THE MYSTERY OF THE GREEN RAY
By William L Queez

Service of Provider Scheme and the service of t

"I'm very, very tired."

My frierd took my arm and led me into his sitting-room, and pressed me gently on the sofa. Then he brought me a stiff brandy and soda and sat beside me in silence for a few mimutes. "Feel better, old boy?" he asked presently.

"Feel better, old boy?" he asked presently.
"Yes, thank, Den," I answered.
"I'm corry to be such a nuisance."
"Te!! me." he said, "when you feel weil enough." But I lay, and closed my eyes, for I was dog-tired, and could not bring myself to speak even to Dennis of the specialist's terrible verdict. And soon Nature asserted herself, and I fell into a deep sleep, which was the best thirg I could have done. When I awoke I was lying in bed, in total darkness, in Dennis's extra room. I sat up, and called out in my surprise, sat up, and cailed out in my surprise, for I had been many miles away in my slumbers, and my first hope was that the whole adventure had been a hideous nightmare. But Dennis, hearing my shout, walked in to see if I wanted enything.

"Now, how do you feel?" he asked, as he sat on the side of the bed.

"Did you corry me in here and put me to bed?" I asked idly.

"You certainly didn't look like walking, and I thought you'd be more combetable in here," he laughed.

"Great Ecatt, mah!" I cried, suddenly remembering his heart trouble, "you shouldn't have done that, Dennis. You promised me you'd take no risks."

"Heaven! that was nothing," he defared emphatically. "You're as light as a fatther. There was no risk in that." sat up, and called out in my surprise.

as a father. There was no risk in that."

Indeed, as events were to prove it was only the first of many, but being ignorant of that at the time, I contented myself with pointing out that very few feathers turned the scale at twelve-stone-three.

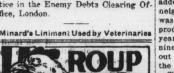
"Now look here, old son," said Dennis in an authoritative voice. "You meent imagine I'm dealing with your trouble, Ranald), in a matter of fact and unsampathetic way. But what you've got to do now is to get up, have a tub, elip into a dreasing-gown, and have a quite little dinner with me here. It's just gone eight, so you ought to be ready for it."

He disappeared to turn on the bathwater, and then, when he met me in the passage making for the bathroom, he sanded me a glass.

Drink tolis, old chap, he said, "What is it?" I asked suspiciosally. "I don't want only fancy pick-me-ups. They orly make you worse afterwards."

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ISSUE No. 53 - '21.

A Fallen Metropolis.

Ten years ago there were nearly two million people living in Petro-grad. Not more than seven other cities in the world exceeded it in size. To-day there are perhaps six hundred thousand left; the deaths far outnum-ber the births and everyone who can get out of the dying city does get out Week by week the population dwind-les. Along the Neva there is mile af-ter mile of deserted docks. Grass

The time of the year is at mand when our measculines are wont to appear, at the beginning of a half or whole holiday, announcing that they are off for a tramp or skating and want "just a bite" that will go in their pockets. They are insistent that it is not to be a lunch, but a "bite," and it must be a flat package.

Most wives and mothers know exactly the sort of "food" desired, but variations are always grateful, and long practice with every sort of pients and wich under the sun has crystallized, for me, a few favorites.

Bread and cheese sandwich—One of the simplest and best—is made as follows: Thick bread, liberally buttered and spread thickly with grated cheese which has been moistened with the colorate, is enjoyable and healthful. Suffer dates and give a transpling paper. Do not try to do two together, as it is best to carry one in each pocket.

Often a ittle sweet, as a bar of the doors swing idly on their hinges; the gires in the windows is breken; of the colorate, is enjoyable and healthful. Suffed dates and figs make an unsurpassed pocket inch dessert and famous capital.

Concordia plenic sandwich—Grind cold meat—Hamburg steak, roast or boiled beef—through meat chopper and mix with thick tomato sauce; use liberally as a filling. These sandwiches, made more daintily as occasion demanded, were so popular in my own family that round or Hamburg steak is the seed of the side of the surplies.

