

ASK FOR
ALVINA
The Improved
Tasteful Preparation of an Extract
of Cod Liver Oil
Especially Recommended for
**Persistent Coughs,
Bronchitis,
Anemia**
A Splendid Tonic for Delicate
Women and Children
Prepared by
DAVIS & LAWRENCE CO.,
Manufacturing Chemists, Montreal

**Lord Cecil's
Dilemma**
—OR—
The Picnic
—IN—
Woodall Forest

CHAPTER IV.

He did not tell Lady Marcia that Lady Cecil had boasted of the beauty of Lady Gladys—had spoken of her as the future Lady Stanhope. He did not tell her that he had been brought to the bazaar against his will to appraise his beautiful niece. Much in the same way as he would have done some handsome horse, or special breed of dog.

"And are you sorry you came?" demanded Lady Marcia.

Sir Charles looked at her doubtfully for a moment; then his eyes wandered to Gladys, and he said, most sympathically:

"No, Lady Marcia, I am not sorry that I came."

She smiled to herself when she saw the rapt look in his eyes. She had seen the same glance fixed upon herself five-and-twenty years ago; she remembered the fierce declaration of Edgar Emden. He would never give her up, in spite of fifty fathers! He was angry with her because she refused to marry in secret, but he returned, and they kissed with tears.

Five-and-twenty years ago, and no word had been heard of him since. People believed that he was dead—murdered by Sir Charles Hastings, his brother-in-law; killed in a quarrel and his body cunningly hidden away.

The most eminent detectives had failed to trace him from the hour that he was seen to step from a French window at Emden Hall, in angry dispute with Sir Charles Hastings. Sir Charles had been acquitted by a legal tribunal, but few doubted his guilt. That was twenty-five years ago!

CHAPTER V.

"Five o'clock, and the tea-bell is ringing!" cried the happy, boisterous voice of Lord Cecil Stanhope, as he pushed his way to Lady Gladys' stall. Lady Gladys' father followed closely upon his heels.

"Forgive me for deserting you, Hastings, but I see that you are in good hands. So many people here that I know, and Lord Howard has been simply besieged right and left."

The earl smiled pleasantly. He was living again for the first time in many years.

"Do not fatigue yourself, Gladys," he observed to his daughter. Her heightened color did not escape his quick eyes. "You have been standing a long time, and the weather is oppressively warm."

"I am not at all tired, papa. Oh, we have been so busy! Mademoiselle Lamartine and I. Auntie commenced very well, but for the past quarter of an hour she has been quite lazy! We have taken nearly fifty pounds!"

"If I have been lazy it is Sir Charles Hastings' fault," laughed Lady Marcia. She glanced at the young baronet significantly. "But we have had a pleasant conversation."

"Let us adjourn to the pavilion," suggested the earl. "And Mme. Lamartine will take charge of the stall for half an hour. Three cavaliers and only two ladies. I will give place to youth and beauty and walk in the rear. What lovely heartiness, Gladys! Your taste is perfect."

Lady Gladys blushed prettily, conscious that the eyes of both Sir Charles and Lord Cecil were upon her. A glad thrill shot through the baronet's heart.

He had not noticed that the earl's daughter was wearing his flowers until now.

"To the pavilion, by all means," said Lord Cecil. "Lady Gladys, will you permit me to escort you?"

He seemed to elude her by right, and Sir Charles could not help a slight frown contracting his brows, and a pang of jealousy sending a sudden dark flush into his cheeks.

Gladys gave him a swift glance, as she stepped to Lord Cecil's side, and Sir Charles fancied that it was almost one of reproach.

"You need not give way altogether to youth and beauty, my lord," went on Stanhope, jestingly. "I forgot to tell Hastings that Miss Ada Craythorne is waiting for him." He turned to the frowning Sir Charles, adding: "We have just left the Craythornes, and Ada informed us that you were to be her cavalier!"

He glanced knowingly at his friend, and Sir Charles mentally consigned Lord Cecil and Ada Craythorne to the South Sea Islands. But he was forced to be outwardly polite, at least, and started in quest of Miss Craythorne.

