

(Continued from Tuesday's Daily) [made a success of life. You wouldn't She did not understand why sile lie, perhaps, not even to save the one did it, why she felt-even without you love best. I believe that he did and it, why she text. even without you have best. I believe that he did seeing him except as a shadow—that not tell you the secret. Yet I'm cer-she would find herself wishing to do whatever he might ask. It must be, other discoveries you must have she thought, the influence of his made gave you an almost superna-marvelous voice. She had heard tural intuition. You guessed."

Paul Van Vreck spoken of as an old man, but the voice was the voice of could not take her eyes from his. agnetic youth. He opened the door of the living-room before she could touch the handle, and, carrying his bundle, followed her as she entered. There "You needn't mind confessing was only one lamp in this room, a gold images set with precious stones. tail reading lamp with a green silk They are of the time of the Incas hade, which stood on a table, its and they've been up till now the heavy base surrounded by books and most precious things in Mexico. nagazines. A good light for read-From now on they will be the most ing was thrown from under the precious things in Paul Van Vreck's green shade onto the table, but the secret collection.

green shade onto the table, but the rest of the room was of a cool, green dimness; and, looking up with irres-istible curiosity at the face of her night visitor, it floated pale on a vague background, like a portrait by Whistler. It was unaturally white, the girl thought, and—yes, it was old! But it was a wonderful face, though

it was a wonderful face, though deep-set and looking out of shadow-ed hollows under level brows black as ink. Annesley had never seen cyes so like strange jewels, lit from behind. That simile came to her, and she smiled, for it was appropriate that

smiled, for it was appropriate that "Honest!" The exclamation burst this jewel expert should have jew-els for eyes. They were dark top-azes, and from them gazed out the might add two others: "true" and spirit of the man with a compelling "loyal'." Paul Van Vreck held her spirit of the man with a compelling charm.

Under a rolled-back wave of irongray hair he had a broad forehead, high checkbones, a pointed, promin-ent chin, a mouth both sweet and humorous, like that of some enchanting women; but its sweetners was contradicted by a hawk nose.

"I guessed by the startled tone of your voice, when you asked 'Who is there?' that your husband was out," place. "I'm a fugitive, and have had explained the shadow, now trans-formed by the light into an extreme-ly tall, extremely thin man is not in the boot any here. Also I ly tall, extremely thin man in gray came in the hope of trying my own travelling clothes. "I had a mom- eloquence on Donaldson. But now ent of repentance at troubling a wo-ly true below rote for mom and that. In

man—a lady—alone; but, you see, futur the case was urgent, so I was sel- you.

mon, it wouldn't be likely to tempt a thief. But it holds what is worth if it holds a thief at the second to her mer nussand whom he called loyal, true and honest; whom she had called in her heart a

alanche Silver WISHES CAME TRUE Marjorie lay back on the grass azing up into the sky. The soft leecy clouds looked like little white boats against a blue sea. A robin flitted by, chirping as he vent, and Marjorie wondered where was going. "I wish I were a bird, I'd fly righ

TUESDAY, MAY 15, 1917.

nto that white cloud," said Mariorie out loud. A laugh like the tinkle of A laugh like the tinkle of a tiny bell sounded among the tail grasses, and Marjorie saw two bright eyes peeping at her from a tiny blue beil. "So you wish you were a bird!" said the tinkley voice, and Marjorie noded her head. "Oh, yes, indeed! And I'd fly away into that beautiful white cloud," replied Marjorie. The tiny fairy jumped out of the blue bell and handed Marjorie a cup

lue bell and handed Marjorie a cup

of dew. "Drink that and come with me, and your wish shall be granted," said the tiny fairy.

Marjorie did as she was told and they soared into the blue say. The great white cloud glided to

ward them, and as it came neare Marjorie saw it was a beautiful with great white sails, and the little elf at the wheel waited for Marjorie and the fairy to climb in.

