

# "SALADA"

**Every Leaf is of Virgin Quality**  
**Sealed Packets Only. Never in Bulk.**  
 Black, Mixed or Green. E217

## THROUGH THE DARK SHADOWS

Or The Sunlight of Love

CHAPTER XXI.—(Cont'd).

"You ask me why?" he murmured, his forehead damp with the force of his emotion. "You, who know how I love you—worship your very shadow!"



Thorough mixing is what makes cake delicate and tender

### Lantic Sugar

makes the best cake because it creams quickly and thoroughly with the butter which is the hardest part of the mixing. Its purity and extra "fine" granulation make it dissolve at once.

2 and 5-lb. Cartons  
 10 and 20-lb. Bags

"The All-Purpose Sugar"

## PARKER SERVICE

Known Everywhere Available Everywhere

Just because there is not a "Parker" Agency near you is no reason why you should do without "Parker Service."

The excellence of our work is so well known that it need only be mentioned here.

But the convenience of our service by mail to distant customers is not. Articles of any sort can be sent us either by parcels post or express, and returned in the same manner. We pay the carriage charges one way. Every precaution is taken to ensure their safety in transit.

So many things can be "rescued" by cleaning or dyeing that the value of this service will be apparent to everyone.

When you think of cleaning or dyeing, think of PARKER'S. Send for a FREE copy of our useful and interesting book on cleaning and dyeing.

Be sure to address your parcel clearly to receiving dept.

**PARKER'S DYE WORKS, LIMITED**  
 791 YONGE ST. TORONTO

## 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 weakness? 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 heavy 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 minutes 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 constituents guarantee it 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 of ordinary eye trouble. 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 "Bon-Opto" Drug Co., Store 4, Toronto, will fill all orders if you don't suggest cannot.

GOOD DIGESTION—When your digestion is faulty, weakness and pain are certain and disease is invited.

FOR 40 YEARS THE STANDARD REMEDY

MOTHER SEIGEL'S SYRUP

FOR STOMACH AND LIVER TROUBLE

Direct on receipt of price, 5¢ smaller. A. J. WHITE & Co.

my first... I am not worthy to touch your hand, as pure as it is white, but will you not forgive me the folly of my past life, and let me live in hope that I may do better? I swear from this day forth to cast off the old life, with all its emptiness and folly, and lay the future at your feet."

As his passionate words ceased, she turned to him.

"Adrien, I do not know what to think," she said in low, troubled tones. "I wrote to you last month—that day we came up to London, believing that perhaps you had learned to care a little for me; but when you deliberately spent the day with another woman, sooner than with me, what am I to think?"

"What do you mean?" he asked hoarsely. "I saw you," she returned simply. "when we were at the station, auntie and I, on the twenty-second."

"The twenty-second!" he echoed, through blanched lips. "Yes, you were at Waterloo Station with someone, I did not see her face. But what does it matter now? If you had cared—" She stopped abruptly.

"I do care," he reiterated passionately. "Heaven above knows that; but I do not hope to make you believe me. Constance, I can give neither you nor any living being the explanation of that awful day. But I swear to you that the meeting was unsought by me. I could not help myself. I do not know how all this has come about. I understood from Standon that—that he was engaged to—"

"Muriel Branton," interrupted Constance softly. "He told me himself." For a moment, Adrien stared at her in stupefaction.

"If I had known we were at cross-purposes!" he exclaimed. "I see it all now—when it is too late, and sinking down on the stone seat, he buried his face in his hands."

For a minute there was silence, broken at last by the rustle of Lady Constance's dress as she came timidly towards him.

"Adrien," she murmured, very low indeed, but not so low that he did not hear. He looked up, gave one swift glance at her blushing face, then, with an incoherent cry of delight, caught her in his arms.

"My darling!" he cried. "I love you so. Believe that, though I failed you so. No further words were spoken—none were needed; then Adrien said gently."

"Darling, before we return, tell me, just once—let me hear it from your own lips, that you love me: for I can scarcely believe I am awake."

"It is no dream, Adrien," she said, her face flushing and quivering with pent-up emotion. "I love you, dear."

Again he clasped her in his arms and neither heard a step behind them. It was not until a warning cough roused them, that Adrien started, and became aware of the presence of Mr. Jasper Vermont.

CHAPTER XXII. While the preparations for the ball at Barmister Castle had been going on, peace, trouble and confusion reigned in the little village on the banks of the Thames.

No sooner had Mr. Jasper Vermont taken his departure, than poor Lucy Ashford sank on the floor of the shop, and burst into a flood of tears. So great had been the strain that she was completely unnerved, and had quite forgotten the likelihood of her husband's return from Richmond, as well as the mysterious disappearance of Jessica, who had not been seen in the house since the arrival of Adrien Leroy and his unconscious burden.

The sudden realisation of all the presentiment of evil which Lucy Ashford had ever in her mind, had burst on her like a thunderbolt. She had known always that the man, Mr. Jasper Vermont, who knew her secret, was alive; but never before had she been actually threatened with its betrayal. Her father, Mr. Harber, had always stood between her and that dreadful possibility.

