"BFI.A"

"Let them curse," said Bela. "Curswan't catch us. Already they rowin' half an hour. Get tire' soon."

They've got a spare man to change to," Sam reminded her. He was now as keen to give them the slip as Bela. The mainland ahead promised freedom; not only freedom from his late asters, but freedom from her, too.
Locking over their shoulders, they

saw the steersman change to one of the oars. Thereafter the rowboat came on with renewed speed, but the dugout seemed to draw steadily ahead. Sam's heart rose. Bela, however, searching the wide sky and the water for weather signs, began to look anxious.

"What is it?" asked Sam.
"What is it?" asked Sam.
"Wind goin' down," she replied,

Sure enough, presently the heavy sail began to sag, and they could feel the digout lose way under them. They groaned involuntarily. At the same moment their pursuers perceived the slackening of the wind and shouted in a different key.

The wind freshened again, and once more died away. Now the dugout forged ahead; now the rowboat Legan to overhaul them. It was nip and tuck down the lake between sail and

The shore they were making for began to loom nearer, but the puffs of wind were coming at longer and longr intervals, and finally they ran into slants of wind all about them, a situation to drive pursued sailors frantic.

Bela paddled manfully, but her sin-gle blade was no match for two long oars. The sail was a handicap now. Bela had staked everything on it, and they could not take it down without they could not take it down without capsizing the dug-out. The oarsmen came up rapidly with derisive shouts in anticipation of a speedy triumph. "You've got your gun," muttered Sam. "You're a better shot than any of them. Use it while you have the advantage."

She shook her head, "No shoot

Too mooch trouble mak already."
"Pfug their boat, then," said Sam.
She still refused. "They die in cold water if boat sink."

"We might as well jump overboard, then," he said, bitterly.
"Look!" she cried, suddenly. "Wind

comin, too!"

Behind the rowboat a dark blue streak was creeping over the surface

of the lake.

"An, wind, come quick! Come quick!" Bela murmured involuntarily.
"A candle for the altar! My rabbit-skin robe to Pere Lacombe!"

At the same time she did not cease

The rowers saw the breeze coming, too, and bending their backs, sent the water flying from their oars. They managed to keep ahead of it. Both boats were now within a furlong of the river-head. The race seemed over. The rowboat drew even with the dug-out, and they looked into their pursuers' faces, red with exertion and dis-

torted in cruel triumph.

The steersman was Joe. "Don't stop," he yelled to the heaving carsmen, "or she'll give us the slip yet!
Get ahead and cut her off! You
damped dish-washer, we've got you
now!" he added, for Sam's benefit.

with a sharp crack, Big Jack's car broke off short. He capsized back-ward into Shand knocking him off his seat as well. At the same instant the whispering breeze came up and the blanket bellied out.

Shand and Jack were for the mo-ment inextricably entangled in the bottom of the boat. Emotional Joe cursed and stamped and tore at his hair like a lunatic. Loud laughter broke from Sam and Bela as they sailed away.

Jee, beside himself, snatched up his

gun and opened fire. A bullet went through the blanket. Bela and Sam instinctively ducktd. Perhaps they prayed; more likely they did not realize their danger until it was over. Other shots followed, but Joe was shooting wild. He could not aim directly at Sam, because Bela was between. He emptied his magazine without doing any damage.

In the reaction, that followed Bela and Sam laughed. In that moment they were one.

"Feels funny to have a fellow slinging lead at you, ch?" said Sam. v did not

ing lead at you, eh?" said Sam.
"Musq'eosis say after a man hear
builet whistle he is grown," answered

Bela.

A few minutes later the river received them. There was a straight reach of a third of a mile, fellowed by innumerable, bewildering corkscrew bends all the way to the head of the thirty miles or more. Out in rapids, thirty miles or more. Out in the lake behind them, their pursuers

The Brawn and Brain of a boy are not made out of books or sermons. They are built out of foods that supply in well-balanced proportion and in digestible form every needed element. These elements are found in Shredded Wheat Biscuit, a real whole wheat food which contains all the material for building the human body. A perfect food for growing youngsters. Its crispicas encourages thorough chewing, which develops sound teeth and healthy gums. Children like it and thrive on it. It is ready-cooked and ready-tocat. For breakfast or any meal with milk or cream. Made in Canada.

were struggling forward, sculling with

the remaining oar.

