

Grandfather

Willard r i g e s,

majestic. in the

gloom; "You're

due for some

surprises." we

hear him bravely

granted I was

too dead to skin,

already to be

"you've

where

it for

boom;

taken

lovely hues that made her face lool

like a delicate rose came back; yet

"She is a great beauty," said the

illagers. "Her face is like a flower.

and her hair like gold. It's a pity

she's so sad; she doesn't laugh and

talk as other ladies do. She seems to

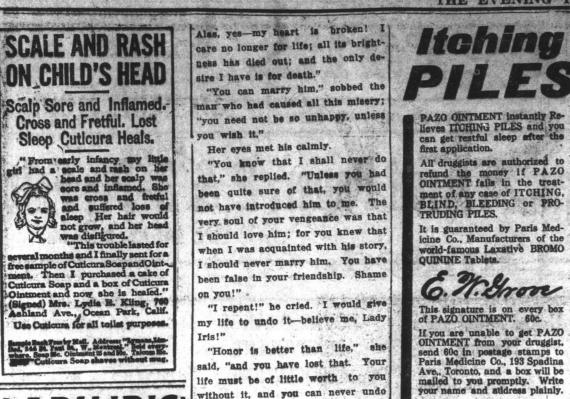
be thinking of some one who is far

way," and they little knew how near

Lady Iris was in the dining-ro

the truth they were.

she was wonderfully altered.



LADY IRIS' what you have done." His strong frame trembled with MISTAKE

"I swear to you that I have never nown one moment's peace or happiness since I did it." "Then heaven is just," she said cold-

'y; "I will finish what I came to say. as this may be the last time we shall meet. Your revenge is complete; you. wished to make me suffer, and I am suffering as much as any one could suffer and live. You have been the cause of this, John Bardon. I may live "You have thrown away a noble many years, but I shall never be a has gone away heart-broken, his life happy wife; I shall never know what

spoiled and blighted, his love and his a husband's love is. While my father hopes wrecked. 'Dead in life' he said lives I shall have one friend; but when sun." he should be, and you, the man he he died. I shall have none; and when, called his friend and trusted, have weary of my solitary life, my turn done this for him. This is one part comes to die, my name and that of of your vengeance-perhaps the most my race will die with me. You have cruel: for it has fallen upon the head done this for me, so that your revenge of one who was your true friend and should be complete. You have wreckliked you for your own sake." ed my life. I have enjoyed the world, "Your words torture me!" cried and have loved its gayeties and pleas-John Bardon, burying his face in his ures; but no nun will live a more se-

cluded life than I shall live now. I She did not seem to know what he leave you to proclaim to the world that the blow from your traitorous "The second part of your revenge hand has set me into solitude. Say,

Is upon me; and I have to tell you is not your revenge sweet?" "No," he cried, "I loved you with how well you have succeeded. I have, been arrogant, and proud of my name, passionate love; I hated you with and race; but my pride has been des- fierce hatred. It seemed to me that I troved. You have been very cruel to could not rest until I had punished me, John Bardon; but you have help- you: but now I would willingly die ed by your vengeance to make a bet- to undo what has been done." ter woman of me." "That cannot be," she said, turning

He held out his hand imploringly away from him. "And now that I have said what I came to say, I will leave but she did not seem to see him. "Now," she continued, "you will like you. I have told you how completely to know if you have made me suffer. you have succeeded in blighting two



planted heart, Iris," he said. "He is a man none may toll or who will always, whether you love spin. Because my locks are hoary, him or not, stand in the light of the because my hinges screech, you thought the field of glory was far beyond my reach. But soon I will She never cared to remember her be reigning a champion once more,

journey-it was so full of pain to her. for I've been busy training-though As they drew near Fenton Woods, her training is a bore. My elephantine father grew more sad and melancholy; labors with gloves and punching bag father grew more sad and metancholy, and she began to remember—what in bet on me and brag. The critics the midst of her own sorrow she had have rescinded their fatuous decrees. half forgotten-the fact that he had I am not broken-winded, I have no never liked the thought of going to spavined knees. I'll meet this Demp-Fenton. He had been so happy there sey person, and on that fateful day with her mother that he could not bear some bard will write a verse on his tombstone, right away." I fear when the painful memories associated with Dempsey whacks him with lusty biff and crack, 'twill merely prove

It was a beautiful place; the house the maxim that has-beens don't come stood on a hill, and the view of the back. I'd like to see Jess flourish surrounding country was magnificent. like yonder green bay tree, but faint At the foot of the hill nestled a little things to see. When to the ring I've village called Brook. The novelty of motored I'll root for him all day, seeing the house for the first time, the but, while I'd boost a dotard, I would pleasure of strolling in lovely wood- not bet that way. lands, distracted her attention for the

Household Notes. first three days. Lord Caledon began to hope that she had found a true

remedy for her sorrows: but after the Beets keep nicely packed in sand third day her melancholy returned. like turnips. The earl received a cordial welcome Finely cut

A 10-Day Tube of Pepsoden At your dealer's this week Present the coupon to the store named below. Make this delightful test this week. Watch the quick effects. The benefits will be a revelation to you.



