



crossed from the castle to the fort, it was not above the ground, for our own people were between." CHAPTER XX .-- Continued.

But a little thing changed the cur-rent of his thoughts and brought some peace to his mind. He had slipped off his mail gauntlets, and as he did so his mail gauntlets, and as he did so his fingers lighted upon the tiny ban-gle which Mary had fastened there when they stood together upon St. Catharine's Hill on the Guildford Road. He remembered the motto curiously worked in filigrees of gold. It ran: "Fals ce que dois, adviegne que pourra-c'est commande au che-valier." The words rang in his weary brain.

que pourrà-c'est commande au che-valier." The words rang in his weary brain. He had done what seemed right, come what might. It had gone awry, it is true; but all things human may do that. If he had carried the castle, he felt that Knolles would have forgiven and forgotten all else. If he had not carried it, it was no fault of his. No man could have done more. If Mary could see she would sirely have ap-proved. Dropping into sleep, he saw her dark face, shining with pride and with pity, stoeping over him as he lay. She stretched out-her hand in his dream and touched him on the shoul-der. He sprang up and rubbed his eyes, for fact had woven itself into dream in the strange way that it does, and some one was indeed leaning over him in the gloom, and shaking him from his alumbers. But the gentle voice and soft touch of the Lady Mary had changed suddenly to the harsh ac-cents and rough grip of Black Simon, the fierce Norfolk man-at-arms. "Surely you are the Squire Loring,"

failure at the gateway. A minute later, every doubt banished from his mind, he was making his way through the darkness under the guidance of "Surely you are the Squire Loring," said, peering close to his face in e darkness.

"There is a guard within." "And beyond him?" "Beyond him are the prison cells and fort, down the hole. "Squire r our whispered, "can you hear "Squire Nigel," you hear me?"

"Nay," said Simon, "there are so circle round the fire with their tremb-many cries that one more may well ling hands extended to the blaze. Soon has, he not taught us how cold bass. Let us take this lamp from the wall and see what sort of devil's den and they poured out the story of their "Like a pack of wolves the

Transport his feet and the low Jurgets from the low Away in the tunnel. Then the three company the summed the key in the lock. At it he many summed the low and the set of the source of the source

ant to pour down a sind quantity of charcoal mixed Be careful not to read as there is then too much ure) in the eyes and the cles soon become very tire A mild solution of oxa water will remove stains f and hands. This is good the hands are stained with Don't polish the nails ro

them until they become l them slightly with the po them lightly on the p hands. There are no miracles member that to kee health generally requires dge of nature's laws, when suffering with head or any kind of catarr

isorders try snuffing a tion of salt water in the gargle the throat water. Go to sleep thinking of

