

Bilious Attacks
Are Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
A LUBRICANT—NOT A LAXATIVE

LADY LAURAS' RELEASE
—OR—
THE STORY OF A SPOILED BEAUTY.

CHAPTER LIV.

The captain made several inquiries for Gladys Rane, and was told that she was with Lady Cudale. He would have liked to see her before he started, but, believing her to be with Lady Cudale, he did not care to send to her. He left the house, thinking that Gladys Rane was in it, and he walked toward Brantome, while the sun was setting in a glory of rose and gold.

Black thoughts accompanied him in his murderous walk. Not wishing to be seen—for he had that to do, if he could find an opportunity of doing it, which must have no witness—he did not enter Brantome Park by the usual way, but went round by Brantome Firs. He was aware of Angela's habit of wandering through the grounds in the soft evening light, and he thought it not unlikely that he might discover her alone. He had no settled plan in his mind by which he hoped to accomplish the end he had in view; but he intended to avail himself of the first opportunity that presented itself.

He crossed Brantome Firs and went through the open gate, little dreaming who had been there so short a time before. Then, as he walked on, he caught sight of the ornamental lake, with its narrow terrace and steps that led to the water, and the fountain throwing its crystal jets into the air, and unless his senses deceived him, Angela—yes, Angela herself—sitting, like one weary, on the steps! His heart gave a bound of almost fenshish delight, then seemed to stand still.

"My enemy is delivered into my hand!" were the first words that occurred to him.

In his wicked perversity, it seemed to him that Fate had been kind to him, and he stood for some minutes watching the silent stooping figure. He knew that he was near to Brantome Hall, and he looked round cautiously. There was no one in sight. He drew nearer; and then he felt sure that it was his step-daughter. Nearer and yet nearer he crept to the object of his murderous design, his heart beating faster and sending a rush of hot blood to his face. It was Angela; and the words returned to him with overwhelming force, "My enemy is delivered into my hand!"

He halted again, watching intently



Baby's Skin Troubles
Chafing, itching, skin irritations and rashes, burning sores—come quickly and thoroughly relieved and the skin kept soft, smooth and velvety by the use of

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the sleeping figure before him. It did not seem strange to him that his step-daughter should be resting there. Probably she had been walking in the park, and, overcome by the heat, had sat down to rest, and then unconsciously fallen asleep.

Drawing nearer, he recognized the wrapper of silver gray, and then remembered the day on which he had given it to Angela. He remembered too his wife's delight, and his step-daughter's cool reception of his gift—the gift that was to be a shroud. He trembled violently as he drew near to her; but he could not see her face, for it was hidden in a fold of the wrapper, no doubt to shield her eyes. The wind stirred the glistening folds, but it did not rouse the wearied sleeper.

"I wonder she wears that," he said to himself, "considering that I gave it to her;" then, after a few moments—"She would not sleep so soundly if she knew that I was near."

One slight touch, and she would fall from the step into the water, without time to raise an alarm, even before she was awake and conscious. There would be scarcely a cry or a struggle, no violence, and no trace of a crime. He looked round again cautiously. There was no living thing in sight. One touch, and she would die with hardly a sound. Why should he hesitate? There was no danger for him. It might be days, it might be weeks, before she would be found; it was within the bounds of possibility that she might never be found at all. If she were found, even within an hour, who could connect him with her death? He said to himself that, if everything had been specially arranged to assist him in the attainment of his object, it could not have been made easier. A violent crime would have been distasteful to him; besides which, it might have left awkward traces. Now he had nothing to do but give her one little push, and all would be over.

"Everything is ready to my hand," he thought, with fenshish satisfaction. Yet cold drops had gathered on his brow, and his lips had grown white. There was none to interfere with his design, there was none to rescue her this time!

A stealthy footstep, a moment of intense, almost unendurable suspense, a hand outstretched then withdrawn, then out stretched again—a sudden push, a despairing cry—and she was gone!

There was a splash in the water, the eddies spreading and spreading until they reached the fountain; then all was quiet. To him, the murderer, with the brand of Cain on his brow there came one moment of intense stillness that seemed hours long—a moment when horror seized him at the thought of the foul deed that he had done. A thousand burning eyes seemed suddenly to fill the air and fix their gaze upon him; a thousand voices seemed to hiss:

"Murderer!" in his ears.

