

MANY BRANDS OF BAKING POWDER CONTAIN ALUM WHICH IS AN INJURIOUS ACID. THE INGREDIENTS OF ALUM BAKING POWDER ARE SELDOM PRINTED ON THE LABEL IF THEY ARE, THE ALUM IS USUALLY REFERRED TO AS SULPHATE OF ALUMINA OR SODIC ALUMINIC SULPHATE.

MAGIC BAKING POWDER CONTAINS NO ALUM

THE ONLY WELL-KNOWN MEDIUM-PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUM, AND WHICH HAS ALL ITS INGREDIENTS PLAINLY STATED ON THE LABEL.

E. W. GILLETT COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL.

Aubrey's Revenge.

CHAPTER XXIV.

The young lady laughed with genuine amusement, as she replied: "Why, how surprised you seem, but I hope you are glad to see me, all the same?"

"I am more than surprised," answered Carroll, struggling desperately for self-control. "I left you in New Orleans not a month ago—"

"And now you find me here," supplemented Aubrey. "I see nothing wonderful in that. Mrs. van Cortlandt invited me to spend the winter at Van Cortlandt Place, and I came. She is my aunt, you know?"

"What?" Aubrey laughed softly. "Dear me, everything seems to surprise you to-night," she said. "I fancied you knew all about it."

"You have never even hinted at your relationship to Mrs. van Cortlandt before," said the young man stiffly.

"Why, I was sure I had told you, but no matter. I am glad to find that you and Mrs. van Cortlandt are such excellent friends; but we are keeping the dinner waiting. Here comes Howard to announce you."

She turned away, but Carroll caught at her sleeve, tearing the costly lace.

"Aubrey," he said, his voice hoarse and his lips white, "Aubrey, wait one second. You don't intend to betray our secret, do you?"

"That depends on yourself," she answered him boldly, a dangerous light in her sombre eyes.

He caught her wrist, holding it with a cruel force that caused the bracelet she wore to cut deep into the tender flesh.

"Do it at your peril," he said, in a sibilant whisper. "You silly, reckless, credulous fool, haven't you found out yet that all my promises were lies, and our marriage a mere sham? Now dare to betray me, and you shall die!"

A drop of blood trickled from Aubrey's wrist as he flung it from him with brutal force, but she did not wince or cry out.

"I'm glad we understand each other at last, my dear Carroll," she said quietly, "but, really, it will never do to keep the dinner waiting a moment longer. Au revoir!"

So saying, with a backward glance that made the young man's blood run cold in his veins, she threw open a door on the left side of the grand hall, and disappeared.

Meanwhile a servant came up to conduct the delinquent guest to the drawing-room, and, pulling himself together by a desperate effort, Carroll followed him.

If Catarrh Keeps You Hawking Use 'Catarrhzone'—The Quickest Cure

NOTHING KNOWN SO SURE FOR THROAT WEAKNESS, BRONCHIAL TROUBLES, ETC.

No doctor attempts to-day to cure a genuine case of catarrh of bronchitis except by the inhalation method. Stomach dosing has been discarded because useless medicine so taken affects only the stomach—never reaches the seat of catarrh.

The advanced physician recognizes that only air can be sent into the lungs and bronchial tubes. Fill this air with healing medicaments and you solve the problem. No combination of antiseptics is so successful as Catarrhzone. It contains the richest pine-balsams and the greatest healers known.

peated, "It is such a pleasant surprise.

"You see, dear," added Aubrey, turning to Kelpie, "Carroll and I are old cronies, and I haven't seen him for quite an age. But I mustn't detain him an instant longer; he takes you to dinner, I believe?"

"That is the arrangement," answered Kelpie, quietly. "Mr. Fitzhugh, I am quite ready."

"Carroll offered her his arm, with a profound bow, and Aubrey ran away to join her escort in another part of the room.

"Kelpie, how could you make such a fool of me?" said Carroll reproachfully, as they crossed the drawing-room.

"I only told you the truth," she answered, with dancing eyes. "I am Mrs. van Cortlandt's daughter and companion all in one."

