

ROYAL YEAST CAKES

Canadian Made



As a health builder, Royal Yeast is gaining in popularity every day. It is a food—not a medicine. It supplies the vitamins which the diet may lack. Royal Yeast is highly beneficial in cases where the system seems "run down". Royal Yeast is the richest known source of vitamins, and when taken into the system acts as a corrective agent. Royal Yeast Cakes are recommended for their purity and wholesomeness. It is the purest, the most convenient and economical yeast on the market.

Two to four Royal Yeast Cakes a day will work wonders. A full day's supply can easily be prepared at one time by using one glass lukewarm water and teaspoon sugar to each yeast cake. Allow to stand over night in moderately warm room. In the morning stir well and pour off liquid. Place in refrigerator or other cool place and drink at intervals as desired throughout the day.

Send name and address for free booklet "Royal Yeast Cakes for Better Health."

E.W. GILLET COMPANY LIMITED
Manufacturers, Toronto, Canada

Under False Colors OR Lord Somerton's Ally.

CHAPTER IX.

"You will hardly believe that it is possible for a strong man to be so emotional as I am, Miss Sterne," he said; "but though I love the perfume of sweet mignonette, it always awakens within me memories which are painful."

It was a weak explanation, but Elsie thought that she partly understood, and some day he would tell her all.

A moment's pause, then he went on in a matter-of-fact, business tone:

"I did not receive your letter until this morning, Miss Sterne, therefore it was impossible for me to come to Blairwood yesterday. I trust that Sir John is sufficiently recovered to see me?"

"Mr. Erscliffe, my father is by this time probably many miles out at sea. He left Blairwood yesterday morning, much earlier than necessary, for the purpose of avoiding you."

The artist looked bitterly disappointed.

"What folly! What blind folly!" he said, angrily. "What wrong have I committed that he should cherish this unreasonable hatred against me?"

"Not against you, Mr. Erscliffe," Elsie remarked, quickly, "but against my cousin, Noel Campbell."

"Yes—yes! I forgot. For the moment I regarded it as a personal matter. Miss Sterne, I have heard a little of your father's past—and Noel Campbell, and it is in my—our power to help him clear up much that is now a mystery—much that is helping to consume him with remorse."

"Is it anything that you can tell me, Mr. Erscliffe?" she asked.

"No," he said, "it is not. My labor has been in vain, and I must leave here forever!"

Forever! How awful the words sounded! It seemed like the knell of doom in Elsie's heart, and she shivered as though with cold.

"And you, Miss Sterne," he continued, "what do you think of this outline of yours—Noel Campbell?"

He asked the question so abruptly that she started a little.

"I am scarcely qualified to judge," she said, "but if he is papa's enemy, then he is mine also. I have no wish to see him or to hear anything of him until papa is satisfied that he has misjudged him. He is your friend, therefore you know more of him than it is likely that I shall ever know."

"Yes," he replied, bitterly; "I know

perhaps too much of him! Let me speak truthfully concerning Noel Campbell, Miss Sterne. Let me shield him no longer. He is a coward—a cruel, selfish coward. He is one of the most contemptible among his kind!"

Elsie gazed at him in wonderment.

"Mr. Erscliffe, you surprise me after your assurances of a week since that the character of my cousin had been mistaken. I have no wish now ever to hear of him again even, and am disposed to feel pleased that papa has evaded you as his ambassador."

In some way she felt miserably disappointed at having to say these words, and added, to break the awkward silence:

"Will you not come to the house now? Lady Helena will be wondering what has become of me, and you must be fatigued after your long journey this morning."

"No," he said, bitterly. "It must be good-bye forever! I have no further excuse for remaining here. My brief vision of happiness almost unmanned me, and I became weak as a child. Let me say good-bye, Miss Sterne—good-bye forever! Let me clasp your tiny fingers—let me press one kiss on your brow!"

Before Elsie could refuse him even had she desired, he had brushed her forehead with his moustached lips and was gone!

CHAPTER X.

In a moment Colin Erscliffe was lost to view, and the branches through which he had broken fell back in their places. Nothing could be heard but the creaking of dried underwood; then all became still, and Elsie Sterne sat like one who had received a violent blow.

What an extraordinary man the artist was! What had possessed him to talk and act in so strange a manner? He was gone, and when Elsie realized it a feeling of desolation filled her heart. He was gone, and the beautiful black eyes of Lord Somerton appeared to dance before her everywhere.

