

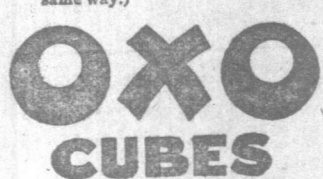


Invalid Cookery

Oxo Beef Cubes are the easiest way to take nourishment and the easiest way to make nourishment. Delicious, strengthening beef tea, and other nourishing dishes for invalids and convalescents may be prepared at a moment's notice.

And Oxo Cubes have a thousand and one general cooking uses for all the household, adding variety, flavor and nourishment to the meals you serve

Oxo Scrambled Eggs
Scramble one or more eggs as required and put them on toast, over which has been spread a layer of clipped Oxo, mixed with a little butter. (Poached eggs may be served in the same way.)



In tins of 4, 10, 50 and 100 Cubes.

The Countess of London.

CHAPTER VII.

Then he rose, white and trembling, and passed into the street.

The rays of the sun were filling the east with a golden light as he walked up Regent Street, with his haggard face bent over his turned-up collar, and his hat pressed well over his brow, and he looked round nervously, for he was later than usual, and several persons were about the streets, and the policeman glanced at him curiously, but he put on a slight stagger, as if he were a roisterer coming from a late party, and with his face almost concealed, reached a quiet street.

Here he quickly drew off his wig and put it in his pocket, wiped the paint from his face, traced down his collar, and went with a slow and sauntering step toward Frogmore Gardens. He opened the door with his latch-key, and quietly went up stairs. A servant coming from the upper rooms stifled a yawn, and shrunk back against the wall to let him pass; but the earl did not sneak by her like the guilty thing he was; instead, he stopped and said:

"A beautiful morning, Mary. I have been for a stroll in the park. We ought to be very grateful for such weather, Mary." And with a beneficent smile he passed on.

But as he closed the door behind him, the smile vanished, and a look of utter weariness settled upon his face, and, undressing, he flung himself on the bed and clasped his hands over his burning eyes. But he could not rest, and presently he got up, and taking his hand-book from a bureau, he looked at it with a haggard frown.

Then he paced up and down, thinking deeply.

"Yes," he muttered, at last, as if he had arrived at some resolution—"yes, I'll try my hand with Irene. The old lady means to secure her for Royce; but why shouldn't I have the Tressilian money. Yes, I think I'm a match for them. Besides, it would

CORNS

Lift Off—No Pain!



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

be a shame to throw away so good and beautiful a girl upon such a scamp as my dear brother Royce. No, no! I must save her—I really must!"

CHAPTER VII.

Royce had never been ill before in his life, and felt extremely surprised and disgusted at not being able to get up at once as if nothing had happened. He didn't consider that most men, if they had been beaten about the head by a cudgel wielded by a giant, and stabbed in two places, would probably have died; and he lay and tossed about in his narrow bed, and stared up at the wooden ceiling and at the various articles and contrivances of the van for a couple of days after his return to consciousness, fuming at his weakness, and bored to death.

He had what some of us have not—plenty of time to think in, and, like the sailor's parrot, he thought a great deal—of his broken career in the army; of his mother, who had declared him to be an outcast; of his brother, the philanthropist; of Irene, the lily maid, who had wept when she parted with him, and had given him her poor little locket; and, lastly, of—Madge.

For the last two days he had seen nothing of her. Mother Katie came in and out of the van to dress his wounds and so on, and Lottie brought him broth and sat and stared at him by the quarter of an hour together, but Madge seemed to have deserted him altogether. Yet sometimes when he awoke from one of the long sleeps which were waiting him back to health and strength, he fancied that she had been beside the bed; but he told himself that he could only have dreamed it.

He didn't like to ask for her of Mother Katie, and it wouldn't have been any use making inquiry of Lottie, because the extent of her conversational powers was "Yes" or "No," and a settled, fixed, immovable stare. He tried to read the books on the shelves; but, alas! Royce was not given to books, and they didn't amuse him. He wanted to be out in the fresh air, he longed, thirsted for it, notwithstanding his prettily muslined windows were wide open most of the time.

Through these windows he could see the trees and the hedges glide by; but though he knew the caravan was moving on, he did not ask whether he was being carried; it really didn't matter. To a man who has nothing to do and nowhere to go, any direction is good enough. Sometimes, as he lay with his head upon his arm, he heard a low, clear voice mingling with the other broad, guttural, drawing ones, and he knew it must be Madge's; and once or twice he managed to get as far as the window and saw her walking beside the caravan, her lithe figure moving with the peculiar ease and grace which he had begun to associate with her, and her only.

