

## ROYAL YEAST CAKES

Canadian Made

As a health builder, Royal Yeast is gaining in popularity every day. It is a food—not a medicine. It supplies the vitamins which the diet may lack. Royal Yeast is highly beneficial in cases where the system seems "run down". Royal Yeast is the richest known source of vitamins, and when taken into the system acts as a corrective agent. Royal Yeast Cakes are recommended for their purity and wholesomeness. It is the purest, the most convenient and economical yeast on the market.

Two to four Royal Yeast Cakes a day will work wonders. A full day's supply can easily be prepared at one time by using one glass luke warm water and teaspoon sugar to each yeast cake. Allow to stand over night in moderately warm room. In the morning stir well and pour off liquid. Place in refrigerator or other cool place and drink at intervals as desired throughout the day.

Send name and address for free booklet "Royal Yeast Cakes to Better Health."

EW. GILLET COMPANY LIMITED  
WOODS BAY, NEWFOUNDLAND

## The Broken Circle!

CHAPTER XLII.

I grew to love him with my whole heart, and did not know it. When I closed my eyes at night, it was to dream of him; when I opened them in the daylight, it was to see his face. One day he came to say good-bye to me. He was pale as death, and his voice shook with pain. "I must go," he said to me; but I—oh, Leah, how could I do it!—I clung to his arm. We were both standing watching the waves break upon the shore, and I cried to him not to go. My father was ill and my life so gloomy; I felt that, if he went away, I must die. I could not live. He seemed sadly distressed. "I cannot stay with you," he said; "it is impossible." I should not live to tell any one but you, Leah. I clung to him, still weeping. He was all the world to me—all the world. "Stay with me—at least until my father is better, and the darkest hour of my trouble is past." Oh, Leah, much as I love you, I am ashamed to tell you the rest!

Hettie buried her face in her hands and wept aloud; while Leah wondered why her face should be so much better, brighter, and happier than her sister's.

CHAPTER XLIII.

It was some comfort to Hettie to have her tears kissed away, to feel loving hands take hers, and loving lips touch her forehead.

"Tell me all about it, dear, and then we will forget it. I will try all I can for the remainder of your life and mine to make you happy, and to atone to you for this unhappy love."

"I have so little to tell you," said Hettie, "and I am so much ashamed of it. I asked him to stay just a little with me, but he said 'No,' he must go; and I asked him why. It all came out then, Leah. He did love me; he loved

me with all his heart. Ah me, if you could have seen his face—the sorrow on it which no words could describe. He did love me—living and dying, it will comfort me to remember that. I shall never know love again; but he loved me; there was love unutterable in his eyes when he looked at me. Only think, Leah, I have had but ten minutes' real happiness in my life, and that was when I first found out that he loved me—before I knew what stood between us. Leah, the great sea lay before us; the wind brought the brine of the ocean and the fragrance from the meadows. I would go through a lifetime of torture for one such hour again. He told me why he must go. What, of all the reasons in the world, should you think it was?"

"Was it that he was rich and you were poor, Hettie?" asked Leah.

"No; he cared nothing about that."

"Was it—and Leah lowered her voice—"anything about our father, Hettie?"

"No; he liked my father; he respected his peculiar ideas, and would you believe it, Leah?—came often to discuss matters with him. No, it was nothing about my father. You would never guess, Leah; it is too cruel to guess. He did love me; and he told me that because he loved me he must go away and never see my face again. Even while he said it all his great love was shining in his eyes. And the reason was this—that he was engaged to marry some one whom I am sure he did not love. He told me to tell me that a certain train of circumstances had led to his engagement, and that he himself, mistaking the friendly, kindly admiration he had for the lady for love, had asked her to be his wife. Ah, Leah, how much unhappy love there is in the world! He told me that this girl whom he was engaged to marry would die if he left her, and that unknown to himself he had learned to love me with all his heart; it was for that reason—it was because he loved me and could not ask me to be his wife—that we parted, never in this world to meet again."

### Cut Your Fuel Bills 1/3

You should know how important it is to weather strip your house and buildings. Weatherstrips keep out cold and actually save one third of your fuel expense. Fuel is as high as ever and there is very little chance that its cost will come down soon. It is too expensive to waste.

Not only can you keep out cold by installing Ceco Metal Weatherstrips, but your home is kept free from dirt and noise, and the disturbance of street noises.

Ceco Metal Weatherstrips are economically installed, they last as long as the building. They are cheaper than other metal and are far more effective.

No matter whether your house is in the process of construction or old as the hills, let us show you without obligation the convenience and effectiveness of the most practical weatherstrip on the market.

## Ceco METAL WEATHERSTRIPS

"The 100% Efficient Weatherstrip"

Distributed by  
**EUGENE H. THOMAS,**  
P.O. Box, 1251, Phone, 757.

"What a sad story, Hettie!" cried Leah.

If she had but known, if she had but guessed who it was that had thus loved Hettie, she might have died then and there.

