AS HEALTHFUL AS IT IS GOOD--

is not adulterated in any shape or form, and because pure is healthful.

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indeed, Marjorie. I am sure ou will be far more likely to forget me, when you are having gay times abroad, and visiting innumerable places of interest. Then, too, you move in a very different circle, and will have much to distract your mind," Helen returned, while she drew the petite form of her companion into her arms and softly kissed her white forehead. "Do you think all the sight-seeing, good times, and gay company in the

my love for you?" queried Marjorie, with an injured pout. "I am sure, I hope not, dear," said Helen, smiling at her mood.

world could make any difference with

"Do you think it would make any difference in your love for me, if the conditions were reversed?" suddenly questioned the girl, with a startled look in her innocent eyes.

"Marjorie!" exclaimed Helen, in a wounded tone; "you know that it would not; environment amounts to nothing if the individual is pure and noble and honest."

"The world in general doesn't think o," objected her companion musingly; "if you haven't money and position you are nowhere socially, you might as well be out of existence altogether." "That is putting it rather strong,

Isn't it?" queried Helen, smiling. "I know it is so to a large extent, but it will come when money will not be the chief factor, in the world's opinion, but that men and women will be estimated lieve that of me?" exclaimed the girl, and judged according to their real as she turned and faced her friend, character and worth," she concluded laid her jeweled hands upon her

"Helen, would you marry a poor face, man?" inquired Marjorie, sitting erect, upon her. Helen flushed, then smiled at the

question. "I certainly would never marry a rich man unless I was sure he was

she replied. Marjorie gaily retorted. "Would you acters. marry a poor man? By poor, I mean one who might have to work at some to keep a servant. Could you bear to your influence." wash and iron, bake and brew, make all your own clothes, and, perhaps, girl's better nature was aroused, and what reluctant response.

marry with all that in view?" Helen laughed out merrily. What an appalling array of bugbears!" she exclaimed. Then she grew home' I do not mean a luxurious one, each other when we meet again." and, if"-the color warmly flushing here cheeks-"I loved a man well enough to become his wife, a very simple home would satisfy me, while, ance in helping to rebuild his fallen washing ironing, baking, and brewing, tained in that epistle. or even playing nurse, to the extent of my ability, if it became necessary for me to lend a hand so far, for I love to be busy, Marjorie, and I should be very unhappy to be idle, if my husband was burdened, although one na- ing news. turally prefers to choose one's employ-

shall never marry any but a rich man, icans. I should be perfectly wretched unless A word regarding the woman may

all these to begin with, and then ad- his career in the midst of the most verse circumstances suddenly de- flattering prosperity. prived your husband of all his wealth?" aid Helen.

on her companion's brow. "Oh, well," she returned, with a on she had been as gay as any girl. | your plans; I have nothing to keep note of impatience in her tone, "he'd She had a generous income, which me, you know." have to manage to take care of me, enabled her to live luxuriously, and to band must also be handsome, cultiup to a certain limit, and she was

vated and everything that is nice. somehow. And," she added, "my hus- gratify her taste for dress and show we should delay, only"-with a flush of vated and everything that is nice. pretty sure to find this limit every in sympathy with your mother's matri-You see, Helen, I expect a great deal In my lord that is to be."

returned, and for the first time experi- hand." encing a sense of disappointment in her friend; "but I should gauge him was ended, she put Marjorie into a but from eager anticipation, in view from a moral and intellectual stand- boarding school in San Francisco, of meeting handsome Robert Egglespoint, rather than from his financial which city had been her home during

and social position, and-"

EVER HAVE CRAMPS?

Kind of fierce to be tied up in a daughter's last year at school, and had knot at midnight with cramps. Keep arranged for her, upon her graduation, Nerviline handy. Ten drops quiets to go to her sister-in-law, Mrs. Sturdy- ing, which was the day that the Seycramps instantly. Used occasionally, vant, whose home was in Buffalo, New Nerviline prevents this trouble entire- York, and who had recently built her- city home. ly. From Stratford, Ont., Wm. Dee self a summer home in the Adironwrites: "Nothing I know of will give dacks. Thus we found them neighbors parations immediately, and was busy such quick relief to cramps, colic or of the Seymours. pain in the stomach as Nerviline. If Mrs. Ellsworth had also planned to the day. you feel squeamish or sick, just ten have them join her abroad in the fall,

drops of Nerviline in water and you're when she proposed to "polish Mar-

"And I should feel that it was in- him twice, and he was very courteous cumbent upon me to give just as -remarkably so, considering the cir-

can marriage be harmonious." you analyze and dissect every subject! der what I have to bestow upon my future liege in return for the hand, heart and fortune which I shall expect him to lay at my feet?"

