"SALADA"

It has the reputation of nearly a quarter of a century behind every packet sold——

Black—Green—or Mixed —— E204

THROUGH THE DARK SHADOWS

Or The Sunlight of Love

CHAPTER XXII.—(Cont'd).

"We have been slaves all these years, trembling and shrinking under a villain's nod and frown. I've sold myself to a demon, who, in consideration of my services—of my body and soul—promised to keep his talons from my poor Lucy. He discovered her mistake; and he threatened to let the whole world know, to tell you all, if I did not bind myself to do his villainous work. I have done it for years. I have endured shame and agony unspeakable, that my darling's secret might be safe. I have been his tool and his scapegoat. I, an old man, on my way to the grave, have earned—and rightly earned—the names of usurer and thief. All this I have done and suffered that he should never blight my child's happiness by his presence. He has broken the contract. He came down here that night you went to Richmond, and, with his fiendish ways and threats, nearly killed her. Well, now his power has gone. Thanks to your generosity, your forgiveness, Lucy is free, and I am free. Now I take my turn, and for every tear he has wrung from my darling's eyes, I will wring a groan from his black heart."

John had listened to him with intense surprise. He knew his father-in-law was in business in the city; but he did not know that the business of "Harkers'," for which he had a great respect, had anything to do with money-lending. Still he refrained from asking any questions; and seeing that Mr. Harker was practically exhausted by the excitement and the news, persuaded him to spend the remainder of the night with them, and travel back to town in the morning.

After reflection the old man agreed to this; and it was a very happy little party that met at the breakfast table next day.

Mr. Harker, unable to sleep, had let his thoughts go back to Jessica; and in the silence of the night a picture had arisen before his eyes; a theatre in which a dark-eyed young girl was dancing, amidst a crowd of others. In his delight at having a clue he cried aloud, "Ada Lester, at the Rockingham!" The more he thought of it the more sure he felt that this girl must be the daughter, or at least some connection, of the well-known actress.

On questioning Jessica, all the information he could obtain from her was that which she had given Adrien Leroy. Johann Wilfer was the boundary of her existence. Harker remembered the name as that of the man from whom he had bought the picture, and he also new now that he it was who had been responsible for Lucy's early sin. But he was not to be shaken from his belief that in some way Jessica must be related to Ada Lester, and he asked the girl whether she would travel up to London with him, and trust herself to his care.

Jessica looked up into his lined face.

"Yes," she said simply, "if you won't give me back to to Johann."

Harker readily promised this, and, amid many smiles and waving of hands from the assembled Ashford family, the two started on their way.

O reaching London, Mr. Harker's first visit was to the Casket theatre, which Jessica at once remembered as the one before which she had kept watch for Adrien Leroy; and with that recollection, came the memory of the roll of papers which she had picked up. She related this little incident to Harker; and undoing the bag in which kind-hearted Lucy had put some clothes for her, she found the papers and gave them to him.

Harker looked them over, and gave a cry of joy; for he realised at once that they delivered his arch-enemy into his hands—no miracle from Heaven itself could have done more. Jessica did not understand the reason for his excitement, but she was quite content to let the papers remain in his keeping.

At the theatre he inquired for Miss Lester; and, it being matinee day, he found that the popular actress had already arrived. It took time and money to convince the military-looking door-keeper that it was absolutely necessary to take an urgent message to Miss Lester, but eventually this was done, and Mr. Harker, with Jessica,—who was almost dazed by the strangeness of her surroundings—found themselves in Miss Lester's dressing-room, a few minutes before she was due on the stage as Prince Bon-Bon.

Mr. Harker at once hastened to apologise for the intrusion; but, in the midst of his words, he broke off short, for Jessica and the actress were gazing at one another in a mutual recognition. Jessica remembered her at once as the lady who had been with Adrien Leroy; then came the earlier memory, which had so puzzled her on the night she had seen the actress entering the theatre.

"Jessica!" exclaimed Miss Lester, blankly, and she turned on the astounded Harker. "What's the meaning of this?"