On the eighth day he found that he could stand the narrow bed no longer, and he got up and "went for" his clothes. Fortunately for him the caravan was not moving, and he succeeded in washing and dressing himself, taking a tremendous dose over it, and, holding on to the bright brass hand-rail beside the steps, he slowly descended from the van.

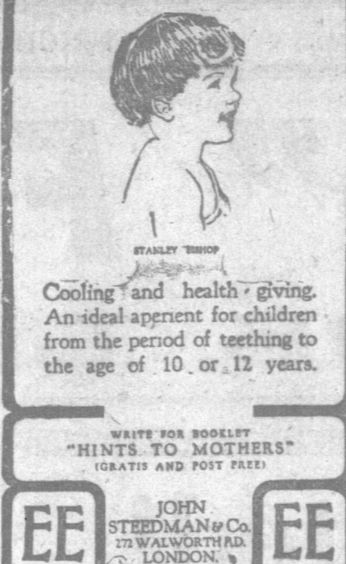
Chuckling to himself on having evaded the vigilance of Mother Katie, he drew a long breath of the fresh air, and looked round. They had drawn up in a small glade, which might have served as a fitting theme for the spirit of solitude. The two vans stood little apart in the open, a blue wreath of smoke ascending from their chimneys and from a campfire burning at a little distance under the trees, near by a couple of horses browsed at the rich grass in sleepy content.

Royce saw no living being for a moment or two, then he fancied he could discern something or some one moving among the trunks of the trees, and he walked in that direction very slowly, and feeling very shaky about the knees, and his heart gave a queer little jump as he saw that it was Madge.

She was sitting on the ground amid the brake and the wild-flowers, engaged in basket weaving. She was working rapidly and methodically, and Royce leaned against the tree close behind her, and watched the long, shapely fingers take up the white wifles from the bundle at her side and weave them into the basket shape.

Every now and then she looked up and sighed; but she did not pause in her work, not even when she glanced

STEEDMAN'S POWDERS



Cooling and health giving. An ideal agent for children from the period of teething to the age of 10, or 12 years.

WRITE FOR BROCHURE "HINTS TO PARENTS" (GENTLE AND PAIN FREE)

up at a bird which had settled upon a branch above her head and sung with all his little throat.

Royce found looking at her far more amusing than gazing at the ceiling of the van; but presently it occurred to him that she—who took offense so easily—might well resent his watching her in this way, and he stepped forward and spoke her name.

Her quickly moving hands stopped instantly, but she did not turn her head, so that he could not see the flush which had risen to her face, or the expression, half fear, half pleasure, which shone for a moment in her eyes.

He came up close to her and looked at her with the apologetic smile which a boy wears when he is conscious of wrongdoing.

"Well, Madge," he said, "she raised her eyes a little, but so slightly that the long lashes veiled them.

"You should not have got up," she said, almost coldly.

"Oh, nonsense!" he retorted, but with fictitious audacity. "I'm all right. You pamper a fellow. I'm as strong as a horse, and I got ashamed of lying there. So I thought I'd crawl out of my shell like a snail, and see what the world was doing. Apparently it is making bagkets."

"You are weak still," she said in a low voice, and with her eyes bent upon her work. "You had better go back and lie down. You will be able to leave all the sooner."

"Hem!" he said, "don't know that that's much of an inducement, anyhow, wild horses wouldn't draw me back—at any rate, for a little while. You don't know what a treat it is to be out in the open air after being shut up for several years."

"It is eight days," she said.

"Oh, is it? I thought it was years. No, I won't go back and lie down, but I'll sit down here, if you will let me."

"This wood belongs to the lord of the manor," she said, with the faintest smiles.

"Well, I won't wait for his permission, if I have yours," he said; and he dropped down, taking care not to sit too near her, or between her and the bundle of wifles.

He watched her in silence for a time. The return to the world—even this small portion of it—was delicious; and he found a vague pleasure in watching her fingers as they moved gracefully to and fro in their work.

(To be continued.)

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well." Mrs. Thompson, 308 Lisette St., Winnipeg, Man.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of prostration, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtues of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private "Fort-Book" upon "Allments Peculiar to Women."

Salmon Swims Across Ocean to Old Home

FISH NO. 10358 TAGGED SOUTH OF ALASKA LAST SEASON TURNS UP IN SIBERIAN STREAM 3000 MILES AWAY.

WASHINGTON, Feb. 23.—Fish No. 10358, one of the 10,000 salmon caught, tagged, and released by the United States Bureau of Fisheries south of Alaska last season, has turned up in a Siberian stream 2,000 miles across the ocean. He made the trip to get to his wedding at the old home stream where he began life as an egg.

This remarkable tale of Fish No. 10358 is not a mere fishermen's yarn, but is backed up by scientific records on two continents. According to the files of the Bureau of Fisheries here, No. 10358 belonged to the Oncorhynchus Keta or dog salmon family. The identification tag stamped with this number was clamped on his tail last Fourth of July of the north shore of Unga Island, Alaska.

