flew to Elton village.

So one day a letter arrived from

Madame Cecile L'Estrange, who

had kept in touch with the girl

Nora read this in high wrath

nnocence. So this easy friend-

iness had been misconstrued.

For Eleanora, despite her enlarged

knowledge of the world, was ever

yet no match for Cecile L'Es-

something had happened he knew

"What is it my dear Signora?

he inquired one day, when she

turned away with a touch of

She coloured in slight confus-

on. How could she answer that

quiet question? The demand of

petulent haughtiness.

try--so kept silent.

ness lay strong within her.

" No" she said frankly. "Iam.

smile. For the first time the

idea of some outer influence upon

her came to him. But, though

learning nothing, she treated hir

too elaborate, His worry got to

something. She has a chance to

join a fine company and reach a

more critical public. The offer

which is more than fine in a

anxious about her before, it is a

"No, she has until Easter to

After a silence, he added. " ]

wish you well, my son! And the

Lord has all hearts in his keep-

Meantime, Eleanora had done

ome thinking. One quiet day

brought welcome opportunity.

The white mist of ocean had

drifted inland, closing about her

window like a drawn veil. Into

her wrath at the gossip from

Elton a softer impulse fell—a dim

suspicion, pale as the film outside

that the silliness might hold some

form of truth. Yet she set aside

the thought. Attentions, com-

pliments, flattery, and the like.

why it all amounted to nothing.

whole, if she were any judge-

strange that he should ask he

friendship, even! Yet she knev

his look had more than once

brought the blush to her cheek

"My nerves were to blame and

ny own vanity"-she said to

herself, eager to explain it away.

Despite her great popularity,

Eleanora remained humble and

modest as a snowdrop, "But

what if it were true?" The dar-

breath away. "I do like him."

men-as any critic would!"

thousand times worse now!"

"It is not settled, then?"

Yet he saw something standing

more graciously thereafter.

### Generous Patriotism

(St. Paul Catholic Bulletin) "I did net raise my son to be soldier." By Edwin Markham.

O mothers, will you longer give To feed the awful hunger of the

guns? What is the worth of all these battle drums

If from the field the loved on never comes?

What all these hosannas to th brave

If all you share is some forgotten grave?

THE UNSELFISH MOTHER'S ANSWER God gave my son in trust to me :

A man for Christ; he is His own. And God's and Man's; not mine

gave Himself that he might help to

All that a Christian should revere dear.

"To feed the guns," Oh, torpid Awake and see life as a whole.

When freedom, honor, justice right,

Were threatened by the despot's might, With heart aflame and soul alight

He bravely went for God to fight against base savages whose pride The laws of God and man defied Who slew the mother and her ehild;

Who maidens pure and sweet He did not go "to feed the guns,"

He went to save from ruthless His home and country, and to be a gardian of democracy.

What if he does not come you say;

Ah, well my sky would be more But through the clouds the sun would shine,

And vital memories be mine. Cod's test of manhood is, I know Not "will he come?" but "Did he

My son well knew that he might And vet he went with purpose

To fight for peace and overthrow The plans of Christ's relentless

He dreaded not the battlefield:

If he comes not again to me I shall be sad; but not that he Went like a man-a hero true-His part unselfishly to do. My heart will feel exultant pride That for humanity he died. "Forgotten grave." This selfish

Awakes no deep response in me, For, though his grave I may not

My boy will ne'er forgotten be. My real son can never die; 'Tis but his body that may lie In foreign land, and I shall keep Remberance fond forever, deep Within my heart of my true son, Because of triumphs that he won. It matters not where anyone May lie and sleep when work is

It matters not where some men its bewitching immaturity!

Hosannas I will sing for him, E'en though my eyes with tears art and music, with an easy self-And when the war is over, when He felt how quietly she was hold-

I'll cheer them as they're march- distance at which a stranger Rejoicing that they did not die. And when his vacant place I see, impatient of it and began to at-

My heart will bound with joy tack the barrier. Was mine so long-my fair young ually won over men and women

And cheer for him whose work is

Dr. James Hughes.

(Greater significance is given to these lines of Dr. Hughes by the fact that his own son was killed in action some time ago and now lies buried in France.)

### The Salvation of Eleanora

(By Caroline D. Swan.)

(Concluded.) "Indeed no one can put back this girl into her own self." said Estlake, in reply to Father Ignatius, "but her nobler qualities car be stimulated. She would gladly rise and spread her wings, given

Get the Most Out of Your Food

You don't and can't if your stomach is weak. A weak stomach does not die gest all that is ordinarily taken into it, It gets tired easily, and what it fails to digest is wasted.

Among the signs of a weak stomach are uneasiness after eating, fits of nervous headache, and disagreeable belch-

mg.

"I have been treubled with dyspepsia for years; and tried every remedy I heard of but never got anything that gave me relies until I took Hood's Sarsaparilla. I cannot praise this medicine too highly for the good it has done me. I always take it in the spring and fall and would not be without it." W. A. NUGERT, Belleville, Ont.