The few minutes were nearly up, and the call-boy and the dresser had met in several consultations with regard to the difficulty of getting Miss Lester on to the stage in time, before Mr. Harker's explanations were through.

Ada, now thoroughly assured as to her own future, thanks to her recent visit to Barminster, was quite willing to look after her niece better than in the past; especially as her presence formed a strong link in the chain of evidence the actress intended shortly to bring against Jasper Vermont. She assured Harker that she would take care of the girl, and with this he was content; then, leaving Jessica in her aunt's charge, he made his way to his own office, prior to taking a journey down to Barminster Castle.

CHAPTER XXIII.

The unexpected appearance of Jasper Vermont startled both Lady Constance and Adrien.

"Jasper!" exclaimed Adrien, almost sternly, drawing the silken wrap around Lady Constance as if to shield her from all eyes but his own. "I did not expect you here to-night."

"No," answered Jasper. "I have travelled post-haste to try and save you from heavy trouble: the matter is so pressing that you must give me my way and attend to it at once. I am sure Lady Constance would forgive this intrusion, if she only knew of what serious importance it is to you, and, indeed, to us all."

He moved forward as he spoke; and the light of the full moon falling on his smooth, clean-shaven face, showed it so ghastly white, so moved by strong emotion, that Lady Constance started back a step, while Leroy himself stared in surprise.

"Good Heavens!" he said, "whatever is the matter to make you drive down in such a state? What is wrong? Is it the theatre?" A faint, contemptuous smile crossed his face as he thought of Ada.

"Pshaw!" exclaimed Vermont, scornfully. "The theatre! No, Adrien, there's not a moment to be lost. I must speak with you at once. Don't look at me like that. You do not grasp what imminent peril is hanging over you."

"Peril," gasped Lady Constance, springing forward and placing her hand on Adrien's arm, her movement showing, perhaps unconsciously, the state of her feelings towards him more than anything else could have done. It was as if she wished to share with him any approaching pain.

Jasper glanced at her from beneath his lowered lids—the sort of hungry look one would imagine a starving wolf might cast at a lamb.

"Serious peril," repeated Lady Constance.

"Of what kind?" asked Leroy, still with that faint smile on his lips, and quite unmoved by Jasper's solemn face; then, without waiting for an answer, he continued scornfully; "Peril! by dear Jasper, what danger can I be in? This is not the Middle Ages, and there are no assassins waiting around, are there? However, let me take Con—Lady Constance back to the ballroom agin, and then I will enjoy, or at any rate listen to all you have to tell me."

Jasper vermont smiled bitterly, and took out his watch, which had been a present from Leroy.

"Adrien," he said slowly, "you have ten minutes between you and dishonor!"

Adrien turned around sharply, and half raised his arm as if to strike, while such a stern look crossed his face that Lady Constance scarcely recognized it as the same which, but a few minutes ago, had gazed on her so lovingly.

"Adrien," she cried, almost shuddering at the tense anger shining in his eyes. "He must be mad!" She turned proudly on Jasper. "That is sufficient, Mr. Vermont. Pray leave us at once. If this is a jest, I consider it is in extremely bad taste."

Jasper bit his lips at her words, but did not shift his ground.

"No," said Leroy, "it is no jest, dear; there is something wrong, I feel sure. I will have a few words with him in private." He led her gently towards the door, and with pale face and trembling heart, Lady Constance re-entered the ball-room she had left so happily, seating herself near the entrance in one of the many alcoves. She was overcome by a nameless fear, and that horrible feeling of utter helplessness which overwhelms one as in a heavy cloud, and darkens the horizon for us all when weighed down by suspense.

(To be continued).

Marmalade

I made it with my same old recipe but I used

Lantic Sugar

On account of its Fine granulation it dissolves instantly making a clear jelly. 108

2 & 5 lb. cartons, 10, 20 & 100 lb. sacks

The Housewife's Corner

Marmalade Is Economical.