Fruit losf is very nutritious and family that round or Hamburg steak is continued from the proposed policy and his divid.

Emergency sandwich—Spread butter—moistored bread with peanut butter—moistored bread with peanut butter—moistored bread with peanut butter—moistored bread with peanut butter—moistored bread with beeanut butter—moist

es, made more daintily as occasion demanded, were so popular in my own family that round or Hamburg steak was often purchased, broiled and ground for the express purpose of dates, prunes, figs, etc.—and, if necessary, add a little cream, melted but far from the centre of Russ's in a sandwich making. essary, add a little cream, melted butter or soft jelly to moisten sufficiently to press into a flat oblong. Cut in small bars, roll in powdered sugar and wrap each in paraffin paper. Chopped lunch. Following is the recipe for one of the very nicest nut breads that I have ever caten.

Sue's aut bread—Eggs, one or two; brown sugar, one cupful; chopped longer of the suppose of the ted); milk, two tablespoons, sar, one-half teaspoonful; baking powder, two level teaspoonfuls. Moderate oven; one level teaspoonfuls. Moderate oven; one loaf or two baking powder tins.

Lemonz—If you feel "so tired," and for Petrograd. An artificial metropolis from the first, it has suffered the loaf or two baking powder tins.

Making Prairie Homesteads Comfortable.

One of the lines of work in which the people of Western Canada show the keenest interest is that of planting shelter-belts across prairie farms Heartburn—Lemon juice taken before meals will be found advantageous
as a preventive and cure for heartheartburn—see free for all the found in th with the mouth is parched and dry, a little lemon in warm water Melt and dry, a little lemon in warm water thousand trees per annum were discover in small, doses will refresh the tributed, but for the last four or five Dyspepsia—Juice of ore-hal? lemon millions per year and is likely to exceed that in the near future. As it n a little water before means; avoid sweets; repeat for several days.

Rheumatism and gout—Juice of a lemon in a little warm water at retion be made a year in advance, but Colds and coughs—Juice of two lemons, add tablespoonful of granulated sugar, mix and take a teaspoon-thorough cultivation is the secret of thorough cultivation is the secret of the sec thorough cultivation is the secret of the very haif-hour.

For the hair—For failing hair, rub slices of lemon into the roots, wash afterward with soft, warm water.

For complexion—Lemon juice and milk, rub on face and neck, leave on all night.

A Farmer's Paradise.

added to the wealth of England. Some neighboring acres, whose caclosure was completed by German prisoners, produced such extraordinary crops this year that the farmer intends to grow nine consecutive crops of wheat with out using manure in order to reduce the excessive fertility.

These new acres are close to the mouth of the River Nene (Lineshire). They are thought to be richer than those lately enclosed, hav ing a great depth of the finest silt, which has now raised them so far out of the sea that they are only just awash at high tide.

for reclamation every year along the west end of the Wash, but so many have seldem so obviously asked to be taken in and cultivated. The people of Lincolnshire and Norfolk think that their complete recovery from the sea ought to be a definite and permanent part of national policy, especially at times of unemployment such as the

All Right for Seven Cents. The neighbors said that Jake New-ton was strictly honest but "pretty

nug. One morning as he was having h's sheep sheared he found that one of them was missing. "It must have jumped the fence and gone into Les-Jumped the rence and gone into lessifies lot." he said to himself, and immediately walked over to Leslie French's pasture, picked cut a sheep that resembled his own and, after a tussle, got it home and had it sheared.

A few days later Jake discovered his missing sheep dead in his pasture.

he lost no time in seeking his neight-bor. With profuse apologies he re-turned the sheep and the fleec and explained the whole affair.

"Oh, that's all right, Jake." Leslie replied "Don't let it trouble you a

"You're sure it's all right?" Jake asked anxiously.
"Sure, sure, Jake. Anyone is likely

o make a mistake. Jake drew himself up "Well, it ought to be all right. I had to pay seven cents to have that sheep shear-

That was prescribed by Doctor

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