By DAVID WHITELAW.



being recognized at the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically amply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health. E. W. GILLETT COMPANY LIMITED

When he awoke rgain he was in a sleep.
When he awoke rgain he was in a reason to the sailone seemed the harder to bear, and was broken at leng intervals by trivial sounds which Rebert knew were rats. Doubtless the semails had been held in check by the light and were now advancing on his stock of biscuits. He made a movement and heard their scurrying feet as they compered across the cellar floor. Then they became bolder, and the man felt one great fellow as he ran across his ankles.

### NURSES

it before Thursday.

He had listened to Dartin's footsteps as they had died away on the stone floor, had heard whispering as he spoke to Haverton, then had fallen this dense eilence. It was the silence that he saw was to be his greatest trial in the hours to come. Oppressive as it was, he felt powerless to break it himself, but could only lie there and listen, as one does when lying awake of a night, for the sounds which do not come.

The candle burnt steadily and minard's Liniment for Dandruff.

Radio Beaco n Defies Fog

Fog has been since time immemorial the greatest peril of the mariner. It envelops his ship, he loses his bear nings and goodness knows what may happen to him.

More lives and more ships have been lost at sea on account of fog than to plot his position at any time.

# Womans Interests

After the Public School, What?

I spend much time thinking about you, little girl, of fourteen or sixteen; you have finished the public school with flying colors and your dearest girl friends have entered the local high school. But your parents do not see how they can spare you or the money with which to send you. You can not understand why they go on to school and have such "glorious time," while you must remain at home "doing the dishes" three times per day. Tears will fill your eyes at times in spite of your effort to be brave. You see, I know what you are thinking for I was a little girl just like you not so many years ago. As

The property of the property o

the week-end—night they not institute a search? He knew that the girl
was leaving by an afternoon train to
Cardiff to join the company, and he
had premised to call on her before she
had premised to said y is divided into
watches of four hours each.

The sallor's day, is divided into
watches of four hours each.

The sallor's day, is divided into
watches of four hours each.

The beackillour and four,
was early you are doing a real ser
had prem are soon corrected and lessons prepared for the next day. The salary is
fairly good when you consider that
your expenses are not nearly so great
as those of the teacher in towns and
cities. There is edmost no limit to

Oppressive as it was, he felt poweries to break it himself, but could only
lie there and listen, as one does when
lying awake of a night, for the sounds
which do not come.

The candle burnt steadily and
threw out patches of ochre light
and with a steam of the lantern
of to the flags of the floor. He estimated
for it to burn stead provement
was denied him, but any big movement
was denied to do by the
mentioned stations) were being sent;
the which so led the develop
ment of the keyetop
mentioned stations which him has a
been lost at sea on account, of feg than
This, he was enabled to do by the
mentioned stations any time.
The have problems that inevitably come up
the decide transmit to by four
the amount of ingenuity you will be
the amount of index of the develop
when the rafic of the signals
of the force of the singus,
to plot here and isten, to go denied the the view

Fog has been since time immemorial the could determine with accuracy the directions from which the radio significant ships he loses his bear and different for each of the above-

## WHERE COMMERCIAL **COLORS COME FROM**

WE GET LOVELY BLUE FROM HORSES' HOOFS.

Both Sea and Land Contribute Their Share of Pigments-

The gardens breathe a spell of fra-

grant words, The bees go buzzing to their honeyed

And Love cries all his promises once When summer beckons at my open

### To Some He Wrote

The church was in urgent need of lect subscriptions for the purpose. One more desirable are breadth, height day the minister met Sandy and depth. man at once guessed the cause. "Sandy," he said earnestly, "I'm sorry to see ye in this state." "Ah, weel, it's for the good o' the cause," replied the delinquent, happily. "Ye see, meenis-The used car dealer who shows you how they run instead of talking about they are like.

USED AUTOS

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Percy Breakey

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TORONTO

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Local Tropic St.

What they are like.

What they are like.

What they are like.

Local Tropic St.

What they are like.

What how surely. Sandy, there are some of the kirk members who are teetotalers?" "Aye, there are but I wrote tae those." ter. it's a' through these subscreen