The young man had no time to reply; they had reached the dining room by this time.

As they took their seats, the clock struck eight. Kelpie half rose to her feet with a cry of dismay. For the first time she had failed to keep her promise to Tom.

CHAPTER XXV.

If Kelpie had acted upon the impulse of the moment she would have rushed from the dining-room and sought refuge in her own chamber, leaving the guests to draw their own conclusions.

But respect for the feelings of her so-called mother, and an aversion to making herself noticeable, restrained her, and with admirable self-control she mastered her emotion and took her seat.

"What was it that disturbed you so?" said Carroll Fitzhugh, in a low voice, as he seated himself beside her.

"I suddenly remembered that I had broken a promise, and I quite lost my head for a moment."

"Oh, is that all?" said Carroll, secretly amused. "I am not prepared to make any such statement; indeed, to tell the truth, I think some promises are better broken than made good."

"I am pleased to make your acquaintance, Mr. Fitzhugh," said Kelpie demurely, offering the young man her hand.

Fitzhugh did not take it, however, but stood, staring and speechless, like a man who had been suddenly bereft of his senses.

"My dear Carroll," said Mrs. van Cortlandt, breaking the embarrassing silence, "you will take Marion to dinner."

Carroll made no reply, but stood staring like a man in a dream, while his hostess sailed away, chuckling to herself with immense satisfaction:

"I said he'd fall in love with her at first sight, and so he has."

It was Aubrey, Mrs. van Cortlandt's niece, who brought the young man somewhat sharply to his senses.

"Why, how do you do, Carroll?" she cried, approaching him with extended hand. "I'm really delighted to see you. Aunt van Cortlandt didn't tell me you would be one of her guests. How long have you been in the city?"

Carroll Fitzhugh prided himself on being equal to any emergency, but he came within an ace of losing his head at that moment.

With Kelpie, radiant in her rose-colored gown, regarding him with eyes brimful of mischief on one hand, and Aubrey, standing like an avenging Nemesis on the other, a desperate impulse to save himself by flight almost mastered him.

The touch of Aubrey's cold fingers as she grasped his hand brought him to his senses.

"I'm so glad to see you," she repeated.

The handsome young dude stroked his downy mustache with smiling complacency.

Meanwhile our little lighthouse girl was distinguishing herself by her ready wit and charming manners, and nobody, not even Mrs. van Cortlandt herself, had the faintest suspicion that while she laughed and chatted, her pretty lips all smiles and dimples, the lovely rose color coming and going in her cheeks, that a little

ache pierced her heart like a thorn and there was one sharp regret underlying all other emotions.

"I have broken my promise to Tom. Oh, I wonder if he knows?"

The dinner party was a success, and Mrs. van Cortlandt the most exultant of mortals. The Vancouver had always snubbed and slighted her, but thanks to her beautiful daughter, she had eclipsed them at last.

"The dinner was simply perfect," said Mrs. Vancouver, in an aside to her daughter, as they were leaving the table, "and one seldom sees such silver and china. The girl, too, is a beauty, and wholly thoroughbred. Wouldn't she make a charming wife for Alec?"

Miss Vancouver, whose extreme plainness was her misfortune, turned up her pug nose ungraciously.

"You forget, mamma, that the girl was raised in a lighthouse," she said.

"No, I don't, but that doesn't count at all when there is a fortune of three millions at stake. I've set my heart on the match, and I shall give Alec a hint at once."

Then the lady sailed away, and, slipping her hand within the arm of her hostess, as she led the way to the drawing room, leaving the gentlemen to enjoy the rare old wines and choice cigars, she said, with a great show of affection:

"My dear Mrs. van Cortlandt, I could scarcely wait until dinner was over to offer my congratulations. Your daughter is charming, and such a beauty. Where in the world have you been keeping her hidden all these years?"

"Oh, that is my secret," laughed the lady, good-humoredly.

"Shut up in some enchanted castle like a second sleeping beauty, perhaps?" suggested the other lady, with fine irony. "You purpose introducing her into society at once, I presume?"