Bela watched anxiously to see what they would do when they got in the river. If they knew enough to go ashore and take to the land trail, it was possible that even on foot they might cut her off at a point below where the trail touched the river.

Apparently, however, they meant to follow by water. And the last sight she had of them before rounding the

she had of them before rounding he first bend they were still sculling.

The river pursued its incredibly circuitous course between cut banks fringed with willows. All the country above, invisible to them in the dugout,

smooth current carried them on.
On the outside of each bend the
bank was steep to the point of overhanging; on the inside there was invariably a mud flat made gay with water flowers. So crooked was the river that Jack-Knife Mountain, the only object they could see above the willows, was now on their right hand, now on their left.

On the turns they sometimes got a

current of wind in their faces and came to a dead stop. Now that they no longer required it, the wind was momentarily strengthening.

"Wouldn't it be better to take the

sail down?" Sam suggested.
"Can't tak it down wit out land on shore," Bela answered sullenly. Sam comprehending what was the actter, chuckled inwardly. On the

Sam comprehending what was the matter, chuckled inwardly. On the next bend, seeing her struggles with the baffling air-currents, he asked teasingly: "Well, why don't you go ashore and take it down?"

"If I land, you promise not run away?" she said.

Sam laughed from a light heart. "Not on your life!" he said. "I'm my own master now."

Bela had no more to say.

Bela had no more to say.

"Where are you bound for?" Sam presently asked.
"Down river," she answered.
"I'll have to be, leaving you," said

FOR SALE **Book and Stationery** Business IN HAMILTON

Established 12 years in good central location.

Will be sold at a sacrifice. Good reasons for selling.

THOS. FRENCH 90 JAMES STREET NORTH

Mr E-H

STUNEHOUSE

HAMILTON, ONT.

FOOD CONSERVATION You can take your full share in this important national win-the-war measure, and benefit both in pocket and in health, if you use the proper economic and labor-saving methods in the preparation of the staff of life—bread

CANUCK BREAD



your baker's bill in half, and elyour doctor's account.
your money, and buy Victory

Bonds.

Sold by your local dealer, er may be ordered direct from us, delivered, all charges paid.

Four loaf size ... \$2.75 each

Eight loaf size ... \$3.25 each

The principle of saving and ecenomy as prachised by users of the "Canuck" will eventually win the war.

Give your wife a "Canuck" for Christmas, Christmas giving for 1917 must be confined to useful—not luxur-lous—gifts.

E. T. WRIGHT CO., Limited., Hamilton, Can.

Sam, mockingly. "I'm going the other way. To the head of the lake." "If you gack they catch you." "I'll lie low till they're thrown off the seent. I'll walk around the north

shore. "If you stay with me little while,

pretty soon we meet police comin' up," she suggestel. "Then they can't touch yeu." "Much obliged," replied Sam. "I've no fancy to be jumped on at night again and tied up like a roasting fowl." fowl.

"I promise I not do that again," said Bela.
"Sure!" retorted Sam. "No doubt

you've got plenty other tricks just as good."

"If you look at me you see I speak truth," she murmured. "I your friend, Sam."

The threatened break in her voice brought all his old disquiet surging up again. As he put it, he suspected her of "trying to put one over on him again." "I don't want to look at he returned, with a harsh you! laugh.

An adverse puff of wind blew them into an overhanging willow-bush, which became entangled with the sail and the stay-bope. Sam saw his chance. Seizing the branches, he aged to swing ashore at the cost only of wet ankles. of wet ankles.

A sharp cry was wrung from Bela.
"Sam, don't go!" Gaining a sure footing on the bank, he faced her, laughing. about it now?" "Well, how

There was nothing inscrutable about her face then. It worked with emotion like any woman's.

