

Snow-white
and flaky—
the kind you
like best



Here's baking-day magic!
A talisman that makes each batch of bread snow-white and flaky. Its name is Rainbow Flour.

While we buy only the very finest Manitoba wheat, less than 40% of each grain goes into Rainbow Flour.

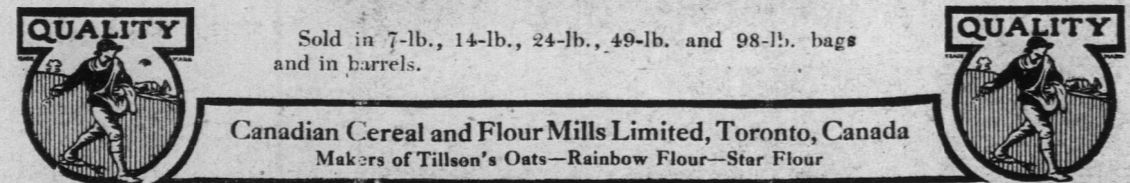
It will pay you to remember this.
Much of the wheat that we reject would make good flour—but not Rainbow.

The only part of the wheat berry that meets our standard is that which will make the cleanest, whitest, most nutritious bread for you.

Try Rainbow Flour and you'll understand why it is so much depended upon by careful cooks.

RAINBOW FLOUR

MAKES GOOD BREAD



Sold in 7-lb., 14-lb., 24-lb., 49-lb. and 98-lb. bags and in barrels.
Canadian Cereal and Flour Mills Limited, Toronto, Canada
Makers of Tillsen's Oats—Rainbow Flour—Star Flour

A Millionaire;

Countess Westerleigh.

CHAPTER XX.
(To be Continued.)

With the question working in his acute brain, he reached Mount Street, and ascended to his studio.

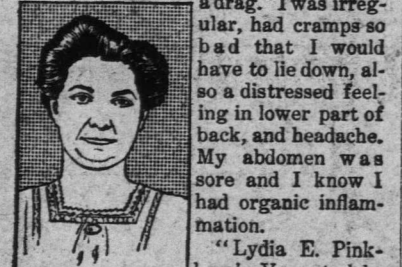
Flinging his dress Inverness into a chair, he lighted a cigarette and paced up and down, still softly biting his lip in the short intervals of smoking and staring at the carpet. Once he stopped before Lady Florence's portrait, and as he looked at it drew the paper she had signed from his pocket and shook it in the painted face half triumphantly, half defiantly.

"You proud beauty!" he murmured, softly, through his half-parted lips.

CRAMPS, HEADACHE, BACKACHE,

Yield to Lydia E. Pinkham's Vegetable Compound.

Cedar Rapids, Iowa.—"I was always tired and weak and my housework was a drag. I was irregular, had cramps so bad that I would have to lie down, also a distressed feeling in lower part of back, and headache. My abdomen was sore and I know I had organic inflammation."



"Lydia E. Pinkham's Vegetable Compound and Blood Purifier have helped me wonderfully. I don't have those pains any more and I am all right now. There are a great many women here who take your remedies and I have told others what they have done for me."—Mrs. CHAS. MCKINNON, 1013 N. 5th St. W., Cedar Rapids, Iowa.

Women who are suffering from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

There are probably hundreds of thousands, perhaps millions of women in the United States who have been benefited by this famous old remedy, which was produced from roots and herbs over 30 years ago by a woman to relieve woman's suffering. If you are sick and need such a medicine, why don't you try it?

If you want special advice write to Lydia E. Pinkham Medicine Co. (consultants) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

lips. "You beautiful tigress! I fancy I shall cage you yet. But how?"

He turned from the portrait and fell to pacing the room again. Then suddenly he stopped, a sharp and swift change in his face. He went with a quick step to the book-case rapidly ran his eye along the shelves and taking down a volume, threw himself into a chair, and with feverish impatience turned over the leaves. It was a treatise on the laws relating to marriage.

He found what he wanted at last and read and re-read the lines.

Then, with a calm that was ominous, he rose and the book clasped in his hand, stretched himself as a man stretches himself after a tremendous mental or physical strain. "By Heaven!" he exclaimed, "I think I shall win!"

CHAPTER XXI.

