bustle and stir behind the curtain, and SHE TOOK HER continual hurrying and scurrying in the dressing-room lobbies, and Iris met with many curious looks, but also many kindly greetings, as she made her way to her own room. She found Mrs. Berry there, alread

dressed for her part. "I thought you woudn't mind if came to help you, my dear," she said. "You have got a good dresser, I know but at times like these one likes to have an old hand to speak a word to. I don't forget my first appearance, Miss Howard!" and she smiled.

"This may be my first and last!" said Iris. "I feel, now, that I shall not be able to open my mouth or to move when the time comes!" "And when the time comes you will eel very differently," said Mrs. Berry with quiet confidence.

Paul remained until Mrs. Berry declared it was time for Iris to dress. and turned him out, and as he went he took Iris' hand and pressed it. "Don't think of anybody but me Mabel," he said. "Just speak and sing to me. I shall not take my eyes off your face all the time. Remember every minute I shall be there. Act and sing as you act and sing to me at home and-well, I will answer for the rest,' and he raised her hand to his cheek and pressed it against it lovingly.

Iris' eyes filled with tears. "If only for his sake, I hope all will go well," she said. "I shall ultimately be clothed in van-"The boy has the heart of a childity as a garment, if you do not put a t is so tender," said Mrs. Berry. curb on your compliments, Paul," she

The admiration of the company, when she wore the costumes at a dress stopped to listen. rehearsal, if not quite so forcibly expressed as Paul's, was none the less decided.

41

MADE

said.

IN

CANADA

BEST

"Flowers of the

Valley,"

MABEL HOWARD.

OF THE LYRIC.

CHAPTER XXII.

BEHIND THE FOOTLIGHTS.

Mrs. Berry smiled cheerfully at her

"Don't be nervous, my dear," she

said, "and all will be right. On the

other hand," she added, conscientious-

ly, "don't be too confident. The public

is a fickle monster, and hard to please.

and there is no predicting with any

certainty. The 'Imprisoned Princess'

may be a failure, and then even your

Altogether it was an anxious time

One afternoon a big box came, and

were very beautiful and costly-Mr.

sweet voice will not save us."

flagging belief in her success.

and nodded encouragingly.

W.GILLETT COMPANY LIMITED

YEAST

THE WORL

"Even if she could not sing or act Berry. a little bit, she wouldn't be altogether a failure," said Mr. Stapleson in congravely. fidence to his stage manager; "but. seeing that she can do both, and extra-Stapleson's and the stage manager's ordinarily well. Miss Mabel Howard is voices were heard above the din; then going to realize a very big hit, Thompthe stamping of feet from the front of son," and Mr. Thompson cordially the house. agreed with him.

"They are getting impatient; it At last the eventful night arrived. time the curtain was up," said Mrs. There had been no rehearsal that day, Berry. "Let me have one long look at so that Iris might rest before the tryyou, my dear," and her keen eyes exing hour; and she and Paul sat down amined Iris from head to foot. to a cup of tea-or, rather, Iris sat, Then she nodded and smiled. while Paul limped up and down in a state of excitement. She was excited, dear," she said; "but you have one too: but as yet there was no trace of

nervousness-that might come; and for Iris, and it would have been more she begged the boy to take some rest so but for Paul's unceasing and never- and quiet himself. very beautiful!" "I can't keep quiet!" he said, with

an apologetic laugh. "I shouldn't feel Iris, smiling. "You forget that you are His days of trial and of test. on opening it they found it contained half so excited if I were going to play, the dresses for the princess. They or if I had composed the opera-" praising your own handiwork!" and she pointed to the powder and paints. "As you will some day. Paul!"

**MOTHER'S ADVICE** Now is in the Best of Health because she took

Lydia E. Pinkham's Vegetable Compound

1 - 1 - Filmer

THE EVENING TELEGRAM. ST. JOHN'S, NEWFOUNDLAND, NOVEMBER 25, 1921-2

Kessock, Sask.—"'My mother has taken Lydia E. Pinkham's Vegetable Compound and upon learning of my troubles ad-vised me to try it, as I seemed all run down after the flu and had leu-corrhoea very bad. I have taken Lydia

E. Pinkham's Vegetable Com-pound and Lydia E. Pinkham's **Blood Medicine** Blood Medicine and used the Sanitive Wash also Dr. Brown's Capsules and Prescription and am much better in every way. I am willing for you to use my letter as a testimonial as I recommend your medicines." — Mrs. IRENE NELSON, Kessock, Sask.

It is not always in business that a woman is forced to give up her work on account of ill health. It is quite as often the woman who does her own work at home. When backaches and headaches drive out all ambition, when that bearing-down sensation attacked that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Com-

"And so true!" murmured Iris. Presently, while she was dressing, she heard a dull, heavy sound, and "What is that?" she asked. "That is the people coming into the house, my dear," murmured Mrs

"My judges have arrived." said Iris The bustle and noise increased. Mr

EXPERIENCE. This much I know, a friend or two

Can compensate for twenty foes, And summer with her skies of blue Makes up for every storm that blows What though the failures hurt and

sting And fill man's days with dark dis tress, The bitter troubles all take wing "I don't want to make you vain, my Before the joy of one success.

