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When it is very important that the food should be light yet nourishing nothing better can be offered than a cup of

Allenbury's Malted Milk
(PRE-DIGESTED)

which is itself a complete food, containing all the necessary body building elements yet very easily digested. It has an appetizing and delicious flavour and is suitable to the young and old alike. Easily made by the addition of boiling water only.

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Special Representatives for the B.W.I.
H. S. HALSALL, P.O. Box 57, BRIDGETOWN, BARBADOS.



LORD MORDEN'S DAUGHTER
— 02 —
THE TRAGEDY OF THE CEDARS.

CHAPTER XXXVIII.

"If he makes a clean breast of everything, and promises to get out of the country, we will withdraw our charge," Fairfax said. "It is useless making further exposures, for in the end the poor old grandfather may have to answer for his pretty smuggling practices."

"There is not much more for Marlowe to tell," Rogers replied. "Melville has cleared up his part of the transaction, in deceiving Mrs. Locksley from home."

They had an early breakfast at a hotel, for there is no respectable cafe open for business men in the city of London until ten o'clock. Then they returned to the Temple to complete their arrangements for the morning's work, and were much surprised to find a lady waiting for Mr. Fairfax. The barrister immediately recognized her. It was Lady Clare Monckleff. He had never spoken half a dozen words to her in his life, for the friends of Edmund had found few attractions at "The Cedars."

He greeted her gravely, saying: "I know the import of your visit, Lady Clare. Will you come inside and be seated? This gentleman is a detective, and is in all the secrets of this miserable trouble."

Lady Clare walked into the barrister's office, and he placed an easy-chair at her service.

"You have come to the police station," he said pleasantly.

"I have." Her lips quivered, and her face was gray with terror. "And they sent me here, after I had seen him."

"Did they tell you nothing?"

"Not one word."

"And—Melville?"

"He is dead!" sobbed Lady Clare.

"Dead!"

Fairfax walked uneasily to the window, and drummed on the pane, while Rogers looked at her, pityingly.

"This is awkward," Fairfax observed, "and you must nerve yourself, my lady, for terrible news."

"I am already prepared," she replied, bravely. "My cousin has been in disgrace before, but I cannot understand why he should be allowed to die a prisoner—why two policemen should be sent to 'The Cedars.'"

As gently as he could, the barrister told his terrible story, and Lady Clare did not once interrupt him.

When he had finished, her pallor alarmed him, but she waved him back when he approached with a glass of water.

At last she rose, and half-staggered to the door, moaning:

"So Edmund is dead—murdered by him! And my father! Oh, God! what bitter vengeance is Thine!"

no words with which to answer Dora's mother, but beckoned her to follow.

Dora could never understand why her heart leaped with a mad thrill at sight of the closely-veiled stranger.

When the door opened, and she saw that some one was with Madam Bell she was angry, but her anger faded away as quickly as it had come.

The lady walked into the room, and stood motionless in the center of the floor. Then she tossed aside her veil, and held out her arms, murmuring: "My child! my Dora!"

There was no mistaking the mysterious sympathy that throbbled from soul to soul. Dora gave one long look at the sad but lovely face of the stranger. How often had she seen it in her dreams! How long had she cherished it in her heart—the sweet face in miniature photographed in the brooch she ever wore at her bosom? It was younger than this, and the lips were wreathed with smiles; but it was the same—it was the same!

"Mother!" she gasped; and in a moment they were clasped in an embrace that neither ever forgot.

"To you, my child, I must seem like one back from the grave," Lady Morden said, later. "And now that you are old enough to understand, you shall hear my sad story."

Then she related much that is already known to the reader—the story of her love—her marriage, and the deception played upon her by the man she worshipped.

"I was no wife," she sobbed. "That horrible actress brought witnesses to prove it. She showed me her wedding certificate, letters from the man I loved, and proof that her marriage had been duly recorded at Somerset House long years before your father met me, and won my fond, but foolish, heart. I fled, Dora—I went back to my father, with my two babies, you and a little brother, who died. I went back to receive his curses, to be reviled by Esther Marsh, to be treated as a thing whose touch was pollution. Your father wrote to me, but I was not permitted to read his letters. I was very ill, and they would not let him see me.

"Then my baby boy died, and was buried in the little churchyard at Deal. My life almost went at the same time, but at last I recovered, to hear again the taunts of my father, and the sneers of Esther. I was told that I was a burden, and a disgrace, and I went away in secret. I went away, where none should know who and what I was, to earn my own living, and to forget, if I could.

"I changed my name, and was fortunate enough to enlist the sympathy of a middle-aged lady of title, who engaged me as a companion, and who never became curious to learn my history, until we were more like sisters than mistress and servant.

"My father and Esther gave out the news that I was dead, and I thought that it was better for your sake, my innocent child. Why should your future be embittered by my shame? But I kept a careful watch upon you, though none but myself and my kind mistress knew of it. I never meant to reveal myself; I never meant that you should know your unhappy mother. I heard of Lord Morden's death, and I shall ever mourn the memory of the man I loved beyond all things on earth."

