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## THROUGH THE DARK SHADOWS

Or The Sunlight of Love

### CHAPTER XXIII—(Cont'd.)

Turning to Lady Constance, her uncle besought her to return to the ball-room, and thus prevent any remarks being made as to the absence of herself and Adrian. Bravely, as was to be expected of her, she turned obediently, and with a few whispered, loving words to Adrian, left the room, followed, almost unnoticed, by Jasper Vermont. He was quite satisfied with the success of his plot, but had no desire to come into contact with Lord Barmister, if he could avoid it.

Meanwhile, having ordered refreshments for the inspector, Lord Barmister prepared to accompany his son to London. The arrangements took but a short time; and when the three men, accompanied by the inspector, silently entered the car which had been brought round, the ball was drawing to an end. Carriages and motors were driving away, filled with tired, but happy guests, who little guessed that their host and his son were also being driven away—but to a police-station.

Outside the Castle gates, the inspector stopped to dismiss two or three plain-clothes officers who were awaiting him, telling them to return to London by the first train.

"I would suggest," he said quietly, as the car rolled through the quiet country lanes, "that we wait together in London until the court opens; and when I have delivered up my charge, you can go before the magistrate, and obtain bail, in whatever amounts are required. Mr. Leroy would then be able to return to Barminster until the actual trial—if, of course, such should be necessary."

"A very sensible idea," agreed Shelton. "Thank you, inspector. When this matter is satisfactorily cleared up, you will not lose by your sympathy, nor by the way you have conducted the business."

Lord Barminster was also pleased at this suggestion, and, on their arrival in London, the whole party went straight to Barminster House for breakfast, after which, the four walked down to the court, where application for bail was made and accepted in two sureties of ten thousand pounds each from Lord Barminster and Mortimer Shelton; then Adrian found himself free until the day of trial.

They returned to their town house, where his father telephoned to the family solicitors. Within half an hour the head of the firm arrived, and was put in possession of such meagre details as Adrian could furnish, without disclosing his doings on the fatal day, the twenty-second. The lawyer's face was very grave as he listened.

"It will not be an easy task, my lord," he ventured to say to Lord Barminster as he took his departure, "but I will do my best, and will have opinion of the highest counsel obtainable."

They were soon ready to undertake the return journey, and before parting with the kindly inspector, Lord Barminster very warmly thanked him. All felt that they had been spared a great deal of humiliation by the way he had so far conducted the case. At

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### The Principal Elements of Food.

The chief constituents of food are: Proteins, Carbohydrates, Fats, Mineral salts, water.

Proteins are found in meat, milk, cheese, butter, eggs, fish, grains and legumes (beans and peas).

Carbohydrates are starches and sugars and are found chiefly in grains, fruits and green vegetables.

Fats are found in beef, chicken, lard, and other animal compounds, and in olives and corn.

Mineral salts are found in green vegetables, milk, meats, eggs, fish, and grains.

The chief use of proteins is in blood and muscle making, tissue building and repairing waste. The carbohydrates also build tissue, to a small extent. They furnish heat and supply energy or power to do work. By the process of digestion starch is changed into sugar. Fats furnish a greater amount of heat than starches; they also build tissue. During cold weather a larger amount of fats must be used than in summer. Mineral salts are used to regulate the body; they build tissue, and are necessary for teeth and bone structure.

Water is the most necessary of all foods and few people drink enough water. It carries nourishment to the blood and regulates the digestive processes. Two quarts daily is the least amount that a healthy body can perform its duties on. This amount may be taken either plain or in beverage. A glass of hot water acts as a tonic if taken upon rising in the morning. Drinking a glass of water before meals stimulates the digestive juices and prepares the stomach to receive food. Drinking water with the meal is injurious to some persons, but does little harm to others; it has the tendency to increase the weight of stout persons. Drinking a glass of water after meals will help the process of digestion. The temperature of the water should be from 45 to 55 degrees Fahrenheit.

Does It Pay To Mend?

Three years ago a woman who was addicted to overcareful and continual darnings and patchings of her clothes began to realize that instead of being thrifty she was probably wasting time. Like many other women, once she began to mend she never knew when to stop, for a misguided conscience nagged her into going on and on as long as there was a hole or a thin place in sight. The idea came to her of trying to copy the methods of the efficiency experts. She decided, therefore, to "standardize" her mending.