"Where are you going to-day?" asked the fairy of the elf. He told her he was on his way to cover up the sun, for the earth had

omplained of being too warm. "You can drop us when we reach he woods, as I want Marjorie to see Mrs. Robin's new home and her dear little babies," said the fairy and when they reached the wood the cloud boat stopped and Marjorie and the fairy hopped out. The fairy knocked at Mrs. Robin's

house, and when the door swung open Marjorie and the fairy stepped

open Marjorie and the law of baby. There in a cradle lay two baby robins, and a third played on the floor with a worm that Mrs. Robin had just brought home. "Aren't they dear!" cried Mar-jorie, taking a baby robin on her lap. "T wish I were a bird! It 'loyal'." Paul Van Vreck heid her with his strange, straight look, com-manding, yet amused. "That is the opinion," he added after a pause, "of a very old friend. It's worth its weight in—gold images." The girl gave him no answer. But the effort of keeping her face under control made lips and eyelids quiver. "May I sit down, Mrs. Donald-son?" Van Vreck asked in a tone "I wish I were a bird! It inust be lovely to live among the cool green branches with nothing to do but to fly around all day and look for food. What a happy life it must be!"

"It is a lovely life unless some-thing happens," replied Mrs. Robin. "There are the cats, and the naughty boys that rob our homes." Just then the baby robin neares

the door cried out in alarm, and a great, big hand reached through the opening. future he's safe from me, I promise If it hadn't been for the fairy who waved her magic wand which made them all invisible, Mrs. Robin's whole family, as well as Majorie. "Oh!" Annesley faltered. And aid.

the case was urgent, so I was sel-ish." He had carelessly tossed his Pan-ama hat onto the table, but kept the black bag, which he now held out with a smile. "Not a big bag, is it? And so com-instruction of which he likely to tempt

and went away. Mrs. Robin thanked the fairy for



## By Anabel Worthington

WEDNESDAY, MAY 16, 1917.

A new variation of two old favorites gets its inspiration from the popular envelope chemise and the familiar combiation of drawers and corset covers. No. 8,253 opens all the way down the centre front and the extension tab on the back usses between the knees and buttons at the front. The back view shows how the corset cover outline may be used, but the pattern is also perforated for a camisole, as in the front view. Both the drawers and the upper part fit smoothly

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around the waist line. The choice of outline for the drawers is a matter of individual preference, as two styles are given-the round tab and lower edge in festoon effect, and the pointed tab with plain circular outline,

The ladies' combination pattern, No. 8,253, is cut in five sizes-36, 38, 40, 42 and 44 inches bust measure. The 36-inch size requires 1% yards 36 inch; 1% yards 40 inch, with 1 yard 2 inch ribbon, 41/2 yards edging, 1% yards beading and 1% yards ribbon for the combination on the figure. The small front view requires 21/2 yards 36 inch; 1% yards 40 inch, with 5 yards edging and 2 yards ribbon.

To obtain this pattern send ten cent to the office of this publication.

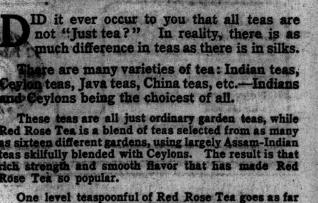
ting things build be

24 2 . H + H + 1 REAL DEBTS OF HONOR

There is a certain familiar phrase ju stify that fine phrase, is "debts which I should like to see a new The Less Bind eaning given,-"debts of honor."

The old meaning, as everyone knows, is gambling debts. In this case there is not even In this case there is a promise to pay to bind the debtor. The thread which binds him to his creditor is even more unsubstantial barse to the honorable soul Those are the debts which, accord ng to the masculine code of honor. man must pay though he leave his utcher, his landlord, his tailor un-

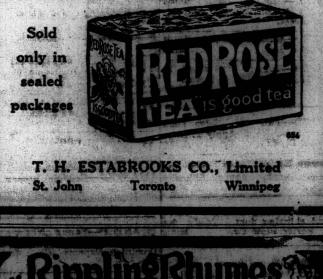
creditor is even more unsubstantial and hence, to the honorable soul, even more powerful. There is no better test of charac-ter than the way a man acts towards his debts of gratitude. Some people, finding them too heavy, have an ingenious way of lightening the burden. Instead of I suppose the idea is that the but ther or the landlord or the tailor heavy, have an ingenious way of lightening the burden. Instead of paying off some of the debt they minimize the benefaction. "It didn't mean much to him with all his, money," they say. Or they point out people who have done much more for others until they have quite dwarfed their debt in comparison. Or they pretend to think the bene-faction was given in some unbeautihas the law on his side, whereas the man who holds the card debt has the promise to pay as his only security,



Red Rose Tea

ELEVEN

One level teaspoonful of Red Rose Tea goes as far a heaping teaspoonful of ordinary tea-that proves as a heaping teaspoonful of ordinary tea-the true quality and economy of Red Rose.