"I hope that you will, at least, have spirit of self-sacrifice."

"Oh, dear! What a humdrum, prosaic life this would be, if everybody be within three weeks, at the out-took such serious views of it as you side."

| Saic life this would be, if everybody be within three weeks, at the out-levels of the country, we shall speedly discover that the old Salton Desert is indo!" sighed Marjorle, with another shrug, but with a self-conscious flush on her cheeks. "I expect you think I her sister to execute for her in New east of the basin, is 137 feet.

free existence there is a vein of pure with the least possible delay. tions to bring it forth, that it may this epistle, which at once aroused we have here a great depression not only gold, which needs only right condishould not be, and I believe the time brighten and enrich other lives, as well Marjorie's keenest curiosity. as your own."

"Helen Seymour, do you really be shoulders, and earnestly searched her

"I certainly do, Marjorie," was the and bending a curious, searching look hearty response. "You know that folded her mother's letter after commamma and I believe in looking for pleting its perusal. what is best in everybody. You re- of dismay thrilled her. She had enmember the old saw, 'Think a man tirely forgotten her sister's postscript, waiting fields. Some years ago enterprisa thief, and you will help to make him or she never would have allowed the ing men who saw the situation, realizing one. So on the same principle if you girl to read the missive by herself. The worthy of my confidence and esteem," look for what is good, and noble, and she replied.

"Wilton episode" was supposed to be alluvial soil, began to use this great pure in people, you will help to bring a sealed book in Marien Ellsworth's natural main by constructing a secondary, carrying to evade me." out those very qualities in their char-

one who might have to work at some trade for a living, who could not give that a thrill of earnest longing in her you a beautiful home and nice things to wear, and for whom you might have to wear, and for whom you might have the with a sudden rush of hones, and with a sudden rush of hones, and for whom you might have to work at some with you," Marjorie here burst torth, whom your mother was factor. The younger days."

It was in 1790 that Oliver Evans, of certain old river channels emptying, or, rather, opening, into the lower part of the salten basin. Recently, for the salten basin. Recently, for the salten basin. The younger days."

By Evans' system, from the moment the of wider service, new intakes from the of wider service, new intakes from the wagon to the

And she meant it; for once, the have to play nurse, besides? Could you she longed to become pure and true, as she knew her friend to be.

"Dearest," said Helen, as she softly serious again. "No, dear; I think it life problem; no one can borrow oil I can't see why she should have wanted would be very unwise for any girl to of his neighbor. There is good in every to resurrect them after all these years. marry a man who was unable to give one, and he will grow pure and noble Now, what do you think," she hastily her at least a comfortable home. I in proportion as he cultivates that good interposed, as if anxious to change the think it would be inconsiderate and in himself. You must work for that subject, "about closing the house a wrong for a man to ask a woman to must work for that subject, "about closing the house a abouts is slowly rising; that once upon a time the head of the Gulf of California the older one there was no comparison much for her. But by a 'comfortable' shall be conscious of great growth in mother suggests?"

The Evans system—between which and forting the abouts is slowly rising; that once upon a time the head of the Gulf of California the older one there was no comparison was farther north, and received the Colorado there; and in those days the mud shall be conscious of great growth in mother suggests?"

Marjorie secretly wondered what their respective spheres would be, and fate should have thrown Helen Seyher eyes drooped with a sense of conscious guilt as she remembered a let- her scheming mother, who already was Indio was cut off entirely from what now If he met with reverses after we were ter which her aunt had that day remarried, I should never be afraid of ceived from her mother, and certain work as long as he needed my assist- schemes which had taken form in her own fertile brain, and which had been fortunes. I should not even mind the founded upon the information con-

The letter referred to in the preceding chapter had been full of interest-

I could have a lovely home, and beau- not come amiss just here. She had tions prompted her to fall in with her "Well, but suppose you could have her husband having been cut short in gle, during which self conquered, she

After one year of mourning (?) Mrs. Sturdyvant's question: Ellsworth had begun to mingle again A frown of annoyance gathered up- in society, which, to her, was the only suppose we might as well go one time life worth living, and from that time as another, if it will not interfere with

though not very often, for she found is detestable." "Yes, and so do I," Helen gravely it "so uncomfortable to get behind-

When her year of irksome seclusion nd social position, and—"

"Well, and what?" queried Marjorie posed of a tiresome responsibility, she prepared to enjoy her freedom to the utmost.