"I haven't quite decided yet, dear Mrs. Vancouver," replied the happy mother, looking after her daughter with fond, beaming, admiring eyes, "as she crossed the room on Carroll Fitzhugh's arm. 'I shall let the dear child do just as she pleases about everything.'"

"A very good idea, my dear. Your laughter is pretty enough and wealthy enough—if reports are true—to please her own sweet self in everything. She'll be choosing a husband the next thing, I suppose?"

"Oh, I trust not," said Mrs. van Cortlandt, with a pretty show of motherly love. "I hope to keep the dear child to myself for a long time."

(To be Continued.)

BAD OPERATION AVOIDED

By Timely Use of Lydia E. Pinkham's Vegetable Compound.

Mrs. Sowers' Own Statement. Hodgdon, Maine.—"I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me.

One year ago I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an operation. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your medicine."

—Mrs. HAYWARD SOWERS, Hodgdon, Maine.

If you see ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Don't worry about the ink stain on the rug. If you can possibly shift the rug so that the sun will shine on the spot for a part of each day, the ink will fade out.

Minard's Linalment Cures Burns.

Just Arrived! Fresh Supplies

Per S. S. "Stephano."

Chicken, Turkey, Beef, Sausages, Oysters.	Grape Fruit, Cal. Oranges, Table Apples, Lemons, Bananas.	Tomatoes, Cucumbers, Cabbage, Celery, Lettuce.
---	---	--

Also, in Stock, a large variety of Huntley & Palmers BISCUITS and CAKES.

Don't forget to order a Tin of OVALTINE, the Great Tonic Food Beverage, 1-4, 1-2 and 1 lb. Tins.

AYRE & SONS Ltd. Grocery Department Phone No. 11

St. John's Meat Co., Water St. East, 'Phone 800

Finest selection of prime imported Argentine and Canadian Beef, also Fresh Frozen Mutton at keenest possible prices.

Choice Sirloin Roasts, 22c. lb.; Shoulder and Rib, 18c. & 20c.; Beef Steak, without bone, 22c. and 25c. lb.; Frying Beef, without bone, 20c. lb.; Boiling and Stewing Cuts, 16c. lb.

Mutton: Choice Ontarian Fresh Frozen—Legs and Loins, 22c.; Chops, 20c. and 22c.; Cuts from 15c. lb. up.

Prime Farm Fed Local Pork from 15c. to 25c. per lb.

Bologna, 20c.; Black Puddings, 10c.; White Puddings, 12c.; Potted Head, 10c.; Finest Beef & Pork Sausages, 18c. & 20c.; Cambridge, 25c. lb.

Branches: Water Street East, Water Street West, Military Road. Phone 800a Phone 98

Not Bleached

GOLD MEDAL FLOUR is not artificially bleached or whitened chemically nor adulterated in any way whatever. Its color is a rich, creamy white—not a flat artificial white. Absolutely Wholesome. Every Package Guaranteed. FOR SALE BY GROCERS.

GOLD MEDAL FLOUR

Sold Wholesale. In Store and to arrive. G. I. ANDERSON, Agent, 165 Water St.

UNCLE SAM — INTERNATIONAL ORDER.

By GEORGE FITCH.

many when the John Bull boys aren't. It is to be hoped that the farmer will plant plenty of wheat and other things this spring. Uncle Sam's grocery business is larger than ever before.

Most European nations will be too busy fighting this year to monkey with the plow to any extent. They will have to go down to the corner grocery store a great deal next winter as they have this year. Uncle Sam keeps the largest and most reliable grocery on the globe. He has been selling flour and feed for many years, but of late he has had to put in many new lines to satisfy the trade.

Uncle Sam is an exceedingly busy man just now. When he isn't slicing bacon for France, he is wrapping up

beans for Great Britain, taking down a telephone order for canned goods for Russia and trying to get the neighbor boy to slip a sack of flour into Germany.

And then he has to let the paying trade wait around while he loads a wheelbarrow full of potatoes and bread for poor Belgium which was burned last summer and hasn't had a job since. Uncle Sam gives away more groceries than anyone else in

the business. This is because he is so fond of the dollar that he always has one on hand to give away when necessary.