This is the season for marmalade making. Now, when oranges and grape-fruit are fairly cheap and almost everything else is fairly dear, marmalade should be an economy. Marmalade may, while taking the place of fruit, also take the place of butter and do duty as cake. So it should be worth the sugar it takes.

Instead of always using it for breakfast try it for tea, or even dinner, using it for this meal in the form of dessert. A good sized plate full made of thin slices of bread with the marmalade between—no butter. Suppose you have a milk soup for tea then you will require nothing more with this to make a wholesome and rather tasty meal, than a plate of these sandwiches—so you save on butter, cake and other preserved fruit. The sandwiches do not require a very thick layer of the marmalade. Now and then use them, too, as easy dinner desserts. Occassionally use nuts, cheese, or cocoanut which are rich in both protein and fat (meat value). We all know how delicious good sandwiches are with a nice cup of tea, coffee, cocoa, and with such make, indeed rather a tasty meal in themselves.

Particularly nice for the making of sandwiches to be used as an important item of our regular meals, is fig marmalade; and even nicer still, a mixture of fig and orange marmalade. Figs just now are really amongst our inexpensive foods and they possess considerable food value—acting both as a medicine and food.

Sweet orange marmalade—Wash the fruit and with a knife cut the rind through to the pulp lengthwise and around (in the middle) so that the rind may readily be taken off either in halves or quarters. Put this rind (including yellow and white), on the stove in a vessel of cold water and let come to a boil, continuing till the rind is thoroughly tender. Cut them into fine strips. Meantime have the pulp prepared by halving (seeding) and removing the heaviest rag at the core, only then slicing it. Put to boil in separate saucepan and cook till tender, then set back till rind is soft and clear. At this stage add the pulp to the rind, measuring and stirring in equal measure of heated sugar. It will take about 20 minutes to cook down sufficiently—thick after this—then seal.

Household Helps.

Never salt and pepper meat until it is at least half-done.

The feverish patient enjoys cold water mixed with fruit juices.

When the damper in a stovepipe is too high to reach easily, put a string wire through it and attach a chain so that it can be pulled up or down as desired.

If there are a few mashed potatoes left over, they will do very well added to fresh mashed potatoes; simply stir them in while the potatoes are very hot.

When preparing old, dry beans for baking, a little soda in the water in which they are soaked will render them tender and soft.

When anything boils over on the stove cover it with salt; it will stop smoking and be easier to clean off.

For a bad sprain, bandage the affected part, then pour hot water mixed with two parts of vinegar, as hot as the patient can stand.

Flannels can be washed and still be soft if put into very hot suds, allowed to soak until you can comfortably put your hands in and wash them out, and then rinsed in water that is very hot.

All the boxes on the top of the pantry shelf should have labels on the end telling the contents of the box. This saves a great deal of time when you are hunting articles.

When shoe polish becomes dry from keeping too long, mositen it with a little turpentine, as it softens the polish, which is usable once more. It also gives a good gloss to the leather.

Ten Dishwashing "Don'ts"

Don't wash the dishes by hand at all but press into service a good dishwasher—one that you have not only seen demonstrated, but have actually tried yourself. This is perhaps the most labor-saving "don't." For so many improvements have been made in mechanical dishwashers in recent years that it is now possible for the housewife with an average income to acquire one without feeling that she is unduly extravagant. A good dishwasher will wash the dishes for the entire family in about two-thirds of the time that it takes to do them by hand, and sometimes even less.

However, if you can't have a mechanical dishwasher there are a number of little helps that will make the task easier for you.

Don't put dishes into the dishpan until they have been scraped thoroughly. A ten-cent wooden plate scraper will save you as many minutes.

Don't put any dish that has contained egg into hot water first. That will simply cook the egg more firmly on to the dish.

Don't put any dish that has contained milk into hot water. Both milk and egg containers of any kind should always be rinsed first with cold water before being plunged into that hot dishwater.

