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THROUGH THE DARK SHADOWS
 Or The Sunlight of Love

CHAPTER XXVI.—(Cont'd.)

When he arose from his knees his face had lost all its old languid self-possession; there was a graver, more earnest light in his eyes, and as his lips pressed the hand of the dead girl they muttered a farewell vow, which was never to be forgotten from that hour till his last.

Lady Constance, bravely overcoming her own pain and horror at the double tragedy—for Jasper's body had been recovered and brought back to the house an hour after the death of Jessica—had retired with poor, remorseful Ada to her own rooms, where she did her best to soothe and comfort the unhappy woman overwhelmed with remorse at her previous neglect of the girl, Ada blamed herself bitterly for not watching her enemy more closely, and thus protecting all concerned from danger.

Meanwhile, the last painful duty had to be done. In the Blue Room were seated in expectant silence Lord Barminster, Mortimer Shelton, and Mr. Harker. On the table lay the papers which Mr. Harker had brought with him, amongst them the all-important roll which Jessica had rescued from the street. The three men were waiting now for Adrien, with patient respect, knowing the cause of his absence.

Presently the door opened, and the young man entered. Lord Barminster held out his hand without a word, and his son, as silently, grasped it; then with a sigh, he seated himself at the table, prepared to learn to what extent he had been robbed by the man he trusted so fully.

Without comment, Shelton passed him paper after paper, all drawn up in the clear writing of Mr. Harker; Adrien, with deep humiliation, examining them all. With another sigh he dropped the last one upon the table and looked up.

"It is like some hideous dream," he said in a low, shocked voice; "Jasper Vermont, then, was not only a traitor to me, but a forger and thief. I can scarcely believe it—though, of course, it is impossible to get away from these proofs. He must have even bribed that jockey to lose the race, as the man hinted. That he could so have used my trust and confidence to gain money, and by crime, when he could have had it for the asking, seems past belief."

His father looked pityingly at him; he knew only too well what a blow this was to the young man.

"I believed in him to the last," continued Adrien, in the same low tones. "I believed him true, in spite of all your warnings."

He turned to his friend.

"Shelton," he said, "I cannot thank you as I should like, nor indeed, you either, Mr. Harker. I am deeply grateful to you all for what you have done for me. Truly a man should take heed of his self-conceit, lest he fall, as I have done."

He dropped his head on his hands, and his father turned to him affectionately.

"You do not ask if the evil this man has worked can be remedied, Adrien," he said, in a softer tone than he had ever before used. "You do not ask whether anything can be regained?"

"I am willing to pay the penalty of my folly," said Adrien, in a low tone; "and if only it can be arranged that you, too, do not suffer, I shall not mind."

"Not even if it should leave you penniless?" asked his father.

Adrien raised his head with a mournful smile.

"But for one reason, I am indifferent," he said.

His father's face lit up.

"Yes," he said, "I think I know that reason. Mr. Harker, will you be so good as to place Mr. Leroy in possession of the facts which you have already given me. I am almost too tired to speak, after the strain of these last few hours."

Adrien looked at him remorsefully; for the old man had indeed undergone much suffering during the last eventful weeks.

Mr. Harker laid a small book upon the table.

"This will do so better than I can, gentlemen," he said. "It is a list of the various investments in which Mr. Jasper Vermont placed the wealth he had so fraudulently amassed. His expenses were small; and the investments which were made with Mr. Leroy's money, and which he hoped, of course, to put to his own use, amount to a large sum. When realised, they will cover the enormous embezzlements, when the forged bills are destroyed."

Adrien took up the book and glanced through it.

"Is this true?" he said, with an earnestness that all present under-

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Made in Two Cycles

The Housewife's Corner

War-Time Savings.

The economical housewife gives us the benefit of some of her discoveries. "The other day I made an apple pie, she says, which looked a perfect success, but, alas, when I attempted to slip it off the plate I found that the under crust had not baked well. As the top crust was beautifully brown I simply turned it upside down, scraped off the undone crust and covered the apples with a nice meringue, and the members of my family were delighted."

We do not use stove polish on our stoves, as we find it economical to save all our old stockings, sew them together and use them moistened with coal oil for cleaning the stoves. As must be taken, however, that the stove is not hot when cleaned.