One can get used to anything—to wearing an iron fetter round the ankle; to going about in thick shoes; even to paying the income tax; one grows accustomed to the most extraordinary phenomena. The steam-engine and the electric telegraph have ceased to throw us into a state of excitement. It is all a matter of habit.

In a few days, strange as it may seem, Vane had grown accustomed to Nora's presence and her masculine garb, and in a few days the dread of detection which had at first amounted to a positive agony grew less, and indeed almost disappeared.

He did not now stumble and stagger when he addressed her as "Ernest," and he ceased to watch her every movement when they were in the company of other persons, with the fearful attention which at first rendered such moments almost unendurable. And with his usual light-hearted, devil-may-care nature, he had put off the question: "What is to be done with her?" The question of course, did arise at moments, but he laid it aside, thrust it off "to a more convenient season."

He told himself that it was too late after the first night, and so he let the matter drift. It is scarcely too much to say that he had almost brought himself to forget that she was not the boy she pretended to be.

And as the days passed by he found himself growing strangely happy. He had, notwithstanding his club, his amusements, and his hosts of friends, spent a somewhat solitary life. A bachelor must necessarily do so. He ate his breakfast in loneliness and silence. There are many hours during the week in which he feels dull and bunglers for some one

to look at and to speak to. That is why your bachelor always likes a cat or a dog about his rooms; some have been known to descend even to a canary.

Now, every morning there was Nora facing him at the breakfast-table; Nora, with her clear, beautiful eyes, soft voice, and ready ripple of laughter; Nora with whom to discuss the events of yesterday.

Got used to her! All unconsciously she was becoming a part of his life, was creeping deeper and deeper into his heart.

If she went out for a walk and stayed out a little longer than she had led him to expect, he got restless and impatient; and although he did not know it and would not have admitted it, he was quite ready to be jealous of the attentions which Lord Wally and the other young fellows were always paying her.

For "Ernest Mortimer" was extraordinarily popular with every one Lord Wally was never so happy as when he could get him to dine at the club, and pay billiards, or drive with him in the four-in-hand which ran away with so much of Lord Wally's rapidly vanishing fortune; and even glossop, the epicurean, would cut choice morsels from the joint, and select dainty dishes for "that young cub of Tempest."

Nora received all these attentions with becoming modesty, and never for a moment forgot her part or ran into danger.

The Quickest, Simplest Cough Cure

Easily and Cheaply Made at Home. Saves You \$2.

This recipe makes 15 ounces of cough syrup—enough to last a family a long time. You couldn't buy as much or as good cough syrup for \$2.50.

Simple as it is, it gives almost instant relief and usually stops the most obstinate cough in 24 hours. This is partly due to the fact that it is slightly laxative, stimulates the appetite and has an excellent tonic effect. It is pleasant to take—children like it. An excellent remedy, too, for whooping cough, croup, sore lungs, asthma, throat troubles, etc.

Mix two cups of granulated sugar with one cup of warm water and stir for two minutes. Put 2 1/2 ounces of Pinex (the concentrated compound of Norway pine) and the other natural healing elements. Take a teaspoonful every one, two or three hours.

Pinex is one of the oldest and best known remedial agents for the throat membranes. Pinex is the most valuable concentrated compound of Norway pine extract, and is rich in gallic acid and the other natural healing elements. Other preparations will not work in this formula.

Perhaps she, too, almost began to believe herself to be the character she assumed. With her singular self-reliance she learned her way about the West End of London in a remarkably short time, and she soon grew accustomed to wandering about alone. Sometimes she got up early and walked in the park and in the less frequented streets, and so, all unconsciously, she was educating herself. But she made a more definite attempt to gain that knowledge which we are told is better than houses and lands—though most of us use our knowledge for the sole end of gaining these things. On the day after the dinner party at Lady Florence's, she returned from a walk with a copy-book and sundry elementary school works, and with a blush laid them before Vane, who was sitting by the fire with his newspaper and cigarette, but thinking of the danger and peril of the preceding night rather than reading.

"Halloo!" he said. "Where have you been, and what are these?" "Look at them," she said, rather shyly. "It was some time before I could find the proper shop for them, and then I was almost afraid to ask for them. The woman thought I wanted them for my little brother." She laughed faintly. "I want to learn to read and write at once. How soon do you think I shall be able to? Not before I go to the theatre to-morrow night?"