Don't wash greasy pots or utensils that have contained greases of any kind in the dishpan until they have been rinsed with boiling soda water. This is just as much to protect the waste pipes in the sink as to aid in cleaner dishwashing. Clogging up of the waste pipes is very often due to this one thing, for unless the grease is cut by the soda water it hardens and sticks fast.

Don't put utensils, spoons or strainers that have contained gelatin into hot water. That will set the gelatin firmly, just as hot water acts on egg. Rinse first in cold water to remove gelatinous substance.

Don't immerse cake bowls or muffin pans or pie plates to which crust or batter still adheres in the dishpan. Scrape with a spatula first.

Don't try to clean pots and pans with a discloth. There is a stiff, small brush that can be purchased for ten cents for this purpose. Or you can trim a small stiff whisk broom a little shorter so as to give a good leverage, and use this for that purpose. This brush can also be used to remove all particles from graters, colanders, egg beaters or other utensils usually difficult to clean.

Don't wash a fish pan by bringing water to a boil, as it spreads the fish odor, Scrape first with a spatula, removing all fragments, then rub with paper and finally pour on boiling water to which washing powder has been added.

Don't lay a pile of dishes in the dishpan as you would lay them on a table. Always place them top downward to give the water a better chance to reach the entire used surface of the plate.

Don't put your best China dishes into strong, soapy water nor with other dishes. Rinse in clear water to which only one dash of washing powder has been added and dry at once. All other fine pieces should be treated the same way.

If you will put these "don'ts" into practice you will find your dishwashing easier to do.

BATH CARAVANS FOR BELGIANS

They Will Each Supply Baths Continuously for Fourteen Hours.

Two new bath caravans for the Belgian army, the gift of the Wounded Allies' Relief Committee, were recently inspected by the King and Queen in London. What a luxury a hot bath is to the fighting man in the trenches can well be imagined, and the new caravans will supply a real want. It is reckoned that each caravan will supply bath continuously for perhaps fourteen hours, in which case the two vehicles will be able to deal with about 1,000 men in the time stated. Each van carries twelve light steel baths, 5 feet 3 inches long by 2 feet 2 inches wide, nested one inside the other. Along the whole length of the van, on both sides, are fixed roller-constructed waterproof sheetings for forming tents and this ensuring privacy. Each tent houses six baths, the water for which will be heated by petroleum.

These novel bathing machines will be drawn by horses from place to place, wherever water can be obtained from rivers and streams, and it will be possible to take them quite near the trenches.

❖

In the case of ventilation more has to be left to the mother's discretion The doctor may say, "Have plenty of fresh air," and the mother may honestly think she obeys; and yet the nursery may be an abomination of pink ribboned stuffiness, and "colds" and coughs may be the constant portion of the family. With proper coverings, and screens to protect them from direct currents of air, children can sleep in the open air all night, and they will be all the better for it.

If Belgium Were "Next-Door" To Canada

—if the heavily-charged electric wires, that pen the people into a workless and almost foodless land, ran along our frontier

—if instead of reading of Belgian sufferings we heard the pitiful tales from the lips of escaped victims

—if we could see the long and hungry bread-lines of people as intelligent and once as prosperous and comfortable as ourselves

—if we could watch the thousands of emaciated children who are fed at the schools by the Belgian Relief Commission

—if what they are enduring, and their desperate need, were clear and vivid to us, instead of unreal and overseas

—then the great hearts of Canadians would be moved, and there would be no trouble in raising several times our present contributions to the Belgian Relief Fund.

Can we bring the urgent need of the hungry Belgian mothers and children home to YOU? Can we enlist YOUR active sympathy for those whose very lives depend on the prompt and continued help of people like yourself? Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or

SEND CHEQUES PAYABLE TO TREASURER

Belgian Relief Fund

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The Greatest Relief Work in History.

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Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Valmar Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

THREE VITAL QUESTIONS

Are you full of energy, vital force, and general good health? Do you know that good digestion is the foundation of good health; Pains and oppression in stomach and chest after eating, with constipation, headache dizziness, are sure signs of Indigestion. Mother Seigel's Syrup, the great herbal remedy and tonic, will cure you.

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