

**"There Were Many Things Which I Could Not Eat"**

Mrs. H. Robert Wells, English Harbour, Trinity Bay, Nfld., writes:



"I was troubled with nervous dyspepsia—so much so that there were a great many things I could not eat at all on account of the distressed feeling afterwards. I used many different remedies, but they did me little good. Finally I tried Dr. Chase's Nerve Food and Kidney-Liver Pills, and was surprised at the relief this combined treatment gave me in such a short time."

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**LADY LAURAS' RELEASE**

**THE STORY OF A SPOILED BEAUTY.**

CHAPTER XXXIII.

"Pray do not ask for my opinion," said Angela.

Afterward, when they were alone, the ladies made their comments on Miss Rooden's answer.

Sir Hal and Captain Manton knew all about the Wynyard's domestic unhappiness. Though Lady Laura never opened her lips on the subject of her husband's unkindness or her domestic troubles, the captain made no secret of his want of affection for his wife. He spoke quite openly among his male friends of the one drawback to his splendid position—his wife.

Lord Alan never liked to hear him discourse in this strain. At times he would not even listen to him.

"You ought not to speak in that fashion, Wynyard," he would say. "Lady Laura is a most sweet woman."

"I never cared for sweets," grumbled the captain.

"Mind that you do not have too many bitters some day, for a change," said Lord Alan. "I think it most unmanly for any man to speak against his wife."

Captain Manton took the same view.

"Talk to some one else, Wynyard, if you want to abuse your wife," he would say. "I think Lady Laura one of the nicest of women, and I am ashamed when I hear you speak of her so unkindly."

But with Sir Hal it was plainer sailing for the captain. He voted the old Abbey magnificent; he considered the fortune a grand one; but he owned just as freely that a wife and step-daughter were great drawbacks.

They stood together one morning on the terrace, smoking and talking after their usual fashion.

"What a grand old place this is!" observed Sir Hal. "What a fine thing for you to step into! You were close to the water's edge at the time, were you not?"

"Yes; I could not have held my ground another month," replied the captain.

"What should you have done if she had refused you?" asked Sir Hal.

"I knew that she would not refuse me," said his friend. "I was pretty sure of success."

"But what," persisted Sir Hal, "should you have done if she had said 'No'?"

"I must have left the country," the captain replied.

"Then at least you owe her some gratitude," said Sir Hal.

"I suppose so," responded his companion, carelessly.

Then, after a few minutes, Sir Hal asked, abruptly:

"What became of that beautiful girl we met in London—Miss Rane?"

The captain's dark face flushed. "She is in Paris again with Lady Kinloch," he replied.

**England Turns to Her Empire.**

At last after a dozen futile conferences, England has turned to her Empire.

The rupture was a matter of temper and was inevitable.

England cannot co-operate with France, except under pressure of war. There is no way of harmonizing the two points of view.

The Entente will have no public funeral, but it is at an end. France may now go ahead in her self-chosen role of chief executioner, and spend \$300,000,000 in getting \$200,000,000 out of Germany. Such is the English opinion.

The truth is that England has been forced to her own policy of isolation. This is the traditional British policy, but twenty years ago it was temporarily abandoned.

"We have not a single friend left in Europe," says a London editor. Russia is extinct. Italy is aloof. France is independent and Belgium is taking sides with France.

The new ideal of the English people is a self-supporting co-operative League of Nations, all under the English flag.

For eight terrific years England has had her fling in international adventures, and now she has had enough. She wants no more internationalism. She is turning her attention to her own Empire. That is the most significant national tendency in the British Isles at that moment.

England never has appreciated her Colonies more than she does in the present crisis. The Colonies have made no trouble. They have paid their own debts, while foreign nations have not.

Australia has paid more than France, in the last four years. Australia owes England \$450,000,000 and has paid \$90,000,000; while France owes \$3,000,000,000, and has only paid \$75,000,000.

Canada, owing \$65,000,000, has paid \$16,000,000 on account, while Italy, owing \$2,500,000,000, has only paid \$40,000,000.

Austria and Armenia have paid nothing, while little Newfoundland, owing \$2,000,000, has paid \$25,000.

If foreign nations had paid up as promptly as the Colonies have, England could have wiped off the American War Loan and had a handsome surplus.

