

"My Heart Would Palpitate, I Had Weak Spells"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont., writes:

"I took very sick with my nerves and stomach, and seemed to be all run down. At times my heart would flutter and palpitate so and I would take such weak spells in the pit of my stomach that I sometimes thought I would never get better. I had almost given up hope when a friend advised the use of Dr. Chase's Nerve Food. I had not sleep since I had taken twenty-five boxes. It has done wonders for me and I want to recommend it to everyone."

DR. CHASE'S NERVE FOOD

GERALD S. DOYLE, Distributor.

At the Mouth of the Treacherous Pit
STORY OF LOVE, INTRIGUE AND REVENGE

CHAPTER VII.

"I will," he said bravely. He knew how that she loved him, but it mattered little, since the knowledge came too late. His eyes lingered on her face. It had never appeared so beautiful to him; the secret she had locked in her heart was all told there; the look was on her face that only one man ever brings to the face of a woman, and that is the man she loves. She might try to hide it, but he could read her secret.

"I think," she said, gently, "that I must go back. My father will wonder at my long absence."

"Dolores," he said—"forgive me if I still use the name you will never again be Dolores to me—this is our farewell. True, I shall drive you home, and perhaps spend an hour with you there; but, standing face to face, soul open to soul, as will never happen again, this is our farewell. Will you kiss me once before we part?"

She drew back from him with shy, sweet grace, remembering her words when Lord Rhyeworth had kissed her. "I will never give even one thought to any other man."

"Do not be angry with me," she said—"I cannot. My word is plighted, my kisses are no longer mine to give."

He bowed, respecting the decision of her pure heart.

"Any man may safely place his honor in her hands," he thought.

"Then she held out her hand to him. "Good-by, Sir Karl." There were tears in her eyes and in her voice.

"Must it be good-by?" he asked, a feeling of despair stealing over him. "Must it be farewell?"

"Yes, while we are both strong and have nothing to regret," she answered. He took her hand in his and held it.

"I pray," he said solemnly, "that I may meet you in a happy hereafter."

Then he kissed her hand, and they went back to the house together without speaking another word.

In silence he drove her home, and in silence he left her again. Both their hearts were too full for words. The present was full of misery, and the future all dark.

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."

Another Nervous Woman Finds Relief
Port Huron, Michigan.—"I suffered for two years with pains in my side, and I worked very much. I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

Plants Coughs Like Man

GROWS IN THE TROPICS. Cranky Member of Vegetable Kingdom Shows Great Dislike for Dust.

Human habit in plant life is that of coughing. However, only one plant is known to cough. This is a certain bean that grows in the tropical regions.

The coughing plant is a very cranky member of the vegetable kingdom and has a great dislike for dust.

As soon as a few grains of it gather on its leaves, the air chambers that cover the face of the leaves and are the breathing organs of the plant become filled with gas and swell until with a slight explosion and a sound that resembles a human cough, the gas is expelled and blows away the troublesome dust.

Exiled Duke of Brunswick

RETURN TO HIS ESTATES. BRUNSWICK, Germany, June 21.—(A.P.)—Ernest August, Duke of Brunswick-Lüneburg and son-in-law of the ex-Kaiser, who has been living in Gmund since the revolution waiting for better days, is reported to intend to return to Brunswick and take up his abode in Blankenburg Castle.

This announcement gives evidence of the fact that the province of Brunswick is about to arrange for a final settlement of the problem of disposing of the property of the former reigning house. Like the Hohenzollerns in Prussia, the Brunswick grand-ducal family has been engaged in a lawsuit with the state government.

The litigation is so involved and is costing the state so much money, that a bill has been introduced in the provincial assembly by which the whole problem is to be settled by compromise. By the terms of the bill the government renounces all claims to Blankenburg Castle, the forests formerly belonging to the grand-ducal hunting estates, certain estates in Heimburg, Hesse and Lichtenberg, and a valuable stud in Harzburg.

"What am I to answer?" he said, with a forced smile. "I cannot say that it is right, and it seems unkind to say that it is wrong."

"Promise me this, at least, that you will forget what you may think of the imprudence, and remember only the interest in yourself which prompted me to come. Will you promise me that?"

"Yes," he replied. "I may safely promise that, I am sure you meant it kindly."

He seemed to treat the whole matter as a friendly interview, and this did not please Lola.

"Kindly!" she repeated, bitterly. "What a word to use to me! I am not kind to you. In coming to say good-bye to you, I have been kind to myself."