She cried, softly, for a little while, then went on:

"And now I have come to you, my darling child—I have come to you in your trouble, so nearly like my own. I heard that you had left your grandfather's house, and then came the news of your deception, and by a man who was good to look upon, but whose heart must be black as hades! I have searched the papers for news of you, then all was revealed to me in the columns of a paper devoted to scandal, and my horror was great when I learned that Edmund Locksley is the son of your father's greatest friend."

Dora listened to all this, her face very white, and a world of bitterness in her heart. When Edmund came back, how could she face him! It was all true—the awful thing that had been hinted by Esther March! She was nameless.

She placed her arms about her mother's neck, and whispered: (To be continued.)



A Milkman Who Takes Water Out!

One of the favorite themes of the jokesmith is the milkman who waters his milk.

Though the joke has little basis in fact, yet you have heard it many times.

But have you ever thought of the milkman who does exactly the opposite—the milkman who takes water out?

That's what the Carnation milkman does—and here's why he does it:

Millions of people, all over the world, use Carnation Milk regularly; it comes to them from some of the finest dairying sections of Canada.

It seems foolish to pay transportation on all the natural water in this milk, so most of the water is removed.

Such removal serves to concentrate and enhance the food values in the milk, making it richer and smoother.

It also explains the satisfaction with which so many people use Carnation Milk undiluted in place of costly cream, in coffee or on cereals and fruits.

Remember, Carnation is simply pure milk, evaporated, sterilized; nothing is added, no sugar or preservative of any kind.

You can restore it to its original strength and consistency merely by putting back the water that has been taken away.

Order with the groceries—several tall (16 oz.) cans or by the case of 48 cans.

Carnation Milk
"From Contented Cows"

The Label is Red and White

Carnation Milk Products Co., Limited, Aylmer, Ont.



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SPECIALS:

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- Flowers Face Powder, each tin 1/6
- Flowers Talcum, each tin 1/6
- Flowers Travellets, each tin 1/6
- Flowers Compacts, each tin 1/6
- Erasmic Hal Masque Face Powder, Reg. \$1.50, now 1/6
- Erasmic Nordy's Face Powder, Reg. 80c, now 1/6
- Colgate's Splendor, Radiant Rose Florant, etc. Face Powder, Reg. 90c, now 1/6
- Colgate's Cashmere Bouquet and Eclat Face Powder, 1/6 and 1/2
- Colgate's Bandoline for dressing and keeping the hair in place, now 1/6
- Roger & Gallet's "Bonne de Amont" Face Powder, Reg. \$1.50, now 1/6
- Roger & Gallet's Cold Cream, 1/6
- Woodbury's Face Powder, 1/6
- Woodbury's Face and Cold Creams, large pot, 1/6
- Luxor Face Powders
- Parke Davis & Co. Cold and Vanishing Cream, large 1/6, 1/2, 1/4
- English Blades to fit Gillette Razor, made by Jos. Rogers & Sons, doz., 1/6

Water Street East, 163, 177

RICE CREAM

1 cup Carnation Milk, 1 cup water, 1/2 teaspoon salt, 1/4 cup cooked rice, 2 eggs, 1/2 cup sugar, 1 teaspoon vanilla. Beat Carnation Milk and water. Mix together yolks of eggs, sugar, flour, salt, pour hot liquid over this and cook until stiff. Pour on to stiffly beaten whites of eggs, fold together, add vanilla, mix lightly in baked crust and brown in moderate oven.


CARNATION CREAM PIE

1 cup Carnation Milk, 1 cup water, 1/2 teaspoon salt, 1/4 cup cooked rice, 2 eggs, 1/2 cup sugar, 1 teaspoon vanilla. Beat Carnation Milk and water. Mix together yolks of eggs, sugar, flour, salt, pour hot liquid over this and cook until stiff. Pour on to stiffly beaten whites of eggs, fold together, add vanilla, mix lightly in baked crust and brown in moderate oven.

This coupon entitles you to one copy of Mary Blake's Cook Book which contains over 100 carefully tested recipes. Cut out this coupon and mail to Carnation Milk Products Co., Ltd., Aylmer, Ont.

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House of Shipping Secrets

WHAT IT'S LIKE AT LLOYD'S.

The King will lay the foundation stone of the new headquarters of Lloyd's in Leadenhall Street, London, on May 23rd.

Many times I have passed the famous centre of marine insurance activity (writes the T-B. man), but it was not until a few days ago that I was privileged to enter and see for myself what an amazing hive of industry it really is.

Passing up the wide starway, where a scarlet-clad janitor asked my name and that of the member I wished to "call out," I saw rows of desks, known as boxes; strangely reminiscent they are of the old coffee-shop underwriter, is more difficult to obtain than many a City freehold. It is not easy for a visitor to enter Lloyd's; the right to sit at one of those boxes costs some thousands of pounds, and even then it is gained only with the personal support of other members.

