

The Glow of Health Comes to You



If you are careful to follow the advice of your older friends or relatives

For over 50 years ago, Dr. Pierce, then a young practicing physician discovered that a prescription made up of Lady-slipper root, Viburnum, black and blue Cohosh, Unicorn root, Oregon Grape root, and made into a liquid extract, or tablets, without alcohol, was wonderfully efficient as a tonic for those pains and ills so common among the women folk. This woman's tonic has sold as Dr. Pierce's Favorite Prescription for over fifty years and is just as popular and efficient now as at any time. Over a million bottles were sold last year and many of your friends and neighbors can testify as to how good it is.

NIAGARA FALLS, ONT.—"Dr. Pierce's valuable remedies are kept in stock at our home, and have been so for a number of years. I first used them in Port Arthur as a trial bottle of 'Favorite Prescription' was given to me. I wish to truthfully state that I believe it saved me from an operation. If all ailing women, would only take a trial bottle, there would be fewer broken-down and disheartened women. Remember, this is not a patent medicine put up by a quack doctor, but is a good, first-class herbal medicine that produces wonderful results in a short time."—MRS. CATHERINE DEMPSEY, 32 Bridge Street.

THE MAELSTROM

BY FRANK FROEST.

Late Superintendent of the Criminal Investigation Department of Scotland Yard.

He too had come to a resolve. "Tell me," he said levelly, "before you say anything else. Did you have any part in the murder of your father?"

She stared at him whitely and half rose. Her shapely throat was working strangely. "Do you think—she began. And then tensely. "No! no! no!" Her voice fell to a strained whisper. "Why do you ask me that—If I had known—if I could have prevented—"

"It was evident that she was rapidly becoming distraught. He felt himself a cur, but he pressed home the question relentlessly. "Do you know who it was that murdered your father?"

Her fair head fell to her arms on the table. Had Hallett known, he could not have put his questions at a time more likely to bring an answer from her. All that morning she had borne herself before the keen eyes of Menzies and his assistants, conscious that the slightest falter might betray what she did not wish known. Her nerves were now paying the penalty. She raised a face taut with emotion toward Hallett.

"God help me," she moaned. "I believe I do."

CHAPTER VII.
Peggy's Story.

Hallett had expected the answer, and yet it came to him as a shock. Peggy Greye-Stratton was regarding him with an expression half-defiant, half-appealing. His eyes wandered round the room. He had engaged a table that stood in a recess behind one of the marbled pillars, and they were thus separated from the general company in the room.

Their voices had been low, but he was afraid they might have attracted attention. But no one seemed to have observed them, and he turned once more to her.

Somehow she had repressed her weakness. He signalled to the waiter and ordered a liqueur. As she took it he observed that her hand was perfectly steady. And yet but a moment before she had been on the verge of hysterics.

"Tell me just what you like," he said simply. "Just as much or as little as you like. You can trust me."

"Thank you," she said; "you are very good. Let me think. To begin

with, you must know my father was a very strange man. When I was quite a baby he quarrelled with my mother and I was sent down into the country, where I lived with an old gentleman farmer and his wife, named Dinward. I always understood that I was their child until a few years ago—they never spoke of either my father or my mother. Once—just before I went to school—he came to see me. I, of course, did not know who he was.

"I was sent to a convent school at Bruges, where I was brought up, coming home for the holidays—home, of course, being in Sussex. Occasionally I was brought to London. I won't go into all the detail of my life until I left school; it wouldn't interest you. All this time remember I had no knowledge of any relations but the Dinwards.

"When I left school I learned for the first time that I was not their daughter. Mr. Pembroke, a solicitor, came over to Bruges and told me very nicely. But—acting on instructions, he said—he could give me no clue to my parents. There would be three hundred a year—about fifteen dollars in your currency—payable to me quarterly by his firm. I was no longer to look to the Dinwards for support.

"Mr. Pembroke was very nice, but he had his instructions. I asked him what I was expected to do. 'I presume,' he said, 'that you—' he could not think of a word at first—'benefactor intends that you shall have enough to support you respectably. Think over your plans tonight, my dear young lady, and we will talk it over in the morning.'

