

When I Studied Flour

TIKE 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

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

The great difficulty of the miller is to separate perfectly the was e particles from those that belong to good flo ir.

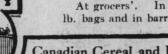
If he is too zealous he takes away much of the good gluten without which flour will not raise properly. If he is careless he is not particular about leaving in some part of the five skins, the germ and the "crease dirt," and the fibre. His make of flour would be impure, bad in color and poor in keeping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

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

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CHAPTER VI.

the face.

"After what you've seen this morn ing, Mr. Tempest," she said, quietly, said Vane.

you to be mixed up with such people

about to speak, when she went or

"I don't know whether Nora thankthe same measured tones, "but I do

Save Time! Time lost because of headach

so now. We are grateful to you, Mr. 'ily.

the best form, you see. But look thing you can do for us, Mr. Tem-

your secrets," he continued; "I ment. Then she turned away. don't mean to ask a single question.

"Well, I can do that, at any rate,"

le. Vane took them from her, but Vane was about to repudiate the she yielded them up, reluctantly. "Go with Mr. Tempest, and show him the lower road, Nora," said Mrs.

when they're in trouble, and it's on- Had a Stroke

"Yes, it's better that you should go," she said, but a little less coldly,

glad. Miss Nora has my address-98 st. James's Street—and a line—just

"I'm afraid I didn't hurt him not likely that that line will be writenough," said Vane. "I wasn't in ten. We need no help. The best

here, Mrs. Trevanion, I hope you're pest, is to forget that you ever spent not sending me away because you two or three days in the Witches'

Nora had already left the cottage.

he said, as he passed his hand over the horse's legs. "We ought to have evident that he's got strong bones and I've got a thick head. All the same, I'd get that bridge mended.

She raised her eyes and looked at him, then, dropped them again, and

"I'm already now," he said, "and if you'll show me the way- But ar

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expression was a strange mixture of wild defiance and tender remorse. "Don't you know?" she said, or ra-

ther breathed.

Vane looked at her inquiringly. "Know-know what?" he said. The eyes lowered, and her boson

"You must," she said; "you can not be blind. Don't you know how you-you fell the other night?" Vane shook his head.

"The planks of the bridge gave way, didn't they?" he said. "It was so confoundedly dark that I didn't

"No," she said, and her lips came together and made a straight line. "The bridge is all right; you could have ridden over it. It was I who did it-I who threw you down." "You!" said Vane, with a faint

same half-defiant, half-remorseful

expression. "Yes, it was I! Look!" She sprung away from him, and dashing up the rocks, caught at ope almost hidden by the ferns. Vane saw the bridge shake and

quiver, then drop suddenly.

A moment or two afterward the bridge swung back again! and Nora "You see-you understand?" she

"You mean that you let this oridge down and dropped us-me and he horse?" exclaimed Vane.

"Yes," she said, doggedly. "Why did you do that?" he asked, ot unnaturally.

She drew a long breath. "I thought you were the revenue man," she said-"the new man. The old one gave us no trouble." "Then-en-you are-"

"We are smugglers-yes," she said, juietly. "It is quite true. Aunt and

sail that boat into the bay, and meet the schooners from France. carts at night, and take it away to arnstock and Tideford.

Vane leaned against the horse and

"I can scarcely believe it." he said. nore to himself than to her. "It is true," she said. "We are

mugglers. Ever since I can reparson at Porth; all the people at relorne. Until this new man came o one took any notice."

Vane laughed. "Upon my word, Miss Nora." said, "I can scarcely believe that m awake and not dreaming. We lever even hear of such things as his in London." He laughed again increduously

"And you forgive me?" she breathed, with widely opened eyes. "You are not angry?"

"Angry!" Vane frowned. "Good leavens, why should I be? You did he proper thing, from your point o

used to it all your life, and it's evi dently considered quite correct and bridge down? By Jove! I admire

lidn't kill me, Miss Nora."

She looked at him and drew a long HINARD'S LINIMENT BELIEVES

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