Hood's Sarsaparilla Strengthens and tones the stomach and the whole digestive system.

the opportunity! And soon she will be doing it!" The sympathetic smile which greeted this and brightened the

Christ died for him, and he should face of the priest like the flush of dawn, held a fortaste of Roy Est-Thus Eleanora came to see for-

tune and fame preparing to strew He was not mine "to give" He roses before her. She was vaguely grateful to the critical stranger, who had so opportunely crossed her pathway; but she had no idea of his influence or its All that enlightened men hold scope. She only knew that the best of training was offered her in a great city. She went there at once, leaving Aunt Polly for the nonce to the care of another neice; and in her new interests the Colonel, and even Cecile L'Estrange, were soon almost for-

Her expenses were paid by some musical society. Estlake arranged that through the agency of Father Ignatius, so that his own name did not appear in the

Time flew by on wings for the young singer, after this. She developed, on musical lines, in a way that amazed her teachers. She rapidly blossomed out into a vocalist of admitted ability. Opportunities to sing came thick and fast, bringing enough pecunlary gain to pay all expenses of costuming and relieve her wor-

Admirers, too, sundry and various circled about her. She laughingly called them her "swarm of butterflies." But, at times, curiously enough, she seemed to see the calm face of her first friendly critic and to hear his voice, with its quiet mellow tones.

One day she summoned courage to ask Father Ignatius about him. "Mr. Estlake, the lawyer," inquired the priest. "He is in Europe now; staying a while in

Florence at last occount." Her quick imagination pictured He went to make fierce vandals his enjoyment of life at the artistic and musical "heart of

> Yet at last the day came when he found himselt again on American soil and in the city where his charming portegee was giving a series of recitals. He mingled unobtrusively with the audience, hearing her praise everywhere. It was an utter surprise, the change in her. Nor was this change the mere development of her powers; it was the ripening that comes with wider experience of life. His heart sank, as he studied her. "Strange enough," he said to himself, "and most uneasonable!" For was not this precisely what he and Father Ignatius had been laboring for-

womanhood? How little of the bad remained! How little alas, of Meeting her personally a few If my dear son his life must give, days later, the impression deepened. She talked graciously of poise which he could but admire. His gallant comrades come again, ing him at a distance—the exact should be kept. Why should that irritate him? But he grew

this lofty blossoming of gifted

Yet the power which he usfailed him with Eleanora. She liked him, saw his effort at a glance, enjoyed weilding her own power, also-as any woman would -but he made no progress. Nay, why should he want to make any? None the less somehow he

was baffled and hurt. To do her justice, Eleanora did not understand him-did not even



### try to. But the onlookers saw Had Pneumonia more and gossip began. It soon

DR. WOOD'S NORWAY PINE SYRUP CURED HIM.

from out its rose-scented platitud-A cough is an early symptom of pneus sprang this needle-thrust: "I It is at first frequent and hear, by the way that you are hacking, and is accompanied with a little tough, colorless expectoration, which doing your prettiest-and that is soon, however, becomes more copious no little my darling-to captivate and of a rusty red color, the lungs bethe moneyed lawyer from Paris, come congested and the bronchial tubes M. Roy Estlake. Don't fail to filed with phlegm making it hard for the sufferer to breathe. Males are more comland him, Norah dear! He has monly attacked than females, and a unlimited means, they say-just previous attack seems to give a special what you need for a splendid liability to another. success. I am told he is infatuat-

On the first sign of a cold or cough you should get a bottle of Dr. Wood's Norway Pine Syrup and thus prevent the cold from developing into some serious

the just reaction of conscious Mrs. E. Charles, North Toronto, Ont., writes: "Two years ago my husband had a very bad attack of pneumonia, and the doctors said he was getting consumption.
A friend came in to see me and told me I got three bottles, and they seemed to quite clear his chest of the phlegm, and now he is fine and well

trange. That lady's insinuation I shall never be without it in the -whose maliciousness she more than half suspected-began to Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c collor her bearing toward Roy Estlake. He worried and puz-The genuine is manufactured only by THE T. MILBURN Co., LIMITED, Toronto, zled over her increasing coolness

> not of nearness to God. He would never forsake her!-but the last amid known and familar ways? Her departure wou'd be a finality this time. She would never again 'sing the old songs," home and tenderness would be things of the

those earnest eyes? She would The day of days found her still in gentle mood, soft as the pearly "Have I offended ?"-he spoke snowflakes which came sifting very softly-" Am I to blame?" down. And Father Ignatius was The flippant answer she sought still praying; his pleading soared, died on her tongue. Truthfulunceasingly. Christ and His blessed Mother must guide Eleanora! She has flown out of his "But why?" he demanded with ken. And her salvation must be

of her own free choice. The lover felt her altered mood. He must make the plunge. It looked hopeless; vet was it not the great day of the world's hope between them, and the graciousand joy? He took his heart in ness was not natural-it was far his hands-pouring out its pas-

sion in full tide as never before be actual pain. Then he consult-She was about to make some ed Father Ignatius. The latter conventional reply. Then she stopped and looked at him. The "Women are kittle cattle,' th glance told more than he had Scotch say. I cannot answer for said. The haggard earnestness Miss Lenora, in these days." Soon of his face brought a revelation. however, he grew more grave He had suffered, was suffering You are deeply concerned in her It was real-an intense thing,

