

READ THE LABEL  
MAGIC BAKING POWDER  
PRODUCT OF CANADA  
CONTAINS NO ALUMINUM

## "Flowers of the Valley,"

MABEL HOWARD,  
OF THE LYRIC.

CHAPTER XXIII.  
ACROSS THE STREAM.

After an hour or two Lord Foyle arrived. "My dear Coverdale, what—ever is the matter?" he exclaimed. "I have heard the most extraordinary accounts. What is it? Has Lillian broken her neck, or her leg?—either or both?" "Neither," said Lord Heron; "neither, I am glad to say, but I am sorry to say that she has sprained her ankle."

"Tut—tut!" exclaimed Lord Foyle. "That is just like her. She is so impulsive. Just what I was at her age. And you have had her brought here. That was very good of you. But I'm afraid you will find it a terrible nuisance."

"Not at all," said Lord Heron. "It was mainly my fault. Lady Lillian was a little too venturesome."

"Really! Well, I'll go and see her," and he went upstairs to Lady Lillian's room.

She was lying back on the bed on which Iris had slept, looking out at the view which Iris had so often looked at. "Well, papa," she said, with a smile, "what on earth does this mean?"

She smiled again, a smile of triumph. "It means that I am lying here in invalid at Knighton Revels, papa. I have sprained my ankle."

"I suppose," said Paul, the morning after her first appearance; "I suppose you will leave Mrs. Barker and Markham street, now, Mabel? The place will be too poor for you, won't it? You are rich now."

"No, Paul," she said, quietly; "I shall not leave Mrs. Barker. If she will have me still, I have grown fond of these rooms, and I should not be happier in any others, if they were twice as grand, or I were twice as rich, as you call it. We will stay here, Paul, will we not?"

"Yes," she repeated. "I am here at Knighton Revels, and, papa, I don't intend leaving it until I have his invitation to return as his mistress."

CHAPTER XXIV.  
"DEFY YOU!"

A great and wonderful change had come over Iris' life. Her success was phenomenal. Without any of the long and arduous trials which are generally endured by the majority of actresses, she had stepped into the front rank of the profession, and was acknowledged to be not only a beautiful singer but a talented actress. London does

not "rage" much about anything nowadays; "rages" of all kinds have gone out of fashion; but so far as it pertains to the theatre, London was enthusiastic about Miss Mabel Howard.

The Lyric was crowded nightly, and that by no means perfect play, "The Imprisoned Princess," was a success beyond anything that Mr. Stapleton had as yet produced.

The illustrated papers gave pictures of its principal scenes; the street organs played the popular airs; and in every Balgavain drawing-room was heard Paul's song, as sung by Miss Mabel Howard. Mr. Stapleton and everybody connected with the theatre were in the seventh heaven of satisfaction and delight. Mr. Stapleton himself proved as true as steel, and at once entered into an agreement with Iris which gave her a very large salary, while it, very properly, secured her future services to the Lyric. Paul, too, was not forgotten, and was promoted to first violin at a good salary.

It had all come so suddenly that Iris could scarcely persuade herself that it was more than an unsubstantial dream. Like Byron, she woke one morning to find herself rich and famous.

But of them all she was the only one who showed no excitement or enthusiasm. She was pleased and gratified, but it was more the pleasure and gratification in the delight of the others than any selfish satisfaction. Some people—alas! Many—when, by a sudden bound, they reach the top of the hill of Fortune, are apt to forget those who placed them on their feet, and pointed out the way; but Iris was not one of those.

"But for Mr. Stapleton, and the rest, who taught me and helped me so kindly and willingly," she said, "I should have failed utterly," and in this modest spirit she took her triumph, and so silenced even the tongue of envy.

"I suppose," said Paul, the morning after her first appearance; "I suppose you will leave Mrs. Barker and Markham street, now, Mabel? The place will be too poor for you, won't it? You are rich now."

## Must Earn Price of Engines.

Five new vessels are in operation on the New England coast, which were built for auxiliary power, but will be sailed until they can earn the price of an engine. This little fleet is said to comprise the finest fisher-

men launched in many years, and the fact that each was equipped with an engine room and exhaust pipes all ready for power installation, is a silent tribute to the fact that the day of sails as the exclusive means of operation is past. The five vessels mentioned are:

Yankee, Capt. Michael Brophy; American, Fred L. Davis Co. (Owens); Orestia F. Spinney, Capt. Lemuel E. Spinney; L. A. Dunton, Capt. Felix E. Hogan; Mayflower, Capt. J. Henry Larkin.

An exception to this method of not establishing a power plant until it has been earned, is the schooner Blanch Ring, Capt. Nickerson, which will go into service with a Bolinder's engine already installed.

