



Eye Strain

NOTHING so certainly breaks down the nervous system as constant straining of the eyes.

You may think that sewing is light work, and wonder why it tires you.

It is the strain on the eyes.

The controlling of the sight is the most delicate work of the nervous system, and when there is strain on the eyes there is an enormous waste of nervous energy.

There are times when it seems necessary to stick at this work for long hours and to sew by artificial light, but you may have to pay for it by a nervous breakdown.

It is then well to know about Dr. Chase's Nerve Food as a means of restoring a run-down nervous system.

Whatever may be the cause of your nervous breakdown, it has been demonstrated in many thousands of cases that there is nothing like Dr. Chase's Nerve Food to restore the depleted nerve cells.

Headaches, tired feelings, sleeplessness, indigestion, lack of energy and appetite are some of the indications of an exhausted condition of the nerves.

Your digestive system is failing to supply the necessary nutrition to the blood and nerves, so it becomes necessary to employ such restorative treatment as Dr. Chase's Nerve Food.

GERALD S. DOYLE, Distributor, St. John's.

Lord Cecil's Dilemma

—OR—

The Picnic

—IN—

Woodall Forest

CHAPTER XXV.

He retired to attend to his letters, and immediately he was alone he eagerly opened the one from Paris—for it came from Lady Gladys. He had expected some news of her direct from herself, and yet he was surprised to receive this letter.

"I have never really doubted her," he told himself. "And now I shall know that she is true to me; true to the vows we have made."

As he drew the letter from its covering, a few withered violets fell fluttering to the carpet, and the odor of violets filled his nostrils. He reverently picked up the flowers, and replaced them in the envelope; then he read that which killed his last hope:

MY BELOVED—At length I have summoned sufficient courage to write to you for the last time. These are terrible words, and I have tried to put them upon paper many, many times before, but in vain. It will be a shock to you to learn, if you do not already know, that I am to marry Lord Cecil Stanhope, a man who has nothing but my abhorrence and contempt; who, as my husband, will be as far from me as you are from the woman you were forced to wed. You have had to pay the penalty of a parent's crime, and I am called upon to save my father! I dare not say more, and it may be that my lips can never be unsealed. Darling, this is my last letter to you, and you must not reply to me. If we ever meet again, let it be as mere acquaintances, for my father's sake. His very life may depend upon my indifference toward me, for we shall be watched.



Bottled Relief
is the title thousands of people have given to

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It is unequalled as a counter-irritant. Its beneficial and soothing effect when applied to any painful part is immediate. It is highly restorative, relieves pain quickly, is clean and easy to apply and will not blister or cause soreness as is the case with mustard plasters.

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fashioned garments. Her hair lay upon her brow in smooth, white bands, and behind her gold-rimmed spectacles he caught the flash of a pair of eyes that were singularly bright for one so old.

He did not remember having even seen her before, and yet there was something familiar about her. He would have looked at her more closely had not the shrill whistle of the approaching train driven her completely 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 Ebenzer 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 inquiry; but it will be attended to in due course."

"Then permit me to refresh your memory," was the cold response. "I wrote some days ago asking for the particulars of the information you have not yet supplied concerning my wife. I paid you one hundred pounds, and all I have received for it is an 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 not yet—"

"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, warningly. "I have never intended being your tool, sir, and no amount of scheming on your part will force my hand—except, perhaps, to punish you."

The eyes of Mr. Ebenzer Lupus snapped viciously but a guilty flush 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 speaking, broke in Lupus, with an assumption of injured dignity.

"And you know absolutely nothing of her movements since?" demanded the young man.

"Absolutely nothing."

"Can you assign any reason why she has not pressed her claim?" (To be continued.)



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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, ¼ 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 1½ cups salad dressing.

CARNATION MILK PRODUCTS COMPANY, LIMITED, 719 JOHN STREET, AYLMEER, ONT.

Carnation Milk



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The label is red and white

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CARNATION MILK PRODUCTS COMPANY,
Limited,
AYLMER, ONT.
Condensed at Aylmer and Springfield, Ont.

Household Notes.

Spider corn bread is delicious when made with sour milk. It should be cooked in an iron skillet, as it is very soft.

Left-over corn and tomatoes may be made into an excellent chowder with the addition of sliced potatoes, milk and seasoning.

The work should be planned so that the cook has an hour every afternoon to rest. She will accomplish more if she is not tired.

Chill, halve and remove the seeds from cantaloupes. Sprinkle with nutmeg and place in each half two tablespoonfuls of strained honey.

Stuff stewed prunes with nuts and serve on shredded lettuce with mayonnaise. Garnish with browned crackers and creamed cheese.

Large pears are nice canned for salad. Slice them one-half inch thick crosswise, and remove core with inside round of doughnut cutter.

An excellent brass polish is made by mixing a tablespoonful powdered chalk to a cream with turpentine, and adding a teaspoonful liquid ammonia.

Fill the shell of an Edam cheese with macaroni cooled in salted water. Pour white sauce over macaroni, sprinkle top with buttered crumbs, and bake.

Chocolate cake is softer and darker in color if made with sour milk and soda and baking powder, instead of sweet milk and baking powder alone.

Season ground steak with salt, chopped onion and parsley, and combine with boiled macaroni. Shape into balls, saute and serve with tomato sauce.

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Never take a bath immediately after a solid meal, nor when the body is very hot. Shut, but never lock, the bathroom door. A little liquid ammonia added to a cold or tepid bath prevents chill. To relieve rheumatic tendencies, a soda-bath is very good, and is prepared simply by adding ½ lb. of washing soda to a large bath of hot water. Kitchen salt added to the ordinary bath has a bracing and agreeable effect. Carbonate of Ammonia—say half a pound—added to a bath of hot water, is useful in cases of sciatica and certain eruptions. Tur-

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