

Good home made bread is the most palatable, wholesome and nourishing food in the world. It is far more economical than any other staple food. If people would eat less meat and other heavy foods they would feel better and help to keep down the cost of living. Bread made in the home with Royal Yeast Cakes is more nourishing and appetizing than any other. Nothing healthier for children and grown ups.

A fresh, rosy complexion indicates perfect health. To secure this in most cases all that is necessary is to take one to three Royal Yeast Cakes a day for a few weeks.

Yeast is a food. It supplies the water soluble vitamins which the diet may lack. Scientists tell us that this vitamin is essential to good health. Yeast is highly beneficial in many cases in which the system seems to be run down. The yeast cakes simply add to the diet. Dissolve a Royal Yeast Cake in fruit juices or mix it with cereal and milk, and take it at meal time. The chances are in a few weeks the complexion will be clear. Constipation and other ills will be relieved. For children reduce the amount to one-half or one-quarter of a cake with each meal.

Send name and address for free booklet "Royal Yeast Cakes for Better Health."

E. W. Gillett Company Limited
Winnipeg Toronto, Canada Montreal
Made in Canada

"Flatterers"

OR The Shadow of the Future.

CHAPTER VIII. THE COUNTESS RECEIVES.

With a large family, and the prudence engendered of long-limited means, they elected to keep up but one country-house. Their choice fell upon Oakleigh, and here they determined upon making in this first festive meeting a thoroughly favorable debut in rural society.

So the gardens, kept up through all vicissitudes, were now set forth in July perfection. The house, a stately Georgian building, with suits of state-panelled apartments, painted, mirrored, portrait-hung, after the varying fashions of two centuries, was open from end to end. Every possible preparation was made to insure the day passing off well.

The earl, schooled to phlegmatic calm by serving in a permanent government post under half a dozen different administrations, took the approaching reception very coolly, but the countess' feminine nerves appreciated the complexities of the situation, and were most actively on the alert to prevent the slightest flaw in here fête.

As four o'clock approached she summoned her sons and daughters about her in the first reception-room, and favored them with maternal instructions, assisted by a farwield peep at her visiting list. "Now, my dears, there's the first ring. Do, pray, put plenty of spirit into the next three

ABLE TO DO HER WORK

After Long Suffering Mrs. Peasey Restored to Health by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I suffered with irregular menstruation, was weak and run down, could not eat and had headaches. The worst symptoms were dragging down pains, so bad I sometimes thought I would go crazy and I seemed to be smothering. I was in this condition for two or three years and could not seem to work. I tried all kinds of medicines and had been treated by physicians but received no benefit. I found one of your booklets and felt inclined to try Lydia E. Pinkham's Vegetable Compound. I received the best results from it and now I keep house and go out to work and am like a new woman. I have recommended your Vegetable Compound to my friends and if these facts will help some poor woman use them as you please."—Mrs. J. F. PEASEY, 387 King St., Toronto, Ontario.

If you are one of those women who suffer for four or five years as Mrs. Peasey did, but profit by her experience and be restored to health.

hours, and as we've undertaken this 'thing' let it be a success!"

And a success it assuredly was from the arrival of the first carriage-freight to the departure of the last; a meeting that well earned Oakleigh Park a character for hospitality, and marked an era for more than one of its guests.

For a long hour the roll of wheels landed of the Erpinghams, their many-quartered shield upon the doors, to the roughest of country roundabouts, did gayly-robed figures debouch under the wide north portico. A radius of twenty miles supplied the throng. Squires, squiressees, squiressees, professional people few and well-selected, parsons innumerable—rectors, vicars, curates—but there the line was drawn. My lady said they must stop somewhere, so they stayed their midnings at curates. An occupier of one of the largest farms, who by virtue of eminent respectability, and a good balance at his banker's, had ventured once upon a time to lift his eyes to Leonora, Villiers drove by the Comynghams' gate as Mrs. Alwyn turned in at the same, and this practical exposition of her superiority made her pulses beat all-exultant, revived the glories of her Guyswick reign, and by a hundred-fold increased the moment's proud delight. If Leonora—Ah! on the wings of that "if" Mrs. Alwyn's imagination took flight, and sent her 'a so radiant, so dignified, that, as she failed not to note, eyes and lips were questioning who she was the whole afternoon through.

Sydney, willingly released by Mrs. Alwyn, found her way with Mary Dacue among the wide south stretch of flower-parterres, and through the domed conservatories, fragrant with waxen stephanotis, so completely charmed with the novel scene, her face so full of bright enjoyment, and her graceful young figure so perfectly at ease in perhaps the simplest toilet present, that a battery of admiring, approving glances followed wherever she went, to her companion's excessive satisfaction. "I declare, mother, her eyes were as blue as sapphires!" Mary Dacue reported at home. "I do wish you could have seen her! People kept wanting to write her away from me, but the foolish child wouldn't leave me once!"

The rector of St. Clair's was standing at the edge of Lady Comyngham's circle; he had just made his bow, apologizing for having brought with him a friend, a guest of two days only, whom the countess had most cordially welcomed. Now both men leaned on the gray terrace-wall, watching the mirroring, many-colored throng. "A sight worth looking at," said the stranger, "and people too. Who are those?" as a pair of figures approached across the grass. "A lady in a blue gown, who smiles as if didn't know what ill-temper meant; and one in white, much younger, uncommonly good-looking, but of totally different mettle."

The rector laughed as he followed his friend's glance. "Much travelling sharpens one's skill in observation, I suppose, Drayton," he said, "for you are very right about those two. The elder is my doctor's only daughter, and a good one she is; so good, I always wonder she's not been stolen away long before now."

