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THROUGH THE DARK SHADOWS

Or The Sunlight of Love

CHAPTER XXIV.—(Cont'd).

Almost immediately Lord Barmminster appeared, accompanied by Mortimer Shelton. Harker rose respectfully and rather nervously, but Lord Barmminster at once put him at his ease.

"Pray be seated, Mr. Harker," he said politely, as he and Shelton set the example. "This is my son's friend, Mr. Shelton, and I should like him to be present at our interview."

Mr. Harker bowed.

"I presume you are the Mr. Harker into whose possession came the forged bill?" continued his lordship.

"As a mere servant—yes, my lord," answered Mr. Harker. "I have become aware of the identity of the man who committed the actual forgery, and also of the fact that he is now preparing to bring further trouble on yourself and Mr. Adrien Leroy."

Lord Barmminster started as if to speak, but Mr. Harker continued:

"Fortunately, I am able to avert this, because I have brought the forged bills with me; and I will explain all fully, if your lordship will hear me through. It will take some little time, but I ask your patience."

Lord Barmminster nodded and said quietly:

"Go on."

With a dry cough, Mr. Harker opened the little black bag he invariably carried with him, and drew from it a roll of papers. With slow precision, the old man unfastened it and looked across at his listeners.

"Five years ago," he commenced, "my master—for, as I said before, I was merely a servant, a machine, acting under instructions—ordered me to buy up any bills bearing your son's name. Furthermore, I was to lend the money to any amount within my master's credit to those who brought his name as guarantee. I did so, and every bill and liability which was contracted either in his own name or in yours, my lord, by Mr. Leroy, fell into the hands of this man, who carried on the business under cover of my name. He posed as the friend of Mr. Leroy, and by means of forgeries, and cooked accounts, he has managed to acquire control of your entire revenue."

"Jasper Vermont!" exclaimed Shelton involuntarily; while Lord Barmminster leaned forward eagerly.

Mr. Harker bowed his head. "You are aware," he continued, "that all matters of business, even the tradesmen's bills, passed through his hands. That confided he has abused, to how great an extent I alone can prove; for I was his tool and slave, and held his secrets. Not a bill was paid without his receiving his commission and adding to its amount. He it was who lent the money to Mr. Leroy's friends, after he had procured his name with which to back them; and he it was, who, behind the screen which I supplied, gradually, yet surely, drew your son into his net. What object he had, besides that of gain, I know not; but he certainly desired his utter ruin in wealth and honor, and compelled me to help him in his schemes. Among other bills we held was one, presumably, indorsed by Mr. Mortimer Shelton—"

Shelton started up; but Lord Barmminster said quietly:

"Let us hear the whole story first, Mortimer."

"That signature was a forgery," continued Mr. Harker, "double forgery indeed; for it imitated Mr. Leroy's handwriting as well as that of Mr. Shelton."

"I knew it," murmured his lordship in a low tone. "But pray continue, Mr. Harker."

"The double forgery," went on the dry voice. "I now know was executed by my employer's hand; but instructions were given in the name of the firm to charge Mr. Adrien Leroy with the crime. The particular day was fixed on the twenty-second simply because my master had found out that Mr. Leroy had been somewhere else, and in the company of a lady whom he knew Mr. Leroy would never betray. But this part you already know."

from yesterday's trial. False evidence was brought to bear, in the statement that your son had been in our office, and it was only owing to a plea of illness that I escaped being made a witness also. This was but one forgery, and I have here large numbers of bills all forged by the same hand, and which, if presented, will amount to more than the sale of three such estates as this could liquidate."

Lord Barmminster uttered an exclamation of horror.

"I will leave them here with you," went on Mr. Harker, "and when the scoundrel has been unmasked, you need have no fear of any future danger. In my master's chain of villainy, there was a single flaw; but that flaw has broken the whole chain. The poor tool, whom he had had so long beneath his thumb, whom he had trodden under his foot remorselessly, suddenly regained his freedom—which he had bartered for the safety of his only child."

He raised his head and looked steadily into the stern eyes of Lord Barmminster.

"My child and I," he continued, "are now freed from the chains that bound us, and are willing to bear any results that may follow from this exposure. Besides these bills, my lord, I have additional proof. A young girl whom I have brought with me was fortunate enough to see Mr. Vermont."

Lord Barmminster's face shone with triumph, as the actual name of his master at last fell from Harker's lips.

"My master—drop a roll of papers. These she picked up, and later, when by a strange coincidence she was befriended by my daughter, showed them to me. They clearly prove, by the many attempts to imitate the writing, whose hand it was who eventually committed these forgeries."