She drew a little nearer to him, her warm, white hand lying still in his.

"How could you, Sir Karl, be so cruel as to do that to me? Tell me honestly, had you no idea of the trouble and sorrow it would give me?"

"I know you are always very good to me," he replied; "but I could not possibly think that the going or coming of a mere acquaintance like myself would be of any moment to you."

He said this purposely; to show her this was no love scene in which she had forced him, as it were, to take a part. She withdrew her hand suddenly from his clasp, and stood before him erect and haughty.

"Do you mean that you look upon yourself as nothing but a mere acquaintance—nothing nearer or dearer? Is that the end of all our happy hours together—a mere acquaintance—while I have been so proud and happy in thinking you my friend?"

He was again somewhat embarrassed. The passion in her face and voice startled him. What was he to do with this impetuous girl? He looked gravely at her.

"The word 'friend' is a sacred one," he said; "it implies a great deal—affection, fidelity, forbearance, and loyalty."

"And will you not give those to me?" she asked.

(To be continued.)

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Try this recipe for NUT BREAD: 4 cups flour, 6 teaspoons baking powder, 1 teaspoon salt, 1 cup sugar, 1 cup English walnuts, 1 cup milk, 2 eggs. Mix and sift dry ingredients and add the chopped nuts. Add milk and well beaten eggs. Put in two buttered pans and let stand 20 minutes. Set your oven heat regulator at 375 degrees and bake for 20 minutes. Estimates and full particulars gladly furnished by

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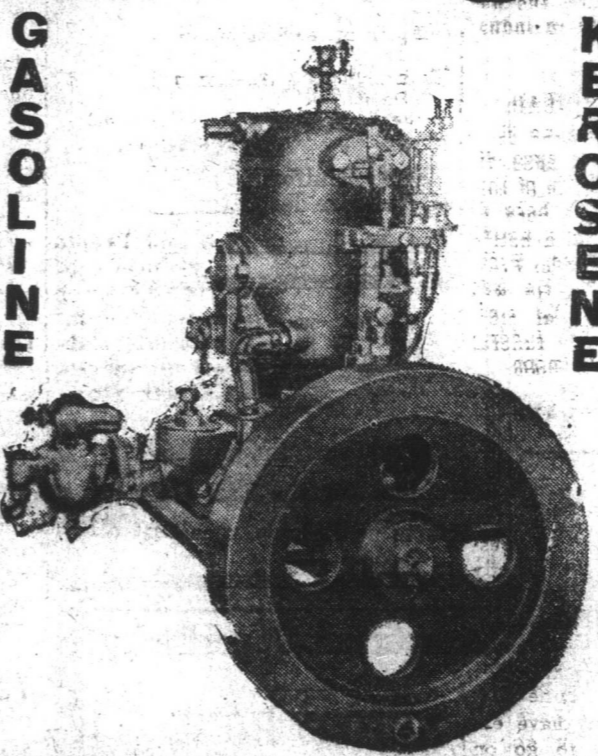
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MINARD'S LINIMENT, THE ATHLETIC'S BENEDICTION.

Invitation U.S.

British sails, dent, Cause, tion, Mant

UNITED STATES

The United States to send a representative to the proposed Allied Conference in any Government of the Government of Japan, the nations of the conference to represent the conference.

THE MEXICAN

Mexican and British recognition of the City after having der order of the cleared yesterday here to visit the sailed what the inexactitudes of the Mexican fish agent was discourteous in Government as was a prisoner from June 10th. President Obregon's transportation order was made arrangements for Mr. Cummins completed.

AMUNDSEN HAD

A special despatch from Pisa, stating that Ronald Amundsen's Polo expedition is ready and the balance of the chase price is \$10,000. Italy will organize the expedition under Amundsen's plan, and the expedition who was to have the Norwegian expedition according to the offered the position but stated he was in a subordinate position. He is still in Mexico.

BRITISH COLONIAL VANCOUVER reports last in the standing of Provincial election. Independent Liberal and Conservatives. The now the chief in political circles to change results in the vote. The votes were July 12.

COMMUNISTS DEFYING CONSTITUTIONAL group of Radicals attempt to dominate Valhalla, in Gran have instituted the against settlers of according to farm hood who arrive. According to this bers of the party, the Lakeview Co have openly stated to themselves and and instructions to settlement are got to their ideals of

OIL COMPANY WASHINGTON Fifty or more of companies of the A stacked in suit-