"Don't go by yourself," she pleaded. "You not know this country.
You get noting. No grub! No gun! 'I can walk it in two days or three.'

he said. "I'll build a fire to sleep by. You can give me a little grub if you want. I'll trade my pocket knife for it. It's all I've got. You got me into this, anyhow."

"No sell grub," she answered, sullenty "Give all you want if you come.

lenly. "Give all you want if you come

MEP-B-TUSTIN.

Chairman.

WINNIPEG, MAN.

MILK COMMITTEE

"Very well, keep it then," he snapped, turning away.
Her face broke up again. "No, no! I not mad at you!" she cried, hurriedly. "I give you food. But wait; we got talk." She drove the cance on a mud-hark beyond the willows and

mud-bank beyond the willows and scrambled out.
Sam, scowling and hardening at

her approach, was careful to keep his distance. He suspected her of a design to detain him by force. "There's been too much talk," he growled. "You'd better hustle on

"There's been too much talk," he growled. "You'd better hustle on down. They'll be here soon." / "Sam, don't go!" she begged. "W'at you do at head of lake? Not get no job but cook. Stay wi' me. We got boat and gun and blankets, We need no more. I show you all w'at to do. I show you fishin' and huntin'. When winter come I show you how to tran

I show you fishin' and huntin'. When winter come I show you how to trap good fur. You will be rich with me. I not bot'er you no more. I do everything you want."

In her distress Sam's angry eyes chose to see only chagrin at the prospect of his escaping her. At the same time her beseeching face filled him with a wild commotion that he would not recognize. His only recourse lay in instant flight.

"Cut it out: What good does it do?" he cried, harshly. "I tell you I'm going to the head of the lake."

"All right, I tak you there," she said eagerly. "More quick as you can walk, too. Half a mile down the river there is little backwater to hide. We let those men go by and then come

SERIOUS ILLNESS AVOIDED

Many a serious illness has been avoided by the prompt use of Dr. Williams' Pink Pills. These pills actually enrich and purify the blood, and in this way build up the system, tone and strengthen the nerves and

invigorate the vital organs.

Serious diseases generally come from some simple disorder that has been negected. Therefore any thin-ning of the blood should be looked upon as a warning sign, and more serious illness should be avoided by the use of Dr. Williams' Pink Pills. in the case of young girls and women the blood is peculiarly liable to get out of order—to become thin and watery-and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink Pills, which are suitable for the most delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weakened nerves banish depression, and lack of energy clear the complexion of pimples and blotches, cure pain in the back and general weakness, cause the disappearance of headaches, dizziness and heart fluttering. Give these pills a fair trial and you will soon note a worderful charge in vivous conditions. wonderful change in your condition Your spirits will brighten, good health and strength will return, and you will feel like a new person You can con-firm these statements by inquiring among your friends almost anywhere, as thousands and thousands of hopeless sufferers have been restored to new health and energy by using Dr. Williams' Pink'Pills. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The

Dr. Williams' Medicine Co. Brockville,

W.WILSON

" SASK



Yeast will keep fresh and moist longer than that can easily be made at one baking, and the last oaf will be just as good as the first. MADE IN CANADA

E.W.GILLETT COMPANY LIMITED IPEO TORONTO, ONT. MONTREAL

back. I do w'at you want, Sam."

"Will you give me a, little grub, or won't you?" he insisted. "I'd rather starve than go with you!"
She burst into tears. "All right, I give you food," she said. She turned back to the dugout, and, throwing back the cover of the grub-box, put what bread and smoked fish she had

left into a cotton bag.
Sam awaited her, raging with that intolerable bitterness that a tender and obstinate man feels at the sight of a woman's tears.

She offered him the little package

of food, and a blanket at well. "Tak" my of er blanket," she said, humbly. "I can get more." He impatiently shook his head, re

fusing to meet the lovely, imploring eyes. "Here," he said, offering the pocket-knife. "For the food."

With a fresh burst of weeping she knocked it out of his hand, and cov-

ered her face with her arm. strode away, blinded and deafened by the confusion of his feelings. His face was as stubborn as stone. CHAPTER XIII.

When Sam had passed out of sight around the willows, Bela, still shaken by sobs, went down on her hands and knees to search for the penknife she had spurned. Finding it, she kissed it and thrust it inside her dress.