Presently, she jumped up and called to Jessica. Then she remembered that the girl had disappeared from the time she had sent her from the room. Fearing that Vermont might yet change his mind and return for the night, she ran to the door, calling out

## NURSES WANTED

Pupil Nurses wanted for the Training School, Hospital for the Insane, Toronto. Three years' Course; \$13 per month; with board and uniform. Apply Miss D. West, 999 Queen St. West, Toronto.

Jessica's name in a paroxysm of nervous terror, which finally, on receiving no reply, ended in a severe attack of hysterics, in the midst of which her husband returned and found her.

With an exclamation of alarm, he raised her from the floor and bore her upstairs to the bed on which Lady Merivale had lain such a short time ago. He was greatly puzzled by the disordered appearance of the room, and his first thought was of burglars. He gave no time to this, however, but hastened to get his wife into bed, then rushed out for a doctor. When he returned with him it was found that Lucy had relapsed into a state of fever, and was talking deliriously of the name of Johann Wilfer, an individual of all making plaintive appeals to Jasper Vermont not to betray her.

As the next day Jessica had not returned, Ashford found all his work cut out for him, to see after his wife and the children, as well as his shop. A kindly neighbor came to his rescue; but John insisted on nursing Lucy himself, while the woman remained downstairs.

At first, the husband paid little attention to the wandering, incoherent sentences of his wife; but as the first excitement died down, and they began to take distinct form, he bent over her, and learned the one error of her life. Naturally, poor John recoiled in horror; the whole thing seemed so incredible, so impossible to believe. Yet when he had had time to reflect, he saw that this explained all the little strangenesses in his wife's conduct and manner; her intense nervousness at the sight of any stranger; her reticence as to her youthful days; the tears which had been in her eyes, and he realized that he had been deceived. His wife, in whom he had so trusted had loved another before him; and at the bitter truth, John Ashford utterly broke down, and, hiding his face in the caunterpane, sobbed like a child.

Tears sometimes are Nature's own medicine, and do more to soften the heart than any words. After the first shock had worn away, Ashford commenced to look back on the happy days he had spent with Lucy; the way she had worked with him, and for him. These thoughts did their healing work, and accordingly, a few days later, when Luck Ashford returned to his home, he found her her consciousness, she found her husband's eyes gazing into hers with only pitying tenderness in their depths.

"John," she said faintly, "have I been ill?"

"Yes, dear," he replied gently. "Something in his saddened tones, or perhaps some strange intuition, told Lucy that her secret was no longer hers alone."

"John!" she cried, her voice shaking with terror and weakness. "You know all!" And she hid her face in her hands.

Her husband bent over her tenderly and kissed the thin cheek.

"Yes, dear," he said. "You've told me all. Why didn't you trust me before?"

She looked at him in wonder, hardly believing the evidence of her own ears. Was this all the reproach and anger he would deal out to her? Could it be possible that, knowing all, the man she had loved, yet feared, solely on this account, would not only forgive but take her into his heart again? As if in answer to her bewildered thoughts, John's arm was around her neck, and his kiss of forgiveness fell upon her lips.

Presently, she looked up, with a look of ineffable peace and prattitude on her face.

"John," she said, "send for poor father; it will be new life to him to know that this dreadful weight is off my heart, and that you, knowing what a bad woman I have been, will still call me your wife. Oh, fetch him to me soon, dear, that he may be happy too."

(To be continued).

sugar, one-half pound of flour, two ounces of almonds, one-half pint of milk. Crumble the gingerbread and mix with the flour, sugar and blanched and chopped almonds, then stir in the molasses, milk and beaten egg. Mix thoroughly, turn into a well-buttered mould and steam for three hours.

Ginger Rings—One pound of brown sugar, one pound of flour, two tablespoonfuls of ground ginger, six ounces of butter, one egg.

Cream the butter and sugar and add the beaten eggs, flour and ginger. Mix thoroughly and knead lightly. Roll out on a floured board a quarter of an inch thick. Cut into rings, using doughnut cutter. Bake in a moderate oven till they have acquired a deep golden brown color.

Ginger Snaps—Ten ounces of flour, two teaspoonfuls of ground ginger, a pinch of salt, one-half pound of golden syrup, three ounces of butter, a small teaspoonful of baking powder. Mix the flour, ginger, salt and baking powder together. Warm the syrup and melt the butter in it. Stir into the dry ingredients, roll out and cut into rounds. Bake on a greased tin for fifteen minutes in a moderate oven.

## 16 CREAM SEPARATOR

A SOLID PROPOSITION to send new, well made, easy running, perfect cream separator for only \$16.50. (Usually sells for \$25.00). Makes heavy or light cream. Bowl is superior material, easily cleaned. Different from picture, which illustrates larger capacity machines. See our easy Monthly Payment Plan.

Shipments made promptly from Windsor, Mass., Toronto, Ont., and St. John, N. B. Whether dairy is large or small, write for handsome free catalog and easy payment plan. AMERICAN SEPARATOR CO., Box 2008, Warhridge, N. Y.

