FOOD IRON

You need Iron. Everybody does. The harder you work, the more you worry, the more Iron you require. But Crude Iron won't do. Iron Pills, Iron Tinctures, Iron Tonics are useless in nineteen cases out of twenty. You must have pre-digested Iron or your

furnishes the Iron you need in combination with Cod Liver Oil, and so intimately incorporated with the oil that the most delicate digestive organs cannot fail to assimilate it.

The value of the combination cannot be overestimated. It builds up and fortifies the system against Coughs, Colds, Bronchial Affections and kindred troubles. If any of these diseases have already been contracted, or if the lungs are affected or threatened. FERROL cures by enabling nature to throw off the disease, not by "killing the germs," which is a physical impossibility.

FERROL is an absolute specific for Croup and Bronchitis, and no household where there are children can afford to be without it.

FERROL is not a patent mystery. The formula is freely published. It is prescribed by best Physicians. It is endorsed by the most eminent Medical Journals. It is used in

S. N. WEARE,

Medical Hall, Bridgetown

The Wings of the Morning

breathless from agitation rather than running. He was perturbed on her account. For an instant she had looked

"I will go back," she said quietly, ugh I would rather accompany you. What are you doing?" "Seeking a place to lay our heads," he answered, with gruff carelessness.

"You really must rest, Miss Deane.

Otherwise you will be broken up by fatigue and become ill." Iris again sought her couch of sand, and the sailor returned to the skeleton. They separated nwillingly, each thinking only of the other's safe-

CHAPTER IV. ROSS the parched bones lay the stick discarded by Jenks in his alarm. He picked it up and resumed his progress along the pathway. So clowly did he now examine the ground that he hard v noted his direction. The track led straight toward the wall of rock. The distance was not great-about forty yards. At first the brushwood impeded him, but soon even this hindrance disappeared, and a well defined passage meandered through a belt of trees,

some strong and lofty, others quite im-More bushes gathered at the foot of the mouth of a cave. The six months' old growth of vegetation about the entrance gave clear indication as to the time which had elapsed since a human foot last disturbed the solitude. vigorous blows with the stick cleared away obstructing plants and

leafy branches. The sailor stooped and looked into the cavern, for the opening was barely five feet high. He per-ceived instantly that the excavation was man's handiwork applied to a fault in the hard rock. A sort of nataral shaft existed, and this had been extended by manual labor. Beyond the entrance the cave became more lofty. Owing to its position with ref-erence to the sun at that hour Jenks

Her inquiring glance fell. He was | be obtainable when the tropical luxuriance of foliage outside was dispensed

> At present the interior was dark. With the stick he tapped the walls and roof. A startled cluck and the rush of wings heralded the flight of two birds alarmed by the noise. Soon his eyes, more accustomed to the gloom, made out that the place was about thirty feet deep, ten feet wide in the center

and seven or eight feet high.

At the farther end was a collection of shiects inviting prompt attention. Each moment he could see with greater distinctness. Kneeling on one side of the kittle pile, he discerned that on a large stone serving as a rude bench were a tin utanelle some knives a sextant and a quantity of empty cartridge cases. Between the stone and what a miner terms the "face" of the rock was a four foot space. Here, half imbedded in the sand which covered the floor, were two pickaxes, a shovel, a sledge hammer, a fine timber felling ax and

three crowbars. In the darkest corner of the cave's extremity the "wall" appeared to be very smooth. He prodded with the stick and there was a sharp clang of tin. He discovered six square kerosene oil cases carefully stacked up. Three were empty, one seemed to be half full, and the contents of two were unhe ascertained that the half filled tin

"What a find!" he ejaculated aloud. So far as he could judge, the cave harbored no further surprises. Returnng toward the exit, his boots dislodged more empty cartridges from the sand. They were shells adapted to a revolver of heavy caliber. At a short distance

from the doorway they were present in dozens. "The remnants of a fight," he thought. "The man was attacked and defended himself here. Not expecting the arrival of enemies, he provided no store of food or water. He was killed while trying to reach the well, proba-

oly at night."

