

RICH IN VITAMINES MADE IN CANADA 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 "Reyal Yeast Cakes for Better Health."

E. W. GILLETT COMPANY LIMITED



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. Draw-

bouquet, he said-

"I shall keep this, even i

truth.

believe me!"

ed at his words.

Marie's warnings.

he would say. "It is the dwarfel puny

rawing-room at Fayne House,

home," he said. "You gave me per-

ton to call sometimes upon you

tell me."

fully.

an old cap, placed where the head

should be, and a blanket-Ahmed had

disappeared, although how he man-

aged to elude the notice of his guards

Nuri Pasha, brother of Enver

Pasha, was one of those prominently

associated with the terrible mas

sacres in Armenia, and was as well

very inconvenient enemy during the

Elusive Nurl.

has never been found out.

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-



device. Saves you one-third your fuel bill. Keeps out cold and aft, dust and soot, deadens noises

Ceco Metal Weatherstrips placed on your windows and doors relieves you of the bother with storm sash. They heaper than storm sash; far more tive, and last as long as the buildboth new and old hou like. Let us tell you more about



love her so dearly and so deeply that my love almost maddens me!" She looked at him in deep concern. you well." "I am sorry to hear ft. John." she He winced at the words spoken by said-"sorry indeed; for she will the lips so devotedly, they pierced him never love you." like a dagger. "How do you know that? Why do "You were so good as to say that you dare to say that?" he cried, so

my career interested you, will you fiercely that she shrunk from him, tell me why?" pale and scared. Still she was not to "Will you be offended with me?" she

be frightened from telling him the asked, laughing a little, "if I tell you the truth, or rather will it annoy "I am sure of it, John," she said. "Do not give yourself up to such a

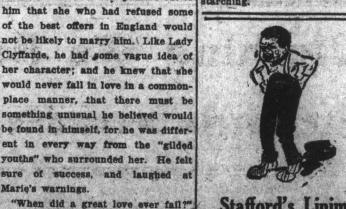
"Nothing that you could do or say, cruel delusion. She is too proud; she Lady Iris, would ever annoy me," he would not marry you if you were ever replied; "but I must say that I should so much richer. She would not indeed. like to know why you used those words, why you said you were in-"And why not?" he cried. "Pray terested in my career."

She looked up at him with laughing "Because you are not well-born" eyes. she replied. But he laughed scorn-"Because you are so earnest, so full

of energy, and particularly because "I will make her marry me; I will you will have so much money. I am force her to love me, or I will kill sure you will not know what to do her!" he cried, and his sister shudderwith it all."

(to be continued.)

CHAPTER IX. The water in which rice has been John Bardon now devoted himself heart and soul to the winning of Lady drained can be drained off and used for garments which require light Iris. In vain his sister pointed out to starching.



**Stafford's Liniment** 

Teeling 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 disputer for Rheuma-tism. Neuralgia, Headache, Bruises, Sprains, Soreness of the Joints, etc. DIRECTIONS:-Apply by the hand, rubbing it in well then cover with a piece of flannel. BE FREPARED and keep in the house s bottle of this reliable antidote feeling people call love that fails, not

le of this re FOR SALE EVERYWHERE. "I am fortunate to find you at

Manufactured by DR. STAFFORD & SO Chemists and Druggis St. John's, ause we are neighbors when we are

good model for gingham, and also for one must know the person to whom the new tub silks in check and stripe Ahmed, however, did not die! The the advice is given; and I do not know, patterns. Organdy or linen, may be night before his execution, guarded selected for trimming. The sleeve is by frequently relieved sentries, he cool and pretty in the short length, made himself comfortable in his little "cage," which, the season being and in wrist length it is the latest warm, was placed out in the open. The Pattern is cut in \$ Sizes: 16, 18 As soon as it was dark he made a

and 20 years. An 18 year size requires bed of straw, then covering himself 5 yards of 32 inch material. The width with a blanket, and still wearing his of the dress at the foot with plaits er- cap, apparently went to sleep. When a soldier went to wake him on the morning of what was to be his fate-

Pattern mailed to any address on ful day, all that was found was a receipt of 10c. in silver or stamps. bundle of bedding shaped like a man

A POPULAR ROMPER SUIT.

style feature.

tended is 2% yards.

2 14A. 22

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 3885. Children usually look happiest of armed men suddenly appeared, when comfortably dressed for play, killing the two sentries, and hustled the captive away. How the plan of

and surely the bloomer suit has the right lines for comfort and conveniescape had been pre-arranged, how ence. This model has a pretty pocket. and is easy to develop. The rompers may be worn without the smock. Pon- the outside world, was a mystery at gee with stitchery is here shown. One could have chambrey, or pin checked gingham. The sleeve may be finished ald.

in wrist or elbow length. The Pattern is cut in 4 Sizes: 2, 4, 6 and 8 years. A 4 year size requires 2% yards of 32 inch material.

Hard boll six eggs, mash the yolks and mix with three tablespoonfuls of long the Great White Way, creditors exhorted and begged me sardines in mustard dressing. Season

and stuff halves. their pay. The butcher and the Cut cruller dough with a circular er were always on my trail, the tter, place on each half a tablespoon did undertaker insisted on s ful of marmalade, wet with edges, kale. In winter and, in su press together and fry. cross the vales and hills, the man and the plumber were Well seasoned chicken broth heatkened with eggs, and then me with bills. And ofte

oled, make a tempting custard. pastor would read the riot lerve in ramekins with fritters. "You've headed for disaster." he oom curtains will last longer with splendid tact; "you blow if they have snaps put on them. The lower parts are "snapped up" at night out of reach of sudden gusts or rain. oin for rubber tires and ine, for patent jack or snubb

this is base and mean; for ne you're owing to every ill, and everywhere you're



LOOSE-LEAF SPECIALISTS. Household Notes. Even the furnace can be cleaned vaster than has been chartered yet." with the vacuum cleaner. Apply the Ah sad is my condition, since I are blower attachment to the damper op-doomed to walk; the suilen-eyed more ening and the other openings possible. tician can chase me round a block. A delicious sauce for spaghetti is made with tomatoes, mushrooms and a little onion. Sprinkle the dish with have lost my dray; are ever drawing a little onion. Spring serving. A sauce as good and less expensive than whipped cream is made as foltows: To the stiffly beaten whites of ine, make a depression in centre with ed, and beat until dissolved. Sweeten two eggs add one banana, thinly slicoon and in each hollow drop an ess to taste, with powdered sugar and sake.

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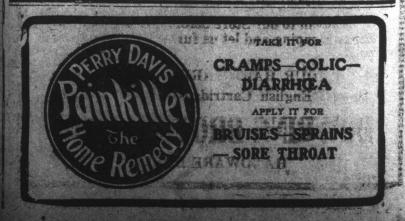
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ing oneed

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ELINDINUS.



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

Name .. .. .. .. .. .. .. .. .. .. ddress in full:-

Nuri had held communication' with the time, and has been a mystery ever since.-Glasgow Weekly Her-

Household Notes.

flagon a SALL ENGEN draught trong. For years, I have cave