If a soft piece of home-made bread is rubbed on a scorch on woollen goods, it will remove the scorch.

It is better to have too much than too little of the mineral substances found in milk and fresh vegetables.

All cereals should first be boiled rapidly for a few minutes and then slowly for hours in a double boiler.

### Sure Success in Sowing Seeds

DON'T waste your efforts and time on seeds of questionable quality. Buy Bruce's. For 66 years we have sold seeds and each year made satisfied Customers. Insure the success of your garden by selecting from the list below—

Bruce's Nosegay Collection Sweet Peas—6 separate colors—25c. postpaid. Bruce's Tall or Dwarf Collection Nasturtium—6 separate colors—25c. postpaid. Bruce's Empire Collection Astors—6 separate colors—25c. postpaid.

### Bruce's Garden Seeds

Try them. Splendid varieties

Beans—Refugee Wax	1 lb. 15c.	1 lb. 50c. postpaid
Sweet Corn—Peep O'Day	1 lb. 15c.	1 lb. 50c. postpaid
Peas—Early Settler	1 lb. 15c.	1 lb. 50c. postpaid

Write to-day for handsomely illustrated catalogue of Vegetables, Fruits and Flower Seeds—Plants and Bulbs, Poultry Supplies, etc. FREE.

JOHN A. BRUCE & Co. Limited  
 Hamilton  
 Canada

## CANADIANS WANTED FOR THE ROYAL NAVY

Canadians wanted for the Royal Naval Canadian Volunteer Reserve for immediate overseas service. Only men of good character and good physique accepted.

Pay \$1.10 Minimum per day—Free Kit. \$20.00 per Month Separation Allowance.

Experienced men from 38 to 45, and boys from 15 to 18 accepted for service in the CANADIAN NAVAL PATROLS for defence of the Coast. Apply to COMMODORE EMILIJUS JARVIS Naval Recruiting Officer, Ontario Area 103 Bay Street, TORONTO, or Dept. of the Naval Service OTTAWA

## DEPORTATION OF BELGIAN MEN LEAVES WOMEN AND CHILDREN MORE HELPLESS THAN EVER

Neutral protests do not prevent the Germans from continuing the deportation and enslavement of the able-bodied men who were left in unhappy Belgium—and we are powerless to stop it until we have won the war.

Meanwhile the Neutral Commission for Relief in Belgium, administered without pay by great-hearted Americans, is saving the women and children from starvation. Here we CAN help promptly and effectively, by giving generously to the Belgian Relief Fund.

More contributions than ever are needed, because the higher prices of foodstuffs, particularly wheat, have seriously increased the cost of feeding these millions of dependent Belgians. How much can you spare the victims of one of the blackest, most cold-blooded crimes?

Send whatever you can give weekly, monthly, or in one lump sum to Local or Provincial Committees, or

SEND CHEQUES PAYABLE TO TREASURER  
**Belgian Relief Fund**  
 59 St. Peter Street, Montreal.  
 The Greatest Relief Work in History.



## The Housewife's Corner

Ginger Recipes for Cold Days.

Gingerbread—One cup dark molasses, one cup granulated sugar, one-half cup shortening (half lard and butter), one cup cold water, one teaspoon each of soda, cinnamon and ginger, four cups flour. Stir sugar, shortening, spices and molasses together with water. Then add flour sifted with soda. Beat about ten minutes and bake.

Ginger Pudding—Four ounces of flour; six ounces of molasses; one egg; one teaspoonful ground ginger; rind of lemon; pinch of salt; four ounces of breadcrumbs; four ounces of finely chopped or shredded suet; one teaspoonful baking powder; two tablespoonfuls milk. Having chopped the suet as finely as possible, grate the lemon rind and mix these two with the flour, breadcrumbs, baking powder and ground ginger. Add the molasses and the well-beaten egg. Then with the milk rinse out the bowl in which the egg was beaten and add to the rest. Mix very well and pour into a well-greased pudding mold; steam for three and a half hours. Serve with a sweet or a hard sauce.

and then to fill with the molasses, which will easily roll out from the floured measure. One tablespoon (heaped) is roughly one ounce.

Boiled Ginger Pudding—One-half pound of suet; one pound of flour; one-half pound of brown sugar; two heaping teaspoonfuls of ground ginger. Chop the suet very finely, and mix with the other ingredients. Put all quite dry just as they are into a very well-greased mold and boil for three hours. When cooked turn out on to a hot dish and serve with a hot, sweet sauce poured over.

Ginger Puffs—One-half pound of flour, one teaspoonful of ground ginger, three eggs, one tablespoonful of sugar, preserved ginger. If not sufficiently moist add a little milk. Mix the flour, ginger and sugar together; beat the eggs very thoroughly and stir them into the dry ingredients. Butter some little baking tins, put small pieces of preserved ginger at the bottom; half fill with the mixture and bake in a quick oven. Serve with wine sauce or a little ginger syrup heated and flavored with lemon juice.

Gingerbread Pudding—One-half pound of stale gingerbread, one ounce of molasses, one egg, two ounces of