At sight of him her black eyes gleamed with pleasure, and the disappointment that had been slowly spreading over her handsome face gave way to gratification.

"Oh, Sir Charles!" she cried, "ten minutes behind time! Mamma and Flossie have gone, you see!"

"I am sorry," apologized the baronet, "but I had no idea it was so late until I heard the tea-bell, and then I could not come at once without breaking from my friends."

He did not tell her that he had quite forgotten any appointment.

The knowledge of his remissness propped him to make some amends by a far greater show of gallantry than he intended, and Miss Ada Craythorne's heart was in a whirl of delight. Her mamma and her sister Flossie had seated themselves near to the Earl of Swinford's party, and when she and Sir Charles entered the pavilion, Lord Cecil winked enviously in the direction of Lady Marcia and the earl, and declared that it was love at first sight!

Though a gentleman by birth and education, Lord Cecil's sporting proclivities had brought about him a class of people whose loudness and vulgarity he had unconsciously adopted. Never before had his defects been so apparent to Lady Gladys, and she felt that she almost disliked him.

AFTER EVERY MEAL

WRIGLEY'S NIPS

This new candy-coated gum delights young and old.

It "melts in your mouth" and the gum in the center remains to aid digestion, brighten teeth and soothe mouth and throat.

There are the other WRIGLEY friends to choose from, too:

"After Every Meal"

WRIGLEY'S SPEARMINT
WRIGLEY'S DOUBLE MINT
WRIGLEY'S BUBBLY FRUIT

Trade Supplied by KEENE & CO., St. John's, Nfld.



MONUMENTS and HEADSTONES.

At our Showroom you will find a variety of choice Monuments and Headstones made out of the most dependable material, by the best of designers and workmen. Our entire organization is ready at all times to serve you. Our carving and lettering pleases every customer.

We are now booking orders for spring delivery. Call in and see our stock and get our prices before you place your order. Designs and Photos of our own work sent to any address free.

CHISLETTS MARBLE WORKS.
288 WATER STREET,
Phone 1037. P. O. Box 58.
mar18.3mca.sad

And his remarks concerning Sir Charles were in very bad taste.

She looked across at Ada Craythorne, and regretted that she had been so foolishly impulsive as to accept flowers from a gentleman who was practically a stranger. Not only that, she was wearing them. And the baronet was bending toward Miss Craythorne, his face smiling as though he were paying her some pretty compliment.

"Why so pensive?" exclaimed Lord Cecil. There was a tender infection in his tones, and Lady Gladys smiled brightly, although in her heart she resented his only too apparent air of proprietorship. "Isn't Hastings enjoying himself? I told him five minutes after his introduction to Ada Craythorne that it would be a match, she is very handsome, and all that, but I do not admire those very dark women."

He looked at her meaningly, and his voice sank to almost a whisper.

He had spoken to the earl about Gladys that very afternoon, and the

earl had encouraged him by saying that his daughter's choice of a husband did not rest with him. It would be time for him to interfere when she mediated some piece of egregious folly.

"Do you know, Lady Gladys, that those heart's-eyes are the very color of your eyes? Who gave them to you?" Then conscious that the question was somewhat rude, he added: "I beg your pardon."

He had seen a sudden flash in Gladys' eyes, but it passed away as quickly as it came, and she smilingly took the knot of flowers from her throat, saying:

"As you admire them so much, Lord Cecil, you may have them, if you choose, I can get plenty more."

Stanhope's face flushed joyously, and in a moment the lovely flowers were in one of the laps of his coat. What more favorable token could he have of Lady Gladys' sentiments toward himself. Had they been alone he would have promptly declared his passion.

This little scene had been witnessed both by the earl and Lady Marcia, and the latter was pained and surprised.