He vividly pictured the scene—s marined that sufficient light would | wave bardy European keeping at hay

> **Cooks and Bakes** perfectly at the same time

> > There is not another range built in which the heat may be regulated

so that you can bake in the oven and cook on the top at the same time without spoiling one or the

But you can do both equally well at the same time on the Pandora, because its heat is not wasted and is at all times under the simplest, most positive

If you do the cooking of your household you

can appreciate exactly what this means. McClary's Pandora

Range London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B., Hamilton

a Boat load of Dyak savages, enduring manfully the agonies of hunger, thirst, perhaps wounds; then the siege, fol-owed by a wild effort to gain the life giving well, the hiss of a Malay parang wielded by a lurking foe and the last tespairing struggle before death came. He might be mistaken. Perchance there was a less dramatic explanation.
dut he could not shake off his first im-

"What was the poor devil doing aere?" he asked. "Why did he bury simself in this rock, with mining utennot be a castaway. There is the indi eation of purpose, of preparation, of aethod combined with ignorance, for one who knew the ways of Dyaks and Chinese pirates would venture to live ere alone if he could help it, and if he

eally were alone."

There was relief in hearing his own roice. He could hum and think and act. Arming himself with the ax, he attacked the bushes and branches of rees in front of the cave. He cut a fresh approach to the well and threw the litter over the skeleton. At first ne was inclined to bury it where it lay, but he disliked the idea of Iris walking unconsciously over the place. No time could be wasted that day. He would seize an early opportunity to

act as gravedigger.

After an absence of little more than an hour he rejoined the girl. She saw him from afar and wondered whence he obtained the ax he shouldered. "You are a successful explorer," she cried when he drew near.

"Yes, Miss Deane. I have found water, implements, a shelter, even light," "What sort of light?"

"And the shelter—is it a house?" "No, a cave. If you are sufficiently rested you might come and take pos-Her eyes danced with excitement.

He told her what he had seen, with reservations, and she ran on before him to witness these marvels. Why did you make a new path to the well?" she inquired after a rapid

"A new path!" The pertinent question staggered him.
"Yes, the people who lived here must have had some sort of free passage."

He lied easily. "I have only cleared away recent growth," he said.
"And why did they dig a cave? It

build a house from all these trees."
"There you puzzle me," he said They had entered the cavern but a little way and now came out.
"These empty cartridges are funny. They suggest a fort, a battle." Womanlike, her words were carelessly

inductive force.
Embarked on the toboggan slope of untruth, the sailor slid smoothly down-

chosen, but they were crammed with

tion. Miss Deane. Even in England men often preserve such things for future use. They can be reloaded." "Yes, I have seen keepers do that. This is different. There is an air of"-

victims of the wreck.

"You told me that I was in com-

mand, yet you dispute my orders." He

candor. Here at least she was utterly

deceived. His changeful moods were

"I will serve you to the best of my

ability. Miss Deane," he exclaimed

"We must hope for a speedy rescue

and I am inured to exposure. It is

otherwise with you. Are you ready for

The crest of the hill was tree covered,

and they could see nothing beyond

their immediate locality until the sailor found a point higher than the rest,

where a rugged collection of hard ba-salt and the uprooting of some poon

trees provided an open space elevated

For a short distance the foothold was

precarious. Jenks helped the girl in

this part of the climb. His strong

gentle grasp gave her confidence. She

was flushed with exertion when they stood together on the summit of this elevated perch. They could look to

every point of the compass except a small section on the southwest. Here

the trees rose behind them until the

The emergence into a sunlit panorama of land and sea, though expected,

was profoundly enthrailing. They appeared to stand almost exactly in the

center of the island, which was cres

cent shaped. It was no larger than the

now revealed were covered with ver-dure down to the very edge of the wa-

ter, which for nearly a mile seaward broke over jagged reefs. The sea look-

ed strangely calm from this height. Irregular blue patches on the horizon to south and east caught the man's

lars he still carried and focused them

sailor had estimated. The new slopes

brow of the precipice was reached.

incomprehensible.

above the ridge.

the climb?"

"There is a lot to be done," broke in Jenks emphatically. "We must climb the hill and get back here in time to light another fire before the sun goes down. I want to prop a canvas sheet in front of the cave and try to devise a lamp."

"Must I sleep inside?" demanded Iris. "Yes. Where else?" There was a pause, a mere whiff of annoyed her, a young person of much awkwardness. "I will mount guard outside," went

The girl went into the cave again. get these nice distinctions." She was inquisitive, uneasy.
"That arrangement"—she began, but ended in a sharp cry of terror. The dispossessed birds had returned during the sailor's absence.