Tuesday, April 23,

Health and Be

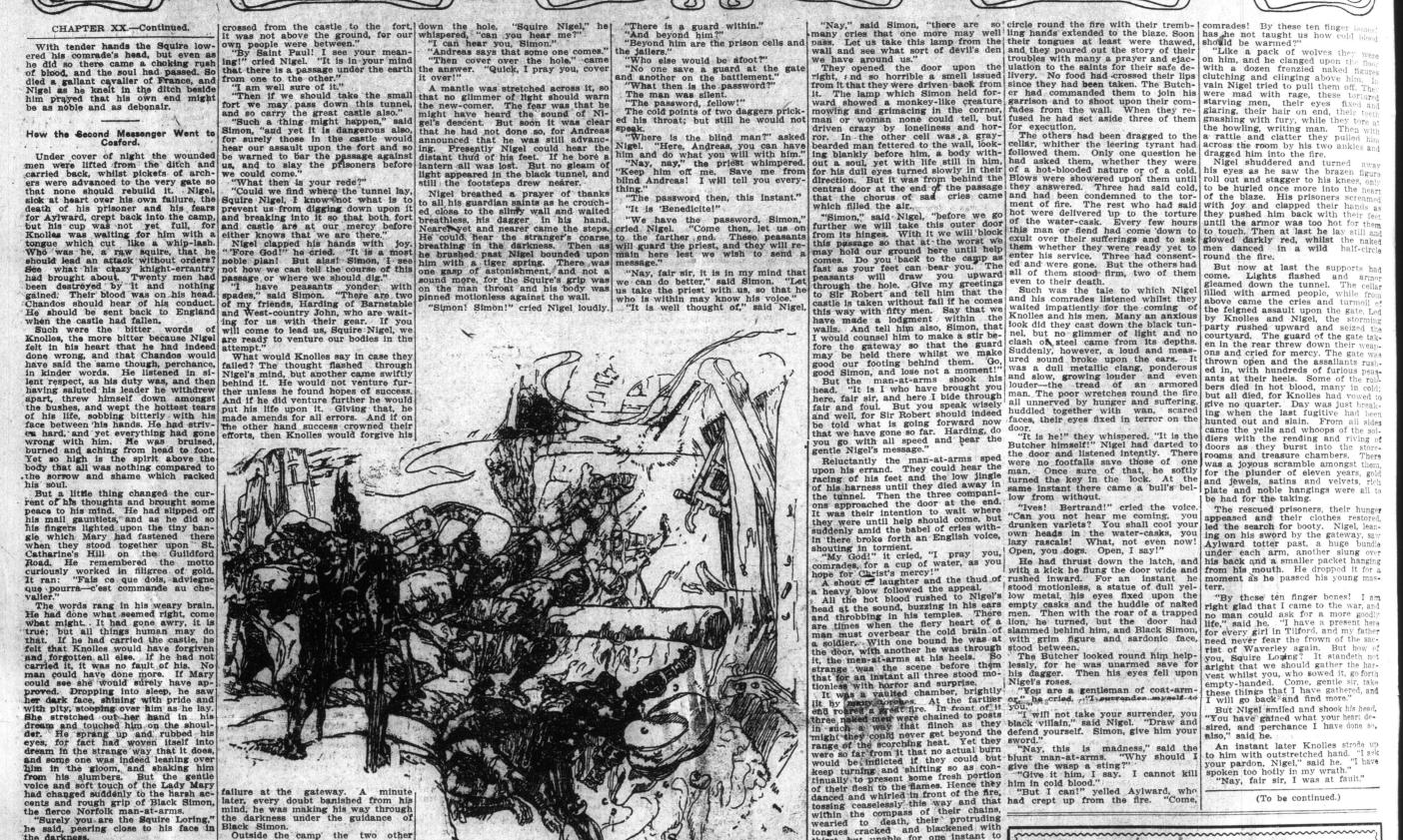
A simple and very effic

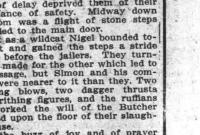
possession or the pleas ence of your life. Comp to rest, your mind to face to the expression piness.

Children often have to them to take away medicine. That sweet s before, immediately medicine, and if it be such as peppermint, taste of the medicine tected by the patient. Vinegar rubbed into hands and allowed to dr the stinging pain almost To preserve milk put orse-radish into a pan will remain sweet for ither in the open air of In case of a bad burn r of painter's oil and putty burn. You will find the smoothly and will not There is a certain atr halo about a well-groon it is only by care and gr ing that the perfection of

ing is attained. Corsets of today are of torture as of yore, h insure an upright carria a good waistline, and su The modern woman n is neither comfortable n The corset should be just enough to hold th fortably and and snugly The complexion req tending. A judicious u cream gives the finishin good appearance, clean and making it smooth The shape, color and nails is a potent force in hands. They should be allowed to grow beyo tips and brightened wi polisher, and, if necess powder; they should b every day.

Dry shampoo powder eight ounces of powdere two and three-quarter powdered bergamot flowers, one-half dram cloves. Mix by sifting To use rub well on the and then brush out. One of the common fects to which women discolored neck, due, it n from the clothing, or pomades, etc .: , which w the head. Of course, ba sibility of sunburn, the neck should have the sam on the shoulders. It is before resorting to artit see what hot water, a cloth, and plenty of goo in removing the discol month of this natural t not bleach the neck : with peroxide of hyd this irritates the skin a or sweet almond oil in after the chemical h







The Boy's G

Of all the possessio garden is the best. cultivation of gar boys, and their cul ake of the produce. for the first time sees ing fruit in an organ which, although subject laws of natural develop In many ways upon a his work. If the boy care of a little garder should have a few p filled, not with rar plants, but with com many ways upon have abundance of soms and thrive easily plants will gratify his other living butterflies ar serve other seek the vicinity of plan

A Popular Tal

Women are idolato writer. They would n most of them would but nevertheless, it is d is one among us who talisman, which, if p she would declare to be cious article, using all furnishings or trinkets y will, and just now she is. silver or bronze or bra engraved with the sw which is said to be one and, of course, most pot symbols known. It is a simple design letter Z's in printed form other, but it is effective its popularity is unbound ers are plying all their