



## For the GIRL WHO is THIN

It is all very well for fleshy people to admire a slim figure, but no girl likes to be referred to as "thin as a match" or "flat as an ironing-board."

Thinness means that the tissues are not properly fed and nourished. It indicates a tendency towards anaemia, which must be overcome in its early stages. You may eat plenty of food, but you are losing weight, and with it reserve force. The blood has got thin and watery.

It is usually the nervously energetic girl or woman who wears herself down by worry and anxiety, until the nerves become irritable and the form emaciated.

This condition never rights itself, and for this reason you must seek external assistance, such as is found in Dr. Chase's Nerve Food. This treatment should not be confused with fat-forming, oil-composed preparations. It is rather a true tonic, which sharpens the appetite, improves digestion and restores richness to the blood. Through the medium of the blood it feeds and nourishes the starved cells and tissues back to health.

Under this restorative, upbuilding treatment the angles disappear, and the form is rounded out to healthful proportions. The new tissues formed are strong and firm, and give to the body the buoyancy and vigor which makes you look well and feel well. Nervous headaches and indigestion disappear, and you feel again the joy of living. You can prove the benefit obtained by noting each week your increase in weight.

50 cents a box, 6 for \$2.50. All Dealers, or Edman, Bates & Co., Ltd., Toronto.



# Dr. Chase's Nerve Food

Dr. Chase's Recipe Book, 1,000 selected recipes, sent free if you mention this paper.

## Love in a Flour Mill, OR, The Romance of Two Loyal Hearts!

CHAPTER XV.

"Seems a very nice chap, and particularly all there," replied Ronald.

"He is," said Vane emphatically. "I've known Shanks for some time, and I chose him specially for this trip." He hesitated before the word.

"He is a first-rate navigator, and a most reliable man; hard as nails and firm as the Eddystone. The sort of man you can depend upon when any trouble is around. He's had a roughish time, and had a hard struggle for it, and, as he says, this present job is on velvet. Oh, yes, you can depend on Shanks every time and all the time. We've left the moorings; now you'll see how manageable she is."

Ronald and Vane stood and watched the men at their work. In perfect order, without noise or flurry, the schooner floated from her moorings with the grace and ease of a swan on a pond; so beautifully did she move, so exquisite a picture did she make in nautical eyes, that the sailors on the other vessels crowded to the docks to watch her, and they raised a cheer. Vane's face flushed with pride for an instant, but the next he frowned and

looked almost displeased and annoyed.

"Don't care for all this fuss," he said under his breath. "Let's go below."

As they passed the galley, Vane stopped and looked in. Smithers had already donned his cook's attire, and was busy frying eggs and bacon and preparing the other constituents of the saloon breakfast. A cabin-boy stood beside him, gazing up at Mr. Smithers with saucer-like eyes, and listening with a mixture of awe and amazement to the new cook, who was informing him, with all the nautical phrases he could think of, that he had been cook on board Lord Nelson's ship, the Victory, and that he expected Tom, the cabin-boy to wit, to do his duty, alluding, in an airy fashion, to the fact that he—Smithers—had considered it his duty to throw the last cabin-boy he had had to deal with overboard, and into that part of the Pacific Ocean which is most rich in sharks.

"I was fond of that boy, Tom," he was saying, as Vane and Ronald stopped at the door of the galley—"as sorry to part with him as if he'd been my own son; but dooty is dooty, and so I 'ad to do it. The last I saw of 'im, a shark 'ad got 'old of one leg, while another 'ad caught 'old of the other. It was what you might call a sad sight, and I 'oped I might never see the like again. So now we understand each other, Tom. Always do your dooty, as the man said 'to the

p'liceman as come to take his mother-in-law in charge."

"Your man seems rather an oddity," said Vane, as he and Ronald passed on.

"Yes," agreed Ronald laughing; "but, in his way, you will find him as reliable as Captain Shanks. I'll go bail for him."

Ronald had plenty of leisure during the day in which to admire the Hawk, as she flew down the river on the tide and sped into the Channel. It was delightful to feel himself on board ship again, to know that the course of his life, for some little time at any rate, was marked out for him; that there would be no more loafing about the Docks, seeking the employment which had always seemed to evade him. He had plenty of time for these and other reflections; for Vane, though he could not be said to avoid Ronald, kept pretty much to himself, sometimes shut up in the cabin studying some papers, at others pacing the deck or leaning against the deck combing, gazing seawards with a thoughtful expression, as if he had something on his mind.

Ronald had not, of course, forgotten Vane's reticence on the preceding evening in regard to the destination of the Hawk; but the matter did not trouble Ronald; and he was too delighted with his present condition to be curious—as a matter of fact, he did not care where they were going.

