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RICH IN VITAMINES
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The importance of Vitamines in food is being recognized at the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically simply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health."

E. W. GILLET COMPANY LIMITED
TORONTO, CANADA

LADY IRIS' MISTAKE;

— or the —
Hero of 'Surata'

CHAPTER VIII.

"I envy the flowers that are dying in your hands, Lady Iris," he said. "Will you not say one kind word to me before I leave you—one that I may live on until I see you again?"

She noticed that he was deathly pale; and his emotion and the passion that trembled in his voice startled her. She tried to speak calmly.

"I thank you very much for your kindness and attention," she said. "He bent his head still lower. "Is that all, Lady Iris?" he asked. "That is all," she replied.

He seemed to take courage. Drawing one of the fading roses from her bouquet, he said—

"I shall keep this, even if you are angry with me, in memory of the happiest hour I have known yet."

Before she could answer him the carriage rolled on; and he was left standing bare-headed under the stars, intensely happy, intoxicated with his passion, and dead to almost everything, thinking only of her.

"I shall win her," he said to him-



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Can be made more easily comfortable and pleasurable by the installation of this simple, economical device. Saves you one-third of your fuel bill. Keeps out cold and draft, dust and noise, deadens noise and stops rattle.

Coco Metal Weatherstrips placed on your windows and doors relieves you of the bother with storm sash. They are cheaper than storm sash; far more effective, and last as long as the building. For both new and old houses alike. Let us tell you more about

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self, with an exultant laugh, "and she shall be a queen. There shall be no one in the world like her; she shall have jewels as for an empress. My beautiful darling, your proud face shall brighten and droop for me! Shall I ever dare to call her 'Iris'—Lady Iris Bardon? Shall I ever dare to call her 'darling'—to call her 'wife'?"

From that moment he gave himself up to the maddest passion that had ever filled a man's heart. He resolved that he would win her, no matter what it cost; of what happened; he did not sleep for thinking of her. He had never ventured yet to call at Fayne House in the hope of spending an hour with Lady Iris; but he would do so that very day. He would go in the afternoon, and would then begin his wooing.

"If I win her," he said to himself, "I shall be a good man; if I lose her, I shall grow reckless and go to the dogs."

Six or seven hours later he sought his sister, upon whose loyalty he knew he could depend.

"Marie," he said, "I have news for you. You must not speak of it yet, as it is unknown to anybody but myself. You must not ask me how I learned it; but I know it is true. Sir Fulke Glyfard has made Lady Iris an offer of marriage!" He did not see how the fair face blanched and the firm lips trembled. "This is no great news, of course," he continued; "we all expected it. The wonder is to come."

"She has accepted him?" said Marie quietly.

"No, my dear—she has refused him. Can you imagine that, Marie? Refused him. And the fellow is so vain, that I believe he thought no girl could say 'No' to him."

"Refused him, John? Are you sure? People credit such absurd rumors," she cried.

"It is quite true. She has refused him; and he leaves England next week."

"Leaves England?" she echoed, while her lips grew paler. "Are you sure of that?"

"Yes—and it is a good thing too; nothing could be better for him. Travelling will teach him his proper level; he thinks too much of himself. And now, Marie—are you listening?"

"I want to tell you something. I love Lady Fayne, and I have set my heart on winning her. I must tell you—I must tell some one, or my heart will break with the weight of its secret. I love her so dearly and so deeply that my love almost maddens me!"

She looked at him in deep concern. "I am sorry to hear it, John," she said—"sorry indeed; for she will never love you."

"How do you know that? Why do you dare to say that?" he cried, so fiercely that she shrank from him, pale and scared. Still she was not to be frightened from telling him the truth.

"I am sure of it, John," she said. "Do not give yourself up to such a cruel delusion. She is too proud; she would not marry you if you were ever so much richer. She would not indeed, believe me!"

"And why not?" he cried. "Pray tell me."

"Because you are not well-born," she replied. But he laughed scornfully.

"I will make her marry me; I will force her to love me, or I will kill her!" he cried, and his sister shuddered at his words.

CHAPTER IX.

John Bardon now devoted himself heart and soul to the winning of Lady Iris. In vain his sister pointed out to him that she who had refused some of the best offers in England would not be likely to marry him. Like Lady Clyfard, he had some vague idea of her character; and he knew that she would never fall in love in a commonplace manner, that there must be something unusual he believed would be found in himself, for he was different in every way from the "glided youths" who surrounded her. He felt sure of success, and laughed at Marie's warnings.

