#### "My Heart Would Palpitate I Had Weak Spells"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont., "I took very sick with my nerves and stomach, and seemed to all run down. At times my heart would flutter and palpitate and I would atake such weak spells in the pit of



us to their friends, you know."

looked too; then both sisters gazed

made to his idolized daughter. She

had never worn it, and did not like to

"Where could Miss Wyvern have

"I am sure, mamma, that all is not

as it should be," concluded Maria, af-

ter relating the story of the dress

and its magnificence; "neither you nor ever had anything like it in our lives. Does it stand to reason, that a

young person in Miss Wyvern's post ion could purchase such a dress?" "It may have been given to her,

my dear," remonstrated Mrs. Cadwell,

frs. Cadwell's room.

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# Daughter.

one spoke ill of her dead father. Her might have disarmed them.

With Mrs. Cadwell, she would have ple. Many ladies, highly connected, been, comparatively speaking, hapy, and of good family, would be glad to but the young:ladies were pealous and enjoy the advantages Miss Wyvern envious. The journey to Rome was does, and they would have introduced not unpleasant. To Florence it was one dream of delight; she forgot the But Mrs. Cadwell liked the beautipetty vexations, the little miseries, of ful, gentle girl, who was always amiher every-day life. She was realizing able and pleasant with her. one of herewildest hopes; she was Florence, owing to the good nature traveling to that "land of beauty and of Mrs. Cadwell, had a little room of of song," of which she had dreamed her own. The sisters intruded there from the time when she had been a sometimes, under different pretexts;

They reached Rome in safety. Many to the contents of the boxes that the English people were there, people of young girl always kept locked. rank and position; Mrs. Caldwell's One morning Mrs. Cadwell asked She took apartments in one of the best sent, and went to her room for their and most fashionable parts of Rome. Italian lesson. They rapped, but no She had some letters of introduction, answer came. Maria opened the door, and she with her daughters determin- and entered boldly, saying that Miss ed to gain a footing in the very best | Wyvern ought to be ready for her dut- | win, "Lady Lynne is not very well;

"Nothing second-rate, mamma," get into first. It must be a good one, exquisite blue satin and white lace. if we wait six months."

this. Their brightest hopes were at each other. They were half ashamplaced upon the Hon. Mrs. Godwin, to ed of the curiosity which actuated whom they bore a special letter of them; the lace hung directly over the introduction. She received them lock of the box. kindly, was civil to Mrs. Cadwell and her daughters, but seemed to grow last, "it will be quite spoiled. I will

"Who in the world is that compan- | vern leaves things untidy." ion?" she said one day to the merchant's widow. "What a beautiful sleeve of a richly-trimmed dress. Marpatrician face she has! Where did is forgot all else. In her curiosity

she drew out the remainder, and Mrs. Cadwell explained with some found one of the most elegant evenlittle pride that she had been recom- ing dresses she had ever seen, trimmended to her by Signor Bacchi. She med with seed-pearls and point-lace. was an orphan, who had been living She held it up before her astonished as companion with some relative. sister, and they both gazed for some Mrs. Godwin looked thoughtful, and minutes in unfeigned admiration. said nothing. In her own mind she "How beautiful! how exquisite!" had already condemned the Cadwells cried Julia. "I never saw anything as parvenus, and decided that Flor- so elegant." ence had been accustomed to the best

Day by day Maria and Julia disliked tion want with a dress like this? It



Who in their senses would give a dress like that to a companion?—it is litted for a duchess. Depend upon it there is something wrong about her; "Well, if I must, I must," sighed the

mother: "but she is really very useful. But say nothing about it to-day, -we are going with the Godwins to evening, and I will speak to her then." Satisfied that they should at length get rid of a rival, the Misses Cadwell were restored to semething like good humor. They said very little to Florwho had often been puzzled by their conduct before, wondered at the malicious yet triumphant looks with which they regarded her. Punctually at the appointed time they called at the Godwin's, and then proceeded

her manner, her voice, the perfect ease and fluency with which she spoke selves near one of the ruined arches. Italian. The Misses Cadwell, in their overgrown with grass and shrubs; the own minds, termed her designing and stantly of their differences in position. The conversation, as usual with the and spoke of the "duties" of "persons Godwins, turned upon the aristocracy of her class." But the sweet, untiring then in Rome. Florence soon tired of nationce with which she bore it all it, and wandered some little distance "You might really have found a stood there, leaning against the companion, mamma," was Julia's duti- stones. Miss Cadwell smiled conful remark, "who would have been temptuously to herself, thinking her

> oracularly, "are the Lynnes-Lord wonderfully handsome, while her sister is the very ideal of a graceful, pretty English girl."