"I will kill them!" he shouted in anther significance.

"What do you make of those?" he in-"Please don't. There has been enough of death in this place already."

The words jarred on his ears. Then he felt that she could only allude to the "I was going to say," she explained, "that we must devise a partition. There is no help for it until you construct a sort of house. Candidly, I do not like this hole in the rock. It is a

cases," she announced. "Ah, that was my own idea! I must visit that locality."

"How? Will you swim?" strove hard to appear brusquely good humored, indifferent, though for one "No," he said, his stern lips relaxing of his mold he was absurdly irritable. The cause was overstrain, but that explanation escaped him. the way, Miss Deane, be careful when you are near the water. The lagoon "Quite true. But if sleeping in the "Quite true. But if sleeping in the cold, in dew or rain, is bad for me, it I feel tolerably assured that at low He quickly revived. Nature had only must be equally bad for you, and without you I am helpless, you know."

tide, when the remnants of the gale given him a warning that he was overhave vanished, I will be able to walk drawing his resources. He was deep-He laughed sardonically, and the there along the reef." harsh note clashed with her frank

"Sharks!" she cried. "In there! What horrible surprises this speck of flo all that he had done and live. For land contains! I should not have imagined that sharks and seals coulding part of the time he fought with

Throat Coughs

A tickling in the throat; hoarseness at times; a deep breath irritates it;—these are features of a throat cough. They're very deceptive and a cough mixture won't cure them. You want something that will heal the inflamed membranes, enrich the blood and tone up the system :: .: .:

Scott's Emulsion

is just such a remedy. It has wonderful healing and nourishing power. Removes the cause of the cough and the whole system is given new strength and vigor

Send for free sample SCOTT & BOWNE, Chemist. Toronto, Ont. 50c. and \$1.00. All druggists

One of Three Things Always Cause

wind is keen here, Miss Deane.' As a matter of fact, the skin rids the

goon. There was no need to mention the devilfish now. He must spare her nnhealthy—they won't throw off enough urea. This wea is changed into uric acid—carried by the blood to joints and erves causing Rheumatism One never inherits Rheumatism. One does inherit

If the skin, or bowels, or kidneys are

weak kidneys, irregular

bowels and bad skin action.

will positively cure Rheumatism because of skin, kidneys and bowels—and make these three organs so vigorous and healthy that there can be no urea or waste retained in the system to poison the blood and irritate the nerves.

FRUIT-A-TIVES are fruit juices, combined with tonics—the whole formin the most effective cure for Rheumatism 50c. a box or 6 boxes for \$2.50. Sent n receipt of price if your druggist doe

FRUIT-A-TIVES LIMITED -

"Islands," he cried, "and big ones

"How odd!" whispered Iris, more concerned in the scrutiny of her immediate surroundings. Jenks glanced at her sharply. She was not looking at the islands, but at a curious hollow, quarry-like depression beneath them to the right, distant about 300 yards and not far removed from the small plateau containing the well, though lated from it by the south angle of the

main cliff. Here, in a great circle, there was not surely would be much more simple to a vestige of grass, shrub or tree, nothing save brown rock and sand. At first the sailor deemed it to be the dried up bed of a small lake. This hypothesis would not serve, else it would be choked with verdure. The pit stared up at them like an ominous eye, though ither paid further attention to it, for the glorious prospect mapped at their feet momentarily swept aside all other considerations.

"What a beautiful place!" murmured Suppose we christen it Rainbow is

"Why 'Rainbow?' "That is the English meaning of 'Iris' in Latin, you know.' of it! Tell me, what is the meaning of 'Robert' in Greek?"

He turned to survey the northw side of the island. "I do not know," he answered. "It might not be farfetche to translate is as 'a ship's steward, a Miss Iris had meant her playful re-

tort as a mere light hearted quibble. It consequence, to have her kindly condescension repelled. the edge of the ax by grinding it on a have gone through so much in a few It was too absurd. He sank to the answered. hours that I am bewildered, apt to for-

Jenks was closely examining the reef on which the Sirdar struck. Some seemed to travel in waves from a great square objects were visible near the palm tree. The sun, glinting on the from his brain these dim fancies, but

quired, handing the glasses and blandly ignoring Miss Deane's petulance.
Her brain was busy with other things

the dealer of the dealer o it was a nice conceit, but "menial" struck a discordant note. This man be the cause of those tears. was no menial in appearance or speech.
Why was he so deliberately rude?

