



The Cake that's worth the Candles

Take off the candles. Cut into generous pieces. Now the feast's begun!

The delicate texture, the honey-gold color, the rare flavor—all join to make the finest treat that ever took the form of cake.

They won't let you wait 'til another birthday to make another cake like this.

Rainbow Flour certainly does help in cake-making. Yet that's not surprising when you consider that it is the quality leader among flours. Only the rarest nutriment of the high-grade Manitoba Spring Wheat is eligible for Rainbow Flour.

Every cake will be worth a celebration when you begin the use of Rainbow Flour. Just try some.

In using Rainbow Flour for pastry, more water (added slowly) is required and less flour.

RAINBOW FLOUR

MAKES GOOD BREAD



At your grocer's. In 7-lb., 14-lb., 24-lb., 48-lb. and 98-lb. bags and in barrels.



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

ALL FOR LOVE.

CHAPTER XIV.
AN UNEXPECTED TRAVELING COMPANION.

It had been Beth's intention to return to New Hampshire the day after the party. She thought she had made this plain to Muriel, so that she would feel free to invite Philip as soon as she chose. But Teddy, having wormed a half promise from his friend, that, if he found York Harbor attractive, he would remain the week out, suggested to his wife that Miss Baldwin be also invited for a visit, and Beth pressed to prolong her stay, to help entertain and make things lively for her.

When this plan was unfolded to Beth the next morning after the ball, the keen-witted girl saw through the whole scheme at once. She was at first half inclined to be angry, while at the same time she was secretly amused. But, as she had already weathered the ordeal of meeting Philip rather creditably to herself, she thought, she resolved to play the game out, especially as she could not refuse to remain, notwithstanding her threat to Muriel, without seeming to

ly urged her to come for the party.

Evidently Philip had found the place attractive, even though he had seen little or nothing of it; for when he presented himself at the Armstrongs' the next morning, he said not a word about returning to Boston, and readily concurred in various plans suggested by Ted for the remainder of the week. Philip secretly vowed that he would raze the barrier between himself and Beth before the expiration of that time, but he reckoned without his host, for Beth had been urged to tarry and assist in entertaining her friend; hence in the most apparently disinterested way, she threw her whole heart into the work of making things lively for her and others.

She was the life, the mainspring of everything. She treated Philip with charming frankness and friendliness, exactly as she treated everyone else, but she would not allow him or any one to monopolize her. She persistently avoided a tete-a-tete with any admirer to the exclusion of another; her bearing being that of one who had been delegated as assistant hostess, whose duty as well as pleasure it was to fulfill her obligations to the letter. Hence Philip could never find an opportunity to see her alone, or talk with her except in the presence of others, and he chafed con-

tinually, in view of his helplessness to make any headway with her.

The Armstrongs were at their wits' end, in view of this failure of their conspiracy, even though they were amused as well as irritated by Beth's cleverness. They had never seen her so brilliant nor so tantalizingly illusive. Her resources for pleasure and entertainment seemed inexhaustible, and thus occupied, she gave them no chance to expostulate or question her attitude toward Philip. Both knew, in their hearts, that the girl belonged irrevocably to Philip; that she had loved him alone from her cradle up, and that there was an element of unswerving loyalty in her nature that would admit of no vacillation; hence no one else could ever win her.

They could also perceive that Philip had surrendered himself completely to her charms, and, as far as he was concerned every obstacle to their long-proposed union and to the consummation of Miss Crawford's hopes, together with the salvation of her fortune, could easily be overcome. But they found themselves helpless to change anything. Beth cleverly foiled them at every point up to the morning of her departure with Miss Baldwin, when, apparently, they found themselves no nearer the goal of their hopes than they had been at the beginning of her visit.

Philip went on the same train with them to Boston, where Mr. Russell was to meet Beth at the North Station for a little interview before she went on to the farm in New Hampshire.

It was a happy meeting, for Mr. Russell looked and appeared like a new man. He was full of courage, enthusiasm, and vigor, and Beth was almost overcome with joy as he clasped her to him in greeting.

"Little girl, it is good to see you again," he said in his cheery tones. "I hope you have all had a fine time down at York Harbor," he added, with a sly glance at Philip.

Beth caught the look and regained her equilibrium instantly.

"Yes, indeed we have. Muriel had a very nice house-party, and has done everything to make it pleasant for us all," she returned impersonally.

"Hum!" said her father, regarding her thoughtfully for a moment, then added: "Well, I suppose you will stay with Prue for the rest of the summer, and in the fall we will take a nice apartment here in town for the winter. I wish we could go back to the old home in Chestnut Hill, dearie, but we'll try to fix things bet-

ter for you by and by," he concluded, repressing a sigh of regret, for the old place was to be sold at auction the coming week.

"The apartment will be all right, daddy dear," Beth responded, with a brave smile, even though she also longed for the old home. "I can be just as happy there, with you well and strong again; and you are looking just fine. That is joy enough for me."