Naturally all engine builders have their eye on these prospective auxiliary schooners for the very fact that each is a splendid example of the shipbuilders' art, and a few vessel builders will probably be guided by results obtained from engines installed in these craft.—N.Y. Fishing Gazette.

Backache

Backache is the outstanding symptom of kidney disease. Women often make the mistake of attributing other causes and overlook the derangement of the kidneys until serious developments have made it difficult to obtain permanent relief.

This letter points to a treatment which has been so thoroughly tried and proven so effective in the great majority of cases that you cannot afford to overlook it when cause arises for its use.

Mr. Albert Brunet, R.R. No. 1, Ottawa, Ont., writes:

"I have used Dr. Chase's Kidney-Liver Pills for the past two months, having been afflicted with kidney trouble. I used two doctors' medicine previous to this, without any good result. A friend told me to use Dr. Chase's Kidney-Liver Pills. The second box made me feel a good deal better. I have now used about six or eight boxes, and am completely relieved."

At All Dealers.

Distributor:

GERALD

Backache

Backache is the outstanding symptom of kidney disease. Women often make the mistake of attributing other causes and overlook the derangement of the kidneys until serious developments have made it difficult to obtain permanent relief.

This letter points to a treatment which has been so thoroughly tried and proven so effective in the great majority of cases that you cannot afford to overlook it when cause arises for its use.

Mr. Albert Brunet, R.R. No. 1, Ottawa, Ont., writes:

"I have used Dr. Chase's Kidney-Liver Pills for the past two months, having been afflicted with kidney trouble. I used two doctors' medicine previous to this, without any good result. A friend told me to use Dr. Chase's Kidney-Liver Pills. The second box made me feel a good deal better. I have now used about six or eight boxes, and am completely relieved."

At All Dealers.

Distributor:

GERALD

Backache

## Just Talks

REPORT.

He brought me his report card from the teacher and he said He wasn't very proud of it and sadly bowed his head.

"Oh, it doesn't make much difference what is written on your card," I told that little fellow. "If you're only trying hard."

The "very good" and "excellent" are fine. I must agree. But the effort you are making means a whole lot more to me.

And the thing that's most important when this card is put aside is to know, in spite of failure, that to do your best you've tried.

"Just keep excellent in effort—All the rest will come to you. There isn't any problem but some day you'll learn to do."

And at last, when you grow older, you will come to understand. That by hard and patient toiling men have risen to command.

And some day you will discover when a greater goal's at stake That better far than brilliance is the effort you will make."

Our line of Overcoatings have to be sold, made in the most stylish manner, or any style you want, at practically your own price. SPURRELL the Tailor. eod.t

Must Earn Price of Engines.

Five new vessels are in operation on the New England coast, which were built for auxiliary power, but will be sailed until they can earn the price of an engine. This little fleet is said to comprise the finest fisher-

men launched in many years, and the fact that each was equipped with an engine room and exhaust pipes all ready for power installation, is a silent tribute to the fact that the day of sails as the exclusive means of operation is past. The five vessels mentioned are:

Yankee, Capt. Michael Brophy; American, Fred L. Davis Co. (Owens); Orestia F. Spinney, Capt. Lemuel E. Spinney; L. A. Dunton, Capt. Felix E. Hogan; Mayflower, Capt. J. Henry Larkin.

An exception to this method of not establishing a power plant until it has been earned, is the schooner Blanch Ring, Capt. Nickerson, which will go into service with a Bolinder's engine already installed.

Naturally all engine builders have their eye on these prospective auxiliary schooners for the very fact that each is a splendid example of the shipbuilders' art, and a few vessel builders will probably be guided by results obtained from engines installed in these craft.—N.Y. Fishing Gazette.

Backache

Backache is the outstanding symptom of kidney disease. Women often make the mistake of attributing other causes and overlook the derangement of the kidneys until serious developments have made it difficult to obtain permanent relief.

This letter points to a treatment which has been so thoroughly tried and proven so effective in the great majority of cases that you cannot afford to overlook it when cause arises for its use.

Mr. Albert Brunet, R.R. No. 1, Ottawa, Ont., writes:

"I have used Dr. Chase's Kidney-Liver Pills for the past two months, having been afflicted with kidney trouble. I used two doctors' medicine previous to this, without any good result. A friend told me to use Dr. Chase's Kidney-Liver Pills. The second box made me feel a good deal better. I have now used about six or eight boxes, and am completely relieved."

At All Dealers.

Distributor:

## Times may Fluctuate—Humans do Not

IN CANADA the reward is still to the pioneer. The Canadian longs to go forward. He loves the man who points the way.

In every corner of the world the New Improved Gillette has met with unprecedented success, but nowhere has the enthusiasm been greater than in our own Canada, where the razor is made and the Gillette word and record of achievement is best known.