Going to the dugout, she stretched out in it, and gave herself up to grief. Not for very long, however. Gradually the sobs stilled, and finally she sat up with the look of one who has something to do. For a long time thereafter she sat, chin in hand, thinking hard with tight lips and inward-looking eyes.

Sounds from around the bend above aroused her. She heard the working of an oar in its socket and the cautious voices of men. An alert look came into her face.

She glanced over the gunwale at her face in the water and disarranged her hair a little. Flinging herself down, she commenced to weep again, but with an altered note; this was selfconscious grief addressed to the ears of others.

The three men finding her thus,

gaped in boundless astonishment. It was anything but what they expected to find. They peered into the bushes for a sign of Sam.
"What the devil is the matter?" de

manded Big Jack.
"Where is Sam?" cried Joc.

Bela answered both questions nce. "He leave me," she sob she sobbed.

with heart-breaking effect.

'Left you?" they echoed, stupidly,
"Gone away," wailed Bela. "Say
he done with me for good."

Black Shand and Jack were genuinely decomposed at the sight of her tears. Joe. with more hardinood,

laughed. "Serve you well right!' said he Big Jack had the oar. He drove the boat on the bank alongside the dug-

out, and they climbed out. Jack and Shand went up the bank "He can't have got far," said the

former.

A wide sea of grass was revealed to them, stretching to pine ridges on the horizon. In all the expanse there was no sign of any figure, but the dense willows marking the tortuous course of the river provided plenty of cover both up and down stream.

"Which way did be go?" Jack

river, I think." Below, Joe, full of bitter jealousy, as still upb

turned, scowling.
"Cut it out!" he said, peremptorily. "I will get to the bottom of this," To Bela he said, harshly: "What do you expect us to do for you, girl? promised us a fair answer yesterday morning, and in the night you skip-

ped with the cook.' Bela raised an innocent-seeming face.
"What you mean, skip?" she asked.

"Lit out, cloped, ran away," said Jack, grimly. "I never did!" she cried, indignantly. "He carry me off."

They stared at her copen-mouthed

again. "What I want wit' a cook?" she

"What I want wit a cook?" she went on, quickly. "I want mare? a man wit something, He is a bad man. He tak' me away. Now he say he done wit me! Tears threatened again. They were only half convinced. "I'ow did it happen?" Lock demanded. "In the afternoon he fird my cache where I stay by the little crock," she said. "Talk to me lek a falond. I think all right. But in the night he come back when I sleepful and tie my hends and my fect and my mouth, and throw me in my hoat and tak'

and thow me in my hoat and tak away! I hate him!"
"Then if was you we heard cry out?" cyclaimed Joe.
"Sure!" she assented, readily, "The hardkerchief come loose. But soon he

hardkerchief come loose. But soon he ston em"
"He did it just to spite us!" cried Joe furiously. "He didn't want her birself! I slways said he had too proud a stomech for a cook. Worked against us at night like a rat! I warned you often enough!"
"Hold on!" said Big Jack, scowling, "Theres more to this." He turned to Bela, accusingly, "You were paddling the dugout when you came to the river yesterday. I saw you plain."
"Soon as the wind begin to blow he

"Soon as the wind begin to blow he cut me loose," she said. "He can't night boat so. He tak' we cut me loose," she said. "He can't mak' boat go. He tak' my gun and point to me and mak' me paddle."

The damned blackguard!" muttered Shend.

Jack was still unconvinced. "But

to-day," he said. "When my oar busted you laughed. I was lookin' at

you. you."

Bela hung her head. "He tak' me away," she murmured. "I t'ink he marry me 'hen. I good girl. I think got marry, him."

"No marry!" cried Bela, with a fine assumption of anger, "He throw me down. Speak hed to me! I have

me down. Speak bad to me! I hate him! I want punish!" "Sounds fishy somehow," muttered

Jack, hesitating.
"You come wit' me," she said, shrug

ging "See all I do."
"Maybe the idea is to get us away
for the boat so he can sneak back
and swipe it." suggested Joe.