First, she made a list of the garments in common use that needed most frequent repairing; then she estimated the length of time each article could be worn without need of repair, and the average yearly cost. Following is a copy of the list, revised after three years' experience; but as no two women's experiences would furnish statistics that would be exactly alike, the list is given merely for illustration:

Garment	Original Length	Average Cost of Wear
Apron, kitchen	30 in.	\$5.00
Apron, "tea"	30 in.	\$5.00
Combination garment, "mishin"	30 in.	\$5.00
Corsets	30 in.	\$5.00
House dress, wash	30 in.	\$5.00
Kimono	30 in.	\$5.00
Sack, wash, muslin	30 in.	\$5.00
Nightgown, flannel	30 in.	\$5.00
Posterior, flannel	30 in.	\$5.00
Stockings, silk or bat.	30 in.	\$5.00
Brigade	30 in.	\$5.00
Stockings, cashmere	30 in.	\$5.00
Union suit, summer	30 in.	\$5.00
Union suit, winter	30 in.	\$5.00
Waist, lingerie	30 in.	\$5.00

As a guide to mending, such a list will serve in the following way: You will see that the "life expectancy," so to speak, of a kitchen apron is eighteen months, and its average yearly cost is forty cents. If by one hour of mending you can lengthen the life of the apron six months, you have spent the hour well, provided that you could

unmask Jasper Vermont. He found her more than willing to accompany him to Barminster, and accordingly it was arranged that they should travel down together on the following day, accompanied also by Jessica. Upon the rare occasions that Vermont and Barminster met during the past week the latter had made no sign of his recently acquired emancipation from Jasper's rule, and that gentleman was in blissful unconsciousness of the sword hanging over him.

Arrived at Windleham, the nearest station to Barminster, Mr. Harker left the two women at the little hotel facing the railway, there to await his return or instructions to come on to the castle. Then he made his way to Barminster. Here, he delivered a note into the care of the footman, bidding him to take it to his master without delay. In it, he had begged Lord Barminster to grant him an interview on important personal business, hinting that by so doing, he might avert future peril for Adrian and himself.

In a very short time the man returned, with the message that Lord Barminster would see him at once; and Mr. Harker was shown into the blue room, in which Adrian Leroy had been arrested little more than a week before.

"His lordship will be with you in a few moments," said the man as he left the room.

(To be continued.)

### Food Value of Potatoes.

The potato is at present the most advertised vegetable we have. Its consumption far exceeds any other vegetable made up of a large proportion of starch. Let us consider the claims of the potato to the high dignity that has suddenly been thrust upon it.

The human digestive system is limited in its power to digest properly large quantities of starch. Canadians have made general use of starchy foods, and this practice is playing its part in checking the natural growth of our people, both in mind and in body.

The excessive eating of potatoes, so often taken at a meal simply as a matter of habit when there are other starchy foods and sugar in the meal to supply the same want, causes a catarrhal condition of the digestive system, thereby preventing the normal working of the glands of digestion. Gradually a diseased condition of the organs of digestion results, and this prevents nature's process of preparing food for assimilation. Consequently, the system has to absorb the waste products, and a gradual starvation and poisoning is the result. The catarrhal patient, in addition, gradually loses resistance to germ diseases.

From babyhood and childhood up we Canadians indulge in an excess of starchy foods. A well-rounded diet demands starch along with meat and fat, of course, but we indulge in an excess of starch, and the habit often continues through adult life.

Raw potatoes contain about eighty per cent of water, and in skinning and eyeing we lose on an average about ten per cent. of the raw potato. The baking of potatoes causes less loss and produces the most wholesome preparation for human consumption that can be made of the vegetable.

What does this suggest? The potato in the limelight and its cost out of all proportion to its real value. The answer is that its use can not only be cut down to a normal proportion of the diet for those who like its taste, but it can be entirely replaced by other foodstuffs, which would supply starch in even greater quantities.

Potatoes have eighteen parts to the hundred of starch and sugar (carbohydrates); jellies and marmalades, 60 to 90 parts; rice, 70; buckwheat and barley, 77; hominy, 76; cracked wheat, 75; macaroni and spaghetti, 74; raisins, 68; oatmeal, 67; toast, 66; beans, 60; bread, 50 to 60; chocolate, 30; canned peas, 9; dried peas, 62.

In raising the carbohydrates are mostly of the soluble variety known as sugars. In all the other foods mentioned the carbohydrates present are mainly starch.

With these things in mind it is not hard to think of the potato being knocked off its pedestal.

### A Homemade Baby Tender.

A useful baby tender for a child over eight months old is a strong dry-goods box four feet long, two feet deep and two feet wide. Pad the edges and the bottom, and cover the whole box with bright cretonne. Put casters under each corner, so that the box can be moved to the veranda in warm weather. For winter use nail legs a foot high to the corners. The elevation will lessen the danger from drafts, and will enable the child to look out of the window.

### Fillings for Meat.

Veal Stuffing.—Three cups stale bread crumbs, three onions chopped fine, one teaspoon salt, one-half teaspoon white pepper, two tablespoons chopped parsley, one-half cup melted butter or suet.

Stuffing for Pork.—Three large onions, parboiled and chopped; two cups fine bread crumbs, two tablespoons powdered sage, two tablespoons melted butter or pork fat, salt and pepper to taste. Mix the ingredients in the order given in each recipe.



