

Eye Strain

NOTHING so certainly ing a run-down nervous breaks down the ner- system.

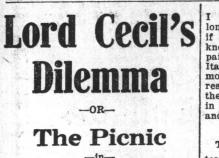
Whatever may be the cause of your nervous break-down, it has been demonvous system as constant straining of the eyes. You may think that sewing is light work, and wonder strated in many thousands of cases that there is noth-ing like Dr. Chase's Nerve why it tires you.

It is the strain on the eyes. Food to restore the depleted

The controlling of the nerve cells. sight is the most delicate Headache sight is the most delicate work of the nervous system, and when there is strain on the eyes there is an enor-mous waste of nervous energy. the nerves.

There are times when it seems necessary to stick at this work for long hours and sary nutrition to the blood to sew by artificial light, but and nerves, so it becomes you may have to pay for it by a nervous breakdown. necessary to employ such restorative treatment as Dr. Chase's Nerve Food. It is then well to know

about Dr. Chase's Nerve Food as a means of restor-



CHAPTER XXV.

He retired to attend to his letters,

and immediately he was alone he eag-

receive this letter.

the name of another, I shall be yours in life, I kiss you, my love, my king, and write for the last time. Farewell! The writing was blotted with many

tears, and for a while Hastings abandoned himself to the bitterest grief. **WoodallForest** He must never look upon her in

GERALD S. DOYLE,

Distributor, St. John's.

GLADYS. not yet-

public again, only as a mere acquaintance: her father's life depended upon it! What mystery was this, and in what way did it affect Lord Cecil Stanerly opened the one from Paris-for hope? Why should Lady Gladys be it came from Lady Gladys. He had forced to wed him to save the earl? expected some news of her direct from What power had this noisy and brainmy hand-except, perhaps, to punish herself, and yet he was surprised to less nonentity over a man like the you."

Earl of Swinford? The eyes of Mr. Ebenezer Lupus He dismissed the problem, and lock-"T have never really doubted her." snanned viciously but a guilty flush

shioned garments. Her hair lay upon her brow in smooth, white bands and behind her gold-rimmed spectacles he caught the fiash of a pair of eyes that were singularly bright for one He did not remember having even

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and the product of the second and and the second and the second of the

seen her before, and yet there was something familiar about her. He ould have looked at her more closehad not the shrill whistle of the nnroaching train driven her complete ly from his mind, and it was not until he was in Birmingham that he thought of the old gypsy who had frightened Lady Gladys in the woods-he thought of her in connection with this woman, and knew that she was the same creature.

This discovery gave him a feeling of unrest, and he resolved to make inquiries about her when he returned home. Whoever she might be, she knew something of his private affairs. He walked direct to the office of Ebenezer Lupus, and it was plain to him that his visit was somewhat of a surprise to the hawklike old lawyer. "Ah! good-morning, Sir Charles!" he said, vainly endeavoring to be at ease, and eyeing his visitor keenly.

"You have caught me at a disadvantage, as I have already several clients to attend to." "I will not detain you long," the baronet replied. "I want a reply to

my letter, Mr. Lupus." "Your letter? Really, I forgot what it was. I get so many letters of in-

quiry; but it will be attended to in due course." "Then permit me to refresh your

memory," was the cold response. " I could not endure the Abbey any longer; I felt that I should go mad if I remained inactive where I have wrote some days ago asking for the particulars of the information you known so much happiness and so much pain. We are going from here to Italy, and shall be constantly on the wife. I paid you one hundred pounds, move, for there is never more any rest for me. Though I have to bear assurance from you that my wife lives

> This is too vague for my peace of mind. I must have something more definite-I must have proof." "Can it be, Sir Charles, that she has

"I have never seen her, or heard one word concerning her, except from yourself," interrupted Hastings. "And I would ask you to be careful of the stories you are circulating," he added, warmingly. "I have never intended being your tool, sir, and no amount of scheming on your part will force



SUMMER heat makes no difference to Carnation Milk. It's always sweet and fresh when you need it.

That's because it comes to you SEALED and STERILIZED. Fresh and rich the day it comes to us, part of the water is taken away by evaporation and it is put into new containers and sterilized. It keeps indefinitely in the cans—or for several days when opened.

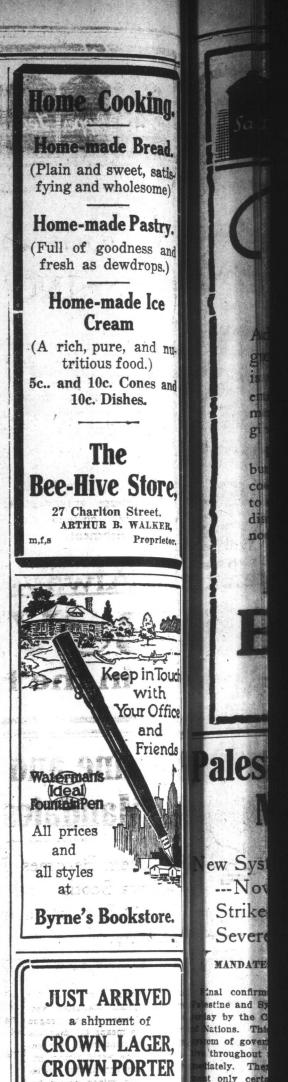
Carnation Milk solves the milk problem. Winter or summer, it is always ready-never late. None is wasted. Use it as cream, or add water and use it as milk.