"You must not think," said Hettie, "that he was wanting in loyalty and honor; he was engaged, promised, pledged to this other, and he had no thought of loving me. Neither of us knew or thought of it until all at once the truth came upon us like a great blinding light; then honor told him that he must go."

"I think he was cruel to you, Hettie," said Leah, all unconscious whom she was judging.

"No; he did not intend to be cruel; he did not know. It came on us all at once, just as when people think they are wading through a shallow brook and suddenly find themselves in a deep stream. He could never have been cruel; he was the most gentle, the most chivalrous—"

"He should have thought more of the danger that you ran; the fact that you were lonely and friendless should have made him all the more cautious for you."

"I do not think that love often reasons," said Hettie. "There was no much harm done."

"Only two lives spoiled," put in Leah, sadly.

"I will not call mine spoiled," said Hettie. "I would rather have loved him, and loved him unhappily, than have been the beloved wife of any other man. Mine will be a life apart; but I will not call it spoiled. That night, Leah, he kissed me. No man had ever kissed me before; no man shall ever kiss me again. On that night, Leah, just for one minute, he took me in his arms and held me there; and until I die no arms shall clasp me again. I suffer pain; yet even my pain is sweet and pleasant to me. Sometimes I think that we quiet women can suffer deeper pain than women of more passionate natures. That other, whom my love will marry, said she should die if she lost him. I love him as much, but it will not kill me."

"Would you wish that it might, Hettie?" asked Leah.

"No, I love you, and I shall find out many pleasures in life; but I shall be true as steel to my lost love. I wish you could have seen him, Leah. To have loved one such, even if unhappily, is joy enough for a lifetime. I have told you my love story, dear, and you will now know why, as I go through life, all men will be to me but as shadows."

"I hope it will not be so, Hettie. As the years go on you will forget this incident, which is but a dream, and meet with some one who will make you happy."

Hettie shook her golden head. Could any other man have such a face as the man who had kissed her by the sea? could any one ever replace him? She laughed the idea to scorn.

"How strange, Leah," she said, "that we two sisters have a fate so different! To you—mind, darling I do not envy you—I am not even ever so slightly jealous of you—to you everything has come, even love."

"You forget one thing," remarked Leah. "You had your father's blessing. I had his curse; although no harm has followed it, still it lies upon me."

"I have wondered," said Hettie, with a sad smile, "whether it has not fallen on me by mistake."

"No, I am quite sure it has not," declared Leah, warmly. "You deserve every blessing. My life is not finished; it may overtake me yet"—words which she afterwards remembered as prophetic.

Just at that moment the general came down the terrace to them.

"In your favorite spot, Leah," he said. "Do you know how long you have been talking? More than an hour. What is about? Neither bonnets nor lovers, of that I am sure."

Neither sister spoke; and then Sir Arthur saw that each face was pale and grave. He thought to himself that they had probably been speaking of their father.

"Leah, I want you," he said. "I will not keep you crying long; but I should like to talk to you before Basil comes."

Hettie heard the name, and repeated it to herself. "Basil?" It was an unusual name, and one she had hardly heard before.

"That must be Leah's lover," she said. "Happy, Leah! Heaven bless her!"

(To be continued.)



## Why Suffer Pain?

SLOAN'S Liniment will soothe and give you instant relief. For 40 years it has been fulfilling this mission and will not fail you.

People of all nations are testifying and proclaiming it to be the greatest remedy.

Let it help drive away your rheumatism, head aches, neuralgic, rheumatic muscles and stiff joints.

It works like magic and penetrates right to the seat of trouble.

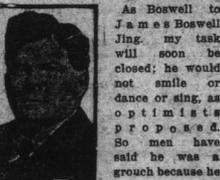
Give it a trial and keep it handy.

For sale at all druggists and dealers.

## SLOAN'S LINIMENT

GERALD S. DOYLE, Distributor.

## THE SECRET SORROW.



As Boswell told James Boswell, my task will soon be closed; he would not smile or dance or sing, as optimists proposed. So men have said he was a grouch because he had a sad no smile, but rose repining from his couch, and groaned in many styles. But ere he left these scenes of strife, he said to me, "Old scout, my relatives have spoiled my life, and put me down and out. Oh, I have uncles by the score, who ate all I could earn, and I have nieces twelve or more, and I have aunts to burn. My wife has cousins by the ton, and countless nieces, too, and they would eat up all the mon that for my toll I drew. They just dropped in three times a day, when meals were on the board; with gleaming fangs they came my way, on foot or in a ford. And I'd have fired each hungry bore, but wife would not agree; she more that, stirred to our door, the happier was she. I broke my springs and stripped my gears providing tea and toast, and thus through long and weary years I fed a hungry host. And people thought me full of guile because my face was grim; I couldn't dance around and smile, or sing a hoop-la hymn." He breathed a few despairing pants, then his tired form was still; and forty sons-in-law and aunts cried, "Did he make a will?"

## Women Can Dye Old Faded Things New in Diamond Dyes

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn, faded things new. Even if she has never dyed before, she can put a new, rich color into shabby skirts, dresses, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything. Buy Diamond Dyes—no other kind—then perfect home dyeing is guaranteed. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spots, fades, or run.