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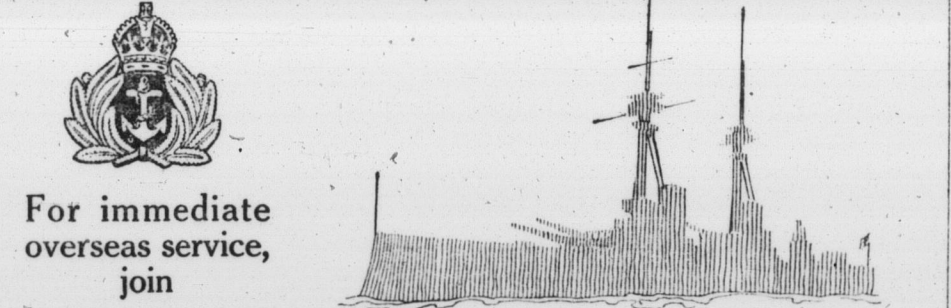
London—Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. The man says, after trying it: "I was almost blind, could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully, now they feel fine all the time. It was like a miracle to me."

A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seemed clear. I can even read fine print without glasses."

It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Eye trouble may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any drug store and get a bottle of Bion-Opto Tablets. Drop one Bion-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to ease them now before it is too late. Many people who have been blind for years have been saved by this simple eye treatment.

Note: Another treatment for those to whom the above prescription is not a remedy is a very remarkable remedy. Its constituent ingredients are well known to oculists and opticians and widely used in many instances of cataracts. It is a very few preparations I feel should be kept on hand for the use of anyone who is troubled with eye trouble. Write to Dr. Lewis, 4, Toronto, will all your orders for your drug store.



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## FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

Mormon missionaries from Salt Lake City have again been campaigning in Victoria.

The new \$9,000 municipal stores building at the Garbally road yards has been completed.

At Vancouver the Trades and Labor Council passed a resolution against bringing in Chinese labor.

Mr. John C. McGregor of South Wellington has declared himself as independent candidate in Newcastle riding.

Walter James, for many years a prospector in the Kaslo and Slocan districts, was killed by a snow-slide near Sproules.

The Priceo Mining Company of Prince Rupert has just been incorporated in British Columbia with a capital of \$500,000.

The first carload of machinery for the Donohoe Mines Corporation concentrator has been brought to the mines at Stump Lake.

The provincial police were notified that Frank Isnardy, rancher of Chimney Creek, Chiloten, was found frozen to death at Sheep Creek.

Refusal to pay a five-cent fare cost George Richmond, a former resident of New Westminster, who was renewing old acquaintances in the city, \$13.50.

## A ZULU CHIEFTAIN'S BARGAIN.

How General Louis Botha Saved His Life by a Daring Stratagem.

A story of the cool daring of Gen. Louis Botha, whose name is so intimately associated with dramatic episodes in the history of South Africa, appears in his biography written by Mr. Harold Spender. It happened one winter when young Botha had taken sheep for pasture across the Drakensburg Mountains and down to the warmer coast lands, which were still in the grip of the Zulus.

One tranquil day a young native rushed into Botha's camp. He breathlessly warned the young Boer to fly and save his life. Mapelo was "out."

The most bloodthirsty of all the ruffianly gangs that were ravaging Zululand was the well-mounted and well-armed gang of Mapelo. Only an hour or two before, said the native, he had cut the throat of a missionary at the old mission station about six miles from Botha's camp; the native himself had just left the body of the unhappy man lying still warm on his own dining-room table.

Botha had little time to make up his mind, but one thing was clear; he could not desert his sheep. Most of them belonged to his brothers. So he began to prepare to face the raiders. Looking at his handiwork, he found to his dismay that he had only one cartridge left. Scarcely had he discovered the fact when a troop of Zulu horsemen appeared about a quarter of a mile away over a rise of ground in extended order, and charged toward the wagon, waving their rifles over their heads and shouting like demons possessed.

Louis Botha rose and very deliberately mounted the seat of his wagon. He laid his rifle in a conspicuous place next him. Then he proceeded, with an outward calm very foreign to his own inner feelings, to light a match and apply it slowly to his pipe.

Throwing away the match and looking up, he found that the native horsemen had drawn rein in a cloud of dust within a few yards of the front of the wagon. They were halted in a semi-circle.

A few seconds of dead silence followed, the natives glancing at Botha and Botha eyeing them with a steady gaze of surprise. Then Mapelo advanced, and said that his men were very hungry and wanted something to eat. Botha gravely demurred at this stormy way of approach, and coolly bargained with the invader of his peace. At last he agreed to give them one sheep on the strict condition that they should withdraw some distance from his camp and not disturb him again. The condition was accepted; and so ended an incident that Botha has always described as one of the most disturbing in his whole life.

## Scalloped Salmon.

Put a layer of soft grated bread-crumbs in the baking dish that has been well buttered. Sprinkle the bread with salt, pepper and bits of butter. Cover with a layer of flaked salmon, seasoning with salt and pepper and pouring in some of the oil and liquor from the can. Over this spread another layer of the seasoned crumbs, then more salmon, and so on until the dish is filled. Let the last layer be of buttered crumbs, moistening slightly with a little milk. Spread a little soft butter over the surface and bake in a hot oven to a rich brown.

Mistress—Mary, why didn't you finish winding the clock? You only gave it a couple of turns. Mary—You must remember that I'm leaving you to-morrow, mum, and I'll not be after doing any of th' new girl's work.