SCALE AND RASH ON CHILD'S HEAD

Scalp Sore and Inflamed. Cross and Fretful. Lost Sleep Cuticura Heals.

"From early infancy my little girl had a scale and rash on her head and her scalp was sore and inflamed. She was cross and fretful and suffered loss of sleep. Her hair would not grow, and her head was disfigured.

"This trouble lasted for several months and I finally sent for a free sample of Cuticura Soap and Ointment. Then I purchased a cake of Cuticura Soap and a box of Cuticura Ointment and now she is healed." (Signed) Mrs. Lydia R. Kling, 760 Ashland Ave., Ocean Park, Calif.

Use Cuticura for all toilet purposes.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

LADY IRIS' MISTAKE;

— or the —

Hero of 'Surata'

CHAPTER XXX.

"The man whom you called your friend, whom you professed to love, has gone away heart-broken, his life spoiled and blighted, his love and his hopes wrecked. 'Dead in life' he said he should be, and you, the man he called his friend and trusted, have done this for him. This is one part of your vengeance—perhaps the most cruel; for it has fallen upon the head of one who was your true friend and liked you for your own sake."

"Your words torture me!" cried John Bardon, burying his face in his hands.

She did not seem to know what he said.

"The second part of your revenge is upon me; and I have to tell you how well you have succeeded. I have been arrogant, and proud of my name and race; but my pride has been destroyed. You have been very cruel to me, John Bardon; but you have helped by your vengeance to make a better woman of me."

He held out his hand imploringly but she did not seem to see him.

"Now," she continued, "you will like to know if you have made me suffer. Alas, yes—my heart is broken! I care no longer for life; all its brightness has died out; and the only desire I have is for death."

"You can marry him," sobbed the man who had caused all this misery; "you need not be so unhappy, unless you wish it."

Her eyes met his calmly.

"You know that I shall never do that," she replied. "Unless you had been quite sure of that, you would not have introduced him to me. The very soul of your vengeance was that I should love him; for you knew that when I was acquainted with his story, I should never marry him. You have been false in your friendship. Shame on you!"

"I repent!" he cried. I would give my life to undo it—believe me, Lady Iris!"

"Honor is better than life," she said, "and you have lost that. Your life must be of little worth to you without it, and you can never undo what you have done."

His strong frame trembled with emotion.

"I swear to you that I have never known one moment's peace or happiness since I did it."

"Then heaven is just," she said coldly; "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 many years, but I shall never be a happy wife; I shall never know what a husband's love is. While my father lives I shall have one friend; but when he died, I shall have none; and when, weary of my solitary life, my turn comes to die, my name and that of my race will die with me. You have done this for me, so that your revenge should be complete. You have wrecked my life. I have enjoyed the world, and have loved its gayeties and pleasures; but no nun will live a more secluded life than I shall live now. I leave you to proclaim to the world that the blow from your traitorous hand has set me into solitude. Say, is not your revenge sweet?"

"No," he cried, "I loved you with a passionate love; I hated you with a fierce hatred. It seemed to me that I could not rest until I had punished you; but now I would willingly die to undo what has been done."

"That cannot be," she said, turning away from him. "And now that I have said what I came to say, I will leave you. I have told you how completely you have succeeded in blighting two lives; you will perhaps enjoy your own all the better for thinking of 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 of your crime," she said. "You tell a lie that ruins two lives, and then express regret for it. I really think that I should prefer a more hardened criminal."

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 pass."

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,
I 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 give,
Save dust and laurels and gold and sand?
Which gifts are goodly; but I will none."

Lady Iris read these lines when she opened the letter sent by Allan, and to them were added a few words of his own. 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 serious results; he was exchanging therefore into a regiment ordered to India at once.

"And," he added, "Heaven being merciful 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 killed, say to yourself that Heaven has called home the most wretched of men."

It was the only letter she received from the man she loved, and she kept it amongst her most precious treasures. It reached her on the morning of the day that she was leaving Chandos, and she showed it to her father. The perusual of it moved him.

"You have thrown away a noble heart, Iris," he said. "He is a man who will always, whether you love him or not, stand in the light of the sun."

She never cared to remember her journey—it was so full of pain to her. As they drew near Fenton Woods, her father grew more sad and melancholy; and she began to remember—what in the midst of her own sorrow she had half forgotten—the fact that he had never liked the thought of going to Fenton. He had been so happy there with her mother that he could not bear the painful memories associated with it.

It was a beautiful place; the house stood on a hill, and the view of the surrounding country was magnificent. At the foot of the hill nestled a little village called Brook. The novelty of seeing the house for the first time, the pleasure of strolling in lovely woodlands, distracted her attention for the first three days. Lord Caledon began to hope that she had found a true remedy for her sorrows; but after the third day her melancholy returned.