No one can forget the peculiar tribute expressed in the way so many loyal followers of the old-type Gillette affectionately laid it aside for the new.

They believed Gillette when Gillette said the new razor is better. They bought, tried and sold about the New Improved Gillette. The news spread from man to man and now many of your very own neighbours express their enthusiasm over the real shaving advantages brought to them by the New Improved Gillette.

NOTE—One of the first things to strike the user of the New Improved Gillette is its simplicity.

Most men prefer to scrub the handle up right to get the most satisfactory shave.

The Gillette Blade, and Gillette Razor are developed to work together. No Gillette Blade can deliver its full shaving quality unless used in a genuine Gillette Razor—built by Gillette, in the Gillette way and up to Gillette standards.

The New Improved Gillette SAFETY RAZOR

Uses the same fine Gillette Blades as you have known for years—but now your blades can give you all the luxury of the finest shaving edge in the world. Identify the New Improved Gillette by its

Fulcrum Shoulder Overlapping Cap Channeled Guard Microscopic Precision Automatic Adjustment Diamond Sharpened Handle Diamond Trademark on Guard

Fines Shave, Longer Service More Shaves from your Blades

Shaving Sets & Traveler Outfits

The New Improved Gillette SAFETY RAZOR COMPANY OF CANADA LIMITED, MONTREAL

Side Talks by Ruth Cameron

IF WE COULD ONLY PAY WEEKLY!

Would you like to trade with a merchant who only presented his bills once in five or ten years?

There are some people who think that sounds rather fascinating, but I feel sure it is an unpleasant thought to most of us.

Especially if I add that you would have no way of keeping any accounts and that when he presented the bill he presented only a sum total, and you always had to pay what he asked and had no appeal.

An unthinkable picture, isn't it? We should count our reasons more carefully.

And yet we all do trade with a merchant of that kind. His, or, as tradition seems to consider, the merchant feminine, I should say her name is Nature.

If Nature presented weekly bills instead of bills once in five or ten or fifteen years, don't you think most of us would be more careful how we spent our health and strength?

I do. I once knew a man who could never drink because he had a weak stomach and a few drinks upset him. He thought he was unlucky. He had a friend whose stomach was his pride, he could eat and drink outrageously without any effect. And he did it. To-day the second man is broken down and in a sanatorium at 45.

The Way to Live to be Old.

You have doubtless heard it said that the best way to live to be old is to start off with some weakness that you have to pamper—a weak heart or a weak stomach. What does that mean except to be one of those who gets nature's bills rendered promptly and therefore know what they cost and cannot afford?

One of the worst things about the average person's account with nature is that she so seldom presents any bill to amount to anything before 30. The things one can do to oneself up to 30 without any effect (apparently) are a caution. Nature doesn't seem to be paying the slightest attention to us, a good night's sleep makes right the most terrible over drafts (again apparently). But in reality she is keeping all her accounts very strictly and after 30 she begins to present them.

Please Believe Me, I wish there were some way I

## Avalon Loses Her Sticks.

As queer a sight as has been viewed from the Boston Fish Pier in many a day was presented the morning the schooner "Avalon" was found there stripped of spars and rigging. Stranger even than her appearance was the tale of the adventures through which the vessel and her crew passed on the night of October 2nd.

Homeward bound and just off Sable Island at about 9 o'clock on the night of Wednesday, October 2, part of the crew was forward taking in the jumbo. A sudden squall of amazing violence struck the vessel, severing the foremast some thirty feet aloft. The broken stick hung head downward, swinging like a mad pendulum back and forth across the deck paking it with mighty strokes and demolishing the dories to the point where they were carried out into the night in the form of shapeless splinters.

Those who were forward had no means of knowing what was taking place abaft the foremast, while the remainder of the crew had but a hazy perception of what was taking place forward. It was not long before the upper section of the foremast crashed into the stump with a violence so great that it snapped off just below the deck.

For the next six hours the mainmast swayed perilously with the rolling of the vessel, and then the expected third crash came—the mainmast had parted some twenty feet from the deck.

Not until morning could the mass of wreckage be cleared away so that there was no danger of fouling the propeller. Then, with the trusty "O" pounding away below the water, the "Avalon" pointed her stem back to the homeward course and plowed along merrily while the crew reflected on what might have been their fate if they had not had the engine to bring them in.—N. Y. Fishing Gazette.

MINARD'S "KING OF PAIN" LINIMENT FOR RHEUMATISM

Lumbago, Neuralgia, or any other pain, apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandfather used. There is nothing to equal it.

FOR SALE EVERYWHERE.

