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There is more health and strength—more energy—more real food value—in good homemade bread, than in any other one article of diet.

Bread is the only food that alone will support life for any length of time. Good Home-made bread—made of "Beaver" Flour is the least expensive food—is the only food you can relish and enjoy three times a day, year in and year out—the only food that agrees with everybody and does everybody good.

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## The Man Outside.

(Continued.)

From where I stood I saw distinctly that it was a handsome diamond ring, and the next instant I gasped with astonishment, for deliberately removing the lid of one of the numerous coffeetins on the shelf before him, the man carefully pushed the ornament well down beneath the powder.

He replaced the tin amongst the others, and went on with his duties as if nothing out of the common had occurred.

As I recalled the incident, wondering why it should have returned to my mind at this particular moment,

## OTTUMWA WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Ottumwa, Iowa.—"For years I was almost a constant sufferer from female trouble in all its dreadful forms; shooting pains all over my body, sick headaches, spinal weakness, dizziness, depression, and everything that was horrid. I tried many doctors in different parts of the United States, but Lydia E. Pinkham's Vegetable Compound has done more for me than all the doctors. I feel it my duty to tell you these facts. My heart is full of gratitude to you for my cure."—Mrs. HARRIET E. WAPLE, 324 S. Hanson Street, Ottumwa, Iowa.

Consider This Advice. No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous medicine, made only from roots and herbs, has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, confidential, and always helpful.

sudden impulse seized me—an impulse as wild as ever a man obeyed blindly. I imagine—and at ten o'clock that same night I presented myself at the Guilford Hotel and pleaded hard to be given work. I was carefully dressed for the part I had determined to play, in the oldest suit I possessed, and the man in charge looked me up and down for a moment doubtfully.

"What can you do?" he asked.

"Anything," I answered, humbly. "I've been a valet, and understand hotel work; but I'm down on my luck. Do try to get me some sort of a job, like a pal!"

"Wait a minute," he said, as he disappeared, and that minute of suspense was like an ordinary lifetime.

He came back, and looked me over carefully again.

"We want a man to help carry the hot water and messages to the bedrooms for a few days, as we're so very full at present. If you can give reference now, and it's satisfactory, you can come in to-morrow at ten sharp."

With a sigh of relief, I promptly gave my own name and address as reference, and the man made a note of it.

"We can't send to this gentleman to-night," he remarked, "but we will about nine to-morrow morning; so if you're here at ten, I can tell you what he says."

Smothering a smile, I thanked him, and turned home feeling that I had made some sort of a beginning in my attempt to help Lady Norah.

How I blessed the peculiarity which had always prompted to employ a man in my little office instead of a boy, as most men in my struggling position would have done.

When we arrived early next morning, I told him briefly that I had a case on hand which needed careful treatment; and, entering into the humor of the thing, Smithson arranged himself in my best clothes, and received the messenger from the Guilford Hotel, who arrived at 9.30 precisely, with impressive solemnity, giving me a character which made me blush.

After the man had gone I gave Smithson a few directions, and then called round to the Guilford, where, as I anticipated, I was engaged without hesitation.

The chance for which I longed was very difficult to obtain. I had no real excuse to enter the kitchen, except for meals, so it was impossible to touch the coffeetins; and realizing how little time I had at my disposal, I was very depressed when I

retired to rest on Thursday night.

My mind dwelt persistently on the piece of information which the Comte's valet had given me: that their master was a gambler, and had made a big coup at Monte Carlo on a date that I noted as being just before the time of Lady Norah's visit there. It might mean nothing, yet somehow it strengthened my suspicions that his income did not emanate from 'the estates in Hungary,' to which Felice told me he frequently referred.

Friday passed as Thursday had done, leaving me still at a deadlock, and on to-morrow Lady Norah's week of grace would expire.

As I sat in my tiny bedroom, I thought of Felice as I had seen her for a moment that evening—a white-faced Felice, whose red eyes bore testimony to the anguish she was suffering on her mistress's behalf, and I took a sudden desperate resolve.

The hotel clock chimed 3 a.m. as I opened my door noiselessly and crept down the long passage to the kitchen. It was wrapt in complete darkness; but I had brought my tiny electric torch with me, and, feeling my way to where I knew the tins of coffee stood, I risked everything and, pressing its little button, flashed the light upon them. I had no idea which tin I sought, and they were all alike, yet Fate seemed to favour me, for, as the light fell upon the shining row, I saw distinctly that one of them was marked with a cross scratched roughly on the side! Lifting it quickly from the shelf, I extinguished the light, and standing there in the darkness, I pushed my hand down in the powder. For a moment I found nothing, then my heart gave a great jump, for my fingers had touched a small, hard object, which

even in the darkness, I knew was what I sought—the lost ring.

I dared not risk lighting my torch again, so, hastily thrusting the ring into my waistcoat pocket, I replaced the tin, and crept cautiously back to my bedroom.

I had to pass the Comte's on my way, and, just as I was stealing noiselessly by, a white object on the floor caught my eye; it was lying half under the door, and, stooping, I pulled it gently out. It was a dirty envelope, with something stiff inside, but not daring to look more closely then, I sped on to my own door.

Once safely inside, I bolted it, securely, then, turning on the light, examined my prizes. The ring was very heavy, and manufactured with a curious roughness of workmanship; that surprised me in so valuable an ornament, but the diamond was without doubt the most beautiful stone I ever handled, and worthy to grace any collection of gems; it was set flat in a band of unpolished gold, yet, even so, its facets caught the rays of light, and flashed them back in rainbow gleams, as I gazed at the stone in fascinated admiration.

I laid it down at last, and, picking up the dirty envelope, drew out the contents. Only a faded photo a snapshot view of a portion of some city which I fancied I had seen in the course of my wandering several years back, and I turned the creased card over. There were only a few words scrawled half illegibly on the back: "Bird's-eye view of Melbourne.—J. D." but they brought in a flash the word that solved the problem I had struggled with through three days, and now I knew where I had seen Count Zittlen before.

As I gazed wonderingly at the old photo of Melbourne, it seemed to fade before my eyes, and in its place rose a memory picture of an Australian gambling-hall, with a lot of half-drunken men crowding round two who stood cursing each other across the table in the middle of the room, on which lay the stake they had been playing for—a diamond ring.

To be continued.

## PIMPLES

"I tried all kinds of blood remedies which failed to do me any good, but I have found the right thing at last. My face was full of pimples and blackheads. After taking Cascares they all left. I am continuing the use of them and recommend them to my friends. I feel fine when I rise in the morning. Hope to have a chance to recommend Cascares." Fred C. Witten, 76 Elm St., Newark, N.J.

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Ladies Shirt Waist with Gibson Plaits.

A type of shirt waist that is easily made and becoming to most women is here shown. The pocket is a smart feature that may be omitted. The sleeve is the regulation shirt sleeve with straight cuff and lap. The pattern is cut in 6 sizes: 22, 24, 26, 28, 30, 32 inches bust measure. It requires 2 1/2 yards of 36 inch material for the 26 inch size.

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