If you had but waited—if you had but met me man to man instead of man to woman-I would have convinced you-

With an awful cry, Sir Frederic staggers against the table, and holds cut one trembling hand, as if to put the wretched doubt away from him.
"No, no! It is true! You shall not

deceive me!" he pants.
Then his voice changes to one

wild, piteous supplication: "You dare to say it is not true? Prove it to me, prove it to me, and I will grovel at your feet like the cur

you deem me!"
"And will that bring my darling back to me?" demands Hector, in a dry, harsh voice. "Will that atone for her broken heart? Though I stretched you dead at my feet, would that ciface the agony you have made her en-

dure "Stop! stop! Spare me!" moans Sir Frederic, bending like a reed before the hurricane. "For Heaven's sake, the hurricane. "For Heaven's sake spare me! Oh, Heaven! what have

"You have broken a trusting wo-man's heart!" is the stern response. 'You want proofs--you shall them. Not proofs such as yours, but evidence so indisputable that your craven soul shall, indeed, grovel in the dust. Come with me, you madman!' and, with a wild gesture, he snatches the candle from the table and strides

Sir Frederic follows, trembling and

CHAPTER XXXII. There is a bright moon overhead and as they step out into its rays, Lord Delamere flings the candle from him and strides into the road toward the fountain

ders. li-if-the girl's tale should be false. then-then he has, indeed, false. then—then he has, indeed, broken Signa's neart and wronged this

With white, working face, Lord Dela. mere makes his way up the lane; every step is familiar to him, and stops ping before a small cottage within the churchyard boundary, he knocks gent-

"To a man who knows the truth. and whose word even you dare not doubt," says Lord Delamere in a low,

The house is quite still; no sound or light comes in answer to the sum

Hector waits a moment. looks toward the chapel, from the windows of which streams of exqui-site colored light are failing faintly on the grass and gleaming crosses of

the churchyard.
"Follow me!" he says.
With bent head Sir Frederic follows. As they go along the narrow gravel path between the house and the chapel, a shadow comes into the light from the windows and follows .too. It is a woman's figure: it is the girl Lucia's

Hector pauses a moment at the porch, and Sir Frederic comes up to his side. They stand in silence as the last strains of the organ accompany-ing the evening service die away up on the air, and Hector stands with bared head as if the music and the so emn chant had come upon his trou bled and tortured soul like healing from angels' wings. Then he lifts his head. As he does so, the light falls full upon it, and at the instant, with a low cry, the girl, who has been watching, springs before him and alls upon her knees, with upstretched hands and with pleading, half-earful,

half joyous face.
Hector starts and his face grows

pale, then he says, gently:
"Lucia, you are here, then?"
"Yes, yes," she pants, "I am here! have been waiting for you! Something fold me you would come. Heaven! you are here!" clasps her hands wildly.

Gently, almost pitifully, he bends

"Get up, Lucia; I want to speak to vou. gentleman-you have seen She looks coldly, indifferently on

Sir Frederic, and nods "Yes! How long you have been coming, Hector. I have seen you in my dreams so often, and they told me that you would come, but when I woke— and, oh!"—she breaks off, her tone of gentlemelancholy changing to one of flerce questioning—"it is not true what they say in the village?"
"What is not true, Lucia?" he says.

in the same voice, the voice in which he would speak to a wayward child. She laughs with light scorn.

"They said—— Come near, he will hear!" Humoring her, he draws apart, and she stands on tiptoe to

They said that I was not your wife. Hector. Hector, that—that you had another wife, that the beautiful—girl at the fountain who would not let—me touch



Italian. "It is false, is it not? Ah! it

could not be true, You would not be so cruel, so false—ah!" "Lucia," he says, gently, and Sir Frederic, as he hears the tone—he cannot understand the words—puts his hand to his head, bewildered. Is this man a master in the art of deceit? If this is not further proof—this meeting of these two and their manner—what is it? "Lucia," he says, "we will talk of that another time. Go now.'

"Go, and you!"
"Go, and wait for me at the fountain; I will come to you directly. Go now, like a good child," and he puts his hand on her head soothingly.

Her head sinks on her bosom, but she obeys him. With a swift gesture, she snatches his hand to her lips, be-fore he could have prevented her had he wished to do so, and glides away Lord Delamere motions to Sir Fre deric to remain where he is, and then

bareheaded enters the chapel.

Sir Frederic sees him disappear in the light, and then turns away a few paces; as he does so, he feels a light touch upon his arm, and looking down, sees the girl at his side. She waits a moment, looking stead-ily up into his face, her eyes gleaming

darkly in the half darkness; then she draws nearer, and whispers, in broken English:
'Milord —that young girl—she who

listened at the fountain, and snatched her hand from poor Lucia, who is Sir Frederic hesitates; then he says,

slowly, coldly:
"That lady was Lady Delamere, sen 'Miladi De-lamere!" she echoes Then it was my Hector's sister?'
Sir Frederic shakes his head.

