Headaches

Are Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it.

Nujol is a lubricant—not a medicine or laxative — so cannot gripe. Try it today.

J. E. ORR CO., Ltd., Sole Agents for Newfoundland

Nujol

REG. U.S. PAT. OFF.

A LUBRICANT—NOT A LAXATIVE

LADY IRIS' MISTAKE;

— or the —

Hero of 'Surata'

CHAPTER VI.

In a moment she saw how matters stood; it was not so much that they loved her as they were madly jealous of each other. She perceived that a single encouraging word, one sign of preference from her would probably lead to quarrel between these men.

"Am I intruding, Lady Iris?" repeated John Bardon. "If so, I will go at once."

"You are not intruding, Mr. Bardon. There can be no question of intrusion, though it is true that I promised to view the grounds."

John Bardon bowed. It was sufficient for him that she should say there was no intrusion; and of course if she had made that promise she must keep it.

"I hope I shall have the pleasure of seeing you again before the day is ended, Lady Iris," he said, and then he walked away.

Colder and prouder grew the face of Lady Iris Fayne, and Sir Fulke saw that he had done wrong.

"Will you please make the survey of the grounds as short as possible, Sir Fulke?" she asked. "I am tired."

Tired, and the walk was only just begun!

"It is all that man's fault!" he said aloud with a groan. She seemed neither to hear nor to understand. "He is ill-bred. But what can one expect?" he added. And then Lady Iris spoke.

"There are many forms of ill-breeding," she said. "The worst of all is to show contempt for one who does not deserve it, or even for one who does. I am tired, Sir Fulke. I prefer returning to the lawn."

He had lost her good graces and favor—and all through John Bardon! Could it be possible that she cared for him? Sir Fulke wondered. The bare idea was enough to madden him. Yet one look at the proud face calmed him.

He had to bear his disappointment. He took her back to the lawn, where the ladies sat in groups, talking, laughing, and listening to the strains of the band. Lady Iris dismissed him with a haughty bow, and Sir Fulke had to submit to it. It was no comfort to him that fair faces smiled upon him and bright eyes grew brighter for his coming. Violet Blakewell was there, looking her prettiest; but her presence afforded him no consolation. Sir Fulke had eyes only for Lady Iris, and she was now talking to—John Bardon!

CHAPTER VII.

The day came when Lady Iris Fane was to leave the lovely woodland shades of Chandos for the excitement of a London season. She was half sorry, half delighted. Her grand old home had a wonderful attraction for her, and she thought there was no place equal to Chandos. Still she was young and beautiful, and she knew that many triumphs were in store for her. Lady Clyffarde and Sir Fulke were both going up to town, but not Richard Bardon and his wife. In the country they reigned royally, but in London they were mere nobodies; and Mrs. Bardon declined to be a "nobody" even for a few weeks. When her husband suggested that it might perhaps be well just to "see how things were going in town," she declined the proposal.

"What I suffered last season will never be known. I would rather be queen in the country than nobody in town. You never knew what I suffered, Richard. I have gone out many a time with an Indian shawl worth three or four hundred pounds on my shoulders, and no one has taken the least notice of me. When I have worn my sapphires, fine ladies have even smiled at me. No more town for me! I have been presented, and that is enough. Lady Caton has begged Marie to visit her, and John will stay at the 'Royal.'"

"Which costs more than a whole house," said Richard Bardon.

"You never mind the cost—I am sure I do not," rejoined his wife. "Here everybody knows that we are the Bardons of Tyne Court, and we are respected accordingly. Amongst all the guests ladies of London, who notices a Mrs. Bardon?"

"Everybody notices the wife of a millionaire," said Richard Bardon. "But you shall please yourself, my dear. There shall be no season in town if you object to it. But the children must go."

"It may be all for the best that they should be in town without us," said Mrs. Bardon. "People who would perhaps not invite us will invite them." And her husband smiled at the unusual humility.

Sir Fulke was content. From the fact that Lady Clyffarde was in town he felt sure that he should see Lady Iris very often, and he desired nothing more. He had made but little progress in his wooing, and he foresaw that he would have many rivals in London; yet he was hopeful.

John Bardon however was growing desperate. In the country, where he could see Lady Iris when he was out riding or driving, all was well; but in town what chance would there be for him? On the day after the garden-party he rode for hours round Chandos. It did not matter to him how long he waited if only he could catch a glimpse of her. At last his patience was rewarded by seeing her riding slowly down a green lane. He followed her at once—it was useless waiting to reflect, for he would have lost all courage—and she greeted him with a bright smile.