The other—well, I call her child, but she's that no longer, though she brings me her Latin exercises twice a week still—she's a young lady now, I suppose, and I confess, a marvellous favorite of mine. If I'm not mistaken, there's stay and spirit in her for more than the likely possibilities of life."

"Well, she's out of the way of unlikely-ones down here," returned Mr. Drayton, which showed him less a philosopher than observer; "but if looks make one's fortune she ought to secure a good one."

"Then we'll wish her a safer road to prosperity," said the rector, half-jocose, half grave, "for her stepister has not achieved any grand coup at present, though she is years older, and, most people say far handsomer."

"And is this last beauty present?" "Come this way, and I'll introduce you."

And moving on a few yards, the rector made known to Mrs. Alwyn and Miss Villiers: "Mr. Richard Drayton, an old pupil of mine, though—with a gleam of sedate mischief—"no credit to me."

And then he had to break off his friendly slanders, to shake hands and talk the regulation two-minutes with the earl.

"Quite unfair of Mr. Vaughan, I protest, to take away your reputation among strangers!" said Mrs. Alwyn, amiably. No other gentleman was in attendance on Leonora and herself just then, Major Villiers having found in the senior officer of the Fifty-first, whose band was delighting the company, an old comrade, with whom he was recalling Madras experiences. "I really consider such a slur demands explanation."

"Which is easy enough, luckily. It merely means that, having head for neither classics nor mathematics, I bade Oxford good-bye in my first year, and took myself out to find a fortune in foreign parts."

"Abroad? Oh, really!" ("Which accounts," thought the lady, "for your just a little unkempt, an English look, sir.") "And may I ask in what quarter of the world you have been?" "South America. Chiefly Brazil."

"Most interesting. I am sure the superb trees and plants here make any one long for the flora of the equator. Leonora, dear, Mr. Drayton has actually been fortunate in his travels, as he says, in the land of humming-birds!" Leonora had taken the gentleman's introduction with rather too obvious indifference. A badly-clad, middle-aged man was scarcely a desirable cavalier even for a few minutes. Now, however, her mother's tone warned her to be gracious. So she donned an ever-ready smile, of which an inextinguishable stock as even and expressive as a row of steel buttons was always in reserve, and repeated:

"In the land of humming-birds! How most sweet! And did you find it?" "And—er—oh, I see! The fortune. Not I!" Leonora's gleam of liveliness died out instantly. "No, I came back, after fifteen years, rich in experience, but very little else. Luckily, a nest was provided for me here in the old country, or I might have had to go on knocking about to the end of my life."

"A nest? You mean a home?" asked Mrs. Alwyn, while Leonora yawned behind her sunshade.

"Exactly so. A little property down in Dorsetshire. Nothing grand, but more than I ever expected from an old uncle. At a place called Grandtyde. Do you know it?"

A shade of some disturbance passed over the lady's countenance; but she hastened to answer:

"Not in the least. I never was near such a place that I'm aware of. You intend to live there?" "Perhaps—or sell it. I've come down to consult my old tutor. He's always ready to help his men through any problem. There's never was a kinder, wiser head than Robert Vaughan's."

"Undoubtedly. Just so," murmured Mrs. Alwyn, but her attention flew all away. The next moment she rose, and swept down, all a-sparkle in satin and jet, on a gentleman just passing.

(to be continued.)



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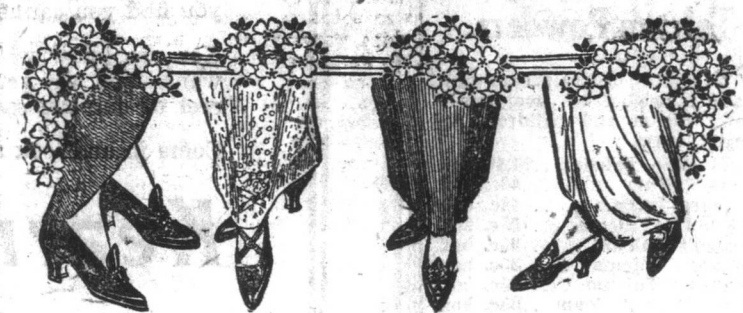


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LOOKING AHEAD.

A man can't see an hour ahead; in one brief hour he may be dead, from all his labors gone; life's so uncertain now, can say, "I'll see the finish of this day, and greet another dawn." The citizen in gorgeous health, goes forth to gather in some wealth, a buoyant, cheerful scout; he strides along the village street, an airship drops a sack of wheat, and he is flattened out. Oh,

all varieties of doom are round about us, dumping gloom upon the human race; our lives we're taking in our hand, wherever we may walk or stand, or ride or dance or chase. And yet along our course we speed, as though our lives were guaranteed, for eighty-seven years; next year we will insure our lives, and save, some money, that our wives may eat, if death appears. Next year, or maybe five years hence, we'll show we have some good horse sense, and salt some coin away; next year we'll tread the thrifty track and lift the mortgage from the shack—we're out for fun today. This reason, multitudes of jays who look ahead to countless days

Shave With Cuticura Soap The New Way Without Mug

Household Notes.

A little lemon improves pineapple preserves.
Chopped pineapples are delicious just as they are.
Lemon jelly is delicious served with custard sauce.
Lettuce will go further and do more for it if shredded.
Salted ingredients should always be drained before mixing.
Cook shredded cabbage and carrots together.
Flavor dressed hamburger with very little powdered mace.
A clove added to an Irish brings out a savory flavor.

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