She had been abroad during her

jorie off" in the languages, and prepare

wilty. Then, when the girl was well CALIFORNIA DESERT settled and off her hands, she fondly hoped to secure for herself an eligible parti, and so float along through life at ease upon the topmost waves of

uxury and pleasure. But, to return to her recent letter. She described, in an enthusiastic manner, her location and surroundings. St. Moritz was the most charming spot in the universe, and had been unusually gay during the season; drives, excursions, hops and receptions had kept her spoke of numerous new acquaintances which she had made, and mentioned several old friends who were sojourning in the place, and who were also

known to her sister. "You will open your eyes, Eliza, when I tell you that Hal Lancaster is here, and stopping at the ---, which

much as I expected to receive. Mar- cumstance and quarrel of our last, riage is not a one-sided institution, meeting. I am told that he has be-Marjorie, dear-or, rather, it should come very rich-although he was by not be looked upon as such. It should no means poor in the old days-and be regarded as a mutual contract, un- he certainly appears to have an abundder which each party should be willing ance of this world's goods, for he has and careful to make an adequate re- the finest suite in the hotel, and sports there is a certain basis of fact. In turn for that which he or she expects an elegant equipage, with driver and the Salton desert of Southern Califorto receive. Under no other conditions footman. He has with him a young nia, where less than two years ago man-a nephew and his heir, it is re-"Heavens, Helen, what a goody- ported-a fine-looking fellow named good' you are!" cried the little butter- Eggleston, of whom he seems to be Railway saw only a wide vista of fly, with a ringing laugh that had a very fond, and whom, in turn, evident- drifting sand, he now may skim along tinge of scorn in it, and impressed her ly dotes on his uncle. By the way, for miles beside a spreading sea that friend somewhat unpleasantly. "How the man's hair has turned as white as snow. Queer, isn't it, at his age? But An adequate return, indeed! I won- it gives him a very distinguished ap- every moment. Within less than two pearance, and he is really handsomer years over many square miles the tnan ever. I'd like to have Marjorie whole face of the country has been meet the young man. Suppose you close changed. Railroads have been your house, immediately on receiving whelmed, stations and houses and facthis, and join me here as soon as pos- tories lost in one encroaching flood; a true and honest love to give him sible, for a little judicious manage- gulls and cranes run along a level when he comes riding by," said Helen, ment, just at this time, might result beach where but a few months since with a tender thrill in her tones; "a in the landing of a couple of very love that will make you willing to plump and desirable goldfish. Besides, bits hid in sandy burrows. Surely, share his every trial, as well as his I want you both to have a glimpse of whether Neptune and Vulcan are busy successes in life; for, dear, there is no this little paradise on earth, and, the or not, something has happened, and true love that is not backed by the season being much milder than usual, we propose remaining until the cold know. drives us away, which certainly must question, and at the same time study the

Then here followed a number of com-

It read like this:

"Do you know what ever become of John Wilton and that girl? They've way for oceanic waters, the sea might haunted me of late like a couple of easily take possession of restless ghosts." "Who was John Wilton, Aunt Eliza?"

acters.

"Oh," she replied, with assumed "Mexican boundary, where it was easy to bring under water 100,000 acres of beautiful that men used in milling until well and. This artificial channel should be when your mother was rather fond in the full land. This artificial channel should be when your mother was rather fond in the water of the river to the basin, near time grooving the meeting faces of the soules of the south part of the basin, near time grooving the meeting faces of the soules.

"Well. I suppose she was regarded as your mother's rival." was the some-

"But what was her name?" "Never mind about that, Marjorle, said her aunt rather shortly. "I don't being must work out his or her own mother to give it away, and I'm sure to the gulf is only 137 feet, while the fall was run down to a room over the hoppers being must work out his or her own mother to give it away, and I'm sure to the basin is nearly 400, and the disoff the millstones. When ground it fell

Marjorie did not reply at once. She was thinking how strange it was that ine deposit, filling up the sea, while upon business greater even than the one made mour's lover into such proximity with planning a match between himself and is called the gulf. The part of the ocean

How strange, too, that she should have fallen violently in love with Rob again, though filled with fresh water of Eggleston, when he was more than the river, the wide-forming lake is salt once more, in memory of its old-time

friend's album! She had really become very fond of palms, palms of a peculiar sort, the Helen—as much so as was possible for Washingtonia, in fact, now commonly one of her shallow, selfish nature to planted in South California cities. But She had really become very fond of Mrs. Ellsworth had been summering care for another-for she had aroused Mrs. Ellsworth had been summering care for another—for she had aroused the palms of Florida do, run down the middlings into flour. at St. Moritz, a lovely village in the all that was best in her, if there was shores of the California Gulf—and so these Under the old sys "Well, I just couldn't buckle down Engadine, and picturesquely located any best, and she experienced mo- isolated groves are but the remnant of a known as middlings, was thrown aside to a life like that," said Marjorie, with on the banks of the Inn, and she wrote mentary twinges of conscience, in view tropic flora.