The girls are wearing overalls, and pantaloons, when they are doing The girls are wearing over any the household chores, yet no startled heaven falls. The household chores, chores, when dusting sweeping floors. Their this and all adjacent towns, are sell- gowns are hanging on the walls; the ing now to damsels fair the kind of girls are wearing overalls. It's only duds their brothers wear. When first in their homes, thus far, these epoch I heard it I was shocked-immodest making damsels are; thus far they schemes I've always mocked; but when I saw a transformed maid, I felt my opposition fade. In cottages and huts and halls, the girls are wearing overalls. And they look all of us will then agree that they're booth, I must confess, without the a charming bunch to see. Farewel old accustomed dress. They say it is to aprons, gowns and shawls! The the best of boons to trot around in girls are wearing overalls.



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SRANTFORD

a thief. But it holds what is worth if it has a price at all-about hat a million dollars." "Oh!" exclaimed Annesley. /She booked horrified; and through the race closely. "I could so man reach the called in her heart a thief!" "D, please sit down." a be hurried promover the south of the south of



The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of and has been made under his per-sonal supervision since its infancy. Mow no one to deceive you in this, and further in the with and endanger the been infants and Children Experience against Experiment. More that trifle with and endanger the periment. More that this a harmless substitute for Castor Off, Paregorie, foros and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea ; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, side the assimilation of Food; giving healthy and natural sleep. The Children's Panacea The Mother's Tried.



self, and, resting his arms on the table, leaned across it gazing at the

girl with a queer, humorous benevol ISGT. DUNCAN MACNEIL ence. "How soon do you think your hus-band will come?" he asked abruptly. "I don't know," Annesley replied. "He told our Chinese boy he'd be early. I suppose the sandstorm has delayed him." "No doubt And you're worried?" OF THE CANADIANS ays Dr. Cassell's Tablets Cured his

Dyspepsia Comp "No doubt. And you're worried?" Sergeant Duncan MacNeil, of the

"No doubt. And you're worned." "No-o," she answered, looking sidewise at Van Vreck, her face half turned from him. "I don't think that I'm worried." "May I talk to you rather frankly till Don does come?" the old maa osked Canadian Expeditionary Force, writ-ing from Europe (his home address is 116, Pleasant-street, Halifax, N.S) says: "For six years I suffered from

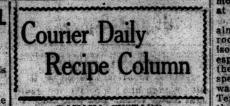
frequent attacks of dyspepsia, often asked. eing in bed for days at a time.

"Certainly." "I'll take you at your word! Mrs. Donaldson, when your husband call-ed on me a year ago last spring, in New York, he said nothing about you. I knew he'd married an Eng-lish girl of good connections (isn't that what you say, on your side?), and why he thought it would be wise to marry. But when he informed me that our association was to be ended, that nothing would induce him to continue it, I read between the lines. I'm sharp at that! I knew as well as if he'd told me that he'd fallen in love with the girl, that she'd unwas effected." A free sample of Dr. Cassell's Tablets will be sent to you on re-ceipt of 5 cts. for mailing and pack-ing. Address: Harold F. Ritchie and Co., Ltd., 10, M'Caul-st., To-punto. as if he'd told me that he d taken in love with the girl, that she'd un-expectedly become the most import-ant factor in his life, and that----she'd found out a secret she'd never been meant to find out; anyhow, his secret, and maybe mine.

## Continued in Thursday's Issue.)

(Continued in Thursday's Issue.) THE LAKE OF BAYS. This incomparable region reached through Huntsville, Ont., offers un-limited attractions to the tourist and summer homeseeker. Visitors to the district will be glad to learn that the Wawa will open for the season on the 26th of June, and this year's attendance promises to be as large as ever. Boating, bathing, tennis, bowling on the green and golf are some of the attractions. Two golf links are within easy distance of the teet. Bookiet on the Lake of Bays ielling you all about it can be had tree on application to C. E. Horn-

iree on application to C. E. Horn- Sole Proprietors: Dr. Cassell's Co., ing, Union Station, Toronto, h. Ltd., Manchester, Eng.