When I put my roast away to serve cold I wrap it with warm in cheese cloth; both the flavor and the moisture are retained, and, speaking of cheese-cloth, if you will wrap a double piece, wet in vinegar, around that piece of cheese, when you get ready to use it again it will not be hard, mouldy or dry.

Should you wish to keep cream for future use add two or three lumps of sugar, cover and set away in a cool pantry.

Omelet is cheaper and much more tender made with water than milk. Before eating canned foods put a bright, clean, steel knife into the can as soon as opened. Leave for a minute, and if ptomaine is present it will be seen on the knife. Throw the contents out and you will escape poisoning.

Do not melt your butter if too hard to serve; just fill a bowl with boiling water, let this stand until the bowl is very hot, throw out the water and turn the hot bowl over your butter. This will not impair the taste or waste the butter.

In making croquettes always use three tablespoons of boiling water to one egg in which to dip them. Beat the water and egg well together and you will find that it answers the purpose just as well as two eggs. Cut your stale bread up in small pieces and crisp in a corn popper, and your croquettes will be made.

When I use half a lemon I place the remaining half on a small saucer, cut side downward, and cover with a tum-bler. I also warm a lemon before squeezing, and I find that I get more juice. As potatoes grow old I add a teaspoonful of lemon-juice to the water in which they are boiled, and they do not grow dark while cooking.

It is not necessary to use a lot of tea in order to have it strong; just add a teaspoonful of sugar; this opens the leaves and makes it stronger. When a bowl seems thick I add a pinch of soda or a little vinegar to the water in which it is cooked, or I cover it tightly and bake it a whole morning in a moderately hot oven, after adding lard, boiling water, salt and pepper and sprinkling with flour.

Food Values.

In the present state of the food market it is a wise economy to serve two or three vegetables at dinner and less meat. Those which have the

highest food value are the legumes, peas, beans and lentils, which contain starch, protein and mineral matter. The green vegetables have a large proportion of water, and are principally useful on account of the mineral salts which they contain. Potatoes and other root vegetables are about one-half water, and the dry matter consists of starch, sugar, protein, mineral matter and fat.

A Cure for Floor Stains.

Should you accidentally spill shoe-blacking on a wooden floor, put a handful of corn-meal on the spot immediately and rub in briskly. Sweep off; not even a sign of the stain will be seen. This will also answer for fruit juices or almost any liquid that leaves a stain. It will also greatly aid in cooking up kerosene oil and other greasy spots.

Maple-Sugar Recipes.

Colonial Bread Cake.—Two cupsful risen bread-dough, one-half cupful butter, one and one-half cupsful maple-sugar, two eggs, one-half teaspoonful soda, one-fourth teaspoonful cloves, one-half teaspoonful cinnamon, one-half teaspoonful mace, one-half teaspoonful nutmeg, one cupful seeded raisins, one-fourth cupful sliced citron. Take dough, when ready to shape into loaves, add other ingredients, and mix again with hands. Turn into tube-pan, and when light (it should not quite double in bulk) bake in oven at a little lower temperature than for bread. When cold pour maple frosting over cake and decorate with pecan or hickory nut meats.

Maple Frosting.—One cupful maple-sugar, one-half cupful boiling water, whites of two eggs, one-half teaspoonful vanilla. Cook sugar and water without stirring, until syrup threads when dropped from spoon. Pour syrup in a fine stream onto whites of eggs beaten until foamy, beating constantly meanwhile. Set saucepan or range for a moment and continue beating until egg is cooked. Add vanilla, set over cold water, and beat occasionally until cool enough to spread.

Maple Cookies.—One cupful maple-sugar, three tablespoons butter, one egg, one cupful sour cream, one-half teaspoonful salt, one-half teaspoonful soda, flour, maple-sugar. Cream butter and sugar, add well-beaten egg, cream. Sift soda and salt with a little flour, then add to mixture enough more flour to make of right consistency to drop from spoon. Care should be taken not to get the mixture too stiff. Grate maple-sugar on top of each cookie and bake in moderate oven eight minutes. Cookies should be kept in an air-tight receptacle.