In a short time Ada Craythorne found her way to her mother's table, with Sir Charles in attendance. She could not afford to let the world remain ignorant of her latest conquest. Everybody wanted to know who and what the distinguished-looking fellow was, and Sir Charles accordingly found himself, much against his will, the center of attraction among a dozen or more lovely women. The fact of his being a guest of Lord Cecil Stanhope, and a friend of the Earl of Swinford, placed him in the front rank of desirable acquaintances. The Craythornes, too, were people of undeniably good standing, though not tolerably poor.

Lady Craythorne was making much of Sir Charles Hastings. Would he accompany her and her daughters home after the bazaar, unless he had a prior engagement? Ada endeavored to subordinate him with a flash of her magnetic black eyes, but Sir Charles would have pleased a prior engagement, had his eyes at that moment not rested upon his flowers, the heart's-eyes he had given to Lady Gladys, stuck jauntily in the button-hole of Lord Cecil Stanhope. There were pain and fury in his heart. He felt that he hated the man who professed to be his friend. He could never take his hand in friendship again.

(To be continued.)

Monarch of the Sea.

THE WHALE'S TWO HUNDRED TONS OF FLESH.

It is an erroneous idea that the animals of past ages—mammoths, mastodons, and the gigantic reptiles whose fossils have been found—were far bigger than any living creatures of to-day.

The mammoth was not bigger than its living representative, the great elephant of Africa, which often stands eleven feet high at the shoulders and weighs five tons.

Again, the skeleton of a species of reptile of past age, which has been given the name of diplodoca, and which can be seen in the Natural History Museum in London, is eighty-four feet long—almost three times the length of the biggest crocodile.

Misleading Measurements.

But, as Sir Ray Lankester points out in "Secrets of Earth and Sea" (Methuen), we must not be misled by this measurement as to the creature's actual bulk, for the tail is forty feet long and whip-like, whilst the neck is twenty-three feet long, and carries a small head not bigger than that of a horse. The body, apart from the neck and tail, was really only a little bigger than that of a large elephant.

No extinct animal approached the existing whale in either bulk or weight. He is eighty to ninety feet long, and has neither neck nor any length of tail. His outline is egg-shaped. He weighs two hundred tons—forty times as much as a big elephant—and is supported without any strain on his structure by the water in which he floats.

Probably he cannot exceed some ninety feet in length and two hundred tons of bulk on account of the relatively great increase of proportional size and power required in the heart to propel the blood through such a vast mass of living tissue and keep him going as a warm-blooded mammal.

Medium-sized bags of cheesecloth are nice to put vegetables in when they have been prepared, and are to be kept in the refrigerator.

MINARD'S LIME-FREE LUMBER—MAY'S FRIENDS.

Ice-Cream Manufacturers!

WE HAVE IN STOCK

TRU-CREAM, TRU-MILK AND MILKSTOCK.

Put up in 35, 50 and 100lb. drums. Just add the water, that's all.

HARVEY & CO., Ltd.

SIDE TALKS.
By Ruth Cameron.

A MOVING PICTURE ALBUM.

Will it ever become practical and common, I wonder, for people to have records made of their speaking voices, and moving pictures of themselves in some characteristic act, as keepsakes for their family and posterity? Of course some people do that now. But I mean the ordinary, well-to-do person.

I do not see why it should not come within the reach, not only of the class that has had his portrait painted, but also of that class which has artistic photographs taken at \$40 or \$50 a dozen. I know a family in moderate circumstances whose bill for pictures of the children taken at Christmas was \$90. Surely the day will come when \$90 would buy a moving picture of the children playing together or clustering about mother in the Children's Hour, and a record of their voices.

And think what an interesting, fascinating keepsake such a film and such records would make!

Old Fashioned Dances.

Then instead of the set pictures of mother as a girl and a young wife there would be half a dozen pictures—mother in her first dance gown dancing some of the old-fashioned dances (such as the fox trot and the Sally); mother in her wedding dress walking up the aisle; mother at the head of her table when the table was only set for two; mother bending over her first baby or bathing his royal highness, mother going to walk with a cluster of youngsters; about her; mother in her rose garden.

