

# "SALADA"

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

## 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.

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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 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 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 constituents guarantee it are well known to eminent eye specialists and widely prescribed by them. The manufacturer guarantees 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 drug store and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Valium Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

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

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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, and most 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 the shop and the children, as well as his wife. 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; this was borne in on his mind, and he realised 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 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 gratitude 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.)



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

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 blanching, 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.

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