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IF SICK, TAKE "CASCARETS"

Clean Your Bowels! End Headache, Biliousness, Colds, Dizziness, Sour, Gassy Stomach

To clean out your bowels, without cramping or overacting, take Cascarets! You want to feel fine, to be quickly free from sick headache, dizziness, biliousness, colds, bad breath, a sour, acid, gassy stomach, constipation. One or two Cascarets, anytime, will start the bowels acting. When taken

at night, the bowels work wonderfully in morning. Cascarets never sicken or inconvenience you next day like pills, catamel, salts or oil. Children love Cascarets too. 10 cent boxes, also 25 and 50 cent sizes. Any drugstore.

The Heir of Bayneham

Lady Hutton's Ward.

CHAPTER XXII.

Then Lord Bayneham met him, and greeted him warmly, pressing him to waive all ceremony and dine with him. Captain Massey was sorely puzzled. He longed to gaze again upon the fair young face that had been the one star of his hope and love; he longed to see her in her own home, surrounded by luxury and love. Then he could take the picture into exile with him, and think of it when he felt dull and lonely. So he yielded, and went to dinner, looking with sad eyes upon the one face that had been all the world to him. She welcomed him warmly and kindly; her little white hands outstretched to meet him. There was no thought of love or lovers in that pure, guileless heart. She had never known that he cared for her.

And this man, who had loved the fair young girl so deeply and hopelessly saw what others had never noticed. He read the expression of that face and those clear, true eyes more correctly than did those who lived with her. She was even more beautiful than before her marriage; but the beauty was changed. The first flush of youth and happiness had died out of it, never to return. He saw something of constraint in the smiles that had once seemed ever to linger round her lips. He noticed that when she was neither speaking nor listening an expression of deep thoughtfulness came over her, and

WHAT MADE ME HAPPY

"I was congratulating myself that I had passed the winter without catching a cold, when I got one at the beginning of last May. It was because I was run down. Being run down I had some trouble in getting rid of this cold. I was a nervous wreck. I would wake up regularly mornings feeling that some terrible calamity would take place. Although we were comfortably off, I felt sure my husband was going to lose everything. The children worried me. If they made the least noise, I would get into a terrible temper. I would scold them so that I am sure they hated me. I would be mad with myself after it was over and make up my mind never to let it happen again. I would go to bed at night and begin to think and picture dreadful things which might happen to me and my family. I would lay awake for hours, sometimes until daylight, until I was so weak that I could scarcely raise my head. I would waken next day just as tired as when I laid down. After what happened, the children annoyed me and I wouldn't have cared if they had left me for good. I felt that it was only a matter of time before I would lose my mind. I knew that my symptoms were due to a run down condition and that if I could only get something to build me up, I might be all right. I knew that there must be some good tonic but most of them made such foolish claims that I was afraid of them. Happening one day to run across a leaflet about Carmel, I was impressed with the moderate way this preparation was described, so I made up my mind I would try it. I did and today I am the happiest and healthiest woman living. I haven't a care in the world. Instead of running away from me, my children are now with me all the time. My husband tells me that my disposition is as near an angel's as any human being's can be, but of course he is prejudiced. I don't believe I have a nerve in my body now."

Carmel is sold by your druggist, and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money.

weight of dread, as of some coming heavy evil which she could not avert; and once in her sleep she sprang up wildly, crying, "Claude, do not go to Bayneham. I have dreamed that I lay dead there."

CHAPTER XXIII

"Will you go with us, Claude?" asked Lady Bayneham on the following morning. "I am going to take Hilda to call on Lady Graham."

"I should be delighted," he replied; "but I have a gentleman—Mr. Fulton—coming on rather important business; I must therefore defer the pleasure."

For the second time Lady Hilda heard that name uttered before her, and did not remember it. The carriage drove off, and she sat serene and smiling by Lady Bayneham's side. They saw a tall, handsome man go up the broad flight of steps, but no warning came to Hilda, no impulse or instinct told her that he was the man whose cruelty had doomed her mother to death.

"I am glad you are come, Mr. Fulton," said Lord Bayneham courteously; "we will go into the library, as we shall require pens and paper for our calculations."

The visitor followed his young host. Was it chance that directed Lord Bayneham there? The library was a grand apartment; its chief ornament was a magnificent picture hanging over the mantelpiece. It was the portrait of Lady Hutton's ward, taken by the celebrated artist, Mr. Seaton, and valued by Lord Bayneham above all other treasures. The summer sunbeams fell slanting upon it, lighting the golden hair and beautiful face with a bright radiance. It was a face to dream of, so pure, so fair, and lovely. The violet eyes and sweet lips smiled at you; the tender innocent heart, the guileless, loving nature; sweetness, constancy and truth, were imprinted on every feature. The sunbeam was not brighter than the sheen of the rippling golden hair.

As Mr. Fulton entered the library his eyes fell upon the picture, and it startled him so much that he uttered a low cry. He went up and stood before it. He asked himself was he was he dreaming or awake. The room, Lord Bayneham, and the present faded from him; he and the present faded from him; he stood in Brynmar woods, under the cool shades of the green trees; the lovely face flushed at his passionate words, the fair young head drooped beneath his gaze. He was there wooing Magdalen Hurst in the opening of her fair youth and beauty. It was but for a moment, and something dimmed the eyes that had long been dry. He started; what was he, Paul Fulton, sentimental?—going to cry because a beautiful picture resembled his dead wife, making a simoleon of himself for a painted face?

"You admire that painting," said Lord Bayneham; "it is considered an exquisite gem of art."

"I—I once knew some one whose face resembled this," stammered the visitor.