## Teeth People Show

and teeth they don't-the difference lies in a new way to combat film

found/two ways to fight film. Many careful tests have proved their efficiency. Authori-tics now advise them, and leading dentists half the world over are urging their adoption.

A scientific tooth paste has been perfected to comply with modern requirements. These two film combatants are embedded in it. So one may now attack that film twice a day at

The name of that tooth paste is Pepsodent.

Other new effects

The saliva contains two great tooth-pro-tecting agents. One is a starch digestant, That is to digest starch deposits on teeth be-fore they ferment and form acids. The other is alkali, to neutralize the acids which cause

Means a new dental era

Old-time tooth pastes, based on soap and chalk, depress these factors in saliva. They reduce this tooth-protecting power on which so much depends. And they do not end the film.

A new method of cleaning has brought prettier teeth to millions. Also cleaner, safer teeth You see the results wherever you look. Teeth now glisten which before were dim. They show in smiles now where folks once concealed them. oncealed them. This is to tell you the reason, then to urge hat you make a free test.

## They remove the film

These millions have gained whiter teeth by simply combating film in this new way. Film is that viscous coat you feel. It clings o testh, gets between the testh and stays. The ordinary tooth paste does not effec-ively combat it. The tooth brush, therefore, has left much of it intact.

Film absorbs stains, making the teeth look dingy. Film is the basis of tartar. That is why teeth become cloudy and discolored. And some teeth-like smokers' teeth-be-come badly stained.

tooth decay. Certain food elements will multiply those tooth-protecting factors. But modern diet often fails to supply those elements regu-larly. Authority, therefore, desires the tooth paste to apply that stimulation twice a day. Pepsodent does that. It multiplies both the starch digestant and the alkalis in the saliva. Every application gives these natural toothe-protecting agents many-fold effects. Film holds food substance which ferments and forms acids. It holds the acids in contact with the teeth to cause decay. Germs breed by millions in it. They, with tartar, are the chief cause of pyorrhea.

Thus most tooth troubles are now traced a film. Those troubles have been constantly pressing for lack of a proper film com-

Now you can fight it

Dental science, after long research, has

'Phone 131



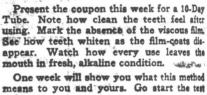
Endorsed by authorities, advised by leading dentists everywhere, and supplied by all druggists.

So Pepsodent brings a new dental era to people who employ it. It brings five desired effects which old ways do not bring. So mil-lions of people have come to adopt it, largely by dental advice.

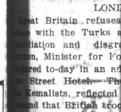


## One week will bring delightful changes

Pepsodent will quickly prove itself. The changes which you see and feel will very is soon convince you.



today.



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York Herald De d.)-General Harr r-in-Chief at Cont lerstood, has been overnment to den lists immediately ions of the Mudani Cabinet to-day su First Sea Lord. fer on the Near became still mor



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aid.

Signed) Mrs.

Hero of 'Surata'

CHAPTER XXX.

friend, whom you professed to love,

"The man whom you called your

"One night my husband came home looking so ill and worn out that I thought he would faint. I knew there had been something wrong with him for some time, but I could not get him to tell me what it was. Finally he confessed he was tired and sore all over. I made him go to bed. Next morning he insisted upon going to work although he was anything but well. I knew that his trouble was partly due to worry because for some months before he had been out of work. This put us so heavily in debt that the grocer and butcher refused to give us more credit. It was being out of work that worried my husband. He wouldn't eat because he was afraid there would not be enough food for the children. We were Dass." so poor that we had to keep the children from school because the had no clothes. I knew that if I could only get my husband strong and well again everything would be all right. He is a carpenter by trade and when in good health earns good wages and he is always sober and industrious. I knew that it was impossible for any man to do good work when he was ill and worried. I decided to speak to our old family doctor to speak to our old family doctor, who had retired from practice. When I explained how we were situated he gladly offered to do all he could to help us, although he didn't like to interfere with the new doctor's practice. Finally he said, 'What your husband needs is a good tonic and I know of nothing better than Carnol.' I thought that if our old family doctor recommends Carnol it must be all right. On my way home I got a bottle and before the first bettle had been used, my husband was a changed man: After he had taken four bottles his ap-petite returned, he had more energy, that tired look in his eyes-disappeared and what is most im-portant his wages have been more than doubled and he is now super-intendent of the wood working shop in which he formerly worked ws a carpenter. Thanks to Carnol our troubles are over and we are once more a happy and contented doctor recommends Carnol it must

our troubles are over and we are once more a happy and contented family." Carnol is sold by your druggist, and if you can conscientiously say, after you have tried it, that it hasn't done you . any good, return the empty bottle to him and he will refund your money. 10-622

ives: you will perhaps enjoy you own all the better for thinking o that." "I shall think of it with sorrow and

regret," he returned. A faint ripple of scorn passed over

the pale face.