"When did a great love ever fail?" he would say. "It is the dwarfed puny feeling people call love that fails, not a great passion like mine. I shall win her, Marie, you will see."

Lady Iris was rather surprised when she saw John Bardon enter the drawing-room at Fayne House.

"I am fortunate to find you at home," he said. "You gave me permission to call sometimes upon you, because we are neighbors when we are

HARD PIMPLES ALL OVER FACE

Itched and Burned. Lost Sleep. Cuticura Heals.

"I had pimples and blackheads all over my face. The pimples were hard and quite large, and the itching and burning were so severe that I could not help scratching them. I was very nervous and lost many nights' sleep."

"I tried different remedies without success. Seeing an advertisement for Cuticura Soap and Ointment I sent for a free sample which I used with success. I purchased more and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) Miss Bada, Dallas, 325 Adams St., Providence, R. I., Aug. 11, 1921.

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at home. I want you to give me some advice; you were kind enough to say that you were interested in my career."

She had repeated more than once of those well meant but rather imprudent words. There was no help for it; she could not unsay them. She bowed, and he drew great encouragement from her manner.

"You do not know how happy those words made me," he went on; "I have thought of them ever since. And now I want to ask your advice; since you said that you were interested in my career, it has become more precious to me than ever."

"You must not attach too much importance to my words," she said, blushing at the seeming vanity of her speech, and almost hating herself for having to utter it.

"Nay," he answered, with a bright smile; "you shall not take from me the happiest memory I have, that of your own kind words. I want your advice, and I am sure you will give it to me. I have health and strength, and plenty of money at command, tell me for what career you think I am best fitted, and I will pursue it with an ardor that shall make even you wonder at me."

The softness vanished from her face, all the pride and hauteur returned to it. Still she would not be unkind; she thought of Sir Fulke's face, which was so full of pain when she rejected his suit; she would try to be kind and gentle to this man, although his presumption was hard to tolerate.

"I do not see how I can, Mr. Bardon. To give advice as to a career one must know the person to whom the advice is given; and I do not know you well."

He winced at the words spoken by the lips so devotedly, they pierced him like a dagger.

"You were so good as to say that my career interested you, will you tell me why?"

"Will you be offended with me?" she asked, laughing a little, "if I tell you the truth, or rather will it annoy you?"

"Nothing that you could do or say, Lady Iris, would ever annoy me," he replied; "but I must say that I should like to know why you used those words, why you said you were interested in my career."

She looked up at him with laughing eyes.

"Because you are so earnest, so full of energy, and particularly because you will have so much money. I am sure you will not know what to do with it all."

(to be continued.)

The water in which rice has been drained can be drained off and used for garments which require light starching.

3855. Children usually look happiest when comfortably dressed for play, and surely the bloomer suit has the right lines for comfort and convenience. This model has a pretty pocket and is easy to develop. The rompers may be worn without the smock. Pongee with stitchee is here shown. One could have chambray, or pin checked gingham. The sleeve may be finished in wrist or elbow length.

The Pattern is cut in 4 Sizes: 2, 4, 6 and 8 years. A 4 year size requires 3 1/2 yards of 22-inch material.

Pattern mailed to any address on receipt of 10c. in silver or stamps.

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Useful Hints.

For dusting carved furniture a painter's brush of moderately stiff bristles is most useful.

Never leave the jam spoon in the jam; or the fork in the pickles, or verjigets will result. The habit is a most dangerous one.

To remove the odour of fish from silverware, add a spoonful of mustard to the washing-up water.

To keep flies off windows add a little paraffin to the water with which you clean the glass.

A good doocaster for the sickroom is a little essence of cinnamon placed in a shallow dish, and allowed to evaporate.

If it is necessary to store silver for a time, wrap each piece in paraffin paper. When you have occasion to unwrap it, you will find that each piece will be as bright and shiny as when laid away. The wax paper excludes the air and prevents tarnishing.

4079. Here is a new and very unique version of the one piece dress. Belt portions over which the tab extensions on front and back are fastened, hold the fullness gracefully at the sides. Added width is given to the skirt portion by plaits that form a panel over back and front. This is a good model for gingham, and also for the new tab silks in-check and stripe patterns; Organdy or linen may be selected for trimming. The sleeve is cool and pretty in the short length, and in wrist length it is the latest style feature.