Then he saw a movement in the water—a woman's hand was thrown up, and a faint cry for help reached his ears. There was even yet time if he would repent of his act and save her, for he was a good swimmer. The outstretched hand showed for one moment above the darkening eddies—it was like an appeal to Heaven, then the waters closed over it, the eddies grew deeper, calmer, then died away, and the bosom of the lake was smooth as though it held no guilty secret.

Vance Wynyard turned and fled—fled, despite the blood-red mist that swam before his eyes and the horrible shudder that took the strength from his limbs. Having reached the meadows that led to Cudale, he fell exhausted on the soft green grass. He might rest in safety here, he told himself, for it was far enough away from the scene of his crime. He wanted to close his eyes, but he dared not. Through his disordered mind rushed the words:

"Unknown facts of guilty acts
Are seen in dreams from God."

He remembered too

"How murderers walk the earth,
Beneath the curse of Cain,
With crimson clouds before their eyes,
And flames about their brain,
For blood has left upon their souls
Its everlasting stain."

Yet he did not repent of his fearful act. It was only the physical horror and the recoil from the deed of the crime. He found himself looking at his hands. There was no blood-stain upon them, but none the

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less they were the hands of a murderer.

"I wonder," he said to himself, "if I shall ever kiss the hand of a woman again without seeing that woman stretched out of the water? I wonder if I shall be able to sleep and forget it? What will the world be like to me now that I have taken a human life? Was it worth while? Will there be a terrible price to pay for the sin, or will it go unpunished in this world, as many others do? It is done now, and I must bear all that follows. I am one step nearer to the great hope of my life; and if each step that leads to it has to be taken over a grave, I will reach it."

Then he rose somewhat calmer, and stood for a moment as if in deep thought. The strength had come back to his limbs, the color to his face. He looked in the direction from which he had come.

"Farewell," he said, "to Angela Rooden! It was a pity that she crossed my path."

The sun had set when he reached Cudale Hall. Dinner was always late there on summer evenings; and when the captain, still looking white and haggard, entered, the first bell had not rung.

"I should be all right," he said to himself, "if I could see Gladys. I must see her."

With some little difficulty he found her pretty Parisian maid Fanchette, who had a shrewd idea how matters stood between her beautiful mistress and the handsome captain.

"Ask Miss Rane if I can see her just for two minutes before the dinner-bell rings," he said, hastily.

And Fanchette, noticing how strange and ill the captain looked, replied:

"Miss Rane is out, sir. She has been out all the afternoon and has not yet returned."

"Out!" he cried, in amazement. "Are you sure, Fanchette?"

"Quite sure, sir," she replied. "I helped my mistress to dress."

"Where was she going," he asked quickly.

"I understood that she intended to walk to Cudale, sir; I do not know what for. Lady Cudale wished her to have the carriage; but she declined, preferring to walk."

"At what time did she go?" asked the captain.

"I am not quite sure, sir; but it was some time after luncheon. I am expecting her every minute."

No fear or apprehension came over him; but he was surprised that she should remain out so long. He concluded, however, that she had been tempted to linger over her shopping.

"I shall be all right when I have seen Gladys," he said, over and over again.

He hazered about the Hall for some time, in a hope of meeting her; but no Gladys came.

(To be continued.)

Make Cuticura Your Daily Toilet Soap

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming.

Sole U.S. Distributors: The Cuticura Co., Sold throughout the Dominion, Canada, by Dr. J. C. G. Limited, 243 St. Paul St., W. Montreal.

Charting the Air.

To lessen the perils of aerial navigation there are plans on foot for systematic charting of the air. In England weather stations observe wind-velocity and direction several times daily. Tiny hydrogen balloons, each filled with an amount of gas calculated to lift a certain weight, are released by a ground observer. The height they attain and their position with regard to the point of liberation are measured at one-minute intervals by means of a special instrument. From these experiments calculations are made of the speed and direction of the wind in various layers of atmosphere. Should the clouds be lying low, observations have to be taken from the air. Meteorological observers go up with the pilots for this purpose.

When the afloat R. 34 crossed the Atlantic, observations were made the whole way across by Lieut. Guy Harris. He used kites and observation balloons, and forecasted with great success the weather conditions in front of R. 34.

