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ery much way when ner of the low of one the watch moment man had

murdered. There is much to say about that—but not now. I had no difficulty in getting away from that part of the world unobserved. I went to Cobalt and only a few days ago left there for Chicago. It seemed but yesterday that I left the British Columbia gold fields when I saw the scarehead notice containing my own name. Yes, friend, you can say much to clear Splinkins of this crime—he is here yet and only escaped jail to do the community one more great service."

There was something else on the reporter's mind. Holder interpreted it.

"Better just say that Dr. Dixon is looking after him," he said, opening the door to bow the other out. "He was in half-an-hour ago and will be back," he looked at his watch, "in ten minutes."

Holder returned to the bedside of Splinking immediately."

kins immediately."
"Oh, I can't bear it a minute longer," wailed he, as Holder entered. "Henry, boy, I DID try to kill you up there in that lawless corner of the earth. I could strike nothing myself and it maddened me to see almost every one else leaving the land laden with wealth. You say you spent your money on fast living. Henry, boy, there was forty thousand of it stolen from you and I am the thief."

"I never missed it, Billy," objected Holder. "I spent hoodles of it on the boys and then went and found more to blow in the same way. When I came to-that time my head was dinged in, there was a roll of it in my bootlegs. I didn't miss any, I tell you, and I've dug out tons of it in the Co-balt since. Don't worry at all, Billy: I'll stand by you. You've done a noble thing in this town and I don't want to spoil the popular satisfaction."

"Oh, they'll find out; they'll find out," fretted Splinkins. "I'm a greater criminal than any who will ever occupy a cell in Cheops. God help me, they think me a benefactor when all these years I have planned this jail so that I could escape if ever this crime were found out.'

"Yes, Billy—they think you a benefactor and so do I—let it go at that. I'll

DREADED TO EAT

A Quaker Couple's Experience

How many persons dread to eat their meals, although actually hungry nearly all the time!

Nature never intended this should be so, for we are given a thing called appetite that should guide us as to what the system needs at any time and can digest.

But we get in a hurry, swallow our food very much as we shovel coal into the furnace, and our sense of appetite becomes unnatural and perverted. Then we eat the wrong kind of food or eat too much, and there you are-indigestion and its accompanying miseries.

An Eastern lady said: My husband and I has and nervous for 15 or 20 years from drinking coffee-feverish, indigestion, totally unfit, a good part of the time, for work or pleasure. We actually dreaded to eat our meals. (Tea is just as injurious because it contains caffeine, the same drug found in coffee.)

"We tried doctors and patent medicines that counted up into hundreds of dollars, with little if any benefit.

"Accidentally, a small package of Postum came into my hands. I made some according to directions, with sur-prising results. We both liked it and have not used any coffee since.

"The dull feeling after meals has left us and we feel better every way. We are so well satisfied with Postum that we recommend it to our friends who have been made sick and nervous and miserable by coffee." Name given upon request. Read the little book. Road to Wellville," in packages.

Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown.

Instant postum is convenient; there's no waste; and the flavour is always uniform. Sold by grocers—50-cup tin 30 cts., 100-cup tin 50 cts.

A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Canadian Postum Cereal Co., Ltd., Windsor, Ont.

stay in Calledon and let me hear just one dissenting voice!'

"But I can't bear it. Oh, the simplicity of people!" He sat bolt upright in bed and stared at Holder, holding out both arms appealingly. "Henry, I'm crooked all the way through. I escaped from it is a proper to the person it is a person in the from jail last night, not because the bars are too far apart but because some of them are made of rubber. For God's sake do not let it get out to the people. Tell Madsen, the foreman, to take down the bars himself and destroy the rubber ones. Madsen is true metal—God, they are all worthy but old Billy Peelings!"

"There's always a remedy," hinted Holder. "The getting of money by other means than personal sacrifice seems to be a common modern evil but you will find rigidly honest men who will give less in proportion of what they have. Principle develops even in thieves and honest men will fall—which goes to prove that none of us is absolutely honest while a thief can exist among us."

"That's it," mourned Splinkins. "What people think a great idea in jail building is really their blind expression of the town's corruptions. If I have done a noble thing for Calledon, why a jail? Just as I have told you—through the meanest of mo-

tives. This I can confess to you and yet I am afraid to let them know."

"And why should you? A mind that could evolve the plans which made this town what it is, can surely turn out a reform which will make a jail unnecessary," suggested Holder.

Splinkins' eyes brightened. The thought took root and his whole countenance be-came transfigured. The doctor came in in a few minutes and all three chatted comfortably. He left, elated at the success of his treatment.

Calledon has long since learned Splinkins' secret, Cheops no longer exists, and he is more respected than ever.

To Say and To Do

"Do you wish to go to church this evening? Father is going to preach, you know," the minister's fair daughter asked.

The young man considered.

"Um. The last time I went, he rather fell on some of my small failings. Do you know what his text will be to-

night?" "Yes; 'Love one another.'"

Undemonstrative

A wealthy gentleman living in a village in the north of Devonshire took a great interest in the church, and offered to give the choir a treat, deciding on the really princely one of taking them for a week to Paris. This he did, escorting them while there to all the places of interest and beauty in that charming city; but not during the whole of their stay, or even on their return, did any of the men say to him that they had liked the trip or had enjoyed themselves; so a few days after their return he asked one of the churchwardens, a farmer, whether he thought the men had enjoyed their time in Paris. The churchwarden cogitated for a moment or two. "Well, sir," he said at length, "I ain't heard no complaints!"

Rank in Kentucky

"Yes, sir," said the Kentuckian, as they sat by the stove, "you can tell a man's rank in this state thusly: If you see a man with his feet on top of the stove, he's a general; if his feet is on that rail about half way up, he's a colonel; and if he keeps them on the floor, he's a major."

"Ah, yes," said his companion; "that's good as far as it goes; but how are you going to distinguish a captain or lieutenant?"

"Stranger, we don't go no lower than major in Kentucky."

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