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With the Terrible Turks.

SOLDIERS WHO LUST FOR BLOOD

Whatever the final outcome of the renewed contest between the Turks and the Greeks may be, King Constantine's soldiers will have good cause to remember their unsavoury contact with the Nationalist troops.

The Turk lives for fighting. He loves the fray and lusts for blood. Peace has no attraction for him; an uneventful existence bores him. Whilst soldiers of other nations fight with bravery and with sacrifice, hoping for the ending of the conflict, the Turk anticipates with disappointment the day when he will lay down his arms.

The Greek is naturally lazy, and has little stomach for prolonged warfare—the comparison between the two types engaged in the present campaign enables some forecast to be made as to the result of the contest in Asia Minor.

A Battle-Won Paradise.

Many Turkish soldiers hold to a belief that inspired the hordes of the Mad Mullah to hurl themselves to certain death—that to die in battle is to expiate their every sin, and thus secure immediate entry into a glorious hereafter; and this conviction robs them of all fear. They feel that by being killed in the fray they have little to lose and much to gain, and thus it is that they fight with a zest that makes things decidedly uncomfortable for the opposition.

The commissariat arrangements in the old Turkish Army were of a very low order, and those of the Kemalists are said to be even less efficient. However, it is certain that this factor will not debar him from parrying his hated enemy, the Greek.

A daily ration of a Kemalist fighter consists of a small loaf, a handful of beans, and about half a pint of olive oil distributed every morning.

Turk's Only Terror.

Although he scorns death in battle on account of his belief, the Turkish soldier is terrified at the mere thought of losing his life in captivity or of being shot as a spy. To pass from the world in either fashion is to be debarred the privilege accorded to those who die fighting; entry into Paradise is dependent on just those factors that decide the fate of those who have never even battled.

Perhaps it is why such stringent means have to be adopted to retain captured prisoners of war, if there is the slightest opportunity of escape, it is seized. Some remarkably clever schemes have been employed to regain freedom, and it is a popular assumption that "a Turk is never captured till he is dead!"

During the Great War the Allied Command in the East congratulated themselves when Ahmed Fashl, the notorious spy, was caught and sentenced to die; he had been the means of upsetting many a well-laid plan. Ahmed, however, did not die! The night before his execution, guarded by frequently relieved sentries, he made himself comfortable in his little "cage," which, the season being warm, was placed out in the open.

As soon as it was dark he made a bed of straw, then covering himself with a blanket, and still wearing his cap, apparently went to sleep. When a soldier went to wake him on the morning of what was to be his fatal day, all that was found was a bundle of bedding shaped like a man, an old cap placed where the head should be, and a blanket—Ahmed had disappeared, although how he managed to elude the notice of his guards has never been found out.

Elusive Nuri.

Nuri Pasha, brother of Enver Pasha, was one of those prominently associated with the terrible massacres in Armenia, and was as well a very inconvenient enemy during the late war. He also was captured, and extraordinary precautions were taken to prevent his escape. He was held in captivity in a South Russian area occupied by British forces, and notwithstanding the fact that his chances of getting away were absolutely hopeless, he was watched night and day by an ever-present officer and two guards. One evening, when the prisoner was taking exercise, a band of armed men suddenly appeared, killing the two sentries, and hustled the captive away. How the plan of escape had been pre-arranged, how Nuri had held communication with the outside world, was a mystery at the time, and has been a mystery ever since. Glasgow Weekly Herald.

Household Notes.

Hard boil six eggs, mash the yolks and mix with three tablespoonsful of mayonnaise in mustard dressing. Season and stuff halves.

Cut cruller dough with a circular cutter, place on each half a tablespoonful of marmalade, wet with edges, press together and fry.

Well seasoned chicken broth heated, thickened with eggs, and then cooled, makes a tempting custard. Serve in ramekins with fritters.

Bedroom curtains will last longer if they have snaps put on them. The lower pairs are "tapped up" at night out of reach of sudden gusts or rain.

Stiffen the Liniment used by Physicians

Attractive Showing!

NEW GOODS

Values the Keen Buyer will Appreciate.

Ladies' Coats

Big range very newest styles, in Velour, Broad Cloth, Bolivia, Braded and with fur collars. Sport styles in all Wool Polo Cloth and Tweeds.