This much I've learned, always to thing; at least, that the public will smile Is not within the power of man. have the sense to appreciate-good

looks! My dear, you look beautiful, There shall be days when foes revile And failures haunt his fondest plan: and yet if those who knew him best Rejoice in him and gladly share

'Tis not the many who are true,

The thoughtless see the little wrong

And not the good man tries to de

And whether he shall rise at evening'

That one staunch friend makes up for

The hate and anger of his foes.

Fashions and Fads.

The flare of a Russian blouse of blue

He need not falter or despair.

close-

Prepare & Christmas!

The present cold weather is a reminder that the Festive. Season is not far off, and we call your attention to our well assorted stock of Toys and Fancy Goods.

## **TOYS! TOYS! TOYS!**

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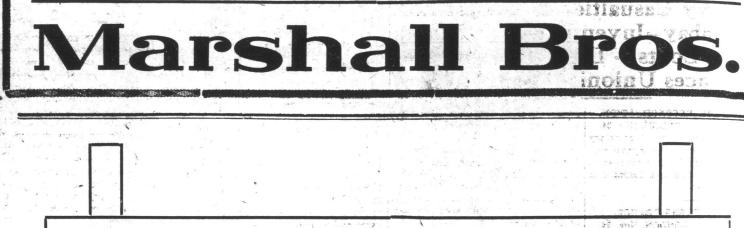
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Dolls, Drums, Rubber Balls, Toy Guns, Submarines. Fire Horses, Trains, Toy Cradles, Chimes, Blocks, Trumpets, Jazz Horns, Rattles, Paints, Picture Books, Flags, Baloons, Washing Sets, Tea Sets, Puzzles, Games, Pencil Cases, etc. 

De Call and inspect our display of Christmas Goods.



LANTIC--FINEST -- CLEANEST -- PUREST -- SWEETEST -- SUGAR

Is sold in the best shops, in 2 pound and 5 pound packages, at the same price as sugar retailed out of a barrel or sack.

Lantic Sugar in full weight dust-proof packages comes direct from the refinery to your table unsoiled by contact with any person's hands.

"Fine Sugar is sweeter, bulk for bulk, than coarse

Stapleson was "mounting" the piece them on for Paul's criticism. The boy stood and stared at her as I she swept across the room in the handsomest of the costumes-one of white satin, trimmed with pearls-and his face flushed as he exclaimed: "Oh. Mabel!"

That really seemed to be all he could say; but his admiration and delight were increased when Iris exchanged the bridal dress for the peasant's short skirt and latticed bodice. "I don't know which I like hest

Mabel!" he said. "I dare say the people will like the grand dress of white satin; but you look-I can't tell you how you look in that pretty country dress!"

There was another of plain black, which she was to wear in the prison. and even for that Paul had a word or two of admiration. "It doesn't matter what you wear.

"No one loves her half so well! Mabel," he said, at last; "everything seems beautiful, directly you put it murmured Paul, inaudibly. There was a considerable amount of on!'

AIDENS, even the

M smallest, may be

propitiated with a box of

Moir's. It doesn't take

long to learn which choc-

olates are the best, the

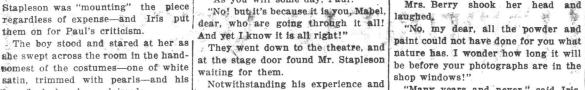
MOIR'S LIMITED - HALIFAX

FRED V. CHESMAN,

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MOIR'S Chocolates

biggest and the purest.



self-confidence, the manager looked quietly. "Many years and never," said Iris, rather pale and anxious, but he smiled At this moment the sound of the orand nodded.

chestra turning up reached them, and "Here you are, then! Come early! a moment or two afterward the band That's right! There isn't a seat left in broke into the overture. the house, of course; we could have A faint flush rose to Iris' cheek, and

filled Covent Garden, it's my opinion. Mrs. Berry, who watched her closely, Perhaps we will some day; eh, Miss | laid a hand upon her arm. Howard?" and he laughed. "Don't feel "You are not-frightened, Miss Hownervous, eh? No, you don't look it! As ard?"

for Paul, why, Paul's just off his bal-Iris shook her head. ance!" and he laid his great hand on "No, not frightened, but I feel as if the boy's shoulder. "Go down, now, -as if I had disappeared, gone into

both of you! Paul, keep with her as space, and some one else stood here in long as you can!" he added, in a lower my place," and she looked down at her voice. "I can see she relies on you far dress, and even at her hands and feet, more than any one."

with a strange wonder. Mrs. Berry poured out a glass of wine, but Iris declined it, and again MTS. Berry nodded approvingly.

Presently they heard the callboy calling the names of the characters who appeared in the first scene, then there sounded a sharp little bell, and immediately afterward there was the roar and clap of applause. "The curtain is up," said Mrs. Berry,

and they are clapping the scene-it is pretty-and that's a good sign. They are evidently in a good humor." Mr. Stapleson knocked at the door, and on Mrs. Berry opening it, thrust in

his head. "All ready, and all right, ch?" he asked, coolly-for once the curtain was up, nervousness, if ever it took possession of Manager Stapleson, disappear-

"All ready and all right," said Mrs. Berry.