In the matter of trade, too, England is discovering that her Colonies are her best customers.

A member of the Cabinet—Colonel Amery, made a speech to the British Empire Union recently that is very significant. He advocated more trade with the Empire and hinted that the Government might be in favor of a system of "imperial preference."

"The trade of our Empire," he said, "is worth twenty-five per cent. more than that of the rest of the world put together."

Another member of the Government is advocating a tax on foreign securities; and a third cabinet minister has declared that the British policy is "to populate the Colonies and in this way make our own markets."

At present England's best customers are India and Australia. The Colonies, or Dominions, as they are now being called, bought \$1,000,000,000 worth of goods from Britain in 1913, while America, Germany and Russia bought only \$440,000,000 worth of British goods.

The self-governing Dominions have now a population of 15,000,000 people, all white and all British. Then there are the Dependencies, with 350,000,000 people, all colored.

All told, the British Empire consists of one quarter of the earth and its people. It produces iron, sugar, cotton, jute, tea, corn, rice, and rubber. It has wool, meat, wheat, lumber and oil. It produces half the diamonds and half the gold.

It is fully as self-reliant as the United States, and capable of immense development. Canada can support 20,000,000 people and Australia can support 40,000,000.

So, the signs of the times point to a closer co-operation between England and the scattered parts of her stupendous Empire.

Her new Prime Minister is a Canadian, and the Prince of Wales has recently become the Patron of the Canadian Club.

An eminent banker—an associate of Mr. McKenna, is now advocating an issue of "Imperial Currency Bills," on the model of treasury notes, to be used as currency throughout the British Empire.

Also, it was decided recently that all the materials and products used at the British Empire Exhibition in 1924, must be British. No French wises—no German lumber—no Chicago meat—no Pittsburgh steel. This decision was forced upon the Exhibition Committee by a public clamor.

"We have had enough of foreign entanglements," thinks the average Britisher. "Let us now spend a generation or two on considering our own possessions, and restoring prosperity to our own people."

Incidentally, this swing from Europe has made England more in favor of some sort of American agreement. There would not be, at least, the temperamental difficulties in co-operating with the United States, that there have been in co-operating with France—Herbert N. Casson in *Baron's Weekly*.

**Fashion Plates.**

The Home Dressmaker should keep a Catalogue Scrap Book of our Fashion Plates. These will be found very useful to refer to from time to time.

**A STYLISH GOWN IN SLEEVELESS STYLE, WITH OR WITHOUT GUMPE.**



4275. Embroidered georgette was used for this model. It is also attractive for the new figured silks, for satin and crepe weaves. This will make a pretty afternoon frock in a combination of materials, and is lovely for a dinner or evening gown in velvet or Canton.

The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The width at the foot is about 2 1/2 yards. It will require 2 1/4 yards and 3/4 yards for the dress for a 38 inch size.

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

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

**A PLEASING VERSION OF A ONE PIECE DRESS.**



4285. Novelty woolen, and serge are combined in this model. The style is also good for serge, jersey or wash materials.

The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. A 10 year size requires 2 1/4 yards of 44 inch material. For collar, cuffs and vest of contrasting material, 1/2 yard 32 inches wide is required.

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

There were times when he looked at his step-daughter so strangely that the girl herself was half terrified. Gazing at her steadfastly, he would weigh the chances of her early death; but the healthy robustness of the girl always seemed to forbid such an expectation. He had no pity for the sweet young life that stood in his way. Had she been dying, and could he have saved her life by raising his finger, this handsome, smiling, suave gentleman would not have wailed it. He saw in her nothing but a barrier that stood between him and his interests. He wanted her out of his path, and, in his cold, cruel selfishness, he cared little by what means his purpose might be served. He could manage the mother well enough, he thought, even now. A little fondness and a little flattery, with a great pretense of giving up Gladys Rane for her sake, would go a long way. But with the noble, innocent girl he had no influence; and he recognized in her straightforward honesty that she was more than his match. He could not deceive her, and it was galling to him to remember that he had never been able to do so.

(To be continued.)

To distinguish a young chicken from an old one, press the tip of the breastbone. If the tip bends, the bird is young; but if it is hard and unyielding, you may be sure that the chicken is old.

4285. Novelty woolen, and serge are combined in this model. The style is also good for serge, jersey or wash materials.

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