

How Do You Feel When You Wake Up in the Morning?

Once you open your eyes, are you wide awake? Do you feel thoroughly refreshed? Are you full of life and energy? Are you glowing with health and is it a joy to be alive? If you experience these feelings you are in perfect health. But—do you wake up feeling tired? Does it take you sometime to get thoroughly awake? Is it an effort to get out of bed? Do you feel depressed, weak, listless? This is the way Mrs. Lytle felt and this is the way she was relieved:—

"Having had a very strenuous time for some months in my work, I found myself weak and easily overcome with any extra exertion. As soon as I placed my head on the pillow at night my brain began to race and jump from one thing to another. It would be hours before I could get to sleep and when I did sleep it was only fitful. I would get up next morning more tired than when I had down. It was an effort to dress. I had to fairly force myself to do the housework. At that I had to stop and rest every little while. Carnol was recommended to me. I found it was all I expected and more. Its building and toning qualities were daily noticeable. I have every confidence in Carnol as a splendid strengthening tonic for women. I strongly recommend Carnol to every woman who is feeling as I felt.—Mrs. K. J. Lytle, 235 16th Avenue W. Calgary.

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Jordan was right when he said that Miss Sterne would sleep soundly until she reached Blairwood. She made no movement, and her breathing was regular, though slightly labored. When the train was within a mile or so of Blairwood, the earl gently fanned her face with his pocket-handkerchief, speaking her name at the same time in gentle, soothing tones. At first her eyelids fluttered, then she looked straight before her, and raised one hand wearily to her brow. "Miss Sterne—my dear Elsie," his lordship said. She stared at him, and clutched at her throbbing head. "How did I come here?" she exclaimed. "Am I ill? Dear Heaven, help me!"

"You are safe, and among friends, Miss Sterne," the earl replied. "See! we are at Blairwood. Here is your own carriage, driven by your own servants. Take my arm, please."

At first she shrank from him, but her weariness was so great, and her mind so bewildered, that her power of resistance became almost infinitesimal when he spoke to her in his masterly way.

She permitted him to escort her to the waiting carriage, and was conscious that he was tenderly solicitous concerning her welfare.

Under False Colors Lord Somerton's Ally.

CHAPTER XLII.

He saw Jim enter a public-house, then hurried to a hotel within a stone's throw of Captain Parker's house. His business there occupied but five minutes, and he returned to the public-house, where he readily obtained admission by showing a railway ticket to a place some eight or ten miles distant. This covered the law governing the Sunday liquor trade during prohibited hours.

A quarter of an hour after he had left the hotel, a quietly-dressed lady also left in a four-wheeled cab. Her face was covered with a heavy veil.

"Drive to St. John's Church first," she said to the cabman.

He obeyed, and at the church doors the lady alighted, the verger stepping forward to assist her.

"My good man," she said, rapidly, "there are two young ladies in Captain Parker's pew for whom I have an urgent message. Will you permit me to see them, or kindly hand this letter to the lady to whom it is addressed?"

"Certainly, madam," the verger replied, politely, and the lady waited in the vestibule, her features twitching with anxiety.

The old verger stepped softly down the aisle until he came to Captain Parker's pew.

"Which is Miss Elsie Sterne?" he whispered. "I have a message for her, and a lady is waiting at the door. Please leave as quietly as possible."

"Mrs. Jordan," he said, "this action is perfectly legal. I am not only the young lady's guardian, but her lover. We have rescued her from the clutches of a scheming, unscrupulous cousin, and for your able services I am disposed to forgive Jordan his little peccadilloes, and reinstate him as butler at the Hall."

"He has had a severe lesson, my lord," replied the lady. "We have nearly starved for three months. I have tried teaching music, but can earn very little money. My husband is much attached to your lordship, I am sure."

"And also to my wine cellar," he said, significantly.

"He will never disgrace himself again, my lord."

"I hope not. You and he may return to my place to-morrow. I shall bring my bride in a few days. Ah! Miss Sterne shows signs of returning life!"

He handed Mrs. Jordan a well-filled purse, left the room with his usual quick and energetic movements, and hailed one of the cabs that seem to crawl to and fro perpetually in the region of Guy's Hospital.

"Lady and myself to Waterloo station," he told the cabman. "Drive carefully. The lady has recently left the hospital, and is very weak."