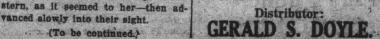
"Then that's all right," he said. "Now, Miss Howard, don't you be in the least afraid, I tell you-and I know something of this business, I believe -that you are going to hit them hard -hard, I say!"

Iris murmured a word of thanks for his encouragement, and he disappear-

A moment afterward the callboy callcertain. ed her name, and Mrs. Berry's and they went up to the wings together. "One last word, my dear," said the kind-hearted woman. "Don't be hurwrites: ried. Walk slowly, speak slowly, and sing slowly to begin with, and-don't look at anything-you won't be able

to see much through the haze from the footlights, but don't try. Now, then." Her cue had come. The moment she had been looking forward to and sometimes dreading; the moment that had. haunted her, by anticipation, sleeping and waking, had arrived.

She looked up, saw through the haze At All Dealers. the sea of faces, eager, expectant-



serge is emphasized by embroidery. New sports jumpers feature the low waist-line encircled by a patentleather belt. Fur is being used around low waistlines, for shoulder straps, and even as sashes. A dance frock of orchid taffeta has its overskirt outlined with leaves of

purple velvet



Indoor Life Spending more time indoor

nakes women far more subject to constipation than men.

The liver becomes sluggish torpid, the bowels constipated and the system poisoned by impurities. If you would get away from the myriads of ills which result from constipation, it is only necessary to use Dr. Chase's Kidney-Liver Pills.

The benefits from their use are as lasting as they are prompt and

Mrs. John Barry, 18 St. Amable Street, Quebec, Que.,

"This is to certify that I was tre This is to certify that I was troubled for years with constipation and tried all kinds of medicines without relief. At last my husband suggested that I try Dr. Chase's Kidney-Liver Pills. I did so, and must say that they have given-me more relief than all the medicine I have taken during the last fifteen years. I may also add that I have used Dr. Chase's Ointment for piles with excel-lent results.



fiank. The flank steak weighs from two The chuck contains the fifth-rib side. The butcher draws a sharp knife for stews and beef loaf.

Hamburg steak.

broths.

Lantic

Sugar

15 8

across the steak in both directions on The shoulder clod is usually cut both sides, and in this way cuts without bone and is excellent for pol through the tissue, making the steak roasts or beef a la mode.

more tender and palatable. The flank is a boneless stead. The top of the round is used for of corned beef comes from the brisket In the hind quarter of the beef, be- and are excellent for pot roasts. The sides the rump, round, loin and flank, plate is used for corning also, and there is the hind shank, which is the makes a good piece of boiling beef choice soup meat and is excellent for The navel is also corned.

In the fore quarter, besides the ribs, there are the chuck, plate and fore meat; is fine for "mock ducks" and hank. The chuck consists of the fifthsimilar culinary dishes. From the rump rib roast, the chuck steaks, the clod comes the choice large roast. It may and the neck. The plate consists of the also be used for braising and makes a brisket, navel and rib ends. The fore most nourishing stew or pot reast. shank of shin is excellent for soup The top round makes a fine po stocks and stews. A little study will roast, and is used for round steal

second-cut round is tougher and is used for dried beef. roasts, Hamburg steak, broths and The wide armhole of a coat-dress may be balanced by a wide hanging that from the plate and flank and is

cuff of dyed lamb. Long panels feature deep fur bands

not cut it. The fibers are long, but the roast in regard to proportions of meat underdress. connective tissue which holds the and bone, but is an inferior piece for fibers together is largely upon the out- roasts and steaks. It should be used

boiling and corning-the finest piece The cross ribs are used for corning

Besides using the flank for steaks it



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You must never take three pieces

of any cut food on your plate at one

time, nor must you ever offer three

pieces of cut food to anyone at one

do, according to old Japanese super-

stition. Why? Well, three pieces is

Mi Kire, three cuts, and it may also

be, in the spoken language, Mi wo

kirn, in another inflection, meaning

"to cut the body." Somewhat farfetch-

ed, but it holds strong sway in the

minds of every Japanese. Furthermore

you must never cut only three baby

dresses out of one piece of material.

One "tan" the usual length of piece goods will make exactly three baby

dresses, and leave a small remnant. This remnant, if you wish the havy you are sewing for not to suffer from

grievous body wounds, you will cut

Are Unlucky.

Send us your name and address and we shall send you 3 Lantic Recipe Books which tell how to make all sorts of nice things. Send us a Red Ball off a Lantic Sugar Package and get the Recipe Books FREE.

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enable every housewife to remember Hamburg steak and for braising. The "Three Cuts these diffrent cuts. The neck is used for . stews, pot

to two and half pounds. Butchers do roast, which resembles the prime-rib which swing to and fro over a crepe time. There will be bloodshed if you

(0)



The brisket or breast is used for

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into some part of another dress the neckband, the belt, or anything you please, so long as the entire cutting om the piece is more than Mi Kire, three cuts." The curious belief in sympathetic magic is strong in every

walk of Japanese life, and in every