

For the Housewife's Lunch—BOVRIL

Medical men strongly advise wives and mothers not to forego nourishing midday meals in the absence of their husbands. It is to this foolish habit that many of the diseases so common among women may be attributed. Keep yourself nourished by taking Bovril with the midday meal.



The Imprisoned Heiress —OR— The Spectre of Egremont.

CHAPTER XXIV.

"Lionel, you must not let me come between you and Alexina, I am used to grief and sorrow, but her life has been so bright that your want of faith may quite destroy her existence. Lionel, dear Lionel, I can never be more than a sister to you, but I want to be proud of you, and I cannot be so if you desert Alexina and break her heart. She loves you—mamma told me so—and if you leave her you can not hope to win me."

Lord Ashcroft, even in his sadness, could not avoid involuntarily homage to the pure, honor-loving being beside him.

"Alexina, do you think I could win the heart of any one and then throw it aside as a worthless thing?" he asked, reproachfully. "If Alexina loved me I would marry her. But she does not. I heard her own lips declare her hatred of me. More than that, she loves another, and would wed him if I were to relinquish all claim upon her."

"Is this true?" cried Alexina, looking earnestly into the eyes of her lover.

"It is as true as that I live, Alexina. Do you not see that it would be a crime for me to marry a woman who hates me—a woman who weds me only in order to retain her wealth?"

Alexina uttered a glad assent.

"But of what use is my freedom?" said Lord Ashcroft. "You do not love me. You refuse me—"

Alexina advanced toward him with a fluttering motion as if undecided whether to advance or recede, and then she dropped her pretty head to her bosom, and stood before her lover the picture of shyness and confusion.

Her lover could not fail to interpret these signs aright.

"You do love me, Alexina?" he cried, in an ecstasy of joy.

For answer, she came forward with that shy, fluttering motion, and nestled in his encircling arms in the fullness of content.

There was a long silence between them—a silence of the lips only, for their eyes spoke to each other the language of love, and their hearts throbbed wildly in unison.

And then Lord Ashcroft, with a strange solemnity, pressed the kiss of betrothal on her lips.

"They shall not take you from me!" he said, in a voice of firm, unalterable resolve. "Nothing shall come between us, Alexina. We were made for each other, and no false pride shall mar our lives."

He was thinking of Lady Egremont's explanation, and her remark that they could not acknowledge Alexina's existence.

"No, nothing shall come between us," said the maiden, smiling through her tears.

CHAPTER XXV.

The morning had dawned bright and clear, and all were astir in the head-forester's cottage. Jessy was engaged in preparing the breakfast, and her father was busy with his gun, his eyes fixed wanderingly upon his favorite weapon, which was undergoing a thorough cleaning.

Had his glances but wandered to his daughter, he must have observed a striking change from the dull and lifeless girl of yesterday.

Jessy's cheeks had recovered their olden bloom, her eyes had life and hope in them, and she was actually singing over her work, a fact not noticed but not understood by her simple-minded parent.

"Jess, my lass," he said, applying a critical eye to the interior of his weapon, "you're getting over your fancy for Gosman Kepp, ain't you? I haven't seen you chirp so since the morning he asked you to be his wife."

"I feel more like myself again," said the girl, the red deepening on her cheeks until they looked as though two great roses were blooming there.

"I'm glad to hear it, my lass," returned Donald Kay, with a sigh. "If I had only known that Douglas Kepp was coming home again, I'd never said nay to the lad. Douglas has got a matter o' a hunder poun' laid up, I hear—a pretty fortin' for Gosman, if he hadn't turned out so."

"He hasn't turned out so!" exclaimed Jessy, indignantly.

"I know better, my girl. An angel couldn't convince me that Gosman is innocent of attemptin' the life of Lord Ashcroft. But I don't want to harrow up your feelin's, Jess, so we won't talk o' the lad. I only want to say that by this time he must be many a mile from here, and that we shall never see him again."

For a few minutes the silence was broken only by the sputtering and smoldering of edibles, the crackling of the fire, and the noise made now and then by the forester as he placed his weapon heavily down upon the uncovered floor.

Kay was the first to resume the conversation.

"Jess," he began, "I'm afraid that I've got my enemies, as well as them o' higher station. A man can't do his duty these many years without setting some against him as'll like to see his blood flowin' round loose. I'm only head-forester, and Lord Ashcroft is a real lord, as rich as Croesus, but I've got an enemy as well as he. To be sure, though," he added, with considerable pride, "a head-forester ain't a nobody, Jess. I'm master of the under-foresters, you know, and praps as I may say to you, there may not be such a dreadful sight o' difference between me and his lordship."

He spoke importantly, bridling up like a girl at the thought of his position upon the estate of Egremont, and Jessy unhesitatingly awarded him the respectful admiration he desired.

"I hope you haven't got any enemies, father," she said, simply.

"I'm afraid I have," the forester returned, solemnly. "Last night I was awakened out o' my sleep by a sound like a tappin' on the window, and raisin' o' the sash. I jumped up and ran out, with my gun in my hand, as soon as I could get on some clothes but there wasn't no one to be seen. Did you hear such a noise?"

Jessy looked confused.

As she did so a scrap of white paper was visible at her bosom, through the opening in her gown.

With a startled glance at her unsuspecting father, she hastily thrust the paper out of sight, pinned her dress over it, and answered, quietly:

"I did think I heard some such noise. Wasn't it the wind?"