BANANA CUSTARD Make boiled custard of following;

Heat 1 quart of milk in double boil er, add 2 well-beaten eggs, 1 cup sugar, salt to taste, 1 tablespoon cornstarch (dissolved first); when thick turn in pudding dish; add one-

When the war broke out I joined the Expeditionary Force and came to to England. I had not been long there, however, when my old trouble returned, and I had to go to hospi-tal. While in hospital a friend totd me of Dr. Cassell's Tablets, and 1 decided to try them. The first box brought such propounced relief that I continued the treatment. To make a long story short, a complete cure was effected." ginger, 2 cups of milk; line a deep pie pan with rich crust, fill with the mixture and bake slokly.

## PRUNE PIE

Wash the prunes thoroughly, soak over night in water enough to cover them. In the morning stew slowly in same water, add 2 tablespoons sugar to each pie. Remove stones and bake with two crusts.

## RICE PUDDING

Four cups milk, 1-2 teaspoon salt, one-third cup rice, one-third cup of sugar, grated rind 1-2 lemon. Wash rice, mix ingredients and pour into buttered pudding dish. Bake 3 hours in a ver yslow oven, stirring three times during first hour of baking to prevent rice from set-tling.

a the second states tling. The Part Ohildren Ory FOR FLETCHER'S CASTORIA

TO PASS COMFORTABLY THROUGH MENSTRUATION.

(Continued.) ATIONAL METHOD is all that is necessary, excepting in those cases where correction of anatomical defects may exist. Woman's early 

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at this time.

at this time. The woman of to day not only can use a warm bathroom, but hot water or water tempered as she wishes it. Many bathrooms special tub for her—the Sitz bath—but where this is missing she the same effect, though somewhat less conveniently, by using the o

the same effect, though somewhat less conveniently, by using the ordinary, tub. During ten days of every month of a woman's menstrual life there is an increasing activity of the ovaries and the glandular structures of the uterus. A portion of this activity is in preparation for and a portion of it is a part of menstruation. This means increased blood in the structures involved, slower circulation through the parts, their size and weight, accombanied by feelings of tension and heaviness, varying from slight unconsciousness to sches or acute pain, as the case may be. Behind the uterus lies a plexus of nerves, sometimes called the ab-dominal brain, which controls sensation and blood supply and connects up with the bladder, rectum, uterus, and appendages, and even the external genitals. Any irritation to one or another of the pelvic organs supplied by this herve counteracts on the entire group of organs. The uterus itself is if part a gland, its mucous liming being rich in glands. Here are also the terminations of minute blood spaces. It is also in part a muscle, the muscle bands lying in layers. In each layer the muscle bands are distributed in such a manent that the size, shape, and length of the layer can be ab-siducity changed by the kind of stimulus to which it reacts. Thus before a menstruation the uterus is very irritable, and its muscular nbres act to their physiological limit. At the beginning of menstruation the slands act to a point where the secretions and the blood supply to the limit prominence. This should be the predominating factor during the intramenstrual period. The activity is as rhythmic as its breathing and should be as pain-less. Anything which affects its rhythm is disturbing to the other pelvic organs. For this reason any agent which will equalize the circulation or which will produce congestion in the periphery of the body and which will stimulate rhythm is indicated. Nothing is so efficient as the Sitz bath to accomplish all purposes

which will produce congestion in the periphery of the body and the stimulate rhythm is indicated. Nothing is so efficient as the Sitz bath to accomplish all purposes desired—cleanliness, loss of symptoms, and limitation of time involved. If is best taken when a woman can rest for a short time afterward. The bath should be begun at body temperature—that is, so that she feels prac-tically no difference between the temperature of the body uncovered, the water, and the room. The water should cover the hips, come about to the mayel, but never above the weist line. The temperature should then be increased to the point of tolerance from time to time until the skin of the abdomen is deeply reddened. Then the water should be allowed to run our and the cold to runs in at the same time until comfortably cool. A general bath at this time—that is, the immersion of the whole body—should no be taken. (To be continued.)

