The Young Housewife

is anxious to get good results from her first efforts in baking. She is eager for the admiring comments of her husband and her visitors. She knows that her bread and pastry will be subjected to close criticism, and realizes that in her nervous anxiety she is likely to make mistakes, by using too much of this

or too little of that. Then again, the flour she uses is apt to vary in quality from time to time, unless she uses

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which takes a heavy burden of responsibility off the young wife's shoulders. It is a scrupulously exact blend of Manitoba Spring wheat and Ontario Fall wheat, so balanced as to provide an unvarying uniformity of superlative quality.

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CHAPTER XIII. "The Play's The Thing!"

OW for the Badminton,' he said, and taking the silver tankard from her, he drained it at a draught.

'Well,' he said, 'I used to think that cricket was warm work enough, he could have got here before now! but for real, hot work commend me not turning up?

Lilian explained.

'Some other fellow!' he said. 'But that's like Rayburn-he was never sharp, Louis!' known to keep an appointment. And who is this other fellow?'

Lilian shook her head. 'I don't know-Lord Vavasour did not mention his name.'

his part, Lilian?'

Harold laughed, and leaning back, you!' stretched his long legs out straight. 'An unknown Romeo! Quite romantic! I suppose he doesn't know

'There is the prompter,' she said. 'And if 'Romeo and Juliet' fails, we have scored our success,' and she

looked at Laura. 'That's nonsense!' cried Laura almost abruptly. 'We know thay are

ook nervously about them.

costume, grumbling at every stage of Romeo.

and Rayburn must be the same attitude were as languid as ever,

'My dear Gerald,' he said, 'you any more of that powder.' are not to be relied on to-night! You would say the same thing if they fitted the great costumer, stepping back like a sack or a diving dress. Why 'Quite a first-rate Romeo.' on earth Rayburn don't turn up I can't imagine! Surely if he walked time to spare; there's the overture.'

what's this they say about Ruyburn's Slade, your Romeo will be fifty times | murmuring profestations of eternal not help it to such a Juliet. Look saloon. Gerald opened it a little way

my leg off!' said Slade, sardonically, 'ever seat full. Look at the stage;

Nerves at **High Tension** Slight extra strain means collapse-

Resteration estained by using DR.

A.W.CHASE'S NERVE FOOD The successful men and women are of the high-strung nervous type—keen and active—but with too little A little extra werry and anxiety and

almost abruptly. 'We know thay are all reserving themselves for this part of the entertainment.'

'I hope they won't be disappointed,' said Lilian, and she moved away. Harold looked after her with wistful eyes for a moment, then he started up.

'This won't do! I must go to work again!' and he hurried off.

The quarter of an hour was nearly up. The orchestra, which had been regaling itself on rare wines, filed back into its place, and commenced to play; the actors and actresses who were go
A little extra worry and anxiety and snap goes the nervous system. Weeks and months are often required before energy and vigor are regained.

Rest helps, so does fresh air and exercise, but the blood must also be made rich and red by use of Dr. A. W. Chase's Nerve Food.

Mr. Wm. Branton, Victoria St., Strathroy, Ont., writes:—My nervous system seemed all unstrung. I could not sleep, had no appetite, my digestion was poor and I had jerking of the limbs. Dr. Chase's Nerve Food helped me and I continue I until I had taken twenty four boxes. This treatment has made a radical clange in my condition, building up the system and strengthening the nerves.'' *Pr. Chase's Nerve Food.

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ing to perform began to crowd in and 'All right,' said Gerald, 'wait un- "And if they're wise they'll keep til to-morrow! Now, Wigsley,' and away altogether, for some of the Meanwhile Gerald was up in Slade's by word and action, he hurried them audience will assuredly lay hands of room, vainly endeavoring to comfort until Slade stood upright, no longer a violence upon them." that languid gentleman, who, with the fashionable gentleman of the nine- With such disparaging and caustic them. Both stood regarding each

But not a glance would he give to 'Why!' exclaimed Gerald, 'you the cheval glass, and his action and for the curtain to rise. The scene

height and build! They fit you to a 'Take my word for it, Gerald,' he said, solemnly, 'I shall make a bosh But Slade was not to be mollified. of it! Now, Wigsley, I can't stand

> 'You make up very well, sir,' said 'Come,' said Gerald, 'there's no

They moved down the great stair 'If he came,' declared Gerald, case, Gerald leaning on the velvetstoutly, he shouldn't play! My dear cased arm of the tall Romeo, and better than his. He might look the gratitude all the way. When they part, but you will play it. You could reached a side door leading into the and motioned Slade to peep in. 'Yes, look sharp, but don't twist 'They are all ready, he whispered-'A nice thing for a fellow to be isn't it capital?' But Slade was not woke up to put on tights and a satin to be roused to show the smallest doublet! Gerald I'll never forgive amount of enthusiasm. He looked at the brilliant audience with a caus-