"Indeed!" said Lord Bayneham quietly; "she must have been very beautiful then."

"She was," replied Mr. Fulton; and then there came across him a vision of his dead wife's face as he had seen it last, white and worn with the misery and anguish of pain deeper than death.

"That is my wife's portrait," said Lord Bayneham.

(To be continued.)

Telegram Fashion Plates.

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



A COMFORTABLE CONVENIENT GARMENT.

4024. Corduroy, flannel, Beacon cloth or eiderdown is nice for his style if for a bath robe. If for lounging it will be nice in satin, faille or crepe. The Pattern is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; and Extra Large, 46-48 inches bust measure. A Medium size requires 4 1/2 yards of 40 inch material. The waistband at the foot is about 2 yards.

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

A PRACTICAL UNDER GARMENT IN WAIST OR SKIRT LENGTH AND WITH OR WITHOUT RUFFLE.

4064. The good points of this model will appeal to every practical mother. As a slip—the garment is comfortable and convenient. The adjustable shoulder straps admit of lengthening or shortening the garment with ease, and afford a practical simple closing. Finished in waist length, with the usual back or front closing, and the waistband, the garment will serve to

hold a skirt, drawers or bloomers worn with it. It may be finished in "slip on" style without the band and have a casing at its lower edge to hold an elastic band. This makes a convenient slip waist to cover a waist of jean or muslin, under a dress of sheer material.

The Pattern is good for crepe, batiste, voile, and silk also for outing flannel and crepe de chine. It is cut in 6 Sizes: 2, 4, 6, 8, 10, and 12 years. A 6 year size requires 2 1/2 yards of 36 inch material.

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

A COMFORTABLE UNDERGARMENT.

4183. This style will readily appeal to the woman who desires freedom and comfort as applied to bloomers. Saten, crepe, serge, flannel and silk are good materials for this model.

The Pattern is cut in 4 Sizes: Small, 27-29; Medium, 31-33; Large, 35-37; and Extra Large, 39-41 inches waist measure. A Medium size requires 1 1/2 yards of 36 inch material. Pattern mailed to any address on receipt of 10c. in silver or stamps.



A SMART WRAP FOR DRESS OR UTILITY OCCASIONS.

4192. Here is a popular version of the "ever comfortable cape style. The collar may be rolled low, with fronts of the cape open, or closed high, as shown in the large view. For general wear, double faced plaid, woolen or velours would be serviceable. For "dress" wear, one could choose velvet, satin, fur fabrics, or crepe.

The Pattern is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; Extra Large, 46-48 inches bust measure. A Medium size requires 4 1/2 yards of 36 inch material. Pattern mailed to any address on receipt of 10c. in silver or stamps.

A DAINTY "PARTY" OR "BEST" FROCK.

3959. Canton crepe or crepe de chine would be attractive for this style, but it is nice also for gingham and other cotton weaves. The skirt is joined to a long waisted underbody. The overhush, caught up at the sides in soft folds under ribbon trimming or a motif or rosette, is slipped over the dress when worn. One may have both skirt and overhush in straight or scalloped outline.

This Pattern is cut in 4 Sizes: 6, 8, 10 and 12 years. A 10 year size re-

quires 2 1/2 yards of 40 inch material. Pattern mailed to any address on receipt of 10c. in silver or stamps.

A SMART AND DRESSY GARMENT.

4072-4078. For afternoon as well as informal "evening" functions, this style is very appropriate. The graceful drapery and "length giving" lines made this model becoming to slim and stout figures. The Waist is cut in 7 Sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. To make this stylish design for a medium size will require 7 1/2 yards of 40 inch material. Revers, collar and vest require 1 1/2 yards of contrasting material 22 inches wide. The width of the skirt at the foot is 2 1/2 yards.

Two separate patterns mailed to any address on receipt of 10c. FOR EACH pattern in silver or stamps.

No.

Size

Name

Address in full:

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- MEN'S SEA (The Rubber with the White Sole) \$5.50
- MEN'S REDMAN (The Rubber with the Red Sole and Heel) \$4.75
- BOYS' SEA (The Rubber with the White Sole) \$5.00
- BOYS' REDMAN (Red Sole and Heel) \$4.00
- YOUTHS' LONG RUBBERS \$3.00
- WOMEN'S LONG RUBBERS \$3.75
- GIRLS' LONG RUBBERS \$3.30
- CHILD'S LONG RUBBERS \$2.70

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 - MEN'S REDMAN STORMKING \$6.00
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Worst-Behaved Island.

Falcon Island, in the South Pacific, is the most restive and changeable piece of land in the world. It has a knack of disappearing below the waves and then suddenly bobbing up again.

It was first seen and charted by H.M.S. Falcon in 1855. But in 1877 another ship found that the land had disappeared, though smoke was issuing from the sea. The charts were altered accordingly.

Then, in 1885, the island returned, quite faintly, and remained so long that the steamer Egeria, in October, 1889, charted it again, showing it to be just over a mile long, a mile broad, and 153 ft. above sea-level at its highest point. Early in 1894, however, a survey ship found that the island consisted of only a low stretch of narrow rock, less than 1,000 ft. in length.

By December of the same year the

island had bobbed up again, and was over three miles long and nearly two broad. As if exhausted by such an effort to increase in area, it vanished once more in 1895.

No further signs of ambition were noted until 1900, when the island again began to grow. Since then it

has undergone many changes. Today it is covered with palm trees and vegetables, but its reputation for misbehaviour is such that no one will settle upon it.

By December of the same year the

has undergone many changes. Today it is covered with palm trees and vegetables, but its reputation for misbehaviour is such that no one will settle upon it.

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