## Household Notes.

To change the ordinary bread pudding, add a half square of chocolate to the milk, flavor with a little vanilla and serve with whipped cream.

Berry pies will not boil over when baking if the berries are heated and some of the juice poured off. Add a little cornstarch to the fruit.

It is a good idea to hang a label on your water supply when you shut off your water supply. Then you will be able to find it instantly in case of emergency.

Fold a small piece of flannel several times and fit into a clothes pin. Trim, allowing half an inch on all sides. This makes a good griddle greaser.

If particles of yolk are in a white of egg you wish to whip, dip a cloth in hot water and insert a corner of it into the white. The particles of yolk will cling to it.

An excellent motor-party basket luncheon consists of chicken, beef, hearts of lettuce, tomato dressing, raisin bread and butter, and hot tea in Thermos bottles.

Fry rounds of bread in a little butter, place on thin slices of pineapple, pour over a little of the pineapple syrup and top with a cherry. Serve immediately.

Put milked gloves in a wooden box and with them a saucer containing a teaspoonful ammonia. In two-

# GRAPE SMACK

The DRINK that won the country overnight

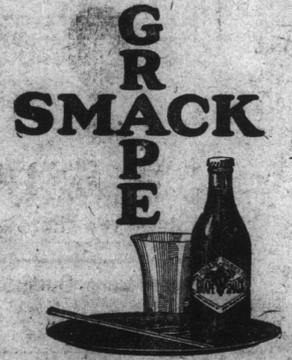


"Smack is right! First real drink since prohibition!"

Ask for the Bottle with the "Bulldog" on the stopper, and save the "Bulldogs" for prizes offered.

## Why This New Drink Wins Everybody

Because it is new and different—new in flavor, different in taste—unique in its quick thirst-quenching quality! Try it today and you'll know why it won the country overnight. Grapey in flavor, sparkling, effervescent. Its tart, new deliciousness will win you instantly. Don't delay your first drink of Grape Smack—the drink that won the country overnight!



Sold everywhere—ask anybody

One Sip—You'll See Why It Sells!

WHOLESALE AT THE

British Aerated Water Co., Ltd.  
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four hours the fumes will have driven away the spots.

Dip thin slices of whole-wheat biscuit into softened butter, spread with a mixture of chopped candied cherries, pineapple and mint, put together and cut into fingers.

If your furniture is scratched, mix a little powdered pumice stone in linseed oil to the consistency of a thin paste. Use a soft cloth and rub damaged surface with this.

If you wish to take a "dresy" frock on your week-end trip and have very little room in which to pack it, it is best to select a silk one, as silk is excellent for compact packing.

A wool-filled comforter does not necessarily have to be taken apart to be washed. Souse it up and down in warm suds and do not wring. Hang to dry on two lines and shake frequently.

If you wish to roast potatoes, but your fire is too low to make a hot oven, place the potatoes under one of the front covers at the side of the firebox and turn them frequently during the baking.

When pruning shrubbery, the friction of the scissors sometimes causes a blister on the hand. A piece of court plaster placed in the crotch between the index finger and thumb will prevent this.

When making lemon pies do not grate the rind, but throw the whole rind into filling for a few minutes before adding thickening. When ready to thicken, remove rind and finish as usual. The juice is all used and the flavor is excellent.

To bake calf's liver: Before putting on fire, cover a calf's liver with boiling water; let stand five minutes. Wipe it, place on rack in baking pan. Place on the top by means of small skewers slices of onion and small strips of salt pork beneath and above each slice of onion. Sprinkle with flour and salt, then bake for one hour.

If cinnamon rolls are baked in fac-bottomed muffin tins they will be of uniform size.



Just Folks

THE BOY.

A possible man of affairs. A possible leader of men. Back of the grin that he wears. There may be the courage of ten; Lawyer or merchant or priest, Artist or singer of joy. This when his strength is increased. Is what may become of the boy.

Headless and mischievous now. Spending his boyhood in play. Yet glory may rest on his brow. And fame may exalt him some day. A skill that the world shall admire. Strength that the world shall employ. And faith that shall burn as a fire. Are what may be found in the boy.

Ho with the freckles and tan. Ho with that fun-loving grin. May rise to great heights as a man. And many a battle may win. Back of the slang of the streets. And back of the love of a toy. It may be a Great Spirit beats—Lincoln once played as a boy.

Trace them all back to their youth. All the great heroes we sing. Seeking and serving the Truth. President, war and King. Washington, Caesar and Paul. Homer, who sang about Troy. Jesus, the Christ of all. Each in his time was a boy.

Eat MRS. STEWART'S Home Made Bread—aparture

## ST. JOHN'S GROCERY STORES

Evaporated Milk

15c. Tin.

Purity Milk, 22c. Tin.

Gillett's Lye, 19c. Tin.

Pork & Beans, 14c. Tin.

J. J. ST. JOHN

Duckworth Street and Marchant Road.

Old potatoes are very likely to come discolored when boiled. prevent this add a slice of lemon to the water in which they are