"Is it true that you leave Chandos to-morrow, Lady Iris?" he asked.

"Yes; and I leave it with regret," she replied. "I shall see no such flowers and trees in London. Chandos looks best in the spring."

"You will have more to do in London than think of trees and flowers," he said. "Those who know tell me that in less than a week you will have the whole fashionable world at your feet."

"Then I shall find the fashionable world very much in the way," she replied; but there was a pained and pathetic look on the dark face which touched her with pity.

John Bardon had dismounted, and she had drawn up under the shade of a great chesnut tree. He was looking at her with sad longing eyes.

"Queens," he said, "are generally generous and compassionate; are they not?"

"I cannot tell; I have never been a queen," she replied.

"You are a queen now, and always will be one—a queen of human hearts. Therefore be passionate."

"I will, if I see that compassion is needed," she responded.

"I need it"—there was a humility in his manner which interested her. "I know," he continued, "that all my father's wealth could not buy for me a place in the circle that will welcome such as you. Be compassionate, Lady Iris. You will be within the golden portals while I shall stand outside. Will you sometimes admit me?"

"You mean," she said, touched by his words, "that you wish to see me sometimes in town. We are sure to meet."

"No," he replied; "for your world will not be mine, and I want you to take compassion on me and give me the entree into your circle, so that I may see you sometimes. I ask this for the sake of the few ties between us. I belong to your county, the county you love. You will think of Chandos when you see me, and you have been kind to me. For the sake of that kindness, do not forget me when you enter the fashionable world."

"I never forget old friends," she said, in a sweet voice; "but is not that saying too much? I do not know that I have ever looked upon you as a friend."

"It would be presumptuous of me to expect you to consider me one, I know," he replied; "but let me imagine that I am, Lady Iris!"

She looked at him in perplexity.

"I cannot understand," she said. "I do not see how there can be any friendship between us. I am interested in your character—interested in your career."

She stopped abruptly, for the change that came over his face startled her—the light that flashed into his eyes electrified her.

"Hush!" he cried, with a passionate gesture. "Pray do not say anything more! You have changed my whole life by those few words! You are interested in my character and in my career! Such encouragement and joy do the words give me that I can hear no more! I will make you proud of my character since you design to take an interest in it. I—feel like one dazzled with a flood of sunlight. How strange that a man's hopes should be so easily swayed by a few simple words!"

She looked a little alarmed at his passion and earnestness.

"Do not misunderstand me. I mean—" she began; but again he held up his hands with a warning gesture.

"Do not take away the music from those words! They will accompany me through life. I must not detain you, Lady Iris," he broke off. "May I ride by your side through the green lanes?"

(to be continued.)

Dad, Mother, Ironized Yeast for Rheumatism

Do You Realize What Ironized Yeast-Vitamines Will Do for Rheumatism and Lumbago?

Do you know that vitamines and iron are part of your very life? Do you know that the tissue-and-blood factory in your body needs these two materials, and needs them badly? Do you know that if your body furnace does not get enough of these, that queer poisons, joint poisons, muscle poisons, acid poisons are formed instead of the healthy flesh and the rich blood you used to have in days gone by? If you hobble in your gait, if pains distort your body, if bending over is an unspeakable agony, if dull pains make you breathe heavily and moan, do not grumble at the roughness of the way,—smile sweetly, there is a rainbow ahead. Things are different now, than they used to be in the days of liniments, salves, complicated drugs, and all that,—remember? The happy secret today is ironized yeast, one of the greatest body-and-blood builders of all time. Begin taking Ironized Yeast today. Beware of imitations and substitutes, because Ironized Yeast is not a mere combination of yeast and iron, but is yeast ironized, which is a substance all by itself. There is only one Ironized Yeast in all the world. Sold at all drug stores at $1.00 a package and containing 50 tablets, each tablet sealed. They never lose their power. Harold F. Ritchie & Co., Ltd., Toronto, Sole Agents. Say goodby to rheumatism from now on!

"Whoopee! Rheumatism Pains and Agony All Gone. Ironized Yeast Is Surely Wonderful!"

ASK FOR

ALVINA

The Improved Tasteless Preparation of an Extract of Cod Liver Oil

Especially Recommended for

Persistent Coughs, Bronchitis, Anemia

A Splendid Tonic for Delicate Women and Children

Prepared by DAVIS & LAWRENCE CO., Manufacturing Chemists, Montreal

Household Notes.

Young carrots are excellent when scraped, steamed and covered with finely chopped parsley. If cooked too long they become tasteless and flabby.