"Yes," replied Estlake, frankly. "Eleanora!" He would have I would gladly make her my tried another appeal, but his voice

"In that case, let me tell you It came to her in a sudden wave of feeling-that nothing on earth could compare with the joy of taking this man's life into her keeping and making it brimful of money way, will take her away nappiness, so full that a roseleaf from us altogether. If I were would bring overflow! And a home with, love in it-why, that

She smiled up into the pained face—and the smile was a caress -knowing that her career was ended, but that her sacrifice held new bliss of measureless reward.

dat to what a th SENSIBLE MERCHANT

Milburn's Sterling Headache Powders give women prompt relief from monthly pains, and leave no bad after effects what ever. Be sure you get Milburn's Price 25 and 50 cts.

He-I only know that I love

She-Oh, dear! I thought you knew how to make money,

BEWARE OF WORMS.

It was just ahead on the wine Mr. Estlake was a man of the Don't let worms gnaw at the world, had seen beauties in Paris vitals of your children Give and Vienna- continuing heart them Dr. Low's Pleasant Worm Syrup and they'll soon be rid of these parasites. Price 25c.

MINARDS LINIMENT CURES

### JAD WEAK HEART COULD NOT WORK

COULD NOT SLEEP.

Many women are kept in a state of fear of death, become weak, worn and miserable and are unable to attend to their household, social or business duties, on account of the unnatural action of ing thought nearly took her the heart.

To all such sufferers Milburn's Heart

she admitted, "but not enough and Nerve Fins give prompt and permanent relief.

Mrs. J. Day, 234 John Street South, Hamilton, Ont., writes: "I was so run down with a weak heart I could not even sweep the floor, nor could I sleep at night. I was so awfully sick sometimes I had to stay in bed all day as I was so weak. I used three and a half boxes of Milburgh Heart and Nerve Pills and I. The Easter came on hurrying wings-the time that must see her decision. Tears sprang to her eyes as she thought of bid-Milburn's Heart and Nerve Pills and I ding adieu to St. Joseph's the an a cured woman to-day, and as strong as anyone could be. I am doing my own dear old church of her childhood, housework, even my own washing. I doctored for over two years but got no help until I used your pills.'

Milburn's Heart and Nerve Pills are to Father Ignatius, whose kindly old hand had been over her so so long, and to all the sheltered 50c. per box, 3 boxes for \$1.25, at all lealers or mailed direct on receipt of price by The T. Milburn Co., Limited, life of love she must leave behind. Would this be her last Easter-Toronto, Ont.

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When it comes to the question of buying clothes, there are several things to be con

You want good material, you want perfect fitting qualities, and you want your clothes to be made fashionable and stylish, and then you want to get them at a reasonable price.

This store is noted for the excellent quality of the goods carried in stock, and nothing but the very best in trimmings of every kina allowed to go into a suit.

We guarantee to fit you perfectly, and al our clothes have that smoothe, stylish, well tailored appearance, which is approved by all good dressers.

If you have had trouble getting cloths to suit you, give us a trial. We will please

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153 Queen Street.

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-TRY US.--ALLEY & CO.

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Agents for Amherst, Invictus and Queen Quality.

# HICKEY'S TWIST DOES NOT CRUMBLE

Or fill the teeth. It is the one Chewing Tobacco that fully satisfies the demands of the man who ants THE BEST. It is

# Always Fresh, Moist and Absolutely Clean

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# We have a nice assortment of the following lines

Brooches in staple and new patterns, Bracelets in extension and clasp, Watch wristlets in gold and with leather strap, Cuff links in both plain and engraved. Collar studs with short and long posts, Chains with and without Pendants and Lockets, Gents chains in a variety of styles, also fobs, Spoons. Forks, Knives, Clocks and Watches, Eyeglasses, Spectacles. In our work Dept. we clean and repair Watches Barometers Clocks, Jewelry, Musical Boxes, Size lenses, Stones to Rings, ect etc

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# WEAST

# TO MAKE GOOD BREAD You must have Good Yeast

OOD BREAD is, without question, the most important article of food in the catalog of man's diet; surely, it is the "staff of life." Good bread is obtainable only by using the Best Yeast, the best flour, and adopt ing the best method of combining the two. Compressed Yeast is in all respects the best commercial Yeast yet discovered, and Fleischmann's Yeast is indisputably the most successful and best leaven known to the world. It is uniform in quality and strength. It saves time and labor, and relieves the housewife of the vexation and worriment she secessarily suffers from the use of an inferior or unreliable leaven. It is, moreover, a fact that with the use of Fleischmann's Yeast, more loaves of bread of the same weight can be produced from a gven quantity of flour than can be produced with the use of any other kind of Yeast.

This si explained by the more thorough fermentation and expansion which the minute particles of flour undergo, thereby increasing the size of the mass and at the same time adding to the nutritive properties of the bread, This fact may be clearly and easily demonstrated by any who doubt that there is economy in using Fleischmann's Yeast.

If you have never used this Yeast give it a trial. Ask your Grocer for a "Fleischmann" Recipe.

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