"You foolish!" said Bela, with a glance of scorn. "You can walk to Johany Gagnon's and get your horses. Let one may stay here to watch the

boats. "Come on!" cried Shand, from the top of the bank. "Catch him first and decide what we'll do to him after." "Go on," said Bela, sullenly, "I not track him wit'out you give him me for

punish.' "You swear you'll hand him over to the police," demanded Jack, sternly.
"I swear it!" she replied instantly looking him in the eye and holding up

her hand "All right. Come on, I'm satisfied," assented Jack. "Wait!" she said. "You promise to me you not hurt him. Give me your

hand. She forced all three to shake hands on it, Joe submitting with an ill

grace.
"Now, come on," said Shand, im-"Leave your guns," commanded Bela.
"Maybe he run. You get mad and shoot. I want no blood."

Jack secwled at her with reawakened suspicious. "I keep my gun with me," he growled.

"He got no gun," sneered Bela, scornfully, "You 'fraid catch him wit' hands?"

"You said he had your gun," said Big Jack. "He give it back," said Bela. "He is bad man; but no steal. My big gun,

my little gun-see?" She exhibited Jack knew that Sam owned no gun;

still he was suspicious. "If you had your gan why you didn't ping him when he left you?" he demanded.

Bela paused for an instant. This was a poser, because in her heart she knew, supposing her story to be true, that she would have shot Sam. She had to think quickly. "I not want no blood," she murmured. "I 'fraid Pere Lacombe."

it was well done. Big Jack nodded. You leave your gums, too," he stipulated.

"Sure!" she said, willingly putting them in the dugout. Leave one man to watch the boats and the guns. Two men and a woman enough to catch a cook, I guess."

The laughed. Bela was playing for high stakes and her faculties were sharpened to a sword-edge. Every look suggested the wronged woman thirsting for justice. She ostentaticusly searched in her bag-gage, and drawing out a piece of mosschide, cut it into thongs tor bonds. Cleverer men than Big Jack and his pals might have been taken

in. "Boys, she's right!" crief Jack. "We called down.

don't want no blood on our hands to
"I don't know," said eBla. "Down start off with, if we can see him punished proper . Shand, you stay here. Lead off, girl!"

and came down the bank. It was always tacitly understood between him and Jack that young Joe was not to be trusted alone, so he submitted.
(To be continued.)

A locomotive travelling a mile a minute gives 1,200 puffs each minute.

THOSE AWFUL **CRAMPS**

Suggestions that may save Much Suffering

I suffered with terrible cramps. I well have to stry in bed several days every month. I tried all kinds of remedies and was treated by doctors, trad all Einda of ramedies and was treated by doctors, but my trouble con-tianed until one dey I read about Lydia E. Pinkham's Vege-table Compound and what it had done for others. I tried it others. I tried it and now I am never

and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends when after as I did.'—hrs. Groro R: NayLon, Box 72, Marysville, Pa.
Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

remedy.
Write for free and helpful advice to
Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only womes.
open and read such letters.



MEWM WIGHORE

DIN.C.MEKAY. in the above picture are shown the my above of the milk committee, accorded by the read controller, which has made a careful study of the milk shoution in this country, considered by the read controller, which has made a careful study of the milk shoution in this country, considered as such questions as supply, costs of production, utilization, etc. P. B. Tustia, of Winnipeg, the chairman as the committee, is one of the foremost experts on dairy and farm matters in Canada. He is homorary a rectary for Western Canada of the Royal Sandtary Institute. He is also a member of the Institute's exemining board for Western Canada. Mr. Tustin is chief of the food and dairy division of the cay of Whydrage and manager of the child welfare bureau of that city. W. A. Wilson, of Regina, is dairy commissioner of sasketchewan, and has done much for the dairy industry in the prairie provinces. B. Boucher and Ir Nickey are medical health officers of Montreal and Halifax, respectively. Commissioner Wirmanse of St. John N.B., and Ald. Hamilton, of Vancouver, have both given much time to a study of the milk producers and the milk distributers. respectively. ST JOHN. N.B

M: W.R. HAMILTON.