'No; the lady was his wife. Why do you ask?"
"His—his wife? His!" painting in

the direction of the porch.,
"Yes," he says, bewildered, his
mind in a whirl. "Why do you ask? You have asked me a question; will you answer mine; do you understand

She does not reply, does not seem to understand or even hear him; her lips, half-parted, murmur the words: "Wife—wife," in a cazed tone, as if she were trying to realize it.

'Why do you ask?" he says, touch-

ing her arm to recall her. She shakes his hand off in a dull heavy sort of way, and still murmur-ing "Wife," glides slowly from his

With his hand to his brow. Frederic turns to the porch.

What is this mystery which, even at the moment of its promised solu-

tion, thickens and becomes more in Steps are heard on the walk. It is Lord Delamere. Beside him is the priest, his beautifully placid face, with snow-white hair inflaming it, looks

angelically serene beside the dark, haggard one beside it. Seeing Sir Frederic, he touches llector on the arm. Hector looks up. "My frie—the man of whom

spoke," (To be continued.)

BEST TREE FELLERS. Beavers Are More Expert Than the Best Lumberiacks.

The most expert lumber jack is inferior to the beaver as a tree feller. He cuts down trees in the most scien-tific way. He can fell a tree so it will fall toward the pond where he wishes to construct his home, thus saving

himself unnecessary work. After the trees are felled the con-struction work begins. He works chiefly by night, for he is a nocturnal prowler. The moon is his lantern, the quiet of the night his inspiration, his teeth are his hatchet and chisel and his little paws are his means of conveyance, his spade, his hammer and scaly tail is a propeller when swimming and a balance when he is cutting timber, for he stands on his hind legs when gnawing down trees. The beaver is a strict vegetarian

and his diet consists chiefly of barks, tender shoots and water plants. To flood low grounds the beavers sometimes have to build a dam exceeding fifty feet in length. They usually lay it out with the curve facing upstream. The foundation is built of poles four or five feet long by an inch or two thick. These they

lay crosswise, filling all crevices with The beaver digs up mud with his fore feet, then holds it close to his breast with his fore legs, swims to where he has started his dam, and having deposited it in its propor place, having deposite suddenly, alarmed, smitten with dread by a look in his eyes. "Tell me! Speak have quickly!" she pants, in her swift —St. Nicholas. beats the mud down with his paws— not with his tail, as has been believed.

nats With the Doctor

(By a Physician)

A joint or articulation may be de fined as the connecting point or sur face of two or more bones of the body. Contrary to the common nation, any of the bones so connected may be immovable, as is the case, for example, with the articulations of the various bones of the skull. In this class of articulation the structure of the joint is, naturally, much simpler than is the case of the movable joints.

A joint, when movable, may have a free or a limited range of movement One of the freest of the joints is that at the shoulder, while the most limited are to be found among certain of the vertibrae.

The part of the bone which is con-cerned in the construction of the joint is called its articular surface, and is covered by a layer of smooth silvery gristle or cartilage. This smooth layer assists greatly in the free working of the ends of the bones upon each other. The bones which are joined in the articulation are tied together by and bands of fibrous tissue, called lig aments. In all normal action of the joint these ligaments allow of sufficient movement, but prevent it becom ing excessive, unless enough external force is applied to overcome their re sistance. In such a case we have joint injury, either a ruptured liga-ment or a displacement of the ends of the bones—a dislocation.

The freely immovable joints have delicate lining of membrane covering them, forming their inner boundar, and this, known as the synovial mem brane, secretes into the interior joint which it covers a whitish liquid which acts as a lubricant of the surfaces of the bones of the joint, and, in a healthy subject, is absorbed at the same rate as it is secreted.

All the joints need a supply of blood

to keep them healthy, and a number of capillary vessels are involved in their construction.

As the various joints are constantly being used, and used violently, injuries to them are far more uncommon Fracture, dislocation, sprain and in-jury from the entry of some foreign body, such as a bullet, are the most usual of these injuries. The first sign visible is usually swelling, due to an increase in the synovial fluid or to blood from torn vessels. Where there is tearing or stretching of the liga-ments the swelling is usually due to the former fluid, and the condition is known as synovitis. Synovitis, how ever, which means inflammation o the synovial membrane, very rarely occurs alone. Almost always some other part of the point is involved; either the ligaments are injured or the articular cartilage is affected—as in the rheumatic &seases. These, toge-ther with other microbic diseases, are responsible for a great deal of joint trouble.