"I knew it!" cried Shelton, unable to keep silence any longer. "I knew we should catch the snake! But, pardon my interrupting you, Mr. Harker; you see, Mr. Leroy is my best friend."

Mr. Harker inclined his head and proceeded steadily.

"These forged deeds, I will now, my lord, hand over to your charge, if you prefer it. But if you will have sufficient confidence in my efforts to save you from further trouble, I will hold them at your command until after Vermont is dealt with, in order not to implicate you in any way; for, of course, these bills belong to Vermont, until either he gives them up voluntarily, or they are confiscated by law."

"Keep them in your possession," said Lord Barmminster quietly. "It would not do for them to be in my hands just at present. I will have confidence in you, and you shall have no cause to regret this day's work, I assure you."

Mr. Harker looked at him gratefully.

"Thank you, my lord," he said. "Your confidence is not misplaced; indeed, it is not my fault that you have not been placed in possession of the real facts of the case before this. I certainly think it would be best for me to retain them for the present. I would suggest now that we arrange a plan by which Jasper Vermont shall expose his villainy in the actual presence of your son; otherwise, we shall have difficulty, perhaps, to convince him on my bare word."

"That's true enough," put in Mortimer Shelton. "Adrien is so set on the man, that even with these proofs we shall hardly convince him of his treachery other than from Vermont's own mouth."

"Yes," said Lord Barmminster with a sigh. "I think you are right. But how is this to be managed?"

"I have brought with me the girl, Jessica, to whom I referred just now, and her aunt, Miss Ada Lester," said Mr. Harker. "Both of them will be able to assist us, and I would suggest to your lordship that they be sent for, and brought into the Castle quietly. We should then be able to confront Vermont."

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The Housewife's Corner

Economic Value of Vegetables.

Vegetables like onions, cabbage, cauliflower, lettuce, turnips and carrots provide very little energy for the body, as compared with bread, corn meal, rice, dried beans and potatoes, as may be seen from the following table. (Vegetables—Food unit per pound not counting waste in preparation for the table):

Celery	85
Cucumbers	80
Lettuce	90
Onion	225
Carrots	210
Cauliflower	140
Cabbage	145
Bread	1215
Corn meal	1650
Rice	1630
Dried Beans	1620
Potatoes	385

The great value of fresh vegetables lies in the mineral salts which they contain. Among these are salts of iron, phosphorus and lime, a liberal supply of which is necessary to health although life may be sustained for months without them. These valuable substances are soluble in water and when vegetables are boiled in water and the water dissolves a greater part of the material and the vegetable itself is left in a comparatively worthless condition. Vegetables should be cooked in such a way that all their soluble mineral constituents may be used for food. If vegetables are boiled in a large quantity of water their water should be added to soup or boiled down and added to stews and similar dishes. Vegetables may be steamed in their own juices without the addition of water. The liquids that come out of them in the process of cooking should be served with them as sauce. Carrots, turnips, radishes, outside stalks of celery, cut into short lengths, may be cooked in a covered dish in the oven with meat of any kind. The cheaper cuts of meats lend themselves particularly well to this treatment. Beet tops, radish tops, turnip tops and carrot tops may be used as spinach. Even parts of green vegetables that are too dry or too tough to be eaten by themselves, may be cut into small pieces with the scissors and boiled in water, which is then drained and added to soup or stew. Not an inch of any sort of vegetable should be wasted.

Three Fish Dishes.

Creamed Mackerel—Mackerel should be soaked for twenty-four hours with the skin side on top. Place on a saucapan, cover with milk and simmer for fifteen or twenty minutes. Remove the fish and place on a shallow baking dish in the oven. Rub together one tablespoonful of butter with one teaspoonful of flour, add slowly the hot milk in which the fish has been cooked, season with a little pepper.

Baked Codfish—One cupful of rice, four cupfuls of milk, one cupful of flaked codfish, two eggs, two tablespoonfuls of butter, salt, pepper, bread crumbs. Cook the rice in the milk until it is creamy. Then add the flaked fish, butter, well-beaten eggs and seasoning. Butter the dish and pour in the mixture. Sprinkle bread crumbs on top and dot with butter. Bake until nicely browned.

Baked Salmon—One tin of salmon. Take a fork and beat up fine. Take about 4 soda crackers, and roll fine. 1 egg, salt and pepper to taste. A piece of butter half the size of an egg. 1 pint of milk. Mix all together, and bake in a moderate oven, 30 minutes.

Food Economy Hints.