> the beautiful girl. At the same time, her own inclinabeen a widow for ten or twelve years, mother's plans; so, after a brief strug-

> > "I am sure I don't mind, auntle; I

quarter—sometimes to exceed it, almonial scheme. I think match-making through a stuffed one, which enables you

Marjorle laughed at the remark, but arrow. cheek was not caused by annoyance, ton, the nephew and heir of the wealthy Mr. Lancaster.

So it was decided that they should make the necessary arrangements, are frequency. they would have to leave for New York on the coming Saturday mornmours had set for their return to their

Mrs. Sturdyvant set about her preand unusually thoughtful throughout

[To be Continued.]

DO NOT DELAY in getting relief for Think of the protection and comfort her for the—th her—chief aim and end the little folks. Mother Graves Worm of existence—marriage with some scion if you love your child why do you let it suffer when a remedy is so near at hand?

IS NOW VANISHING

WATER STEADILY ENCROACHING ON SALTON VALLEY.

Those who read the daily newspaper have no doubt been more than once of in a perfect whirl of excitement. She, late mildly excited by sensational dispatches from California intimating that certain large portions of that Commonwealth are actually rapidly disappearing from the sight and touch of men. It is reported that a large valley in the southernmost portion of the state is not more than a stone's throw from the sea; vanishing; has been assaulted by this house," she wrote. "I have met the sea; volcanoes are breaking up the solid ground beneath and the gray ocean is coming in to cover up the universal ruin.

It must be admitted, writes Thomas H. MacBride, of the University of Iowa, that for these sensational stories the traveler on the Southern Pacific deepens from day to day and widens the passing traveler would like to If we consult a map of the region

deed a basin of remarkable depth for its Then here followed a number of commissions which Mrs. Ellsworth wished the sister to execute for her in New east of the basin, is 137 feet. While the am just a useless butterfly, and too shallow for anything."

"No, indeed; I am sure that under your merry moods and apparent carefree existence there is a vein of pure the sate of the basin, is as feet. While the sate of the basin, as feet. While the sate of the basin, is as feet. While the sate of the basin, is as feet. W Yuma, and about 25 west of Salton, is albelow the Colorado which passes Yuma easily take possession of the Salton basin. But have they done it?

The Colorado River at Yuma is far above the bottom of the basin, and it above the bottom of the basin, and it skirts along the southeast border of the gulf all the way, of course, far above the policy. In fact, with respect to the basin and its sloping its perusal. exactly the position of a great irrigating main carried along some hillside above So, on the same principle, if you girl to read the missive by herself. The sand at all, but the finest sort of fertile to the south part of the basin, near the The whole situation and topography are

interesting in the extreme. The geologist it was conveyed by machinery to the will tell you that all the region thereabouts is slowly rising; that once upon a The Evans system—between which and of the stream was deposited farther and farther out in the sea, forming an estuarthe rising bottom channels the river ran, carrying the mud farther and farther, century.

Thill finally the part of the sea toward About 30 or 35 years ago it was disthus isolated presently dried up and left

Eggleston, when he was more once more, in the history.

The botanist, too, finds curious confirmations on the history.

All about the Salton tion of the story. All about the Salton valley are curious isolated groves of Washingtonia should stand by the sea, as

bout in dunes.
The waters of the Colorado, if allowed their present course, will no doubt bring back conditions of climate long gone by. Already railroad men declare the air too moist. If so, would the palms again extold her good angel to "go his way for his time," and said, in reply to Mrs. would tropic verdure once more make the would tropic verdure once more make the grant of the said. bordering Science Monthly.

BENNY ON THE OSTRICH.

The ostrich is a large, ugly bird, with an unhappy disposition and a powerful "Very well; I know no reason why appetite. It grows in hot countries where tack man without hesitation. You hunt to approach them with impunity, and then you shoot them down with your bow and arrow. If I were hunting them I would the flush that glowed upon her own use an automobile, which is far swifter. The ostrich lays an egg as big as your cure all stomach and bowel ailments, head. Then it calls it a week's work and and all the other minor troubles of quits. farms. All you have to do is to put a fence around them and stand outside and them peanuts and crackeriack. The works So it was decided that they should of creation are worderful. Let us ever said a week from that very day—Wed-strive to go and do likewise. Ostrich feanesday. Consequently, in order to there are beautiful, but expensive, and make the necessary arrangements, are frequently worn on hats.—Chicago

Mistake in Burial.