"No, it wasn't the wind," replied the forester, shaking his head to give the words emphasis. "It was a man, and I'll be ready for him to-night."

He arose, and laid the gun across some hooks upon the wall, and washed his hands in an adjoining room.

By the time this operation was completed, the breakfast was smoldering upon the table, and the pair sat down to partake of it.

The meal passed in silence, and, as soon as it was finished, the forester put on his top-coat and prepared to enter upon his out-of-door duties.

"Shall you be home before noon, father?" asked the girl, hesitatingly, as she handed him his mittens.

"No, lass, and if you want a bit of gossip with Douglas Kepp and Grace, you can run over there."

"Thank you, father; but I should like to be gone all day."

"You can do so, Jess," assented the forester, good-humoredly. "You can leave me a cold bit on the table, or I'll visit a neighbor about dinner-time."

Jessy thanked him anew for his consideration, and hung about him as long as he remained in the cottage, as if dreading to have him go from her sight.

He went at last, and she sat down before the fire and drew the scrap of paper from its concealment.

It contained but three or four hastily written lines in pencil, which were signed with the initials of Gosman Kepp.

(To be continued.)

Famous Old Recipe for Cough Syrup

Really and cheaply made at home, but it beats them all for quick results.

Thousands of housewives have found that they can save two-thirds of the money usually spent for cough preparations, by using this well-known old recipe for making cough syrup at home. It is simple and cheap but it has no equal for prompt results. It takes right hold of a cough and gives immediate relief, usually stopping an ordinary cough in 24 hours or less.

Get 2½ ounces of Pinex from any druggist, pour it into a 16-oz. bottle and add plain granulated sugar syrup to make 16 ounces. If you prefer, use clarified molasses, honey or corn syrup instead of sugar syrup. Either way, it tastes good, keeps perfectly, and lasts a family a long time.

It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the membranes, and gradually but surely the annoying throat tickle and dreaded cough disappear entirely. Nothing better for bronchitis, spasmodic croup, hoarseness or bronchial asthma.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its healing effect on the membranes.

Avoid disappointment by asking your druggist for 2½ ounces of Pinex with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

Clydebank

"Home Guard"
DRIVES SHERIFF'S OFFICERS AWAY.

Glasgow, Dec. 24.—Where the murky waters of the Clyde wind past a dingy, smoke-pallied mile of what is perhaps the worst slum district in the world, the Christmas spirit entered to-day and stood the law at bay.

Clydebank, as this congested slum suburb of Glasgow is called, rose in arms as a climax to a four-year-war and restored to their pitiful hovels, called houses, five evicted families.

Several thousand embattled workers and unemployed united against a small force of bailiffs, who yesterday had turned the families into the streets and nailed up the doors of their miserable quarters, where in some instances ten were living in a room. The police did not attempt to interfere as eviction notices were ripped down, locks broken and the ousted families escorted home.

For four years, inhabitants of Clydebank have fought an epic battle for existence. The slums of Glasgow are the worst in the British Isles; perhaps the worst in the world. Here families of ten or twelve are born, eat, sleep, grow up, and die in the same room. Many in Clydebank are unemployed.

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The Shoe Men

hard to pay—harder to collect. Clydebank owes its landlords more than \$1,000,000 in back rent.

The struggle for this money recently reached a climax, when the tenants formed home guards, to keep watch over the slum district throughout each night and give the alarm in case an attempt were made to enforce long-standing eviction orders.

An occasional attempted eviction always resulted in a fight in which the bailiffs got the worst of things, or else the furniture was seized and returned the following day.

Yesterday morning, however, when the home-guardians left to go to work, a heavy force of police, guarding a dozen bailiffs, moved in, surprised and evicted five families.

Enraged at these evictions, especially on the eve of Christmas, Clydebank responded to the alarm and attacked the police and bailiffs, but the officers with drawn batons, fought their way to safety, while families, children and all, were thrown into the streets and the hovels they had inhabited, were nailed up.

Clydebank opened its doors to the evicted families, who were taken into already over-crowded quarters, while the home-guardians took up its stand against possible further attempts at eviction.

To-day in a mood that would not be joked, some of them armed with chair-legs and brickbats, the citizens

would have rendered them homeless. The ancestors, many generations back of the baron, were English, he said, but that is quite out of date. The Garretts of England were invited to Russia by Peter the Great and knighted. They prospered in the transplanted home until prior to the war. The present Baron Garrett had a fortune estimated at \$10,000,000.

Ruined after the bolshevik revolution, the couple escaped penniless. The baron lost a leg in the service of the White army. He is an aviation engineer and hopes to perfect some airplane device on which he has been working. Both he and the baroness declared they had been well treated at Ellis Island. They said the food was good, "although there was not enough of it."

Baroness Garrett was Miss Vassiloff Noyes-Silfetz of Petrograd. Her father was an editor and was killed in the war. Her husband, after being wounded, became president of the Red Cross in southern Russia. All of these things now are a past to them, and they expect to wipe the slate clean and begin life all over again.

New York—Baron and Baroness Michael Royce Garrett, Russians, refugees, arrived in New York. It took them four days to convince Ellis Island authorities that they ought to be admitted but what with the petite and charming baroness singing for them and the baron lecturing gravely on philosophy, there was nothing to do but let them into the country.

To refuse them admission, in fact

decided to let them in.

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