

"BELA"

He was a little man, radiating good-nature and fun. He had round, ruddy cheeks, looking as if the half of an apple had been glued to each side of his face, and a spreading, crinkly brown beard. "Bienvenue! Bienvenue!" cried Johnny Gagnon, with sweeping obeisances.

up positions by the door across the room from Bela. Feeling their importance in the scene, all looked a little self-righteous. Occasionally they relieved their feelings by spitting outside the door. Sam did not look greatly concerned; his conscience was clear. True, he felt the degradation of the bound waltz, but must he not presently be triumphantly vindicated? He had been waiting for this moment all night.

"Go ahead," said Coulson, sympathetically. Bela drew a steady breath and raised her head. Pointing at Sam with unconscious dramatic effect, she said clearly: "He speak true. I carry him off."

I wish there was a Walker House in every little town. The Walker House The House of Toronto Geo. Wright E. M. Carroll

original drama. Bela, unconscious of everybody but one man, made a lovely, appealing figure. "Sam," she whispered, "now you know I your friend. Don't go! Wait little while. Sam—here is the bishop. Marry me, and let them laugh!"

CHAPTER XV. Into the bay that occupies the northeastern corner of Caribou Lake empties a creek too small to have a name. To the left of its mouth, as one faces the lake, ends the long, pine-clad dune that stretches along the bottom of the lake from the intake of Musqueam.

A Cure for Pimples. You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—drugist calls it "Mother Seigel's Curative Syrup—your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels. Get the genuine. 50c. and \$1.00 bottles. At drug stores.

BATTLE Redmire's Suction Her Gaiters Off a

Readers of "Lorna Doone" can never forget the terrible drowning of Carver in the bog. That death trap is still to be seen in the Eskmoor country, and not long ago a valuable hunting horse was engulfed in the mire, and his rider barely escaped with his life. S. Baring Gould, who had a narrow escape from a similar English bog tells of it in his "Book of the West."

A GOOD EXAMPLE

Nothing that the C. P. R. has done in the direction of food conservation has resulted in so many letters of commendation, as the footnote printed on all menu cards on C. P. R. dining cars and hotels. This reads: "In the interest of food conservation, young lambs, little chickens, little pigs, and their by-products, are not used in the C. P. R. service."

LIVING AEROPLANES.

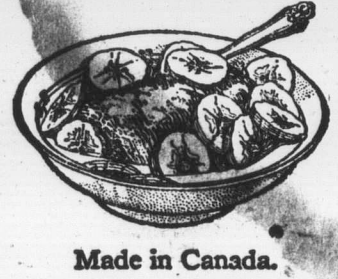
Wherein Birds Differ From Flying Machines Made by Man. It would be a mistake to suppose that the bird's wings enable it to fly. If wings spelled flying any of us could attach a pair and soar into the air.

ORGAN IF BALANCE.

When It Becomes Affected It Produces an Attack of Vertigo. When any one feels dizzy and perhaps almost about to faint his brain cannot properly control the working of his eyes. They may move round from side to side, perhaps independently instead of together, and so it may look as if things were spinning around.

All Europe is Hungry

The French Eché de Paris recently published a review of food restrictions in belligerent as well as neutral countries of Europe, with the exception of France, where more severe restrictions than heretofore are being considered by the authorities and will soon be announced. Following is a condensation of the article: GERMANY: The figures in regard to German food restrictions are known to us in detail. The bread allowance differs in various cities from four pounds a week for every person to five pounds (about ten ounces a day for every person).



Made in Canada.

A FRIEND'S ADVICE

Woman Saved From a Serious Surgical Operation. Louisville, Ky.—"For four years I suffered from female troubles, headaches, and nervousness. I could not sleep, had no appetite and it hurt me to walk. If I tried to do any work, I would have to lie down before it was finished. The doctors said I would have to be operated on and I simply broke down. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, and the result is I feel like a new woman. I am well and strong, do all my own house work and have an eight pound baby girl. I know Lydia E. Pinkham's Vegetable Compound saved me from an operation which every woman dreads."—Mrs. Nellie Fisher, 1521 Christy Ave., Louisville, Ky. Everyone naturally dreads the surgeon's knife. Sometimes nothing else will do, but many times Lydia E. Pinkham's Vegetable Compound has saved the patient and made an operation unnecessary. If you have any symptom about which you would like to hear, write to the

In These War Times you want real food that contains the greatest amount of body-building material at lowest cost. The whole wheat grain is all food. Shredded Wheat Biscuit is the whole wheat in a digestible form. Two or three of these little loaves of baked whole wheat with milk and a little fruit make a nourishing, strengthening meal.