"I think they are boxes or packing univered pitifully. "Drink this."

in a smile; "I will not swim, and, by first spasm of terror and when the ap-

wilder beasts than they knew at Ephesus. The long exposure to the sun, the worse dangers than any yet encountered, the physical labor he had undergone, the irksome restraint he strove to place upon his conduct and utterances

you rest yourself?"

'Good gracious!" she cried. "The ham is ruined!"

It was burnt black. She prepared a fresh supply. When it was ready Jenks was himself again. They ate in bottle. A smile illumined his tired

"You are quite right." he explained. with becoming gravity. "As a rule sharks infest only the leeward side of tracted in shoals by the wreck."

"Oh!" Iris shivered slightly.
"We had better go back now. The She knew that he purposely misunderstood her gesture. His attitude con veyed a rebuke. There was no further room for sentiment in their present ex stence. They had to deal with chill necessities. As for the sailor, he was glad that the chance turn of their con-

against the lurking dangers of the la-

all avoidable thrills. They gathered the stores from the first dining room and reached the cave without incident. Another fire was lighted, and while Iris attended to the itchen the sailor felled several young trees. He wanted poles, and these were the right size and shape. He soon cleared a considerable space. The timber was soft and so small in girth that three cuts with the ax usually sufficed. He dragged from the beach smallest tarpaulin he could find and propped it against the rock in such manner that it effectually screen

ed the mouth of the cave, though admitting light and air. He was so busy that he paid little heed to Iris. But the odor of fried ham was wafted to him. He was lifting a couple of heavy stones to stay the canvas and keep it from flapping in the wind when the girl called out "Wouldn't you like to have a wash

before dinner?" He straightened himself and looked at her. Her face and hands were shining, spotless. The change was so

"I am a good pupil," she cried. "You see I am already learning to help my self. I made a bucket out of one of the dish covers by slinging it in two ropes. Another dish cover, some sand and leaves supplied basin, soap and towel. I have cleaned the tin cups and est treasure."

"Where in the world did you find Buried in the sand inside the cave."

His tone was abrupt. She was so disappointed by the seeming want of ap preciation of her industry that a glea f amusement died from her eyes, and attend to the toasting of some biscuits,

"Forgive me, Miss Deane," he said penitently. "My words are dictated by anxiety. I do not wish you to make coveries on your own account. This is a strange place, you know-an unpleasant one in some respects." "Surely I can rummage about my

"Most certainly. It was careless of "Then why do you grumble because I

"I did not wean any such thing. I "I think you are horrid. If you want "I think you are horrid. If you want to wash you will find the water over lar, a very soiled and crumpled hand-

frizzled to a cinder.' Unlucky Jenks! Was ever man fated to incur such unmerited odium? He savagely laved his face and neck. The may serve," she said. In after days a fresh, cool water was delightful at weird significance was attached to this fire he experienced an unaccountable sensation of weakness. Could it be tin?" she went on. "I suppose so," she agreed, "but I possible that he was going to faint: ground. Trees, rocks and sand strewn earth indulged in a mad dance. Iris' voice sounded weak and indistinct. It distance. He tried to brush away his iron will for once failed, and he pitched headlong downward into dark-

ness.

When he recovered, the girl's left arm was around his neck. For one while she twisted the binoculars to suit her vision. Rainbow island—Iris— saw that she was crying. A gust of anger rose within him that he should He tried to rise.

'Yes. What happened? Did I faint?" She held a cup to his mouth, and he obediently strove to swallow the contents. It was champagne. After the plication of water to his face failed to restore consciousness Iris had knocked ly humiliated. He did not conceive the

mental strain of his foreboding that the charming girl whose life depended "I cannot tell you upon him might be exposed to even | said. "I take it that the line across the

heated skin.
"How could you frighten me so?" demanded Iris hysterically. "You must have felt that you were working too hard. You made me rest. Why didn't

He looked at her wistfully. This collapse must not happen again for her sake. These two said more with eyes than lips. She withdrew her arm. Her face and neck crimsoned.