An extraordinary burial mistake is reported from Liverpool.

Two infants, from different houses, and

however, found that the child was

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GREAT REVOLUTION IN MILLING INDUSTRY

COMMENCED IN 1790, WITH OLIVER EVANS' SYSTEM.

When the farmer has harvested his grain and got the golden store safely into his garner, the next question is: How shall his wheat be prepared for food and for shipment to the distant parts where it is wanted?

It is know to all that the ancient method of grinding grain was that of the hollowed stone, or the mortar and pestle. By such means did the old Hebrews, Egyptians, Phoenicians and Greeks grind or crack their grain.

It was a long time after the building of Solomon's Temple before the Romans improved upon the very ancient system by inventing the running stone and stationary grooved one—the "upper and nether millstones," which were, of course, at first operated by hand.

In the early part of the eighteenth cen-

tury the millstones invented by the Romans were made much more effective by the process known as "dressing," or grooving the meeting faces of the stones Crude as these means were, they were all that men used in milling until well

the Salton basin. Recently, for the sake of wider service, new intakes from the Colorado have been opened. All went well until some eighteen months since, when the Colorado, flushed with flood, rose suddenly 20 feet or more above its usual tide, pensed with. The grain was first put into and forthwith, instead of hurrying its waters southward to the gulf, began to pour them down the old abandoned river channels into the Salton sink. The fall cleaning machines, from which place it tance not much greater. So there you from the millstones into a receptacle are; and no earthquakes, volcanoes or sea which carried it to the drying floor, where water needed in the least. tion until it was thoroughly dried,

Within the past generation there has

covered that the coarser portion, or kernel, of wheat, which lies next to the skin of the berry, and between the the heart, is the most valuable and nutritious part of the grain, as it consists largely of gluten; while the interior is made up chiefly of starch. It was such knowledge that led to the modern revolution in milling methods, and

gave us the "roller" process in lieu of the old faced stones. The new process consists of removing the outer skin of the wheat and its adhering impurities from the "middlings, central part, and then regrinding the Under the old system the coarser part

tropic flora, once rich, no doubt, that all and ground up into cattle food, or into but perished with the drying of the old what was considered an inferior grade of and strong of her pretty shoulders, and expression of disgust; "no, indeed, liest time in the world" with a party of the very best man living. I composed of English people and American expression of the life of vet to be discovered. Its roads about the first time in the world with the drying of the lower but here in the world with the drying of the dwarf and ground up into cattle food, or into but perished with the drying of the dwarf with the drying of the life of vet to be discovered. Its roads above the life of vet to be discovered. Its roads above the life of vet to be discovered. Its roads above the life of vet to be discovered. yet to be discovered; its sands along the old-time eastern shore are still blowing the best .- Rev. Thomas B. Gregory, in New York American.

The picturesque French Foreign Le gion, which has just obtained the honor of bearing the insignia of the Legion of Honor on its standard, dates mountains green? - Popular from 1831, and to some extent takes the place in the French service of the old Swiss mercenaries, many of whom are numbered among its earliest recruits. It only serves abroad, however, and has principally served in Algeria.

CHILDHOOD AILMENTS.

Most of the troubles that afflict little ones may be traced to the stomach or bowels, and if these are put right the child will get well and thrive well. Baby's Own Tablets will Ostriches can also be raised in babyhood and childhood. And the mother has the guarantee of a govalk, and the people come in and feed ernment analyst that this medicine contains no poisonous opiate or ever harmful drug. Mrs. Wilbert McKen-Chelmsford, Ont., says: "My little girl was troubled with obstinate constination to such an extent that we did not think she would live. She

cried almost constantly and was wasting away. I got a box of Baby's Own Tablets, and in three days found a great improvement. I continued givbelonging to different parents, were taken to a hospital suffering from fever. One died and was buried; the other recovered and was handed to its supposed disappeared, and she has since been a mother. bright, healthy child and has grown She however, found that the child was not hers, and inquiries showed that it was her baby which was dead, and that the living child belonged to the other woman. An affecting scene occurred between the liams Medicine Company, Brockville, two women when the truth came to light. Ont

The Cost of a Furnace

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