The Argentine is also doing a corner grocery business, but it is a new place and off the main street. Uncle Sam has most of the trade and if business increases, a lot of his own children will have to merge breakfasts, dinners and suppers this year to save stock.

Uncle Sam will sell almost a billion dollars' worth of groceries this year and give away a lot besides. Some people think that if he ate them himself and shut off business the wars would stop for want of food to carry them on. But Europe can raise enough food to feed its soldiers. Only the women and children would starve if we shut up shop and they do not seem to be important enough to stop anything—at least a modern, civilized war.

THE NEW FRENCH REMEDY. THERAPION NO. 1

THERAPION NO. 2

THERAPION NO. 3

THERAPION FOR YOU

FREE BOOK TO DR. LE CLERCQ MED. CO. INVESTIGATE THE FACTS YOURSELF. THE NEW FRENCH REMEDY IS THE ONLY LASTING CURE. SEE THAT YOUR MARKET BOTTLE OF THERAPION IS ONE OF THE NEW FRENCH REMEDY. INHIBIT OR HAVING THERAPION.

"TIZ" PUTS JOY IN SORE, ACHING FEET

Use "TIZ" for tired, tender, sweaty, calloused feet and corns—It's grand!

"TIZ" makes sore, burning, feet fairly dance with delight. Get the aches and pains, the callouses, blisters, bunions and corns.

"TIZ" draws out the acids poisons that puff up your feet. matter how hard you work, how you dance, how far you walk, how long you remain on your feet. It brings restful foot comfort. "TIZ" magical, grand, wonderful for aching, swollen, smarting feet. how comfortable, how happy you are. Your feet just sing for joy. never hurt or seem tight.

Get a 25 cent box of "TIZ" from any druggist or department store. End foot torture forever—smaller shoes, keep your feet sweet and happy. Just think! a year's foot comfort for only 25 cents.

Coming Events at Rossle

Mr. Rossley is hoping to have East End Theatre in readiness for Easter Monday. The place is very fine now and the appearance of the hall has been so completely changed that it now looks like a first class theatre, all when the balcony and dress erected, it will be boon to the patrons. Mr. Rossley has worked hard to secure the comfort of patrons by installing the latest opera arm chairs, the latest not the dirt and germ breeding holstered horror, but a plain, surface chair that can be dusted the time and a comfort to the occupy them. New performer pictures, new music. The Theatre, "Ours," will be closed for Holy Week.

Here and There

ICEBERGS NUMEROUS.—Several icebergs, extending from Cape to this harbour were sighted today.

MEDICAL EXAMS.—The volunteers who recently enlisted with the Reserve Force will undergo their final examinations at the Armoury to-night.

Try "Cooking Nutter" makes cooking easy.—f22

"AT HOME" POSTPONED.—British Hall is now undergoing thorough renovation and in consequence the C. C. C. annual "At Home" will not be held during Easter week.

Wallace's Souvenir Box makes a quick seller. limited quantity on hand. mar 23, 25, 27

TWICE RETREATED.—The Bessie McDonald, laden with for Grand Bank, left here yesterday morning but had to return on account of adverse wind. She went off in the afternoon but with off bows had to retreat because of ice.

Your Volunteer in St. John's would like a box of Wood's Souvenir Chocolates.—m

WILL ENTERTAIN OFF.—The non-commissioned officer Nld. Regiment Reserve Force entertain their officers and instructors at Wood's West restaurant to-night.

Ask your dealer to show the Souvenir Box Pictures on cover. Call Pleasantville, Troopship "Zel" and Presenting the mar 23, 25, 27

UNRULY BOYS.—A telephone message was received at the police station last night from a P. Road grocer, complaining that of unruly boys were acting disorderly around his store. O'Keefe visited the place and spoke.

RACING.—LIVERPOOL, Mar 27.—The Grand National Steeplechase was won by Ally Sloper, with second, and Father Time third.

MINARD'S LINALMENT CURE FOR BURNS.