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OXO CUBES are exactly suited to the needs of men in training for the war. They build up strength to resist climatic changes, they promote fitness, and counteract the effects of cold and fatigue.

CUBES

"The Die is Cast

For Better or For Worse."

CHAPTER VI
A Change of Air.

It was on the following morning that Kittie essayed a real walk. Leaving the wood behind her, she sauntered across a field, and was picking some of the meadow-sweet and cowslips to adorn the tea-table, when she heard voices which seemed to be close to her, though she could not see the speakers. She stopped and looked in the direction of the sound, and discovered that they came from below the bank of the river, which just there ran through a steep decline. She turned to go, for she felt that, notwithstanding Mrs. Bickers' assurance, she might be trespassing, and she had gained the edge of the wood, when the voices sounded more loudly, and two figures; that of a girl and a young man came to the top of the bank.

Kittie instinctively, mechanically, slipped behind a tree and looked toward them; and as she did so, an exclamation of surprise escaped her, and she stood clutching the flowers and staring with an almost incredulous amazement.

For the girl was her "double," and the young man was the "Mr. Lashmore," who had rescued her at Earl's Court!

CHAPTER VII
An Unseen Spectator.

Kittie watched the two figures breathlessly. She was not conscious that she was playing the part of a spy; and if she had been, she would not have stopped forward and revealed herself; for she was held in the thrall of a natural and an absorbing curiosity. She did not know enough of the world to be aware that coincidences are the rule rather than the exception of life, and that the one which was presenting itself to her was by no means extraordinary; for the world is small, and it is in the most unlikely places and at the most unlikely times we meet people whom we little expected to see.

But though she knew so comparatively little of the world, Kittie was sharp enough to perceive that these two persons were on—well, on very friendly terms; they strolled along the bank talking and laughing, as if they knew and understood each other very well. And she saw something else: that the young man was intensely interested in the beautiful girl at his side. When a man is in love, or even beginning to be in love, with a woman, he reveals the fact by the expression of his eyes, by the very movements of his body. Lashmore's eyes were eloquent as they dwelt on the girl's face, and as he bent toward her, there was something in his attitude, a touch of appeal, of mute worship, which plainly discovered his secret, if secret it was, to the acutely intelligent Kittie.

Presently she saw the old gentleman who had accompanied her double at Earl's Court, approaching the young people; and at once she guessed that he was the "Sir Talbot" of whom Mrs. Bickers had spoken so proudly.

She waited until the three had moved on; then, recovering from the kind of spell that had held her, she turned into the wood, and, choosing the thickest part of it, made her way home. And as she went slowly and thoughtfully, she was conscious of a sense of disappointment and dissatisfaction.

Kittie would not have been a woman, if she had not been favorably impressed by the young man who had rescued her from the panic-stricken mob, and had afterward treated her with so much gentleness and delicate consideration. She had thought of him very often and very favorably; and, although she was not one of those foolish girls who weave romances, in which they themselves, of course, figure prominently, about every presentable young man they meet, she had come to regard him as the nearest approach to a hero she had yet seen.

It hurt her vaguely that this unknown girl, who resembled her so closely, should not only possess the good things of this life—Kittie, of course, had drawn her conclusions from Mrs. Bickers' dress—but that she should also have Mr. Lashmore for an intimate friend, if not a lover. She labored under a sense of wrong, injustice, which would have oppressed a higher nature than that of poor Kittie.

She looked and felt tired as she entered the cottage and sank into a chair beside the fire; and Mrs. Bickers, peering at her short-sightedly, said chidingly:

"You've been too far, dear, I can see; you're doing too much."

She hastened to get some broth she had been preparing and sat down by Kittie while she drank it.

"Where did you go, my dear?" she asked, as she got out the knitting, which she did so mechanically that Kittie declared the old lady could do it in her sleep.

"Through the woods and down toward the river," she replied; then she went on, after a slight hesitation: "I saw some people there. Is Sir Talbot a thin, tall, old gentleman, very upright and stately looking?"

"That's Sir Talbot, my dear. He was fishing, no doubt; the river belongs to him, of course."

"There was a young lady," said Kittie slowly and much engrossed in her broth. "A slim girl, about—about my height, and pretty."