60 x 72

60 x 72

66 x 72

72 x 78

66 x 72

72 x 78

60 x 72

66 x 72

72 x 78

66 x 72

72 x 78

60 x 72

66 x 72

72 x 78

## NERVOUS FAINTING SPELLS

Mrs. Werner tells how they Yield to Lydia E. Pinkham's Vegetable Compound

Camden, N. J.—"Before my baby was born I was run down and weak, had pains in my back and stomach, was very nervous and would have fainting spells. I certainly suffered awfully with these nervous fainting spells. I did not know anyone at times and used to scream. A doctor treated me but did not seem to do much good. I took Lydia E. Pinkham's Vegetable Compound and soon felt a change and could do my work without pain and was relieved of those nervous spells. Now I have a nice baby girl and had an easy time at birth, thanks to Lydia E. Pinkham's Vegetable Compound.—Mrs. W. LEAM C. WERNER, 1216 Van Hook St., Camden, N. J.

When a wife finds her energies are flagging, she is weak, nervous, suffers from headaches, the "blues" she should build her system up at once by taking that standard woman's medicine, Lydia E. Pinkham's Vegetable Compound, as did Mrs. Werner.

If there is anything about your condition you do not understand write Lydia E. Pinkham Medicine Co., Lynn, Mass., about your health.

NESTLE'S CREAM

Super Cream

Hooker's Malted Milk

BOWRING BROTHERS, Ltd., GROCERY.

LIBBY'S MINCE MEAT, Glass, 90c.

S. BEAM MINCE MEAT, 9 oz. package, 30c.

LIBBY'S PREPARED MUSTARD, Glass, 22c.

MIXED PICKLES, 10 oz. bottle, 25c.

CURRIE POWDER, 1 lb., 55c.

BIRD'S CUSTARD POWDER, large tins, 50c.

WELCH'S GRAPE JUICE, quart, \$1.05.

MORTON'S KIDNEY SOUP, 1 lb. tin, 17c.

LOCAL RABBIT, 1 lb. tins, cooked with Pork and Onions.

CIGARETTES, 100 CIGARETTES, 20 in pack, 35c.

EDGEWORTH TOBACCO, 100 CIGARETTES, 20 in pack, 35c.

MANLY FAIR (Cigarette Tobacco) CIGARETTE PAPERS.

Nestle's Cream

Super Cream

## J. J. St. John

Our Prices are Away Down.

FLOUR—5 Roses, 75c (Very best)

POTATOES . . . 10c (Large Local)

CABBAGE (Green Holywood) . . . 5c

BACON (Finest grade) . . . 10c

BUTTER (Best Canadian) . . . 55c

MOLASSES (Fancy) . . . 90c

BEEF (Very best) . . . 12c

SPARE RIBS . . . 15c

PORK (Ham Butt, small pieces) . . . 20c

J. J. St. John

Duckworth St. and LeMarchant Road.

TEETH EXAMINED

DR. LEHR, Dentist,

329 Water St.

RECOGNITION.

The care of the teeth is now recognized as a necessity. In fact the hospitals all over the world examine the patients' teeth and where it is possible put them in good condition before attempting a surgical operation. Experience has shown that the patient has a better chance for recovery with a clean healthy mouth without it. This ought to convince the most skeptical that care of the teeth is imperative to health.

Oct 31, eod.t

ing of the vessel, and then the expected third crash came—the mainmast had parted some twenty feet from the deck.

Not until morning could the mass of wreckage be cleared away so that there was no danger of fouling the propeller. Then, with the trusty "O" pounding away below the water, the "Avalon" pointed her stem back to the homeward course and plowed along merrily while the crew reflected on what might have been their fate if they had not had the engine to bring them in.—N. Y. Fishing Gazette.

MINARD'S "KING OF PAIN" LINIMENT FOR RHEUMATISM

Lumbago, Neuralgia, or any other pain, apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandfather used. There is nothing to equal it.

## Britain

Vaziri Ra Frontier Prince Hoist R Valera

BRITISH COLUMBIA

The India office reported number 25 a small consisting of two officers and two men, were over the Afghan frontiers for four hours, and about two officers and about two men and the other men wounded or missing.

THE PRINCE'S WEDDING

The welcome accorded upon his arrival was the most magnificent so far given in the regular view-point, and the most successful.

RIOTING IN

Noting of a serious riot to-day, following the arrival of the Prince, were there flags were hoisted masts. The smashing windows of the windows were broken. The authorities attributed the riot to Communista, rioters of food and other necessities would be considered to have caused the riot.

police failed utterly to preserve the peace. After they were informed of the riot, the police failed utterly to preserve the peace.

for the them. warmt

WA

60 x 72

60 x 72

66 x 72

72 x 78

66 x 72

72 x 78

60 x 72

66 x 72

72 x 78

66 x 72

72 x 78

60 x 72