At the farther end of the table a woman was standing. An open door behind her showed that she had come from the inner room of the house. By her tall figure the comrades knew that she was the same that they had already seen. Her face had once been fair, but now was white and haggard with wild dark eyes full of a hopeless terror and despair. Slowly she passed up the room, her gaze fixed not upon the comrades, but upon the dreadful thing beneath the table. Then as she stooped and was sure she burst into

stooped and was sure she burst into loud laughter and clapped her hands.
"Who shall say there is no God?" she cried. "Who shall say that prayer is unavailing? Great sir, brave sir, let me kiss that conquering hand 'Nay, nay, dame stand back! Well, if you must needs have one of them, take this, which is the clean one."
"It is the other I crave—that which is red with his blood! Oh! joyful night

is red with his blood! On: joytul night when my lips have been wet with it!
Now I can die in peace!"
"We must go, Aylward," said Simon.
"In another hour the dawn will have broken. In daytime a rat could not cross this island and pass unseen.
Come, man, and at once!"
But Aylward was at the woman's

Come, man, and at once!"

But Aylward was at the woman's side. "Come with us, fair dame," said he. "Surely we can, at least, take you from this island, and no such change can be for the worse."

"Nay," said she, "the saints in Heaven cannot help me now until they take me to my rest. There is no place for me in the world beyond, and all my friends were slain on the day I was taken. Leave me, brave men, and let me care for myself. Already it lightens in the east, and black will be your fate if you are taken. Go, and your fate if you are taken. Go, and may the blessing of one who was once a holy nun go with you and guard you

than his comrade, had run more slowits, but, with many a backward glance. He had marked his companion's fate and had watted with keen eyes until he saw the bower loose his string. At the moment he had thrown himself fat upon free grass and had heard the strow scream above him, and seen the strow scream above had not seen the strow scream above had been at a mile with wind scream above the strong scream above him, and the strome scream above the strong scr

Water as a This is the season your great-grandmot the bottle of sulphur sorts of bitter nostru companiment of first spring doctor's bill w

able. Druggists did from the moment tha like a lamb, and "sp itself felt. Today the up-to-d

spring fever and kin water, cheapest and s edies. She uses it pl of baths, external mixed with some fight various sm to fight various sma Here is a water cu ted to the slim girl ing up. The few ex-company the baths

waist measurement and chest, and inci

the carriage.
The first thing morning she drinks water. This is no with deliberation. Next comes her b to the cold plunge, dip in the cold wher rubdown. I heroic treatment, nter the tub wi even comfortably cooling it off until is as cold as she girl who is really esults from the ot go down before and

sations, and may feelings in deciding ature she can sta

even an experience determine the amo against cold or hear

should take at least and in time the pati self ready for the Where the use of not be secured ever young women who b proposition—let her

bath mat, made from ing and, standing on After the bath may still remain chill natural tendency is to

as possible, but the girl is now ready for

as possible, but the girl is now ready f cise, which she has beer Grasp the towel, drope, in both hands. head, and drop it hwith the hands as possible. Throw bathe body straight.

possible. Throw the body straight, towel from right to

arms stiff, and br first it will require the head eclose together, b severance will straight should blades and Next, slip the of the towel, or if long, as far as th stretched and still Then stand on tip-

deeply, swing the not bend at th saw motion from Third, lie flat

downward. Bend t feet are up in the towel in either hand

arms and the legs and the body formin resting on the floor.
and forth gently, wit
the base of the move motions will suffice f and the worker she y before trying it ag iscretion, and the exhaust herself. If there exists the to catarrh, she is her nostrils and the from which the chill ed. If the tendency she uses pure water If she is suffering tarrh or an acute at soothing disinfectant tions of one teaspoon

fectant to one cup omizer or syringe in flushing the thr ere comes a small s which can be pur druggist, that is safe tive than the o out the water, when plied to the nostrils sudden shock to the brane of the nose gentle flushing.

And now the popular to the pop second glass o vals during the rest will drink six more making eight in all.

may



Novelties in Ha The subject of ha musually interesting
Here, as in every oti
woman's costuming,
itself in the most fass
It is the colore
strange as it may see
first place; and this

-Ka

first place; and this smartest dressers. T against the handke even the slightest sur has been entirely for pse, too, whose excludited in the old days only the neatest hems affairs. embroid

These new affairs a resistible in their dair designs. The linen lesigns. The linen and the designs the Japanese tendency the costume world many of the best The majority of the lovelties have a naring pink, blue, green a nalest the lovelties have a nalest the lovelties have a lovelties and lovelties have a lovelties and lovelties have a lovelties and lovelties and lovelties and lovelties and lovelties are lovelties and lovelties and lovelties and lovelties are lovelties and lovelties and lovelties are lovelties are lovelties and lovelties are lo tlest tint. Some she conventionized flow wer centres a bit about the conventionized flow wer centre a bit about threads. Camonds, pollice de commonds, pollice de commonds and collice de colli iamonds, polka-dots iamonds, polka-dots one or two colors alt the colored hem, with psually in white, thou

CARFEE XVIII—Continued.

The strong things that I may mare relate strong the strong the strong that I may mare relate strong the strong that I may mare relate strong the strong that I may may mare relate strong the strong that I may make a strong the strong that I may make a strong that I make a stro