"I did think it over. You may imagine that I slept little that night. I have a certain facility for painting, and that seemed to me to offer an outlet to ambition. I told Pembroke next day. He expressed neither approval nor disapproval. A cheque, he said, would be waiting for me at the offices of his firm on the first day of every quarter. He offered to give me introductions in London, but I answered that the only introduction I needed was to my parents. He shook his head at me a little doubtfully, and that ended the conversation.

"I wanted to see the world a little before I settled down in London. I

went to see the Dinwards, but no word could I get from them as to who I really was. They were kindly people, but not simple. They would tell me nothing. Perhaps if I had then been less of a raw child—if I had had more knowledge of the world—I might have got round them. Later on some one else—but I am coming to that.

"The Dinwards were troubled about me—naturally. Of course I promised to keep in touch with them. I changed my name. I became Lucy Olney. That, by the way, Mr. Hallett, is the name I still keep.

"The allowance I was to receive seemed a tremendous fortune to me. I went abroad—to study art, I told myself. I went to Paris, to Rome, to Venice and other places. But the money did not prove so ample as I expected. Perhaps I was extravagant. Anyway, in about eight months I was in London, determined to make my fortune—and I still thought that my art pointed the way.

"You will guess that I had some troubles. Art for art's sake is one thing, but I am afraid I haven't the true temperament. I wanted recognition, and though I could have existed without the money, I wanted money as a proof that I was recognized. But no one seemed to appreciate me as a genius. It was difficult enough to get dealers to take my pictures at a price that barely paid for canvas and paint. Then I drifted into magazine and book illustration work, and at that I found my metier. I earned much more than I really needed—even without my allowance."

She fingered a serviette absently for a moment. There was abstraction in her eyes. Hallett waited without interruption for her to resume.

"I have not told you that I have a step-brother," she went on. "Indeed, I did not know it myself till two years ago. He is my mother's son by her first marriage, and is much older than myself. He was sent abroad at the time that I was handed over to the Dinwards. As I say, two years ago he traced me out—I believe he got my adopted name and my address from the Dinwards.

"It was from him that I first learned who I was, who my father was, who my mother was. He told me the whole terrible story of Mr. Greye-Stratton—I can't call him my father—break with my mother. He swore that she was innocent—that it was a madman's fit of jealousy that broke up the home. I—I—"

Her throat worked and it was some moments before she resumed. "My brother had only recently returned to England, and he told me that his first step had been to find me. He wanted me to go back with him to Canada. You're my baby sister," he said; "I have a right to look after you. There's only you and I now."

(To be continued.)

WHAT TO DO FOR STOMACH TROUBLE

GOOD ADVICE FROM ONE WHO HAD SUFFERED MUCH.

Nine-tenths of all forms of indigestion or so-called stomach trouble are not due to the condition of the stomach at all, but are caused by other influences. The great contributing cause of indigestion is thin blood. Good blood and plenty of it is required by the stomach to take care of the food. If the blood is thin the stomach functions sluggish, food lies undigested, gas forms and causes pains in various parts of the body. Instead of getting nourishment from the blood the system gets poison.

Relief from this condition can be obtained by the tonic treatment which Mr. D. Shaw, Mt. Stewart, P. E. I., tried and now warmly recommends to others. Mr. Shaw says: "I suffered from indigestion for over four years, and have tried many of the well-known remedies for such troubles, but never obtained more than temporary relief. The trouble was aggravated by constipation setting in owing to the stomach failing to do its work, and laxatives only gave relief to the bowels and left the stomach in worse condition. The result was my blood was growing more and more anemic, I did not sleep well at night and was growing despondent. I was in this wretched condition when a friend advised me to try Dr. Williams' Pink Pills. I got three boxes and by the time they were finished there was some change for the better. This greatly encouraged me and I continued taking the pills for some three months, by which time my stomach was all right again, my blood, nerves strong and life was again worth living. My advice to all who suffer from stomach trouble is to give Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The business of making a census of the seals which is done at intervals by the government is a comparatively easy task, as the herds usually gather on two islands. It is estimated that about 600,000 seal noses will be counted this year, and about 25,000 of these will be decorating feminine shoulders before the end of next year.



Have Your Cleaning Done by Experts

Clothing, household draperies, linen and delicate fabrics can be cleaned and made to look as fresh and bright as when first bought.

CLEANING AND DYEING

Is Properly Done at Parker's

It makes no difference where you live; parcels can be sent in by mail or express. The same care and attention is given the work as though you lived in town.