How To Use Skim Milk.

Many people do not realize how nutritious skim milk is. They imagine that because it so generally has little or no commercial value it is hardly fit for human food. As a food it is not so valuable as whole milk and cannot take the place of the latter in the diet of children. Nevertheless, skim milk can be used to great advantage in combination with other food materials, especially in cooking, and is altogether too valuable to be wasted.

The uses of skimmed milk are many and in cooking it adds to quality as well as to food value. If used in place of water in bread it adds about as much protein to one pound of bread as there is in an egg. Skim milk used in place of the usual half milk and half water, of course increase the quantity of protein in a loaf by the amount that is contained in half an egg. To cook a cupful of cereal in three cupsful of skim milk instead of three of water adds as much protein as that contained in three eggs.

There are many dishes which may be described as vegetable milk soups, usually made by combining milk and the juice and pulp of vegetables. This mixture is then thickened with flour and starch and enriched with butter or other fat. If a fire is kept all the time and the cost of fuel need not be taken into consideration, the following method is recommended as a means of utilizing skim milk: Chop the raw vegetable or put it into small pieces. Put it with the skim milk into a double boiler and cook until the vegetable is tender. The mixture can then be thickened and enriched as described above. By this method no part of the vegetable is thrown away and the liquid of the soup, instead of being part milk and part water, is all milk. A soup so made, therefore, usually has about twice as much protein as that made in the other way, and has the additional advantage of a particularly good combination of mineral substances, for milk is rich in calcium and phosphorus and the vegetables are rich in iron.

Inside Information.

The lady bank clerk had completed her first week, and a friend asked her how she liked the work.

"Oh, it's beautiful!" said the girl. "I'm at a branch where nearly all the people we know have accounts, and it's so nice to see how little money some of your friends have in the bank!"

(To be continued.)

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HUNDRED YEARS OF PEACE.

Amazing Advances Made During Lifetime of "The Oldest Inhabitant."

Recently, a Mrs. Hastings, native of the State of Massachusetts, U. S. A., celebrated her 104th birthday. The first railway in that part of the world, the Boston and Albany, was not built until twenty years after she was born. George III. was King of England, Napoleon was Emperor of France, Madison was President of the United States, and the war of 1812 was in progress when Mrs. Hastings began her extraordinarily long life.

She was twenty-five before she ever saw a match. Nor until that age had she ever seen a cook stove. An open fireplace and the hanging crane were universally used. Often has she gone to a neighbor to borrow fire which she carried home by means of her lighted candle.

The amazing progress of the world is best measured by such a person's life. Mrs. Hastings was well toward womanhood before she saw a gas-light.

The first steamship did not cross the Atlantic until she was old enough to go to school. Men still went to war on horseback or walked. There was no railroad, telephone, telegraph, airship, aeroplane or phonograph. She was past threescore before she saw an electric light. She was beyond fourscore before any of us rode in an automobile. When she was a girl asphalt paving was unknown. She was a woman long before anybody dreamed of an elevator. At her birth, Cooper had not written his first Leatherstocking story. The very oldest of that coterie of renowned authors, including Emerson, Mrs. Stowe, Hawthorne and Whittier, were only children when she was born.

THREE VITAL QUESTIONS
 Are you full of energy, vital force, and general good health? Do you know that good digestion is the foundation of good health? Pains and oppression in stomach and chest after eating, with constipation, headache, dizziness, are sure signs of indigestion. Mother Seigel's Syrup, the great herbal remedy and tonic, will cure you.

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Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of the wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eye do not water any more. A lady who used to say: 'The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything became clear. I can even read fine print without glasses.' It is believed that thousands who wear glasses can now discard them in a reasonable time and multitude need will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bio-Opto tablets. Drop one Bio-Opto tablet in a fourth of a glass of water and allow it to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If you do not save them until you, even a little, take steps toward curing them, it is too late. Many have been blind for years, but have been saved if they had used this simple prescription. It is a very remarkable remedy. Its constituent ingredients are of the highest quality and are guaranteed to be effective. The manufacturer guarantees it in many instances to refund the money. It can be obtained from any good drug store. For very low prices I feel should be kept on hand for ready use in a most emergency. Write to: Dr. Lewis, 4, Toronto, will send you orders if you request same."