"I feel fine, dearie, and we must not forget that we owe it all to Philip. I should never have got my courage back if he had not given me this lift."

Beth's eyes suddenly drooped. "I know," she said softly. "It was splendid of him, and I am very grateful to him." Then she changed the subject, and they chatted until Philip, who had attended Miss Baldwin to her automobile, returned to take leave of Beth.

"Papa," she was saying as he rejoined them, "you will run up to the farm to see us, now and then, will you not? I can't do without you very long at a time."

"Yes, for over Sunday every other week, perhaps. I reckon I'd better keep an eye on you, too. I believe you've been getting a trifle thin, of late," Mr. Russell responded, as he playfully pinched one of her cheeks.

"No, indeed, papa," she quickly returned, but flushing consciously as she caught Philip's grave look. "I am perfectly well, and you do not need to have an anxious thought about me."

"All right, I'll not worry, and you may tell Prudence I'll go up next week. And now"—glancing at the clock as he arose—"you'll have just about time to get your train comfortably."

Beth shook hands with Philip with the same appearance of friendliness she had manifested ever since their first meeting, yet he was still conscious of a thus-far-and-no-farther attitude that seemed like a wall of adamant between them.

He stood looking after her for a moment with a thoughtful, despondent air; then with a resolute uplifting of his head walked to the office and purchased a ticket for New Hampshire. He was standing on the platform of the last car when Mr. Russell came into sight after having settled Beth comfortably for her trip.

"Mr. Russell, I'm going up for over Sunday," he called out to him as the train began to move. "I want to know how my little friends are getting on, and—I'll see Lady Beth safely up."

Unable to Work for 14 Months

Complete Nervous Breakdown Left Mr. Black an Invalid—Cured by Dr. Chase's Nerve Food.



Mr. Henry Black.

What a helpless mass of flesh and bone the human body is, once the nerves become exhausted. Extreme weakness comes over you, and you lose control of the limbs. The next step is paralysis.

You will be fortunate if, like Mr. Black, you get the building-up process in action before it is forever too late. By forming new, rich blood Dr. Chase's Nerve Food carries new vigor and energy to every organ and every member of the human body.

Mr. Henry Black, 91 St. Catherine street east, Montreal, Que., writes:—"The wonderful results I obtained from the use of Dr. Chase's Nerve Food constrain me to write this letter in order that others who suffer from nervous exhaustion and weakness may use this medicine with equally satisfactory results. As the result of overwork I became completely exhausted, and was unable to work for fourteen months. As I am the father of a family, these were sad days for me, but after I had used six boxes of Dr. Chase's Nerve Food I had improved so greatly that I continued the treatment until I was completely restored to health and strength. I now work twelve to fifteen hours a day, and keep in excellent health."

Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

Lazell's MASSATTA



A NEW AND TOTALLY DIFFERENT TALCUM POWDER

Not only softer, smoother, more satisfying than any other, but distinguished by the "True Oriental Odor," a fragrance inimitable in its subtlety and charm.

In addition to Massatta, we carry a complete line of Lazell's Famous Specialties, including the most exquisite Perfumes, delightful Toilet Waters, superb Creams, and Powders of unquestionable excellence.

At all Druggists, St. John's, Nfld.

Mr. Russell smiled wisely back at him.

"All right, my boy, and good luck attend you," he heartily replied, as he waved him a good-bye.

About fifteen minutes later as Beth was looking thoughtfully and rather dejectedly out of her window, some one slipped into the seat beside her. Turning with surprise, for she had expected to have the section to herself, she was amazed to find the object of her gloomy reflections smiling serenely down upon her.

"Why! what does this mean. How came you to be here?" she questioned with fluctuating color.

"Well, at the last moment I thought I should like to go and see for myself how Nathan and Ziebe are prospering, and besides"—holding her eyes with an earnest look—"it occurred to me that the long ride before you might become rather irksome without companionship. Does that sound very presumptuous. My Lady Beth?" he smilingly concluded.

She was on guard instantly.

"That was certainly a kind thought, Philip," she said, smiling frankly back at him, "and I am sure your young proteges, as well as Aunt Prue, will be very glad to see you. I can hardly wait myself to see them, especially little Ziebe. Your description of her, and papa's, have attracted me strongly to the child."

She kept this ball rolling for some time. Then she talked at some length of Nathan, and of Philip's plans for him; afterward of their recent visit and various incidents connected with it; of Teddy and Muriel, and their delightful hospitality; of little Philip and his precocious ways; of Agnes Baldwin, Paul Lambert, and various others comprising their recent house-party. She then began to ply him with questions about Japan and his travels through Europe. She kept him very, very busy. She was charmingly entertaining, brilliant, and witty, and wise by turns, and Philip marveled at her versatility.

But with it all, she still kept him at a distance—he could not get one whit nearer to her. What was he going to do to overcome this decidedly uncomfortable state of affairs? Was it a hopeless task? Had she become so hardened against, so utterly indifferent to him, that he should never be able to restore her old-time confidence in, and love for, him? Yes, her love—that was what he wanted, that was what he determined now to win. But how to drive the entering wedge, how to batter down that barrier—that adamant wall of impersonality which held him so relentlessly aloof?