We will be pleased to advise you on any question regarding Cleaning or Dyeing. WRITE US.

Parker's Dye Works Limited

Cleaners & Dyers
791 Yonge St. Toronto

WOMEN'S INSTITUTES

NEWS ITEMS COVERING THE ACTIVITIES OF WOMEN IN ALL PARTS OF ONTARIO.

FENELON FALLS.

There are nine branches now in the East Victoria district. We have the hot school lunch in a number of our schools, also sanitary towels and basins, and great interest is being shown in the care of both school house and playground.

We expect within a few weeks to have medical school inspection introduced in our schools. We maintain, along with the branches in West Victoria, a rest room in our county town, which is free and is certainly appreciated by mothers with children in town on market days.

Our members are all being well educated, as it were, on the subject of child welfare, which our branch has been discussing for some time. Every year we send liberal donations to the Sick Children's Hospital, Institute for the Blind, Soldiers' Re-establishment, Navy League, Armenian Relief, etc., and also help support a public reading room in our town. We are now arranging for a grand concert to be held during March.

MRS. C. P. SMITH.

ANCASTER.

The Ancaster Women's Institute held the monthly meeting at the Manse, the home of Mrs. Currie. The President, Mrs. Stevenson, in the chair. Several communications, were read by the Secretary Mrs. Seaward. Current events were introduced by Mrs. Moore and Mrs. Lyons, gave a very touching recitation. A lengthy discussion took place on the question of a Community Park for the village and steps were taken to secure funds for this much needed playground. The roll call brought responses in "Something Funny" from 29 members. A social tea was served and the singing of the National Anthem brought a successful meeting to a close. The next meeting will be held at the home of Mrs. Seaward on the first Thursday, in April.

MRS. CURRIE.

WELLAND.

Welland County is having her Rural schools inspected, under the Department of Education. Dr. Sirrs, of Toronto is very successfully carrying on the work of inspection. Where possible, the doctor meets the Women's Institute and gives splendid talks on Medical Inspection and School Improvements, giving the Women's Institute a good line of work to take up in the different branches.

The services of the school inspectors, Mr. J. W. Marshall and Mrs. Jas. McNeill, have added much to the success of the work.

MRS. EARLE RAMEY.

Is Your Nose Plugged? Have You Catarrh?

If Subject to Colds, Here is Real Good Advice.

Don't load your stomach with cough syrups, send healing medication through the nostrils—send it into the passages that are subject to colds and Catarrh. Easy to do this with CATARRHOZONE, which helps a cold in ten minutes. Even to the lungs goes the healing vapor of Catarrhozone—all through the bronchial tubes, nostrils, and air passages—everywhere a trace of disease remains will Catarrhozone follow. You'll not have colds, nor will you suffer from sniffles, bronchitis, or throat trouble if Catarrhozone is used. Get it today but beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. Large size, two months' treatment, costs \$1.00; small size, 50c; sample size, 25c; all dealers or the Catarrhozone Co., Montreal.

If the recommendations, made by the Griffenhagen firm, with regard to re-classification in the postoffice department, are carried out, it is understood that it will mean that close to four hundred employees of this department will be dismissed on April first.

This would be due to the merging of several branches of the department, which include the postage stamp, correspondence, missing mail divisions and other.

No one need endure the agony of corns with Holloway's Corn Remover at hand to remove them.

OF INTEREST TO WOMEN

This is a Short Letter, But It Proves the Reliability of Lydia E. Pinkham's Vegetable Compound.



Bothwell, Ont.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial."—Mrs. W. J. Brady, R. R. 2, Bothwell, Ont.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics or harmful drugs it is a safe medicine for women.

If you want special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read, and answered by women only.

So many daily uses



In 2, 5, and 10-lb. tins

As it is served in some form at every meal, and keeps indefinitely, many thrifty housewives order several cans of Crown Brand at a time. Thus they always have a supply on hand. How pleased they are to find that no emergency calling for cooking, baking or candy-making finds them unprepared. It is economical.

THE CANADA STARCH CO., LIMITED, MONTREAL

Crown Brand Syrup

"The Great Sweetener"

Minard's Liniment For Dandruff.

MURINE Night and Morning

Have Clean, Healthy Eyes. If they Tired, Itch, Smart or Burn. If Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Drugists and Opticians. Write for Free Eye Book. Murine Eye Remedy Co., Chicago