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From Erin's Green Isle

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

A handsome sum was realized at a farmers' jumble sale at Fivemiletown in aid of the Red Cross funds.

Private George Corbin, of the Royal Irish Rifles, Lieberman, died as the result of injuries sustained in a motor accident.

The freight on coal from South Wales to Ireland is more now than the cost of both coal and freight was a few years ago.

A representative of the Minister of Food will visit Ireland to inquire into the whole question of the distribution of sugar.

James Johnston, Lord Mayor of Belfast, received a message from the Premier of France praising the valor of the Irish troops.

For the malicious destruction of property the Leitrim Council has had to pay to various persons sums amounting to £552.

Of the whole £1,207,738 invested by the local authorities in the War Loan, 85.5 per cent. was subscribed by Ulster local authorities.

Alfred Graham, Drummack, has been elected to the Lough Erne Drainage Board, in place of his father, who died recently.

A fire in the Killarney Union Workhouse destroyed the boys' dormitory, the schoolroom and the teachers' and nurses' apartments.

A special meeting of the Dublin Corporation was held in the City Hall, to inaugurate the Right Hon. the Lord Mayor, for the ensuing year.

UNCLE BILLY.

Hopeful, Tolerant, Pure, His Life Was An Inspiration To Others.

Everyone in the community knew Uncle Billy, whom Rhoda, his seventy-year-old sister, described as a "pre-served boy." The little old man's sixty years had subtracted all the hair from his head except a thin remainder of white silken fuzz on a level with the tops of his ears. The back of Uncle Billy's head looked like a big egg in a nest of wool; his face suggested a full moon on the disk of which two twinkling stars stood guard above a smile.

Uncle Billy was always busy, and usually was doing something worth while. One of his favorite expressions was, "Doing nothing is the hardest sort of work." Uncle Billy tried to like everyone, but he had little to say for one of the neighbors named Bruton, whose wife worked the garden while he spent the day at the village store playing checkers and talking politics.

But Uncle Billy had faith in other people. He often commented upon the fact that the persons we like best are usually those we know best, and one day he said to his sister, "Rhody, that man Bruton is all right; the fault was in my mind. I didn't look at him the right way."

Uncle Billy was always hopeful. If he ever had the "blues," no one knew it except himself. Usually when two people meet, one says, "Good morning!" or "How-dy-do?" and the other replies, "Good morning!" or "How-dy-do?" When anyone greeted Uncle Billy, morning, afternoon or night, his response was always, "It's all right." If you suggested that the world is growing worse, the little old man shook his bald head vigorously and replied, "No, no, no, no! And even if it were, it would be our business to leave it better for the next generation."

The fact that Uncle Billy was under-sized caused some thoughtless remarks that would have hurt the feelings of another. But they did not hurt Uncle Billy's. He would say with a laugh, "You can't hurt my feelings," and go whistling about his business. Even the dogs recognized the little old man as their friend. More than once, when some thoughtless boy tried to throw a tin can or a package of fire-crackers to a dog's tail, the frightened creature ran to Uncle Billy for help and protection.

No one ever heard Uncle Billy recite a creed, and on one ever heard him boast of what he had done, was doing or expected to do; but everyone knew that he was religious and that his life was clean and his heart was pure. Uncle Billy believed that people are affected by the language they use. One day one of his nephews spoke profanely in his presence. "Oh, my dear boy!" exclaimed the old man. "If you expect some day to get through the pearly gates and shout 'Glory!' you'd better begin now to shape your mouth for it."

One blistering March midnight Uncle Billy's sister, Rhoda, leaned over him, placed her wrinkled hand gently on his brow, kissed his hot cheek and whispered, "Billy, the doctor says you cannot stand this pneumonia."

Out of his eyes there came a twinkle as of the stars, and attempting to pat his old sister's cheek, he panted, "It's all right, Rhody; it's all right."

Fond Hope.

Father—you have been running ahead of your allowance, Robert.

Son—I know it, dad. I've been hoping for a long time that the allowance would strengthen up enough to overtake me.