Vane laughed, and turned over the copy-book and primer. "Not quite so soon, I'm afraid," he said. "But we'll see."

"You said you'd help me," she suggested, timidly.

"Right you are," he assented, "though I'm afraid I sha'n't be much of a school-master, I want such a sight of teaching myself. Anyhow, I shall have a quick pupil. Now, let's see."

She drew a chair beside him, and with a gravity which was more than ludicrous, Vane Tempest, who had been more than once called the fastest man in London, set to work to teach the alphabet and pot-hooks and hangers to this child of nature who had crept under his protecting wing with the simple trustfulness of innocence.

If any one had told him a week ago that the performance would not have bored him to death, he would have contradicted him flatly; but to his inward surprise, he found the lesson almost as interesting to himself as it was to Nora. Almost not quite—for she strove to master the difficulties of our extraordinary and heart-breaking language with an intense and feverish eagerness. He found himself watching her covertly as she bent over the books; and the sweet beauty of her profile, the tender lips, the long dark lashes that swept her cheek, the grave seriousness of her expression, stole over him like a charm.

She happened to look up once as his eyes were fixed on her, and the color crept into her face. "You are tired of it," she said. "How good you are to me! There never was a kinder brother than I've got!"

"Oh, it's all right!" said Vane, awakened by her voice from a kind of dream. "No, I'm not a bit tired; and I should be a queer sort of brother if I refused to help in such a little business as this. And, I say, how quick you are! I don't know about your learning to read and write by to-morrow night, but you're precious soon will!"

(To be continued.)

GROVE HILL BULLETIN THIS WEEK

CUT FLOWERS: Asters, Sweet Peas, Chrysanthemums.
IN POTS: Cinerarias, Primulas.
Wreaths, Crosses, Floral Decorations, at shortest notice.

Telephone 247.

J. McNEIL,
Waterford Bridge Road.

MINARD'S LINIMENT FOR SALE EVERYWHERE.

Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.
9706.—A SEASONABLE AND ATTRACTIVE DESIGN.



Girl's Coat Suit.

Blue serge with facings of white braided in blue and metal buttons for decoration was used for this design. The loose fitting coat has cut-away fronts and is finished with a wide shawl collar. The belt that serves to trim the back may be omitted. The skirt is shaped to conform to the coat outline and has a half back. The model is suitable for any of this season's dress materials, velvet, corduroy, broad cloth, cheviot, prunella, etc. The Pattern is cut in 4 Sizes: 8, 10, 12 and 14 years. It requires 2 yards of 36 inch material for an 8 year size. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

9712.—A PRACTICAL MODEL.



Petticoat for Misses and Small Women.

(In Raised or Normal Waistline.) This model is suitable for cambric, satin, moresen lawn, nainsook, or silk. The flounce may be omitted. The design may be finished in normal or raised waistline. The Pattern is cut in 4 Sizes: 14, 16, 17 and 18 years. It requires 2 1/2 yards of 36 inch material for a 36 inch size, with 2 yards of flouncing 16 inches wide.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

Name.....
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N.B.—Be sure to cut out the illustration and send with the coupon carefully filled out. The pattern cannot reach you in less than 15 days. Price 10c. each, in cash, postal note or stamps. Address: Telegram Pattern Department.

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Should enquire about my handy, labor saving, filing devices, at the earliest opportunity. Details gladly supplied. An absolute, by new line.
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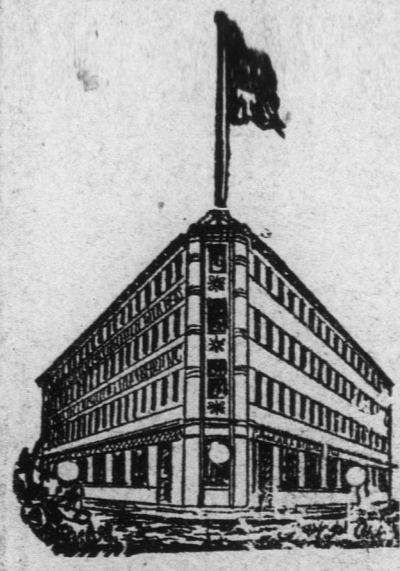
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The above stock just opened and we would advise you to select yours now.

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