Carnation Milk adds wonderfully to every milk dish - new flavor and new nourishment. It makes tea and coffee famous and it whips. Order this convenient, economical milk now. Ask your grocer to send you several tall (16 oz.) cans, or a case of 48 cans. hade not ton

At the same time write for the Carnation cook book. It is new - beautifully illustrated-and the many recipes are tested and delicious. Try this recipe.

CARNATION COOKED SALAD DRESSING.

1 teaspoonful salt, 1 tablespoonful sugar, 1½ tablespoonfuls flour, ¾ teaspoonful mustard, 2 eggs, 1 teaspoonful onion juice, ¼ cup mild vinegar, ½ cup Carnation Milk, ½ cup water. Mix dry ingredients, add beaten eggs, onion juice and milk diluted with the water. Add the vinegar slowly, cook in a double boiler until thick, stirring constantly. Remove from fire, strain and cool. This recipe makes 11/2 cups salad dressing.



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ed the letter away in a place of safety. he told himself. "And now I shall At least, there was some satisfaction know that she is true to me; true to in knowing that Gladys loved him the vows we have made."

alone-would ever love him. It was a As he drew the letter from its coverrelief to know that this hateful maring, a few withered violets fell flutterriage was being forced upon her by ing to the carpet, and the odor of viopower that she could not resist. He lets filled his nostrils. He reverently even smiled in a grim fashion when picked up the flowers, and replaced he thought of the wife that Lord Stanthem in the envelope; then re read hope would get. His triumph would that which killed his last hope: be short-lived, truly!

MY BELOVED-At length I have " A man who has nothing but my summonsed sufficient courage to write to you for the last time. These are terrible words, and I have tried to put abhorrence and contempt!" he muttered, with a fierce laugh. "My Lord them upon paper many, many times before, but in vain. It will be a shock of Stanhope. I wish you joy!"

to you to learn, if you do not already He went through the usual duties know, that I am to marry Lord Cecil Stanhope, a man who has nothing but of the morning mechanically, for my abhorrence and contempt; who, every item in connection with his esas my husband, will be as far from me as you are from the woman you were forced to wed. You have had to pay tate was subject to his control. He lunched with Lady Hastings, and talkthe penalty of a parent's crime, and 1 am called upon to save my father! ed in his usual quiet way. To please dare not say more, and it may be that my lips can never be unsealed. Darhis mother more than himself, he ling, this is my last letter to you, and would see Lupus that very day. A you must not reply to me. If we ever train left at two o'clock. If he hurmeet again. let it be as mere acquaintances, for my father's sake. His very life may depend upon your indifference ried, he could catch this, and be in Birmingham by three. That would altoward me, for we shall be watched. low ample time for a consultation with

the old lawyer.



SLOAN'S LINIMENT GERALD S. DOYLE,

years, and attired in ill-fitting, old-Distributor, St. John's.

appeared over his sallow face. He shrugged his shoulders deprecatingly, and replied: "I am quite at a loss to understand

you, Sir Charles. I told you all that I knew, and you stopped the case yourself. If your letter has not been answered, it is due to an oversight. I am prepared to swear that your wife was in this town within a few

days of your last visit here. Moreover, she came to this office, and announced her intention of going to Emden Hall forthwith. She called expecting to see Mr. Caddick, and it was

then that I wrote to you, after getting evidence from abroad in addition." "I am forced to believe you." said Sir Charles, after a minute's silence "I do not like your manner of peaking, broke in Lupus, with an assumption of injured dignity. "And you know absolutely nothing f her movements since?" demanded

he young man. "Absolutely nothing." "Can you assign any reason why

crackers and creamed cheese.

side round of doughnut cutter.

crosswise, and remove core with in

chalk to a cream with turpentine, and

adding a teaspoonful liquid ammonia

Pour white sauce over macaroni

and bake.

the has not pressed her claim?" The railway station was only two (To be continued.) niles distant, and the September air was clear and bracing, so he prefer-

red to walk rather than drive. "I will be back early," he told his nother, "and I pray to God that there may be some relief for you. For myself, I care nothing now." He went away, and Lady Hastings

Corns? watched his comely form until it was hidden in the winding avenue.

She thought that it was a strange emark for him to make, but it recurred to her in after years with a peculiar significance. The name of Lady Gladys Howard had never even -just say bassed his lips in her presence. She Blue-jay knew nothing of the hopeless pain that was gnawing at his heart. She to your druggist thought only of her own fears.

Stops Pain Instantly Hastings chose a path that skirted The simplest way to end a corn is Blue-jay. A touch stops the pain in-stantly. Then the corn loosens and comes out Made in two forms—a the village, and when he reached the station he was conscious of being watched by a woman among the few colorless, clear liquid (one drop it!) and in extra thin plasters. people in the waiting-room. He would er form you preter not have noticed this had she not tle. Made in a w made an apparent effort to approach y. Sold by him, and then suddenly turned aside. She was evidently well advanced in





Shape into balls, saute and serve with of hot water, is useful in cases of kish baths, the most t horoughly without the sanction of a doctor.