"That must have been Sir Talbot's daughter," said the old lady. "Miss Lyndhurst; Miss Eva, as we all call her. Yes; she is very pretty, quite a lovely girl, I am told. I've not seen her closely; and I'm so short-sighted, as you may have noticed, dear, that I can't say for myself; but she has the reputation of being very beautiful. She called at the cottage twice," she added, with intense satisfaction; "but unfortunately I happened to be out. No doubt she will call again, and I shall have the happiness of seeing her. She is Sir Talbot's only child, and he is devoted to her; in fact, they are devoted to each other, as is only natural and proper, seeing that they're only each other. She has been away a great deal, staying with her

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Be cheerful! Clean up inside to-night and feel fine. Take Cascarets to liven your liver and clean the bowels and stop headaches, a bad cold, biliousness, offensive breath, coated tongue, sallowness, sour stomach and gases. To-night take Cascarets and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand—Everybody's doing it. Cascarets best laxative for children also.

aunt, Lady Lorchester. Lady Emily Lorchester. One would think it would be rather a dull life up at the Court there for her; for Sir Talbot has very few visitors; but Miss Eva seems to be very happy, by all accounts."

Kittie was on the point of saying that Miss Lyndhurst had a visitor, or a friend, with her now; but she checked herself. She feared that Mrs. Bickers might ask her some particulars about the young man; and Kittie shrank instinctively from discussing him, and much more from telling of her meeting with him. Mrs. Bickers ran on with the garrulity of her age and class; and Kittie, as she leaned back, with her hands clasped loosely in her lap, listened with an intentness which did not reveal itself in her face and was hidden by her half-closed lids.

"They say that Sir Talbot is rather poorly off, for a gentleman of his position; that the estate is very much encumbered—mortgaged, don't you call it, my dear?—and that it is because he is trying to save money for Miss Eva that they live so quietly and keep so little company at the Court. But, there! my dear, we're all in the hands of Providence; and Miss Eva is almost sure to marry a gentleman of her own rank, with heaps of money; in fact, I don't suppose Sir Talbot would allow her to marry any one else."

Mrs. Bickers said a great deal more than this. The great family at the Court was a dearly beloved topic with her, and for some time she rambled on repeating stories she had heard of Miss Eva's childhood and girlhood; and she seemed to be so well acquainted with incidents which had occurred in that young lady's immediate past, not to say present, life, that Kittie, raising her eyelids for a moment, said, with a smile:

"You appear to know everything that has happened to Miss Lyndhurst, Mrs. Bickers."

The old lady bridled a little. "Well, so I do, my dear," she admitted. "The fact is, that Selina Brown, Miss Eva's maid, is a friend of mine, and drops in very frequently for a cup of tea. I'm teaching her knitting; and, of course, we have a chat. Selina is naturally very fond of talking of her young lady. And I trust," bridling again, "there's no harm in it."

"Not in the very least," Kittie hastened to assure her. "I have been very much interested."

"Well, I should have thought you'd have been rather tired of my gossip," said the old lady, quite restored to her usual amiability. "And now, my dear, you must go and lie down and take a long rest, or else I shall have you bad again; and then what would your dear good father say, to say nothing of William?"

"You take too much care of me; you are spoiling me," said Kittie, with a kiss; "and the least I can do is to be a good and obedient girl."

She went up to her room, and lay on the outside of the bed. She generally slept whenever she wanted to do so; but she could not sleep now for her mind dwelt persistently upon all that Mrs. Bickers had told her. The interest, curiosity which she had felt on first seeing the other girl was now so intensified as to be almost an obsession. Amongst other gifts the gods had endowed Kittie with a marvellously retentive memory; she was one of those happy persons who can run over a poem twice or thrice, and remember it for life; who never forget a name or a face; and of the many names Mrs. Bickers had spoken, Kittie had lost not one; they were all packed away safely in the back of that shapely head, and would remain there till she wanted them.

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AGAINST ADVOCATE'S PLAGIARISM.

Editor Evening Telegram.

Sir,—Yesterday you kindly gave space to my verses, "The Bowings." This morning with but slight alterations in favour of Mr. Coaker, the Advocate, my friends and the Bowings in the Advocate. My friends and the Bowings in the Advocate. My friends and the Bowings in the Advocate.

What a Gas Range Means for You, Mrs. Housekeeper.

A son to Mrs. and Mr. (Capt.) John E. Tucker.

BORN.

At Western Bay, on April 2nd, of paralysis of brain, Annie Mullally, beloved wife of John Fahey, aged 56 years, leaving three daughters, Mrs. David McDonald, of St. John's; Mrs. Devine, wife of Constable P. Devine, of Harbour Main; and Miss Veronica, in East Boston; also, two sons, James Joseph, in New York, and Lawrence, at home. Boston papers please copy. Passed peacefully away at Witless Bay, March 29th, Mrs. Anne Norris, at the ripe old age of 95 years, leaving one brother, Mr. Richard Burke, 3 daughters, Mrs. Thos. Carow, Mrs. R. O'Brien and Mrs. William Crowley, of Brooklyn, New York, a number of nephews and grandchildren, two of the latter fighting under the colours. —May she rest in peace. Amen.

DIED.