Oblivious of time and place she sat, and her one thought was, "He is gone! My king among men, gone forever!"

The sonorous notes of the lute began to vibrate to her ears on the slight summer wind, and she rose listlessly from the rustic seat, her brain dazed as with a million sounds that had no meaning.

All at once there was the rush of hoarse feet, and her senses became alert again, a thrill of terror shot through her heart, and she prepared to fly. It must be Lord Somerton. He had discovered even this retreat, and her flesh began to quiver under the horror of his pallid eyes!

The branches that guarded the en-

Healthier Womanhood

London. Under the heading "Healthier Womanhood" the London Times makes editorial comment on an article by Dr. J. M. Campbell, of Guy's Hospital, in the current issue of Guy's Hospital Reports, that the ailments of young women, which at one time was prevalent in Great Britain as well as in other countries, is rapidly disappearing. This phenomenon has much more than a medical interest, for it is the opinion of the author of the article that the greater amount of exercise and the more ready access to fresh air enjoyed by women to-day are largely responsible for the diminution of the malady.

"A mist, almost of antiquity, now obscures the days in which, on the receipt of ill tidings or at the sight of any domestic catastrophe, women were wont to swoon in more or less graceful fashion," the Times says. "Indeed, so mysterious were many of the ailments of those times that even modern medical science has failed to elucidate them. Did the ladies really faint, or did they merely simulate this accomplishment? In any case there seems to be little doubt, that, as compared with their modern sisters they were, generally speaking, a feeble folk."

Referring to the "green sickness" which thus afflicted women in other days and was a form of anaemia, known scientifically as chlorosis, the Times says: "It now appears that chlorosis must be added to the already considerable list of vanishing diseases." The paper points out that the decline of chlorosis synchronizes with the growth of athleticism among women.

"Women have adopted a healthier form of life and has been granted facilities for exercise which were not enjoyed by her sisters at earlier periods," the Times continues; "in consequence her health has improved, and her ailments have become less severe and less frequent. This constitutes a strong argument in favor of the playing of games by girls."

An Honours School in Geography

LONDON.—Geography has assumed a rapidly increasing importance in connection with commerce and science in recent years and now there is an honours school for geography in Manchester University. Geography ranks accordingly with other subjects in which one may specialise in the faculty of arts and possibly graduates with honors, and for those university students who do not wish to specialise in the subject there are courses of instruction in geography in connection with the courses for the ordinary degree of B.A. For the needs of commerce students the university authorities have provided a special one-year course in geography.

Emphasis is placed by the prospectus of the new school on the commercial value of its courses in geography. It states that there is a steady recognition that in these days it is advisable to send out into foreign fields, either as traders, administrators or missionaries, only those who have the geographical knowledge of the region or whose training permits them readily to acquire it. Business houses with foreign connections, following the lead of the United States and Ger-

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It is the proper thing to build up the system. Great appetite enlivener.

If you're run down and your appetite is poor, a treatment of this will put you on your feet in a "jiffy."

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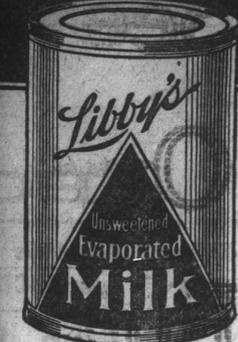
at

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(To be continued.)

7 1/2 teaspoons of butter fat in every can



No wonder it gives greater richness to cooking

When you want to make foods especially rich and fine-flavored you put in plenty of cream or butter, don't you?

They're expensive you know; but they're great enrichers because they contain lots of butter fat.

Now you can get milk that is rich in butter fat, milk that *must* give finer results in your cooking but which is inexpensive to use.

The grocers are featuring it—Libby's Milk. Every 16-oz. can of it contains 7 1/2 teaspoons of pure butter fat!

"The milk that good cooks use"

Good cooks everywhere are using this milk. So many of them, in fact, that in certain localities nearly everyone calls it "the milk that good cooks use."

It isn't ordinary canned milk, of course, nor is it milk from ordinary cows.

There are, as you know, certain sections of this country which are famous for their dairy products, pasture lands where grass grows thick and green in watered valleys and wooded hills give grateful shade.

Cows naturally produce their richest milk where nature and man combine to help them, as in these favored sections.