The earl received a cordial welcome after his long absence. The bells of Brook Church pealed merrily, and the villagers came up in a friendly, simple, old-fashioned way to greet the earl and his daughter.

Lord Caledon and Lady Iris lived in close retirement. The wind that came from the pine woods was refreshing and invigorating, and the deathly pallor soon left Lady Iris's face. Her eyes grew brighter, and the dainty lovely hues that made her face look like a delicate rose came back; yet she was wonderfully altered.

"She is a great beauty," said the villagers. "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 away," and they little knew how near the truth they were.

Lady Iris was in the dining-room when her father sent for the butler and began to ask him about some of the villagers he had known. Some were married, he was told, and some dead and gone; but those that remained were very glad that he had come back. A sad thing had happened, the butler said.

"Your lordship of course remembers the old nurse Esther Rowson, whom you pensioned off?"

The earl's face changed at the mention of her name, and he said, "Yes, he remembered Esther, and he hoped she was getting on well."

(To be continued.)

"WHAT YOUR HUSBAND NEEDS"

"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 so poor that we had to keep the children from school because they 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. But 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, 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 bottle had been used, my husband was a changed man. After he had taken four bottles his appetite returned, he had more energy, that tired look in his eyes disappeared and what is most important his wages have been more than doubled and he is now superintendent of the wood working shop in which he formerly worked as a carpenter. Thanks to Carnol 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

Itching PILES

PAZO OINTMENT instantly Relieves ITCHING PILES and you can get restful sleep after the first application.

All druggists are authorized to refund the money if PAZO OINTMENT fails in the treatment of any case of ITCHING, BLIND, BLEEDING or PROTRUDING PILES.

It is guaranteed by Paris Medicine Co., Manufacturers of the world-famous Laxative BROMO QUININE Tablets.

E. W. Grove

This signature is on every box of PAZO OINTMENT. 60c.

If you are unable to get PAZO OINTMENT from your druggist, send 60c in postage stamps to Paris Medicine Co., 193 Spadina Ave., Toronto, and a box will be mailed to you promptly. Write your name and address plainly.

(MADE IN CANADA)

THE COME-BACK.

Grandfather Willard rises, majestic, in the gloom; "You're due for some surprises," we hear him bravely boom; "you've taken it for granted I was too dead to skin, already to be planted where none may toil or spin. Because my locks are hoary, because my hinges screech, you thought the field of glory was far beyond my reach. But soon I will be reigning a champion once more, for I've been busy training—though training is a bore. My elephantine labors with gloves and punching bag have so inspired my neighbors, they bet on me and brag. The critics have rescinded their fatuous decrees, I am not broken-winded, I have no spavined knees. I'll meet this Dempsey person, and on that fateful day some bard will write a verse on his tombstone, right away." I fear when Dempsey whacks him with lusty biff and crack, 'twill merely prove the maxim that has-beens don't come back. I'd like to see Jess flourish like yonder green bay tree, but faint the hopes I nourish, they're sickly things to see. When to the ring I've motored I'll root for him all day, but, while I'd boost a dotard, I would not bet that way.

Household Notes.

Beets keep nicely packed in sand like turnips.

Finely cut celery is delicious in cranberry jelly.

Eggs are delicious baked in scooped-out baked potatoes.

Sweet potatoes are delicious scalloped with marshmallows.

To cure a bad nose-bleed, inject a little lemon juice up the nostrils.

Sweet potatoes are good baked and stuffed with cooked sausage meat.

To prevent pared fruit from turning dark, pour a little lemon juice over it.

After making shallot vinegar, allow to stand for 3 weeks, and shake every day.

An excellent filling for winter pies is made by combining dried apricots and dates.

When cooking prunes add about ¾ cupful of cranberries to each pound and sweeten to taste.

If double blankets are cut apart and bound separately, they are easier to launder and change.

Chopped green peppers, nutmeg and butter make savory seasoning for baked stuffed potatoes.

Halved boiled sweet potatoes are excellent cooked en casserole with partically cooked sausage.

If apples are rather tasteless add 3 tablespoonfuls of orange juice to them when using for pie.

Part of a head of cabbage will keep fresh if wrapped in oiled paper and placed in a paper bag.

Baked bananas served on toast with lemon sauce may substitute for meat in a vegetable dinner.

When baking orange marmalade, use 4 limes to 9 oranges and 6 lemons. The flavor will be delicious.

Thin slices of oranges and Spanish onion are appetizing served on lettuce with French dressing.

It adds to the food value of baked potatoes to brush them with fat or butter before putting them in the oven.

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 Thanksgiving 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 must be thoroughly washed before using. Shaking in a screw-top jar with water is advisable.

A helpful idea is to keep on hand a large basket into which lay all little pieces of ribbon, collars, etc., which need pressing.