You have not even the courage your crime," she said. "You tell a lie that ruins two lives, and then express regret for it. I really think that should prefer a more hardened crim inal."

She walked with her usual stately step to the door, but he threw himself before her; he tried to clasp her hand, but she would neither look at him nor listen.

"I have said all that I came to say, and I have not a word to add. Let me

He was so overawed by her dignity, by the imperious gesture and the proud face, that he drew back; and she passed out of his presence forever.

CHAPTER XXXI.

"But you, had you chosen, had you stretched hand, Had you seen good such a thing were done, too might have stood with the souls

that stand In the sun's light, clothed with the light of the sun. But now who on earth need care how I

live? Have the high gods anything left to

Lady Iris read these lines when she pened the letter sent by Allan, and to hem were added a few words of his. wn. She would have heard, he wrote, that an outbreak had occurred among some of the frontier tribes of India, which it was anticipated would have erious results; he was exchanging therefore into a regiment ordered to India at once. "And," he added, "Heaven being nerciful to the miserable, I hope to

die there. Life which parts me from you is a thousand times more bitter than death. If you see as I pray you may-my name among the list of kil-

cranberry jelly. after his long absence. The bells of Eggs are delicious baked in scoon Brook Church pealed merrily, and the ed-out baked potatoes. villagers came up in a friendly, simple, Sweet potatoes are delicious seal

old-fashioned way to greet the earl loped with marshmallows. To cure a bad nose-bleed, inject a and his daughter.

little lemon juice up the nostrils. Lord Caledon and Lady Iris lived in Sweet potatoes are good baked and close retirement. The wind that came stuffed with cooked sausage meat. from the pine woods was refreshing To prevent pared fruit from turnand invigorating, and the deathly pal- ing dark, pour a little lemon juice lor soon left Lady Iris's face. Her over it.

After making shallot vinegar, aleyes grew brighter, and the dainty low to stand for 3 weeks, and shake every day

and dates.



Science Now Proves How Com-plexion Is Quickly Beautified Through the Blood



give, Save dust and laurels and gold and

Which gifts are goodly; but I will

Quickly and Gioriomsty" is rich with vitamines-and-iron. This recipe of Nature, "Ironized Yeast," is now being used by thou-sands of men and women with start-ling, yet perfectly natural, results. It gives you yeast-vitamines-iron-ized, containing iron in the form in which it exists in the human body. It is not a mere mixture of yeast and iron, but is yeast ironized, which is a substance all by itself, Muddi-ness, that great beauty robber, gives substance all by itself. Muddi-that great beauty robber, gives to a lly-purity which nothing on earth can produce. Pimples, kheads, spots, eruptions? They me practically an impossibility! y checks, firmer and younget ing skin, rose-petal purity, vel-softness,—all natural! Imagine a skin further beautified by favorite cream and pewder. think of it is lovely. To have modern miracle! Begin taking itsed Yeast today. There is only fronised Yeast in the world, sold II druggists at \$1.00 a package. h package contains 60 tablets, tablet is sealed. They never their power. Harold F. Ritchie & Lid., Toronto, Sales Agents. ( Ge

Chopped green peppers, nutmeg and butter make savory seasoning for baked stuffed potatoes. Halved boiled sweet potatoes are xcellent cooked en casserole with artically cooked sausage. If apples are rather tasteless add-

and sweeten to taste.

o launder and change.

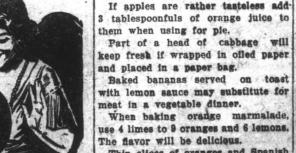
An excellent filling for winter pies

When cooking prunes add about %

If double blankets are cut apart

and bound separately, they are easier

is made by combining dried apricots



Thin slices of oranges and Spanish mion are appetizing served on leted Yeast Has Cleared My Skin Quickly and Gloriously!" tuce with French dressing. It adds to the food value of baked

otatoes to brush them with fat or outter before putting them in ven-Matresses should be cleaned with

the wide-mouthed suction tool of the vacuum cleaner at least four times a year

Pencil marks on boys' cuffs should be removed with an eraser before sending the garment to the laundry. A novel garnish for that Thanks-

giving turkey is potato cones made of mashed potatoes sprinkled with paprika. An attractive dessert is made by

piling strips of Fig Newtons around a center of whipped cream garnished with jelly.

Dried fruits and vegetables



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