And you know, too, that certain kinds of cows give richer milk than others.

Libby's MILK

The milk that good cooks use

By placing our condensers in the heart of these favored sections we get, for Libby's Milk, the finest milk in the land, milk from selected herds.

We add nothing to it; we simply evaporate more than half the moisture from it, making it double each. Then we seal it in air-tight cans and sterilize it so you can get it fresh and pure no matter where you live.

Richer milk means richer cooking

Order a can of Libby's Milk from your grocer today. Try it in soups and sauces, in cakes, breadstuffs and desserts—in anything you've been making with other milk. See what new richness, what delightful flavor it gives to all your cooking.

Like thousands of other women you'll make Libby's your regular cooking milk when once you have seen what a difference it makes. You know why? It makes that difference—7 1/2 teaspoons of pure butter fat in every can of it.

Write for free recipe folder

Many exceptionally fine recipes have been sent us by good cooks who use Libby's Milk. Some of them have been printed in a convenient folder, a copy of which we'll be glad to send you free. Write today.

Libby, McNeill & Libby
188 Duckworth Street, St. John's, N.F.

Nerves So Bad That She Would Sit and Cry

Mrs. Mary Hocking, Madoc, Ont., writes—

"Dr. Chase's Nerve Food has done me a wonderful lot of good. I suffered from general weakness and was so run down and my heart and nerves were in such bad shape that I would sit down and cry and not know what I was crying about. I also used to have weak spells. Thanks to Dr. Chase's Nerve Food, however, I am real well now. I shall always keep a box of the Nerve Food in the house, and recommend them to my friends; they are a wonderful medicine."

(Mr. J. W. Vince, Druggist, of Madoc, Ont., says: "I have said Mrs. Hocking your Nerve Food, and the medicine has done her much good.")

DR. CHASE'S NERVE FOOD

Collie Dog a Lifer

New Westminster, B.C. (Canadian Press), Oct. 12.—Glen, a beautiful brown and white collie believed to be the only dog serving a life sentence in a penitentiary, is getting old. His friends do not think it will be long now before he gains his freedom in the only way in which he can get it—by death. Though sentenced to a life term, Glen has risen to the position of guard—a guard whom the other prisoners fear and the warden trusts.

Glen was originally sentenced to death by the police magistrate who heard the case, but W. A. Patchell, then a guard at the Provincial Penitentiary here, pleaded for the dog's life and his appeal was granted, the sentence being reduced to life imprisonment. Not long afterwards Mr. Patchell was advanced to the post of warden of the penitentiary. Recently Warden Patchell retired. He wanted to take his canine friend with him but could not. The sentence must be carried out to the letter. Though Glen is an old dog even to-day no prisoner dare cross the prison yard at night. Glen will not even allow the other guards to remove a prisoner at night unless fully assured that it is all right. Glen was really sentenced in court to life imprisonment. In the days when he had liberty he didn't have very much of it, because he was kept in a garden. Some mischievous boys took delight in teasing him, throwing stones and sticks at him. One day one of the fence boards came off and Glen caught and nipped one of his tormentors. The lad was not seriously injured, no blood being drawn, but he was nearly frightened to death. The matter was taken to police court and Glen lost.

TO RELIEVE PAIN AND BACKACHE

Women May Depend upon Lydia E. Pinkham's Vegetable Compound

Minneapolis, Minn.—"I had heard so much about Lydia E. Pinkham's Vegetable Compound that when I realized I needed to take something to relieve my pains and backache, and to help build me up I began to take that. I had been sick off and on for years and barely weighed a hundred pounds, but now I have had such good results that I am recommending the Vegetable Compound to every one."—Mrs. J. J. Bismar, 2925 18th Ave. South, Minneapolis, Minn.

Find a True Friend

"Every woman who values her health should be proud to have a true friend like the Vegetable Compound," says Mrs. W. E. Shaw, 2227 Walnut Street, Chicago, Illinois. "I had female weakness so badly that I could not stand on my feet. Half of my time was spent in bed and I had pains in my back which were unbearable. I tried everything I could think of to help myself, and when a friend advised Lydia E. Pinkham's Vegetable Compound I began taking it at once. I recommend it without hesitation."

Premier Gasoline 50c.; Aero-plane Gasoline 60c. at McKINLAY'S.—Oct. 13

Works Marvels



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