Learn the real cost—not how little did it cost, but how much real nourishment was secured with the money spent.

Plan the meals ahead so that one may dovetail with another, and the leftovers be satisfactorily used in succeeding meals, and so that you may avoid constant small orders to the tradesmen. Remember that the customer pays for paper bags, string, and delivery.

Avoid the expensive meats and other foods, the price of which is high in the early season and lowers later, e.g., spring lamb, broiling chickens, early strawberries, early vegetables, etc.

Buy sparingly the foods which are procured more for their taste than their nourishment, e.g., boillon, many relishes and condiments, many imported hothouse fruits and vegetables.

"Certainly," agreed Lord Barmminster, and, crossing the room, he rang for his own confidential man.

"Simpson," he said, when the servant appeared, "I want you to drive down, yourself, to the station."

"The Windleham Hotel, your lordship," interrupted Mr. Harker, respectfully. "I think, too, if your lordship would have no objection, a short note from me would be advisable."

"Certainly," agreed Lord Barmminster. He directed Harker to a small desk, then turned once more to the waiting servant. "Bring the ladies back with you. Take them into the Octagon room, and ask them to wait there." Then, as Mr. Harker came forward with the note, he added, "Give this to a Miss Lester."

"Yes, my lord," said Simpson, and taking the letter with a deep bow, he departed on his mission.

(To be continued.)

Buy Canadian grown and Canadian manufactured foods. There are too many imported jams and canned foods on our grocers' shelves. Leave them there and they will disappear.

People with a garden and the necessary time can greatly lessen the food cost by canning their own fruits and vegetables. Meats also may be canned to advantage when prices are low.

Excessive tea and coffee is costly in nerves as well as money.

Use all the cereal foods possible. Their protein is quite as valuable as animal food protein and much cheaper.

Cheese is especially valuable as a flavoring for combination with breads and more neutral flavored foods.

Use leftovers attractively. Too often leftovers are served unattractively. There are many simple ways of converting them into dishes the family welcomes.

Use more time and lower heat in cookery to develop flavors and secure all the goodness in the foods. This means forethought in marketing and planning for the work.

Housewife's Hints.

Overcooked fish is dry and tasteless, and undercooked fish is not safe.

"Natural sugars" are most wholesome for children—dates, raisins, figs, honey.

If meat is overcooked it is waste and nourishment is lacking.

An excellent gift to a new housekeeper is a kitchen bookshelf, with all the necessary cookery books on it.

The bones that are in the rib roast, even after being roasted, will make some stock if they are boiled for a long time.

It will aid greatly in cleaning the painted walls if they are gone over with thin uncooked starched water.

Never throw away the skins of oranges. The grated yellow rind is a good flavoring for cakes, etc., and it is cheaper than extracts.

The unused doorway makes an effective bookcase. The door should be locked and treated as the back of the case. Shelves can be set in the entire door space or the lower half.

Take coarse salt, wet with gasoline, sprinkle on the rug or carpet, then sweep back and forth across the fabric. You must sweep real hard; this kills any moths or germs; also cleans and brightens the rug.

Madagascar fishermen sprinkle a substance on rivers and lakes which paralyzes the fish and causes their bodies to rise, when they are caught by hand.

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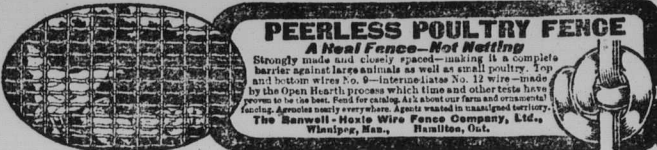
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ORIGIN OF "SABOTISM."

The Wooden Shoe Has Been Used as a Weapon to Destroy.

"Sabotism" is of French origin and comes from the word "sabot," which means wooden shoe. These shoes are worn by the French peasantry, are made of one piece of wood, scooped out to fit the foot, and are very heavy. Such shoes are worn by peasants of various European nations. At times of riot and disorder the French peasant used this heavy piece of wood as a weapon, also a missile with which to destroy. The word "sabotage" grew naturally out of this means of offence and disorder and soon got a footing

with French socialists and labor men. Concerning the word, a Frenchman writes: "If you are a mechanic, it is very easy for you with a penny's worth of powder, or even with sand, to score lines on the rollers, to cause loss of time, or even costly repairs. A tailor can easily ruin a garment or a piece of stuff; a salesman with some stains will easily make it necessary to sell a piece of goods at a low price. As the employer is an enemy, it is no more disloyal for the workman to entrap him into an ambushade than to fight him face to face."

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