The Hawk kept merrily on her way, with all her white wings filled with the fair wind; and she was speeding towards the French coast and the Bay of Biscay. Once or twice as he paced the deck Ronald looked in at the cook's galley; for, though the weather was fine and the sea fairly smooth, he was anxious to know how Smithers was getting on.

"Thank you, sir," said Smithers, in answer to Ronald's inquiries; "I'm all right up to the present—in fact, sir, I'm beginning to think as I was cut out for a seafaring life; and I shall be perfectly 'appy and comfortable when I've woked to the fact that I'm cooking in a kind of sentry-box, and remember not to knock my 'ead

against the top o' the door every time I go in and out. Seems to me, sir, if you'll 'low me to say so, that we've fell on clover. Wonderful nice set o' men, sir, they are. Such a light-hearted crew; they're as full of their fun as a balloon is of gas, and all o' them inclined to be friendly. Why, sir, if you'll believe me," he added, his blue eyes dancing, "they've already took to calling me 'Carrots,' a playful way of alluding to my 'air, sir, no doubt, which my mother always assured me was hawbun. Oh, I shall get on first rate, sir; don't you worry about me, as the badger said 'to the dog."

"Your man may be eccentric," Vane remarked as, rather late in the evening, he and Ronald sat down to an excellent dinner; "but he can certainly cook."

The two men talked about former cruises of the Hawk and similar topics while the steward and the cabin-boy were present; but, when they had gone and the cigars were alight, Vane suddenly became grave and thoughtful, and, after a minute or two, he rose, opened the door, listened for a moment, then closed it and shot the bolt.

"Now we can have our talk, Carrow," he said, seating himself and leaning forward, as if he feared that even the low voice in which he spoke might be overheard. "Last night I was obliged to refuse to tell you the name of the place we were bound for. I'll tell you now. But first I want you to promise that if, after having heard the object of this cruise, you don't care to join me, you'll let me set you ashore at the first port and give me your word to respect my confidence."

"I give it you," said Ronald; "but I don't think I want to be put ashore, thanks. Whatever you may have got in hand, I'm with you heart and soul."

Vane stretched out his hand, and the two men shook it. There was silence for a moment or two, then, in a still lower voice, Vane said: "Do you happen to know the Lipari Islands?"

"You mean the Eolian Islands?" said Ronald. "They lie off the north-east of Sicily, don't they?"

"That's so," assented Vane. "There is a little straggling group of them; some of them rather big, some quite small. One of the smallest is Tricania. Know it?"

"No," replied Ronald. "Are we going there?"

Vane nodded, and smoked in silence for a minute or two; then he said, his eyes fixed on his cigar: "It's an unfrequented island; it stands right away from the rest of the group, well to the west of them." He sipped again as if, notwithstanding his faith in Ronald, he was reluctant to unobscure himself. "It's a pleasant little place; you'd like it."

"Sounds very jolly," remarked Ronald.

"Yes. We shall put in there for some time; months, perhaps, off and on—can't say exactly."

There was another silence, which Ronald bore easily enough; for he was particularly comfortable; the cigar and the whiskey were good, and his curiosity, though alive, was not intolerable.

"It's a pleasure trip, in a sense," said Vane presently; "but not altogether." He flung his half-cigar into the ash-tray and lit another, frowning and glancing over the match at his companion's serene countenance.

"Did you ever hear of Rinaldo Ricci?" he asked, almost demanded, suddenly.

"Never," replied Ronald. "Who is he?"

"One of the early Italian buccanniers," said Vane. "A glorified kind of pirate. He flourished in the time of Elizabeth, about the Drake and Hawkins time, you know. He worked all along the Mediterranean, and had a fine old time of it; stopped the vessels, the Spaniards and the rest of them, carrying specie and rich cargoes. You know the kind of thing?"

(To be Continued.)

### Everyday Etiquette.

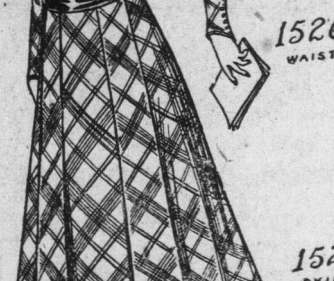
"Should the bride or groom set the wedding day?" inquired Evelyn.

"It has ever been the bride's privilege to set the actual day for her wedding although the groom and bride often select the general time together," answered her aunt.

## Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Fashion Plates. These will be found very useful to refer to from time to time.

1526-1527. WAIST, 1526. SKIRT, 1527.