Released to go its own way, No. 10358 evidently lost little time heading for home. According to word recently received from the Far Eastern Bureau of Fisheries, the fish wearing the tag marked "U.S.F.P. No. 10358" was caught on August 18 in the river Panikra in the district of Karagin on the eastern shores of the peninsula of Kamchatka. The local residents did not pay any attention to this mark and the fish was cleaned and salted. Agents of the Far Eastern Fisheries Board at Vladivostok discovered 10358 in the preserved state.

Examination showed that the fish was a male and had grown teeth. As salmon return to spawn in the same stream in which they were hatched from the egg, it was plain that No. 10358 was a native of Kamchatka. Other tagged fish of the dog-salmon family have been retaken in Alaskan streams to the east of the feeding ground where they were tagged.—Morning Chronicle.

Just Folks.
By EDGAR A GUEST

THE PREACHER'S SON.
The preacher's son! Eyes of him please! Away with all your dignities! A boy's a boy, despite the coat. Other round his father's throat. Draped not his childhood days in Black. Nor whisper things behind his back. Nor write for him a stern code. Than other children down the road. Steal not from him one hour of fun Because he is a preacher's son.

Why do you fatch the preacher's boy And censor his brief time of joy? Why shake your heads and gravely hiss. His child should walk a narrower way. Than your's or mine? When mischief breaks. We smile at other boy's mistakes; Others from grim perfection fall. And no one mentions it at all. Yet at some petty wrong and play. The world exclaims, "The preacher's son!"

So for the preacher's boy I plead—Grant his a normal life to lead. Young, full of life, is he, and vim. Do not expect too much from him; Let him be free to romp and play. And be a boy with boys to-day. Do not with a censorious eye His petty failings magnify. The days of youth are swiftly done. Don't spoil them for the preacher's son.

Fashions and Fads.

One's spring hat is not complete without the fashionable silk scarf or square.

Both the pleated and wrap-around effects are good for sports skirts. Metal ribbons and valencienne-lace are featured for youthful party frocks.

A great many of the new hats are turned up off the face in front or at one side.

The checked gingham bathing suit bound in contrasting color has appeared.

Fashion permits the tailored blouse and qurvetuose to be worn inside or out.

Saddles of lizard-grained calf are used on buckle-trimmed slippers of gray suede.

The front-closing coat dress is hardly complete without its hip-length cape.

A parasol of yellow velvet is carried with an organdie frock of the same shade.

Many of the most effective evening gowns use pastel colors and ostrich plumes.

The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which irritate and press on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of Mother Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular.

How We Get Our Share

OF THE WORLD'S EXPORT TRADE

"The facts are clear enough: we in Great Britain are suffering from trade depression because the world for the most part is poverty-stricken," writes Rt. Hon. Walter Runciman in the "Contemporary Review."

"America is rich; nearly all the rest of the East and West are poor; so exhausted by the War, if they were belligerents, that their activities are numbed and cannot be restored quickly; and if they were neutrals, they have been surprised to find that even war profits can become a snare, and that every country with foreign trade is actually dependent on the prosperity of its neighbours for its own good trade."

"The most remarkable evidence of the vitality of British trade and the strength and adaptability retained by it under our Free Trade system is in the increased share of the world's export trade held by us to-day in comparison with our share in 1903 and 1912.

"In 1903 the export trade of the world was valued at £2,110 millions, and the share of the United Kingdom was 13.8 per cent. In 1912 exports had risen to £3,811 millions, and the share of the United Kingdom was still 13.8 per cent. As the prosperity of the world had grown in that period, our own prosperity grew. In 1922 we were doing 25 per cent. more export trade than in 1912; the volume of our trade declined, but in spite of that fact, our share of the world's export trade in 1922 was 17.3 per cent.—a greater proportion of the whole than in 1912.

"Here is a brief summary of facts and factors which the war has not changed and which still dominate our economic life:—

"(i) If Britain were self-supporting this country could hold a population of about 20,000,000 persons.

"(ii) It is our foreign trade, the supplying of 17.3 per cent. of the world's foreign purchasers, which gives work to our industrial and shipping and commercial centres, so that we can support a population of 42,000,000.

"(iii) We must have payment for the supplies sent abroad, and that can only come back to us in goods and services—by imports. Activity outwards means activity inwards.

"(iv) Free buying enables us to procure food and materials from the places best fitted by nature for economical growth and production. We get the benefit as buyers of the world's price without hindrance or the addition of import duties.

"(v) Cheap production and being satisfied with narrow margins of profit enable us to beat our foreign competitors in neutral markets and even in many protected markets.