Fortunes At Stake.
A casual glance suggests that the underwriters' chief business in life is to exchange documents with those to the right and left of them. Compared with the stock exchange, Lloyd's is almost a house of silence; all one seems to hear is the rustling of numberless papers, and the voice of the "crier" calling out the names of members wanted outside.

Here and there little knots of men gather round a particular desk. They are the brokers through whom the insurances are transacted. You wish to insure a ship. Its history is stored away in the endless files, but seldom are they consulted, for most of the men about you have more knowledge of ships in their heads than could be got into a file.

The underwriters and brokers are themselves encyclopaedias of shipping facts and figures. A few strokes of the pen and an underwriter will commit himself for thousands of pounds—in the time that most of us would need to consider risking ten shillings!

Tracing A Ship's History.
The Reading Room, with its great parchment-tapped ledgers, in which are kept the register of ships and their voyages, is almost as impressive as the library at the British Museum. Here you can trace the history of any ship you care to name, and, in addition, the record of every mercantile marine officer from the time he was first granted a certificate. There are, too, books of reference of all kinds, with atlases, time-tables, and indexes—everything, in fact, with which a marine broker or underwriter may wish to refresh his memory on matters pertaining to his work.

To-day every kind of insurance, except life, is transacted at Lloyd's. Risks are taken out against the success or otherwise of such events as a League of Nations conference; the probable effects of Budget alterations; the result of a General Election; and even on weather changes during the holiday season.

Insuring Against Slender.
Not is this extension of the original activities of Lloyd's recent innovation. Policies on Napoleon's life are recorded as having been issued to those of a speculative turn of mind, while lying and slander were commonly the subjects of insurance at one period.

Standing beneath Lloyd's spacious roof, it is difficult to appreciate the fact that its far-flung activities had a beginning in the mind of an humble coffee-house keeper, Edward Lloyd, whose birth and death were matters of conjecture until recently. When

RICHARD HUDNUT
THREE FLOWERS VANISHING CREAM


The Base Ideal before applying Face Powder. Delicately accented with THREE FLOWERS PERFUME.

A decidedly smart combination in the dark coat with printed frock.

Another of fashion's color fads is to use complementary colors together.



"You Certainly Don't Look Well"



Mr. Erick Thompson, Malneck, Sask., writes:
"The 'flu' left me in such a condition that my back ached, I could not walk a quarter of a mile and my heart beat like a sledge hammer. My wife, who had great faith in Dr. Chase's Nerve Food, finally induced me to try it. This treatment was not long in restoring me to my former health and strength."

No sign of failing health escapes the eye of an observant wife.

When you do not sleep well, lose your appetite and become nervous and irritable she naturally recalls her own experience with Dr. Chase's Nerve Food and recommends its use.

As a means of restoring vigor and energy to the nerves and through the nervous system to the whole body there is no treatment to rival Dr. Chase's Nerve Food.

You can soon prove this to your own satisfaction for the tired feeling will disappear and you will take a new interest and joy in life.

Dr. Chase's Nerve Food

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DUNCAN, the winner of the first prize of £100 in a recent baby competition in which there were over 52,000 entries, was reared on the

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Many of the dinner frocks have tight sleeves of sheer material.

A wide belt of satin is draped over the waist line of a lace dinner

British Against

Shanghai Foreign Exchange Ranks

RISING EXPECTATIONS

British forces in the vicinity of the frontier are being official against the East against the past

LOOK GREAT

Chinese agitators to-night in a general all foreigner sign settlements they hope that admit was perhaps one time in the 100 tons of student roads into the coming former during of food in A delegation of students, attended to-night from the trouble in the hands of 10,000 industrial plants include many the Riverside power part of the found its electric and forced the electric plants and the shments. A four the city by the A respondent at O the situation the tension between unreleased the most part of crowded theatres guns were fired upon from the river of Nanking One man, Thoms and States depicts his horse shot Chinese amusement "World" came to the patrol ested they founde wounded. A strike outbreak from the No district, across the disturbance, and especially in Chinese soldiers, missiles at street Japanese aop led in several territory into which defense unit making difficult of those respo ble.

BILIZING TILL

R finance Minister, ed to the Clam that the banki man and Company of \$50,000,000 Italian Bank, to be exchange.

TRER IN AMBITION,

the second tual Canadian Manfa conversion. His were given a ve to make of a s country which has high legislative for the past year concluded with transportation which indicated of the freight present time.

YOUNG MEN WOUNDING

these student. His house tops in Shanghai streets United States King Thomas G. in the bank and which he was f

THE HENN B NEW LONDON, G

Stewart (1881) B. H. H. Halifax a be a cargo of 2000 y and champagne alcohol, was take States. Contri laterly reported to-day, the the run the city last night, 60