A few minutes and the half-conscious girl was seated beside him in the vehicle, his arm supporting her slender waist, while a fierce thrill of satisfaction shot through his heart.

He glanced at his watch from time to time, not wishing to reach Waterloo until the train was actually due. Jordan was to meet him there, to receive final instructions, or to warn him if there was any suspicion of danger.

He spoke to Elsie, but as she only opened her eyes in bewilderment, and wearily closed them again, he hoped that the stupor would last until they were fairly on their way to Blairwood.

When the cab rattled up the drive to the station, the train was in, but was not timed to start for six or seven minutes. This suited the earl's plans exactly.

The moment the vehicle stopped, the watchful Jordan appeared at the door and saluted his employer.

"All right, my lord," he whispered, a little anxiously. "I have engaged a first-class compartment, and the coast is clear, though I do not think that there is a moment to spare."

"Assist Miss Sterne to alight, Jordan," his lordship said. "There, we will go to the train now. You can return and pay the cabman."

Elsie walked with leaden feet between the two men, and sank gratefully on the cushioned seat of the railway carriage. Her mind appeared to be a perfect blank, while the lassitude that assailed her limbs was similar to that to which the victim of opium poisoning falls a prey.

"She will sleep all the way down, my lord," Jordan observed. "I know the power of that mixture only too well. The recipe was given to me by the ship's doctor when I was third mate aboard the British Lion. We have played some rare pranks with it, too, and I never knew it to fail to act. I gave the young lady's bodyguard a drop in his whisky. He is sleeping like a top."

"I am obliged to you, Jordan—very much obliged. I know something of chemistry myself, and tested the stuff before using it upon Miss Sterne. Well, the train will soon start. Your wife has money and news for you. I would advise you to get out of your present quarters at once. Your old place is still vacant, and you may expect me home on Wednesday, with my bride. Good-night!"

My lord stepped into the railway-car just as the guard's warning whistle sounded; the doors were banged to like a succession of thunder-claps, and the train moved away.

"I shall not be long. You will wait here, please."

The maid did not feel quite at her ease, but what could she do when her mistress was satisfied? Besides, she was very much troubled by her own unhappy love affairs, for Stretton had written her a wild, rambling sort of letter, which had made her utterly miserable.

Elsie and the veiled lady entered a building some distance from the hospital, the door closed behind them, and they were in complete darkness.

"Mr. Campbell has a private room upstairs," the woman explained. "It is admirable that these passages should be without light."

Suddenly a door opened, at the further end of the hall, and the dark figure of a man approached them, swiftly and noiselessly.

Elsie moved aside to let him pass, but with a quick movement he pressed a handkerchief to her nostrils; and with a sigh she sank unconscious into his arms.

"Neatly done," he said, "upon my word, the scheme works like a charm!"

He carried Elsie into the room at the end of the passage, and the light from a feeble lamp revealed the features of Lord George Somerton.

The girl was laid tenderly on a sofa, and the earl cast upon her a glance of mingled triumph and affection.

"It appears that we must have some kind of an explanation," he said, "but not before the servants. Lady Helena, take Miss Sterne to your own sitting-room, and give her some refreshments—coffee, tea, or whatever she prefers. I will join you in twenty minutes. There is a mystery here which must be sifted, and it appears to me that it will end in some one being put in the criminal dock!"

He spoke so indignantly, so angrily, that Elsie was further bewildered, and suffered herself to be conducted upstairs by Lady Helena, who had already given orders for coffee and tea to be served in her private sitting-room.

Scarcely had Elsie's wraps been taken off, when a servant appeared with the refreshments, which the girl was glad to partake of, for her throat was parched with a burning thirst.

(To be continued.)



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What Premier... at his party he... a combined Labor... opponents, and how... on of the country... the cognate quest... ible, the press, and... Majesty's Ministers... satisfactory answer... aldwin and leader... rative Party... ment. The Daily... foristic guess is that... all resign both the... diership of the... nearly all suggest... al writers turn... ther some coalitio... at the Conservativ... party numerical... the Government... position parties... million seem at... as the Labor... nounced there... labor coalition. M... secretary is quot... all as saying the... conservative-Libera... al statisticians... tes cast approx... conservatives, 528... 60,000; Libera... dents 220,000.