"(vi) Whatever fiscal burden is added here to the cost of production puts our goods at a disadvantage with our customers abroad, and may crush trades like cotton, woollens, tin plates, and a thousand more. Without their export trade we would be a ruined people and could not support our 42,000,000.

"(vii) Merchant shipping—our most representative and essential industry, is absolutely dependent on being able to buy for its use the cheapest supplies for both construction, repair, and operation.

"(viii) It depends for its traffic on the maintenance of free markets here and on the maximum of activity towards as well as outwards.

"(ix) The export coal trade, which is as good as gold for the payment of the food for our teeming population and the raw material for our staple industries, depends on free imports as the basis for a demand abroad whence these imports come and on the double voyage—the inward cargo as well as the outward—keeping coal freights on a low level.

"If the vessels had to return in ballast, the outward freight would have to bear the whole cost of the voyage and would therefore have to be high. By low freights British and Welsh coal reaches customers abroad at prices which other coal fields cannot afford to accept, and thus the export coal trade and the many hundreds of thousands of miners employed in it are maintained. British coal export and British shipping beat the American exporters and shipowners because Britain is a Free Trade country and America Protectionist. If America went Free Trade and we went Protectionist, we should have to put up the shutters and go out of foreign business. She would beat us decisively and finally.

"(x) London, and not New York, is the finance centre of the world because we have free markets and free clearance and encourage the freest of free intercourse. The Chairman of every one of our big Banks, and practically every other banker in England, signed the famous Bankers' Manifesto for Free Trade after the War only some few months ago."

Have you a Suit or Overcoat to make? We make a speciality of making up customers own goods at prices that are absolutely the lowest for first class work.

FARRELL THE TAILOR, 310 Water St.—near 17th

Chic vests in waistcoat style, in plain or striped materials are worn with the spring suits.

The costume blouse adopts flat lace and bonnet embroidery. Steel heads are also in favor.

FISHERMEN

When you are buying RUBBER FOOTWEAR insist on

COLUMBUS BRAND

Because it means HIGH GRADE RUBBER—BETTER LININGS—LONGER WEAR—GREATER COMFORT—

For all round general satisfaction COLUMBUS RUBBER BOOTS are undisputed leaders.

J. B. ORR COMPANY, Limited
166 Water Street - St. John's
Sole Selling Agents

What Women Wear to be

TORONTO, Ont., March 4.—(Canadian Press)—Rev. Father Minnehan, being interviewed locally on the subject of knickerbockers for women (with reference to the barring of this costume by the Archbishop of St. Boniface) said: "It all depends on the motive of the wearer, and the circumstances. The other day in the big storm I saw a girl in knickers hiking along, and I said to myself that is a sensible garb for such a day. But when girls come to Mass in that kind of costume it is a very different thing. If they wore them only when they went tobogganing or snowshoeing or skiing I think there would probably be no objection. But sometimes these costumes are worn for other reasons. That is where the objection comes in. If they wear them for swagger purposes or to show off it is natural that complaints should be made, and that is what has no doubt happened in Manitoba."

"I never attempt to tell women what they should wear at all," said Father Whalen, of St. Helen's. "I leave that matter to the common sense of the fair sex themselves. I have never attacked fashions at any time, and do not propose to do so now." Fr. Whalen also made it clear that he did not wish to criticize the archbishop's action in this matter.

Mrs. G. W. Bundy, president of the Local Council of Women, thinks knickers should be confined to recreational centres. "It rather grates on one's nerves to see knickers worn on the streets."

"Neither dangerous or immodest," was the comment of Dr. Carolina

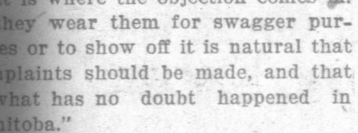
Girls! Lots of Beautiful Hair

35-CENT "DANDERINE" DOES WONDERS FOR LIFELESS, NEGLECTED HAIR.

A gleamy mass of luxuriant hair, full of gloss, life and life-shine follows a genuine tending up neglected scalp with Dandarine.

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wiry or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Dandarine" is delightful on the hair; a refreshing stimulating tonic—not sticky or greasy. Any drug store.

Our Homemade Taffies are delicious. POWERS' CANDY STORE, 218 New Gower Street, mar.17



Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

Brown, regent of Sir William Ogdon Charter LODGE. "It is an awful thing of affairs when a man would think what a woman should wear. As a matter of women enfranchisement, it is as bad as politics. As regards modesty, it could only exist in one's mind; that never enters my mind as far as knickers are concerned. The standpoint of health, the advantages of knickers, is obvious and they are far safer too than skirts."

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina

"Neither dangerous or immodest," was the comment of Dr. Carolina