



When I Studied Flour

LIKE many other women, some of the things I have used most I have known least about. Flour is one of them.

When I studied flour, I was surprised to learn that only about 72% of a grain of wheat is fit to go into flour; and only about 40% goes into Rainbow Flour, which is the very best flour made.

That is why it pays to remember the name of the most carefully made flour and insist on having it.

I heartily recommend Rainbow as being all that a good flour should be.

The great difficulty of the miller is to separate perfectly the waste particles from those that belong to good flour.

If he is too zealous he takes away much of the good gluten without which flour will not raise properly. If he is careless he is not particular about leaving in some part of the five skins, the germ and the "crease dirt," and the fibre. His make of flour would be impure, bad in color and poor in keeping qualities.

It is only the expert miller who can make perfect flour.

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MAKES GOOD BREAD



At grocers'. In 7-lb., 14-lb., 24-lb., 49-lb. and 98-lb. bags and in barrels.



Canadian Cereal and Flour Mills Limited, Toronto, Canada
Makers of Tillsen's Oats—Rainbow Flour—Star Flour

One in a Thousand, BUT TRUE TO THE LAST

CHAPTER XVII.
MATCHMAKING.

The letters arrive early at Hebdon; and, when I come down to breakfast on the following morning, there is a perfumed, black-edged, crested letter lying beside my plate. I take it up with unwilling fingers. Yes; it is from Theo. I put off the evil moment as long as I can by pouring out Adrian's coffee; but at last I am compelled to open it. It is as I feared—Theo writes exactly as if her visit were an understood thing; says she has suffered very much from her head, dizziness and oppression, and that sort of thing; but hopes a short time in Ideminstor will soon set her up again.

I hand the letter to Adrian, who laughs.

"Funny idea to come to Ideminstor to cure headache," he says. "We

must tell Theo to look at an atlas. She ought to go to the seaside—any place rather than the bottom of a basin, like this town."

"I am afraid I am very skeptical on the subject of my elder sister's headache."

"What are you going to do this morning?" says Adrian.

"I promised, Loys, to go and have luncheon with her. Teddy is on duty."

"Then you are going to drive in with me?"

"Yes."

"You'll write to Theo, first?"

"Oh, I need not write to-day!" I answer, fretfully.

"I think you should," he says, quickly. "If she is coming on Wednesday, it isn't polite to leave it till to-morrow; and you know, my darling, we must not be rude, even if we don't want her."

"Very well," I assent, ungraciously.

"I can write from Loys's house. I don't want to drive in by myself, and you know you don't like to be late."

"What room shall you give Theo?" asks Adrian.

"Oh, I don't know!" I reply, petulantly. "The blue room, I suppose."

"It isn't a very nice one," observes Adrian, doubtfully.

"If Theo wants grandeur," I say, crossly, "she must go to Park Royal, and not come down here where she

is not wanted. She can't have the best rooms in the house, for those are ours; and I am not going to change—not for anyone!" I add, emphatically.

"No, no; of course not. Well, you must tell Theo that she will only get a soldier's shakedown," he answers, nothingly.

"I hope she won't find it uncomfortable!" I cry; "and then she won't stay very long. Now, I am going to rest."

Just as we arrive in sight of the Vincent's house, Adrian asks apropos of nothing, if Theo is going to bring the child.

"Oh, no!" I answer. "Lady Lasselles is going to take care of the children at Park Royal."

"Tell her if she doesn't bring the boy we won't have her at all." Then he pulls up, with a jerk, and he helps me down. "I shall be round to luncheon; and be sure you tell her to bring the boy."

"Have you heard from Theo?" asks Loys, when she has taken my outer garments from me.

"Oh, yes," I answer, a little bitterly; "a long effusion this morning! He writes just as if her visit were an arranged, settled affair."

"But Adrian asked her?"

"Nothing of the sort," I reply, sharply.

"How strange!" says Loys, wonderingly. "She certainly told me so just before we left. And when is she coming?"

"Oh, Wednesday! Short notice, isn't it?" I remark, with a hard laugh. "She is positively taking us by storm."

"Audrey," says Loys, in a frightened tone. "I don't think you like Theo!"

"Do you?" I ask.

"Well, she is very much altered; but I don't—"

"You don't hate her as I do," I say, brusquely. "It's no use mincing one's words, Loys—one thinks exactly the same. No, you don't hate her as I do; perhaps you haven't the same cause."

"You frighten me, Audrey!" exclaims Loys, looking at me piteously.

I see that if I run on in this wild strain I shall upset Loys, and I laugh, to try to reassure her—a laugh so hard and wicked that it absolutely frightens myself.

"It's all right, you dear, old thing!" I cry. "I've got nervous and excitable lately, and I think my tongue runs ahead of my wit. I'm vexed about Theo coming just now, because I really don't want her. When I'm an old, married woman like you, I may be glad of some one to relieve

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out again. The exercise does me good, brightens my spirits, and I reach Loys's drawing room much happier in mind than I left it.

I must do Adrian the justice to say that he does his best to amuse me and make me happy, so far as kindness and tender consideration go; but, with this visit of Theo's hanging over my head, I cannot enter into his fun, or even make myself happy in the present, as I should do if I were a sensible girl. I am placed in such very peculiar circumstances. If Theo chose to fall in love with Adrian, or get up a violent flirtation with him without having known him before, I should merely laugh at it, and think it a good joke; but they loved each other years ago. Adrian was her first, her one love, and it is I who have come between them. I know Adrian is very good about it, and tries to make the best of it; but I cannot help seeing, when he is with Theo, where his heart leads him. I think if I were quite certain either way, it would be better; but it is this battle of hopes and fears which is so hard to light—this agonizing conflict—which leaves me more miserable as he days go by. One hour I feel sure that my husband is the same tender lover I married; the next I am certain beyond all question of doubt, that Theo has his love, and that his bondage with me is irksome and wretched. Yet even in this frame of mind I do not remain—a look, a few words, a touch, serve to exalt me into my Elysium once more, only to be cast out with a more relentless hand than ever.

I am in the drawing room, awaiting the arrival of our guests, and I think, as I look in the glass, that I do not look much like a rich baronet's bride. My dress is rich, but somber, and as yet I cannot wear lace. I have tried to lighten it by wearing pearl ornaments, but I decide that I am too fair and by far too pale for them. It is perfectly wonderful how a girl of eighteen can look so old and haggard. Yet my husband, when he comes in, does not seem to think so. He smooths my fringe, and says that the hairdresser has cut it too short, and that I am to tell Lane not to try to make it curl; it looks better smooth and soft; and then he asks me if his tie is straight.

"How many had you?" I inquire, with a laugh.

"Only eight this evening," he answers.

His tie is not straight; but, after he has spoiled eight, I have not the heart to tell him so—it would no doubt lead to the temporary destruction of another batch of eight.

The first of our visitors to arrive are Capt. Cust and Mr. Bertie.

"I'm afraid we're awfully early," says Mr. Bertie; "but—"

"I would rather you were early than late," I interpose. "You came together?"

"Oh, yes! We generally hunt in couples," he answers.

"Whatever will you do when Capt. Cust is married?" I ask, for I have never yet seen one without the other.

"He is not tied up yet, and there's many a slip," you know, Lady Charlotte. Still, if it does come off this time, I shall be like a ship without a rudder. I shall have no alternative but to get married myself."

I look at Adrian, who laughs.

(To be continued.)

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