Shredded hard cabbage, sliced sweet green and red peppers, and chopped walnuts or pecans make a delicious salad.

Instead of serving pancakes with syrup as usual, sprinkle cakes generously with cheese, roll or fold and serve immediately.

Tack a strip of heavy asbestos across the end of your ironing board. It is more convenient than the ordinary ironstand.

If menus are carefully planned ahead less trips to market are necessary and groceries can be bought in large quantities.

Ironized Yeast Brings Marvelous Beauty to Skin

Science Now Proves How Complexion Is Quickly Beautified Through the Blood

There is nothing in the world today which is producing such a sensation as this simple discovery! Pick out anyone who has healthy rosy cheeks and a ravishingly beautiful complexion, and you have picked out an individual whose blood

"Ironized Yeast Has Cleared My Skin Quickly and Gloriously!"

is rich with vitamines-and-iron. This recipe of Nature, "Ironized Yeast," is now being used by thousands of men and women with startling, yet perfectly natural, results. It gives you yeast-vitamines-ironized, 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. Muddiness, that great beauty robber, gives way to a lily-purity which nothing else on earth can produce. Pimples, blackheads, spots, eruptions? They become practically an impossibility! Rosy cheeks, firmer and younger looking skin, rose-petal purity, velvety softness,—all natural! Imagine such a skin further beautified by your favorite cream and powder. To think of it is lovely. To have it, a modern miracle! Begin taking Ironized Yeast today. There is only one Ironized Yeast in the world, sold by all druggists at $1.00 a package. Each package contains 60 tablets, each tablet is sealed. They never lose their power. Harold F. Ritchie & Co., Ltd., Toronto, Sales Agents. Get ready to be supremely happy.

Free

At your dealer's this week A 10-Day Tube of Pepsodent. 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.

When film-coats make teeth dingy — Pearly teeth which one delights to show — When teeth do not glisten — When film removal makes teeth shine

Teeth People Show

and teeth they don't—the difference lies in a new way to combat 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.

This is to tell you the reason, then to urge that 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 to teeth, gets between the teeth and stays. The ordinary tooth paste does not effectively 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—become badly stained.

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 to film. Those troubles have been constantly increasing for lack of a proper film combatant.

Now you can fight it

Dental science, after long research, has found two ways to fight film. Many careful tests have proved their efficiency. Authorities 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 embodied in it. So one may now attack that film twice a day at home.

The name of that tooth paste is Pepsodent.

Other new effects

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

Certain food elements will multiply those tooth-protecting factors. But modern diet often fails to supply those elements regularly. 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 tooth-protecting agents many-fold effects.

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.

So Pepsodent brings a new dental era to people who employ it. It brings five desired effects which old ways do not bring. So millions 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 soon convince you.

Present the coupon this week for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear. Watch how every use leaves the mouth in fresh, alkaline condition.

One week will show you what this method means to you and yours. Go start the test today.

Pepsodent TRADE MARK

The New-Day Dentifrice

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

Present the coupon this week to

T. McMurdo & Co.
ST. JOHNS

10-DAY TUBE FREE

Present this coupon, with your name and address filled in, to the store named. It is good for a 10-Day Tube of Pepsodent.

Your Name.....

Address.....

Out-of-town residents should mail this coupon to The Pepsodent Company, 1104 So. Wabash Avenue, Chicago, Illinois, U. S. A., and the tube will be sent by mail.

Only one tube to a family. N—IX

Safeguard Your Prints

Just make it a habit to put one of each of your "Snaps" securely in an album so that you've got them for reference, otherwise you'll find you've often given away the very ones you wanted to keep particularly.

Albums are a photographic necessity, but not an expensive one if you shop at Tooton's, where there is a magnificent stock of Snap Shot Albums in all grades and sizes, and in a wide range of prices.

TOOTON'S,
The Kodak Store, : Water Street
'Phone 131

ST. JOHN'S GROCERY STORES.

By to-day's train:

Fresh Rabbits, 80c. Brace.

Fresh Partridge, $1.00 Brace.

Finest Family Beef 12c. lb.

Fat Back Pork, 16c. lb.

Potatoes, 12c. gallon.

Cabbage, 5c. lb.

J. J. ST. JOHN,
DUCKWORTH STREET and LeMARCHANT ROAD.

Coke

Of the best quality for sale at the Gas Works. An excellent substitute for Antracite Coal and the best smokeless fuel for Domestic or Industrial use. Clean, Efficient and Economical.

Book your orders early to be ready for the cold weather.

Our price, sent home, $[illegible] per ton of 2240 lbs.

Note—A sack of coke may be purchased for seventy-five cents.

ST. JOHN'S GAS LIGHT COMPANY.

sept19.tf

Maple Leaf MATCHES!

Ask for them by name, it's your guarantee.

BAIRD & CO., Agents, Water Street, East.