(To be continued.)

Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.

9621—A POPULAR STYLE FOR THE GROWING GIRL.



Girl's Middy Suit.

White chambray with facings, cuffs and belt of blue was used for this design. It will look equally well in other combinations of materials and color. Blue ratine with facings of white or self color would be effective. The design is also appropriate for gingham, linen, linene, corduroy, voile, or serge. The pattern is cut in 4 sizes: 8, 10, 12 and 14 years. It requires 4-5 yards of 36 inch material for a 10 year size.

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

9610—A POPULAR MODEL.



Ladies' Waist.

This design is easy to develop, and will look well in any of this season's dress materials. The right front laps over the left in lapel or revers style. Deep Gibson tucks give breadth to the figure. The short sleeve is finished with a neat and pretty cuff, and a deep collar cut with Robespierre edges over the front, trims the neck edge. The pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 3 1/2 yards of 24 inch material for a 36 inch size.

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

No

Name

Address in full:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

THE 6 BEST WHISKIES

That Ever Left Scotland.

Premier,
"Gaelic" Old Smuggler,
White Seal,
Johnnie Walker,
White & Mackay's
Special, and
Stuart Royal.

These Whiskies we sell at

\$1.20 per bottle,
\$13.00 per case.

Also, several Cheaper Brands.

Goods shipped on the same day as order is received.

P. J. SHEA,

314 Water St. Phone 342.

Box 604. Phone 538.

30 cents

BUYS IT.

Spare Moments

(for quarter ending May.)

The biggest and best bundle of reading matter published. Just the thing to take with you for your holiday. 456 pages containing—Short Complete Stories.

Fine Serials.

Chatty Moments.

Chats in Gardening.

Poems for Recitation.

Prize Stories.

People of Moment.

Funny Stories.

Interesting Articles.

Letters from Readers, Funny Cuts and many Illustrations.

31c. post paid.

GARRET BYRNE,

Bookseller & Stationer.

You Love to Live and Live to Love—Good Things to eat.

Sinclair's Fidelity Hams. Instant Postum.

Use BROWNHILL'S TABLE JELLIES next time. They'll please you sure.

Fresh supply Moir's, Ltd., CHOCOLATES & CAKE. Chebuche Society Pacific

Rose Beauty, in 1 and 1/2 lb. boxes.

Sultana, Plain and Citron Cakes.

RAINBOW FLOUR is good flour. We're not boosting it. We're just telling you what we've been told by users of Rainbow Flour. You be the judge. A trial order, please.

Telephone 191.

A. E. Canning.

Are You MARRIED? THE WEDDING RING.

Even the plain gold circlet of the wedding ring varies in style. You may have a plump, narrow ring, or one quite wide and thinner in proportion. Select the style you fancy, and we can give you any size and any weight you wish.

In 10k, 14k, 18k and 22k gold—and all sold by weight.

Having installed the latest machinery for making Wedding Rings, I can supply you in very short notice.

D. A. McRAE, Jeweller, 295 Water Street, may19,11.

Phone 679 | Bish



Cheese, Cheese, Cheese.

See Our Window Display.

Phone 679 | Bish

Box 604. Phone 538.

30 cents

BUYS IT.

Spare Moments

(for quarter ending May.)

The biggest and best bundle of reading matter published. Just the thing to take with you for your holiday. 456 pages containing—Short Complete Stories.

Fine Serials.

Chatty Moments.

Chats in Gardening.

Poems for Recitation.

Prize Stories.

People of Moment.

Funny Stories.

Interesting Articles.

Letters from Readers, Funny Cuts and many Illustrations.

31c. post paid.

GARRET BYRNE, Bookseller & Stationer.

You Love to Live and Live to Love—Good Things to eat.

Sinclair's Fidelity Hams. Instant Postum.

Use BROWNHILL'S TABLE JELLIES next time. They'll please you sure.

Fresh supply Moir's, Ltd., CHOCOLATES & CAKE. Chebuche Society Pacific

Rose Beauty, in 1 and 1/2 lb. boxes.

Sultana, Plain and Citron Cakes.

RAINBOW FLOUR is good flour. We're not boosting it. We're just telling you what we've been told by users of Rainbow Flour. You be the judge. A trial order, please.

Telephone 191.

A. E. Canning.

Are You MARRIED? THE WEDDING RING.

Even the plain gold circlet of the wedding ring varies in style. You may have a plump, narrow ring, or one quite wide and thinner in proportion. Select the style you fancy, and we can give you any size and any weight you wish.

In 10k, 14k, 18k and 22k gold—and all sold by weight.

Having installed the latest machinery for making Wedding Rings, I can supply you in very short notice.

D. A. McRAE, Jeweller, 295 Water Street, may19,11.

Advertise in