Baking the Best Bread

is more than a science and more than an art. But it can be

done quickly and surely by using PURITY FLOUR

It is milled from the finest Western Canada Hard Wheat, is thoroughly clean and hygienic, and rich in every nutrient quality.

Sold Everywhere in The Great Dominion

WESTERN CANADA FLOUR MILLS CO., Limited

All Moneys Deposited

PER CENT

This interest is compounded every half year, and added to the principal, this soon - amounts up. - -

Try the

Union Bank of Halifax

Thirty-Four Branches in Nova Scotia.

He produced a steel box tightly closed and a pipe.

"Your pockets are absolute shops," me not to have examined its interior more thoroughly."

me not to have examined its interior said the girl, delighted that his temper had improved. "What other stores do you carry about with you?"

He lit his pipe and solemnly gave an inventory of his worldly goods. Beyand the items she had previously seen

kerchief and a bit of tin. A box of

Norwegian matches he threw away as

useless, but Iris recovered them. "You never know what purpose they "Why do you carry about a bit of

"I found it here, Miss Deane," he Luckily she interpreted "here" as

applying to the cave. "Let me see it. May I?" He handed it to her. She could make nothing of it, so together they puzzled over it. The sailor rubbed it with a mixture of kerosene and sand. Then figures and letters and a sort of diagram were revealed. At last they be came decipherable. By exercising patient ingenuity some one had inde

the metal with a sharp punch until the

9.16 N 113.80E.

Irls was quick witted. "It is a plan of the island," she cried. "Also the latitude and the longitude." "What does 'J. S.' mean?" "Probably the initials of a man's name. Let us say John Smith, for in-

"And the figures on the island, with "I cannot tell you at present," he island signifies this gap or canyon, and the small intersecting line the cave. mounted by a dot are cabalistic. They —all these things culminated in utter relaxation when the water touched his smoke at least two pipes. I have barewould cause even Sherlock Holmes to

ly started one."
"It looks quite mysterious, like the things you read of in stories of pirates and buried treasure." "Yes," he admitted. "It is unquestionably a plan, a guidance, given to a person not previously acquainted with the island, but cognizant of some fact connected with it. Unfortunately none of the buccaneers I can bring to mind frequented these seas. The poor beg-gar who left it here must have had some other motive than searching for a

silence and shared the remains of the Chamberlain's Cough Remedy One of the Best on the Market

cache."

face.

Iris was watchful. She had never in her life cooked even a potato or boiled an egg. The ham was her first attempt.

For many years Chamberlain's Cough Remedy has constantly gained in favor and popularity until it is now one of the sort staple medical to the constant of the sort of the s attempt.

"My cooking amuses you?" she demanded suspiciously.

"It gratifies every sense," he murmured. "There is but one thing needful to complete my happiness."

"And that is?"

"Permission to smoke."

"Permission to smoke."

"Now one of the most staple medicines in use and has an enormous sale. It is intended especially for acute throat and lung diseases, such as coughs, colds and croup, and can always be depended upon. It is pleasant and safe to take and is undoubtedly the best in the market for the purposes for which it is intended. Sold by W. A. Warren. Phm. B.

300 thousand

We have landed and have now in stock 300 thousand Cedar Shingles, 160 thousand of these at \$1.60 per thousand. The best value we have ever offered. Landing next week 200 bags Coarse Salt

h. Longmire & Son.

5c For The Schools

The Book Store bottle of Carters or C&Bink Lead pencil choice 2 Slatepencils, All for 5 cents,

Mrs. F. McCormick.

AUTUMN TERM

Begins Tuesday Sept. 4. but as the college is now in session you may enrol at any

No tuition in advance. One month's trial FREE. It will pay you to send for our Catalogue.

EMPIRE BUSINESS COLLEGE TRURO, N. S.

WANTED!

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS and TALLOW. CASH PAID AT THE HIGHEST

MARKET PRICES. MacKenzie, Crowe & Co., Ltd. Bridgetown, Jan'y 17th, 1905.

Photographs

A good variety of New

อรู้เหมือนใจเรื่อนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือนรู้เหมือ PHOTO FADS New and up-to-date. · Forfartaria forf N. M. SMITH, - Photographer

Sore Nipples and Chapped Hands