There is a plan on foot to build a large observation airship, capable of covering 8,000 miles in fifteen days. Throughout the whole of her time in the air intensive observations would be made and the results broadcasted as obtained. Above all, such an airship would have to make a special study of winds. These are more or less known at the surface, but aviators go astray beyond a certain height. Knowledge of temperature is important, too. The altimeter, the instrument by which the airman knows his height, is liable to error from temperature, which is not always the same at certain heights.

Already much useful data have been collected by the pilots of the various commercial air lines, but this only holds good for fixed air routes. A general survey is necessary if aerial navigation is to be safeguarded.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Silk Stocking's "Don't."

Don't put the stockings straight into warm water when laundering them, but let them soak for a few minutes in plain cold water.

Don't omit to prepare a good snappy lather, and when this is nearly cold put in the stockings.

Don't rub any part of the stockings but the feet, and rub these gently. The upper parts should be just squeezed several times in the lather.

Don't put the stockings into cold rinsing water at first. Let the water first be rather warm, but not hot, and then follow this with the cold.

Don't wring or twist the stockings at all, but confine yourself to a firm squeeze to remove as much of the water as possible.

Don't hang the stockings up, as they will very likely develop "ladders." Silk stockings should always be dried by being put on a towel and then being smoothed into shape. Put the towel on the rack above the kitchen range or hang in the open air.

Don't forget that silk stockings last longer if a little carbonate of soda is sprinkled into them before being worn. The soda neutralizes the acid of the perspiration, which tends to rot the fibres of the stockings.

Household Hints.

Before putting boots or shoes away for any length of time, rub with vaseline or oil to keep the leather soft.

Soak salt fish in sweet milk instead of water if you want to get the salt out in the shortest possible time.

To heat dishes stop them for a few minutes in hot water. This is better than putting them in the oven.

Old sheets can be made into small, or sheets, bolter slips, fronting or dust sheets, handkerchiefs, or mattress covers.

White fur can be cleaned by rubbing fuller's earth well into it and leaving for a couple of days; then shake and brush.

Quill feathers can be cleaned with hot bran. Pull the feather to and fro in the bran until clean. Remove rain stains with benzine applied with a pad of cotton wool.

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Owls Supposed to be Wise?

To clean Venetian blinds, wash each lath separately with water, to which a little ammonia has been added. Sponge with clean water, and dry with a soft cloth.

Venetian can be cleaned by rubbing powdered magnesia gently into the pile and leaving on all night. Then brush out, care being taken to brush with, not against, the nap.

The owl, of course, is a night bird. When it is seen in the daytime, it presents a curious appearance. Though rarely sleepy, its huge eyes,

almost sightless in the strong light, give it an air of extreme wide-awakeness; and their size, emphasized as it is by the curious disc of feathers surrounding them, is further magnified by their singular steadiness only broken by an occasional wink.

An addition to the general effect of solemnity is the old "chuckle" which the bird from time to time emits.

These characteristics have from the very earliest times given the owl a half-sarcastic reputation for wisdom, and over two thousand years ago the ancient Greeks invariably pictured Athens, their Goddess of Wisdom, as accompanied by an owl.

The tradition has been handed down through the ages, till to-day we still associate this bird with a cleverness to which it is really quite a stranger.

When cheese-cloth curtains are laundered, they should be starched slightly. Many women dye the cheese-cloth to match the furnishings of the room.

Cuticura Soap
The Safety Razor Shaving Soap

Fashion Plates

The Home Dressmaker should have a Catalogue Scrap Book of the latest fashions. These will be found useful to refer to from time to time.

A NEW AND PRACTICAL UNDERGARMENT.

4309

4309. Nainsook, moulin, crepe de chine or rayon silk. To be used for this. The closing is a centre back. One can finish the knicker or pantilette style.

The Pattern is cut in 4 sizes: Small, 24-26; Medium, 26-28; Large, 28-30; Extra Large, 30-32 inches measure. A Medium size requires yards of 36 inch material.

Pattern mailed to any address on receipt of 10c. in silver or stamps.

THE "LATEST" PLAY SUITS

4042

4042. This garment is made for freedom and comfort at play time. "toy" pockets will appeal to the wearer. Gingham with fancy lining, or pongee with chambray for trimming would be attractive. Here shown figured percale and fabric are combined.

This Pattern is cut in 4 sizes: Small, 24-26; Medium, 26-28; Large, 28-30; Extra Large, 30-32 inches measure. A Medium size requires yards of 36 inch material.

Pattern mailed to any address on receipt of 10c. in silver or stamps.

No.

Size

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