'Poor, unforunate people,' he said. What have they done that they should be tortured? To sit in a room with more than two people on such a night as this is bad enough, but to be crammed in lines and made to watch an amateur performance of "Rome

Gerald laughed. 'Do they look as if they were very miserable? I tell you they are enjoying themselves! Now, Slade, do. the starved a othecary instead

'I wish to goodness I was,' said Slade, pathetically; "it's shorter." "Hush!' said Gerald, closing the the door quietly, for their voices had their way curiously, "none of the ctors are to be seen in front till af er

As he had said, it was nearly time expressly painted and mounted, re gardless of expense and trouble, was set to perfection; the actors in it were all ready to go on, anxiously waiting

Keep Fit

depend upon good physical condition. Secure it by using

Gerald's appearance. Lilian had had been out of the room for a few minutes, but returned, and was in-

"Don't you feel nervous?" said Laura, eyeing her with a smile of mingled admiration envy. "I feel as if my legs had been sawn off at the knees, and were giving way altogether and the lights dance before my eyes; aren't you at all nervous?'

'I don't think I am,' said Lilian, "Let me feel you arm," said Laura, putting her ungloved hand on it. Why, it is quite still, and mine trembled! It is very wonderful!

By Appointment to His Majesty The King.

BOVRI

strength to stews, hashes,

BOVRIL is the true economis in the Kitchen.

Lilian bent her head, to fasten a bracelet, which had come undone. Half a dozen eager hands flew to her issistance. Tall figures, in Venetian costumes of the finest materials; not cotton velvet and machine lace, but silk pile and antique point; not stage jewels, but costly gems, diamonds, and rubies, and emeralds flashing on fingers and waist belts.

It was a strange scene, full of rich ness and color; and as its centerpiece, the observed of all observers, the tall, graceful figure in white satin, her lovely face full of high-born dignity, and yet supremely girlish and

Those who stood looking at her, njoying the beauty of the picture, marveled at the intense calm of the girl, who, while the hearts of the rest eat against their satin and velvetcovered sides, stood quietly waiting or the call boy's summons.

Suddenly, as the orchestra began to play that vague never-ending kind of music, which they are able to learn off at a moment's notice, the door opened and Gerald came in. All turned toward him, excepting

Lilian; she was talking to the Mercutio, Lord Grayford. 'We are all waiting for you, Lord

Vavasour!' said some one. roup swayed to and fro: 'And here I am, just in time;

ere's my Romeo: They stood aside with a sudden ovement of surprise; the tall, graceful figure in its magnificent costume came in, carrying his domino and mask in his hand, and looking round with easy grace. Here was another who showed neither apprehension nor

'Come on,' said Gerald, in his gentle nusical voice, tremulous with ex-

At this moment Harold came in. 'We're all ready, Gerald,' he said. 'So are we,' said some of the others. 'Where is Miss Woodleigh?' said derald. 'Lilian, there's scarcely time for an introduction. This is my friend, who has so kindly consented, at the last moment, to come to our aid and save us from failure. It is Mr. Dawson Slade.'

She was still talking to Lord Grayford, and turns with some remark still on her lins.

They were all looking at her. They all, without exception, saw the mask slip from her hand as it went with a quick movement to her bosom. is the face, a moment ago so smilingy, so girlishly serene, went a deathwhite, from which the black eyes gleamed like burning coals.

As if turned to stone, she stood staring before her and silent. The silence it was that caused Slade t

raise his languid, unwilling eyes. With a start he made a half step backward, and his dark face went white beneath the rouge. Moments are ages sometimes. This was one of as summer storm clouds fit over the sky, there chased across her face a look as of a hunted animal-of dread. of defiance, and both changed into one of keen, intensely keen, inquiry,

As if he had read and understood each flashing expression, his face seemed to answer it At first a wild. almost fierce joy, then a doubt. and

How many moments it has taken to write and read this. Do not forget that it occupied a few moments only No one had time to move or speak. scarcely to look and wonder.

Almost before a full minute had ticked itself through, that telegraphic xchange of thought had passed. With a low bow, Dawson Slade

ame nearer and, in the most naturaly easy and conventional tone, said: 'I am afraid I have kept you waiting, Miss Woodleigh-an unpardonable sin behind the scenes. I dare not hope for forgiveness, though I an filled with remorse.

With a mechanical smile, her ever fell upon his, she inclined her head not come. Then, with a well-conceal ed effort, she said:

To be continued.

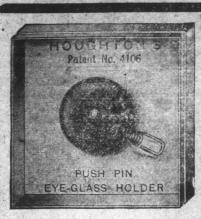
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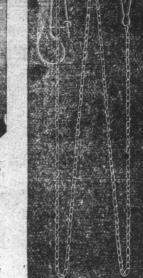
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