The Cadwells listened intently and reverently. They loved many things ( but nothing so dearly as a lord. They did not know one; they would have given anything to be able to speak, as they were in reality very curious as mentioning them with a familiarity that filled them with awe. To be real-

"Do the Lynnes go out much into

"Not at present," replied Mrs. Godwas in its usual tidy state, but one of exclusive; they mixed in the highest said Maria, who was the leading the boxes always kept locked was half- circles in London. There are very few opened, and from it there hung some- English in Rome they would know. everything depends upon the set we thing that looked like a mixture of They are the creme de la creme, you Maria looked and hesitated. Julia

"Oh, yes; certainly," said poor Mrs. Cadwell, with the most amiable of smiles, and without the least notion of what Mrs. Godwin meant.

(To be continued.)



"What in the world," said Maria, Does Baby "can a girl in Miss Wyvern's posi-It had indeed: it was one of the last presents which the poor old earl had

the mother who is feeding her child is insufficient or unsuited to her peculiar need, in which case Virol will help her, or the food substituted for that living liquid is unsuitable to the needs of the child." found the money to buy this? I tell you what, Julia," continued Maria,

right about her; I have always felt Clinics and Public Health Authorisure of it. I shall warn mamma instantly, and she must get rid of her.

Come with me now."

The two sisters went immediately to Mrs. Cadwell's room.

Clinics and Public Health Authorities are meeting these difficulties by supplying Virol the food specially designed by Medical Experts to meet the needs of growth and development. Virol contains those vital principles that enable the body

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#### Public Ownership.

Recent Canadian papers are well worth reading on this very live quesstyled Admiral Duff by the Right Honorable Arthur Meighan, leader of the Opposition at Ottawa, gave a speech of compelling force. The following extracts from his speech are compare the efforts of our Government in the same direction with the S.S. Lobelia and the rest of the fleet recently in charge of Minister of er citizen of Carbonear is one of the principal men in the present Government, but his independence cannot be kept down by any man in the scandals of this kind. OTTAWA, June 13-The necessity

of again making up the deficit of the Canadian National Merchant Marine from the public Treasury has produced a tidal wave of righteous wrath from within the confines of the Liberal party.

William Duff, of Lunenburg, himself a ship-owner, the unofficial Minister of Marine, and the self-an pointed vessel of wrath as far as the appropriation of \$1,500,000 in the Commons yesterday, holding the vote in the light of an immoral drain upon the resources of the nation, declaring the financing to be slightly tinged with illegality, and condemning in unequivocal terms the Government ment which persists in freighting the ships with cargoes and the taxpavers

Mr. Duff commenced with the laying of the first keel and finished with what appeared to be a sincere hope for the sinking of the last ship. In between he granted the need of the war-time construction, questioned the Government's right to meet an unexpected deficit increase with funds secured through a Governor-General's warrant. and was properly suspicious of the zeal of a management which did not

have a dollar at stake in the venture. The Progressive chieftain, Robert sible for the onslaught, with a plaintive query as to what were the ships good for any way. They couldn't carry cattle and they couldn't carry grain and were evidently a total loss, as far as he was concerned. Now he is better informed and with Mr. Duff's assistance, largely confirmed in his original

#### Some Waste That Brings Wealth.

tons of dead cats and dogs are turned into by-products weekly in that city. What other waste products make money for some one?

One would think there was not much of a market for bad milk; yet even this can be made to yield a substantial pro-

The white, insoluble portion (casein) is separated from the fat and water and pressed into blocks. From these blocks a variety of articles may 4393-4418. This style owes its orig- be made, such as buttons, umbrella

the equally attractive wrap skirt. The | Worn-out clothing can profitably be vest may be omitted. Sports crepe turned into "cloth." The method is to was used in this instance. Linen, throw worn-out and discarded tweeds pongee, ratine or twill would also be and woollens into a cutting machine, which separates the fibres and chops The Jacket Pattern 4393, is cut in them up into tiny pieces. By means 4 Sizes: 14, 16, 18 and 20 years. The of another machine, hot glue is spread Skirt 4418 in 7 Sizes: 16, 18 and 20 over a width of a canvas material, years for Misses, and 31, 33, 35 and which is then liberally sprinkled with

To make this suit for an 18 year size | The canvas passes through hot rollers, which press the fibres into the canvas and dry the glue at the same ings of contracting material requires time. The result is a material which % yard. The width of the skirt at looks like cloth, but, of course, its wearing qualities are very poor.

Plum stones and other fruit stones any address on receipt of 10c. FOR were the means of saving many lives during the war. The Army chemists were continually experimenting in the act poison-gas. Carbon from various sources was found to be effective when combined with the other ingredients in the gas mask container, and the carbon obtained from fruit stones was found to be much more absorbent than that obtained from any other source.

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Mr. Donnelly, the business agent f Bricklayers Union Local 34, tells briefly and frankly why the strikers of whom he is the shepherd refuse to go back to work at \$11 a day. "It is against human nature," he says, for men to vote to accept \$11 when they are getting work at \$14 and \$16

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