Use a gas range and you will live better, you will play better, and you will work better because the use of the gas range eliminates the drudgery of carrying coal, ashes and the chopping of kindling, as well as the drudgery of cleaning up a lot of dirt and best of all, for the cook it makes it unnecessary for her to stand over a hot stove from two to three hours a day.

Saves 50 Per Cent. of Kitchen Cares.

Half of the labor in the house is caused by dust from the coal range. Every time it smokes, no matter how good the draught may be, clouds of ashes rise and settle on the furniture.

It Eliminates Hard Work.

Use a gas range and you will live better, you will play better, and you will work better because the use of the gas range eliminates the drudgery of carrying coal, ashes and the chopping of kindling, as well as the drudgery of cleaning up a lot of dirt and best of all, for the cook it makes it unnecessary for her to stand over a hot stove from two to three hours a day.

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CURE ALL KIDNEY DISEASES

BRIGHT'S DISEASE, GRAVEL, DIABETES, BACKACHE

WATERBURY'S THE PROPRIETOR

Children Had Eczema Doctors Failed to Cure.

Two Letters Which Prove the Efficiency of Dr. Chase's Ointment as a Cure for Eczema.

Fortunate are the mothers who know the virtues of Dr. Chase's Ointment, for there is no treatment so suitable for use after the bath to relieve irritation and chafing and to thereby prevent eczema and similar skin diseases.

Mrs. W. L. Barnes, Timmins, Ont., writes:—"I want to tell you about the case of my little boy, who had baby eczema when he was three months old. It started on the top of his head, on his forehead and around his ears. The doctors failed to do him any good, so I tried Dr. Chase's Ointment on the recommendation of a friend, and in a month's time the child was entirely free of this disagreeable skin disease. He is now four years old, and has never had any further trouble from ailments of this kind. I also have great faith in Dr. Chase's Nerve Food, and believe that it cannot be beaten as a restorative for pale, nervous women."

Mrs. George McNair, River Charles, N.B., writes:—"We use Dr. Chase's Ointment in our home, and would not wish for anything better for cuts, burns and bruises. A few years ago a friend of mine, whose baby was terribly afflicted with eczema, had her child treated by their own family physician, but the little one got no better. They tried several remedies, but they all proved useless in this case. Upon the advice of a neighbor they got Dr. Chase's Ointment, and before the first box was used the child was completely cured. I can also recommend Dr. Chase's Nerve Food to suffering friends who I know will be glad to learn of something to relieve their nervous trouble. You have my permission to use this letter for the benefit of others."

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.

A GOWN WITH NEW STYLE FEATURES.



Waist—2035. Skirt—2020. In the waist of this dress, figured and plain silk have been most attractively combined. Other combinations will be equally pleasing. One could embroider the waist front, collar and cuffs. The skirt also is new in its lines and shaping, and will lend itself admirably to the new spring materials. For the waist one could have pompadour silk and Georgette crepe, while the skirt could be of serge, gabardine or satin. Or, shantung or linen would be fine for the entire dress, with a touch of color by way of piping or facing. The Waist Pattern 2035 is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. The Skirt 2020 also in 7 sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. The skirt measures about 3½ yards at the foot, and will require 4 yards of 44-inch material for a 24-inch size. The waist requires 2½ yards of 44-inch material for a 36-inch size.

This illustration calls for Two separate patterns, which will be mailed to any address on receipt of 10 cents FOR EACH pattern, in silver or stamps.

A Dainty Dress for Mother's Girl.



2031—Girls' Dress with Bertha Trimming, and Sleeve in Either of Two Lengths. In crepe, dotted swiss, batiste, lawn, or soft nanisook this is nice for a "best" or party dress. It may also be made up in gingham, voile, challis, cashmere, chambray, rep, poplin or silk. The bertha may be omitted. The sleeve is nice in either length. The skirt is straight and gathered. The Pattern is cut in 5 sizes: 4, 6, 8, 10 and 12 years. It requires 4½ yards of 36-inch material for a 10-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

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LONDON, March 31st.

LONDON EATING LESS.

It is encouraging to find that as the consumption of meat is rained, London appears to be a solid contribution to the voluntary rationing. In the first weeks of the year, before the auction of Lord Devonport's meat supplies dealt with, the Smithfield averaged 6,926 tons week. That figure fell in the week of voluntary rationing to 5,376 tons in a fortnight. On the 1st of April, the consumption of 6,000,000 the third week of 1,507 tons is equivalent to 6,000,000 is 6,696 tons weekly. Devonport allowance to a population of 6,000,000 is a diminution in trade, and complaints are made in some quarters that the butchers are increasing

FO

In packages, small, large, and medium sizes, of all colors.

Gr