Fill the bottom of the pie pan with small soup beans when you are baking a crust for lemon meringue. They keep the crust from puffing up.

Sliced tomatoes, macaroni, English walnuts and chopped celery, mixed and served on crisp lettuce with mayonnaise make an appetizing salad.

To prepare mushrooms for cooking peel them, gently pull out the stem and lay both stems and tops (with dark side down) in slightly salted water.

Cooked vegetables, meat and fish that are to be used for salads should be marinated with oil and vinegar and allowed to stand in a cool place a half hour before mixing.

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.

A PRETTY CAPE "SUIT."

3993-3837 Very becoming and exceedingly popular is this one piece dress and attractive cape. One may have the dress finished with slashed edges. Gabardine, ratine and sponge are good materials for this style. Taffeta and knitted fabrics are also desirable.

The dress is cut in 7 Sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. The Cape in 4 Sizes: Medium, 38-40 and Large 42-44 inches bust measure for Ladies and 14 and 16 years for Misses. It will require 8 yards of 36 inch material for a medium size, for cape and dress. The width at the foot about 2 yards.

TWO separate patterns mailed to any address on receipt of 15c. FOR EACH pattern in silver or stamps.

A PRETTY DRESS STYLE FOR THE GROWING GIRL.

4083. Smart plaits and a long waist, with graceful lines throughout, are here illustrated. The model is good for the new prints and also for serge and knitted fabrics.

The Patern is cut in 3 Sizes: 12, 14 and 16 years. A 14 year size requires 5 yards of 32 inch material.

Pattern mailed to any address on receipt of 15c. in silver or stamps.

No. .. ..

Size .. ..

Name .. ..

Address in full:—

.. ..

.. ..

NOTE:—Owing to the continual advance in price of paper, wages, etc, we are compelled to advance the price of patterns to 15c. each.

FACE DISFIGURED NINE MONTHS

Itched and Hard Pimples Broke Out. Cuticura Heals.

"My face and neck all broke out in a mass of nasty pimples. My face used to itch and then hard pimples would break out and fester over. They itched and burned dreadfully at times, and my face was badly disfigured for about nine months.

"I tried different remedies without any effect. I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. It helped me so much that I bought more, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was healed." (Signed) Miss Hattie E. Cruickshank, Lower Caledonia, Nova Scotia.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sold everywhere. Address, "Cuticura, Dept. 22, Boston." Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

New Goods Opened.

Ladies' and Misses' Fall and Winter Hats.

Flowers, Wings & Feathers

Hat Pins & Hat Ornaments.

Ladies' Winter Coats.

Henry Blair

s,tu,th,tf

To arrive, 50 Copies

"The Sheik,"

(By E. M. HULL).

We shall be pelased to take your order for this book and send on arrival.

IN STOCK:

"The Shadow of the East"

(By the Author of "The Sheik,")—$1.50

S. E. GARLAND,

LEADING BOOKSELLER, 177-9 WATER ST.

LOOK WHAT WE OFFER NOW

You know how you feel on a sweltering day with an overweight suit on. You have also experienced the annoyance when your dark suit is covered with dust. We are now showing summer shades in light and tropical weights, also a few lines in flannels.

John Maunder,

Tailor and Clothier, 281-283 Duckworth Street

GRAVENSTEIN APPLES

Now in Stock—September 7.

1's—and—2's.

Also,

70 HALF BARRELS CHOICE PEARS.

BURT & LAWRENCE.

14 NEW GOWER STREET.

Advertise in the Evening Telegram

NowLanding

ex S.S. Kriton

A Choice Cargo

NORTH SYDNEY Screened COAL

Nfld. Coal & Trading Company, Ltd.

At the premises lately occupied by Alan Goodridge & Sons.

s,tu,th,tf

Boneless Beef!

To-day Ex Belvernon from Boston:

One Hundred Brls. Boneless Flank Beef

Highest Possible Quality At Lowest Possible Price.

F. McNamara,

'Phone: 393 Queen Street.

SUMMERS The Store that Gives Big Values

One Big Special for this Week

Black Fingering Wool

4 and 5 Ply Fingering 13c. Slip

2 Slips for 25 cents.

M. J. SUMMERS, 330 Water St.

sept16,6i

Our Custom Made Clothes are individual in style, and at all times possess an appreciable advantage in fabric, tailoring, finish, fit and fashion.

W. P. SHORTALL,

THE AMERICAN TAILOR.

300 Water Street.

'PHONE—477. P.O. BOX—445.

Forty-Three Years in the Public Service--The Evening Telegram