### A Stylish Costume.

Comprising Ladies' Waist Pattern, 1526, and Ladies' Skirt Pattern, 1527. As here shown, worsted plaid in green and blue tones were used, with vest and collar of white satin, and facings of green velvet. The waist and skirt may be finished separately if desired. The styles are good for velvet, silk, poplin, serge, broad cloth or corduroy. The sleeves is new and graceful, in wrist length. It may also be finished in short length, with a turnback cuff. The skirt has box plaits over the sides of back and front, and flares gracefully at the foot. The Waist Pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The Skirt Pattern is cut in 6 sizes: 22, 24, 26, 28, 30 and 32 inches waist measure. It requires 5 1/2 yards of 54 inch material for a medium size for the entire dress. The skirt separate could be developed from 3 3/4 yards of 54 inch material. The Waist from 3 1/2 yards of 27 inch material with 1 1/2 yards of lining.

This illustration calls for TWO separate patterns which will be mailed to any address on receipt of 10c. FOR EACH pattern in silver or stamps.

1363.—A UNIQUE AND STYLISH DESIGN.



Ladies' Costume, with Sleeve in Either of Two Lengths, with or without Over Back, with Two Styles of Collar and Waist Fronts.

This simple but attractive model, offers several style variations. It may be made with a flaring or a low rolled collar, a sleeve in wrist or short length. The fronts may be shaped in points or in straight outline, and closed at the side, or finished with revers. The skirt is cut circular and with four gores. For linen, pique, corduroy, poplin, repp, gingham, chambray, taffeta, serge, percale or lawn, this style is very suitable. The Pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6 yards of 44 inch material for a 36 inch size. The skirt measures about 3 yards at the foot.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

Size .....  
Address in full: .....  
Name .....

## THE "BIG" Furniture Store.

BIGGER AND BETTER BARGAINS—OUR CUSTOMERS WELL PLEASED.

Watch our Big Ad. for reduction in MIRRORS, OVERMANTELS, WINDOW POLES and BRACKETS, HALL MIRRORS, TOILET MIRRORS, POOL BASKETS, CLOTHES BASKETS, &c. &c.

CALLAHAN, GLASS & Co., Limited,  
Duckworth and Gower Streets.

# SALE! SALE!

AT COST PRICES, ALL OUR STOCK OF

## Ladies' Winter HATS,

in White and Colored Felt Hats and Black Felt and Velvet Hats.

This lot of Hats are all of the latest styles and made from superior Felts and Velvets, finished with fast dyes. You only have to see and price them to buy.

## Feathers, Tips, Wings, etc.,

New arrivals, also at cost.

# HENRY BLAIR

## Choice Groceries For the Festive Season.

Sinclair's Hams and Bacon. Bacon in Glass. English Cheese. Ox Tongue—Glass. Lamb's Tongue—Glass.	FRUITS IN GLASS. Pineapple Sliced. Apricots, Peaches. Pears, Red & White. Raspberries. Strawberries. Cherries, Plums. Glass. Greengages.	Oxford Sausages. Black Leister Mushrooms. Queen Olives. Ripe California Olives. Lea & Perrin's Sauce Yorkshire Relish. Tomato Catsup.
Italian Tomatoes, Peeled. Tomatoes in Glass.	ASPARAGUS, Red Top.	BEANS, PEAS, (in Glass) CORN.
NUTS IN SHELL. Wal, Hazel, Almonds. Table Raisins, 1 lb. packets. Cooking Table Figs. Bromlinary Dates. Creme de Menthe. Jordan & Valencia Almonds. Shelled Walnuts (halves). Crystallized Cherries. Glaze Cherries.	XMAS. NOVELTIES, CRACKERS, STOCKINGS. NON-ALCOHOLIC WINES— Kop's & Nogartha's. Assorted Syrups. Lemon Crystals. Evaporated Pears, Prunes. Apricots, Plums. Cranberries.	

## BOWRING Bros., Ltd.

GROCER /  
332 'Phone 332  
m,w,f,t

## Furness Line Sailings!

From	St. John's	Halifax to	St. John's
Liverpool		St. John's	to Liverpool
S. S. TABASCO	.....	Dec 4th	Dec. 12th
S. S. GRACIANA	.....	Dec. 11th	.....

For freight and other particulars apply to

## Furness Withy & Co., Ltd. Water St.

Advertise in The Evening Telegram

The better judge you are of brandy the better you will be pleased with

## HINE'S Three Star BRANDY

Guaranteed Twenty Years Old

H. Hine & Co. are the holders of the oldest vintage brandies in Cognac

J. G. SOBELIN, of Toronto, Sole Canadian Agent