INFECTION AND RESPONSIBILITY. A great amount of sickness and mor-tality might be prevented if people could be induced to take a more serious view of their responsibilities to-wards the public. It should be realiz-ed that to travel or to allow another person to travel or to go into any place where there is an assemblage of people whilst suspected of suffering from an infectious illness is an antisocial act. So, too, it is the duty of any one knowing himself to be dangerous to others, a consumptive person, for instance, to take every possible precaution; so that at least he may not be the means of bringing othe into his own state of ill-health Selfishness is hardly a strong enoug expression to apply to the conduct of those who knowingly risk the health of others through carelessness or in attention

THE COOKING OF ARTICHOKES. I mentioned last week the fact that one of the most useful substitutes for the potato is the tuber known as the Jerusalem artichoke. This vegetable is one of the easiest to grow, being much more vizorous and hardy than the potato. It stands frost, no matter how severe, and can hold its own in soil where the potato would either fade or where the potato would either lade or prove almost fruitless. It is also very easy to cook, and its flavor, although at first it may seem a little peculiar to some, yet generally is much appreciated by the cultivated palate. Perhaps the simplest method of cooking consists of placing them in boiling water, which a little sait has been added to which a little salt has been added, and allowing them to boil until they are sufficiently tender for a fork to be passed through them. Strain and pile on a dish. A little melted butter poured over them improves them. The time generally required for cooking is about 20 minutes. If they are cooked too If they are cooked too long they will become blackened.

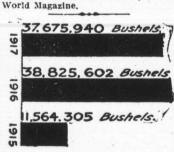
The Real "War Bread" must contain the entire wheat grain-not the white flour center - but every particle of gluten and mineral salts—also the outer bran coat that is so useful in keeping the bowels healthy and active. Shredded Wheat Biscuit is the real "war bread" because it is 100 per cent. whole wheat prepared in a digestible form. Contains no yeast, baking powder, seasoning, or chemicals of any kind. Food conservation begins with Shredded Wheat Biscuit for breakfast and ends with Shredded Wheat Biscuit for supper. Delicious with sliced bananas, berries, or other fruits. Made in Canada.

Parboiled and then fried in boiling dripping, they have a most delicate and attractive quality. In this way they can either be served as a vegetable, with the dinner, instead of potatoes, or as a separate savoury. They can also be cut in slices and fried briskly for about ten minutes, without being boiled first. They should be ed on a dish when cooked, and a little sprinkled over them.

Boiled until tender, then thoroughly strained, to remove all water, they can be placed in a saucepan and beaten up with salt, pepper, and a little milk or butter.

Chinese Locksmiths.

The earliest locks known to man were of Chinese make. Although it is impossible to tell the exact date of those still extant, they are wonderfully well made and as strong as any manufactured in Europe up to the middle of the eighteenth century. The Chinese locksmith of to-day uses exactly the same kind of tools that his forefathers had, for they are very simple and primitive. He carries all his implements in two cabinets, sitting on one and working at the other. When he has finished all the work available in one neighborhood he fastens the two cabinets to a bamboo rod and slings it over his shoulder. He tramps the towns burdened in this way and stops when he is called, much as a scissors grinder or umbrella mender does in our country.—Wide



STATISTICS. Quantity of wheat and other grain in store at terminal elevators. for terminal elevators and public elevators in the east on June 1, 1917, with comparisons for three years.

CANADIAN COMPARATIVE GRAIN

Her Waist.

somethimes the "nip in" is pre-There is much leeway as to its po-But mostly it stays where it really belongs.
It may be swathed, draped, leather-belted, sashed or simply suggested by line.

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que, writes: "Baby's Own Tablets have been of great value to me and I would strongly recommend them to other mothers." Thousands of other mothers say the same thing. They have become convinced through actual use of the Tablets that nothing can equal them in regulating the bowels and stomach; driving out constipation and indigestion; breaking up colds and simple fevers; expelling worms and curing colic Tablets are sold by medicine dealers or by mail at 25 cents a box from The Williams' Medicine Co., Brockville, Ont.

Worth Knowing. All rubbing and wringing by twist-ng is harmful when washing woollens; be sure to rinse out all the soap-

suds. A chicken for broiling should be wrapped in a buttered paper bag. This will keep the meat moist and retain

The stove with a red top will have a cool oven.

Never mix any salad with dressing until you are ready to use it.

A very practical way to finish a floor is to paint it with linseed oil.

A boot tree is an excellent thing to use when darning a stocking. use when darning a stocking. It helps in shaping the darns to the foot. Paper bag cookery is peculiarly suit-

able for fish. They are much more delightful when cooked by this method. When boiling eggs, always have the water boiling when eggs are put in, and then boil them for two minutes. Jelly bags, pudding cloths and strainer cloths should be thrown into clear, warm water immediately after

Sleeve Vagaries.

Cuffed or cuffles.
Tight or of a looseness.
Long or brief to shortness.
Kimona-shouldered or inset.
Belled or bishoped at the wristline.
In fact, anything's "it" but le



Made in one grade only—the highest!