Think what a joy it will be to be able to so fully recreate this young mother in the days when mother has become a grandmother with white hair and whatever style of dress grandmothers will wear in those days!

Will Love It.

And what a joy not only to grandmother's children and grandchildren but also to grandfather and to grandmother herself! And then imagine the fun of seeing one's younger self in action. Just the old pictures are fun enough but how much more amusing these vital moving pictures would be.

As the generations roll by every family will presumably accumulate in place of the family album a collection of films in which the children will be able to see their grandparents and great-grandparents wearing the quaint dress of the older days and following its strange customs. Doubtless, in course of time, these pictures will be done in color and other improvements that we do not now dream of will probably be made. One prophet promises that they will be so taken as to give a sense of depth instead of flatness.

Too Fugnant!

The possibilities of records of the voice do not open quite so many fascinating vistas but if you will im-

Movie Beauty Gains 10½ Pounds in 22 Days through IRONIZED YEAST

Miss Byrne's Measurements

Weight	103 lbs.	113½ lbs.	105½ lbs.
Bust	39 in.	41½ in.	39½ in.
Waist	29 in.	31 in.	29 in.
Arms	19½ in.	20 in.	19 in.
Neck	14½ in.	15 in.	14 in.

Another startling evidence of Ironized Yeast's value as a weight-builder! In a test conducted under the supervision of a registered physician, Miss Dorothy Byrne, pretty artist's model and movie beauty, gains 10½ pounds—in only 22 days! Miss Byrne's measurements, taken before and after the test, are given below.

A striking example—yet by no means an exceptional one. For it is not at all unusual for thin, nervous, over-worked or run-down folks to gain five pounds and more on the very first package of Ironized Yeast!

Results in Half the Usual Time!

Ordinary yeast vitamin preparations have in many cases been known to bring good results. But thousands now know that Ironized Yeast, the scientifically correct vitamin tonic treatment, brings results often in just half the usual time!

One reason for this marked superiority is that Ironized Yeast, besides containing just the right amount of all three essential vitamins, contains a type of yeast which has positively no equal as a reconstructive agent—a yeast which is cultured expressly for medicinal purposes, and which is entirely different from the yeast found in ordinary "yeast tablets."

Yeast Best When Ironized

But even more important than this is the fact that this yeast has been ironized—or treated through a scientific process with a special form of easily assimilated organic iron, similar to the iron found in spinach. When yeast is ironized in this manner it is found that results are not only more permanent, but are secured just twice as quickly.

Watch the Quick Improvement

You will certainly be amazed at the quick improvement IRONIZED YEAST shows in you. Note how it immediately increases your appetite and how quickly you begin putting on good firm flesh. See how quickly pimples, blackheads, etc., disappear and how your newly acquired "pep" makes hard work or play a pleasure instead of a task. Try IRONIZED YEAST today! Pleasant to take—will not cause gas or in any way upset your stomach. Special directions for children.

Money Back Guarantee

IRONIZED YEAST is sold at all drug stores on a positive guarantee that the first package will bring satisfactory results—or your money, instantly refunded. Or mail coupon for the amazing Three Day Free Trial Treatment. In either case you do not risk a single penny for fear of the wonderful benefits Ironized Yeast holds for you—Get it today!

Free Trial Coupon

Harold F. Ritchie & Co., Ltd.
10 McGill St., Toronto, Ont. M5A 3E4

Please send me the amazing THREE DAY FREE TRIAL TREATMENT of Ironized Yeast.

Name _____
Address _____
City _____
Prof. _____

Only One Trial Package to a Family

IRONIZED YEAST Tablets
HIGHLY CONCENTRATED VITAMINE TONIC
Sole Representatives: Harold F. Ritchie & Co., Ltd., Toronto

ST. JOHN'S GROCERY STORES.

We make a specialty of fine class Pickled Meats at Lower Prices.

PORK—Ham Butt, very choice, per lb.
PORK—Family style, small ribs, per lb.
PORK—Fat back, thick, per lb.
JOWLS—Small lean, per lb.
HOCKS—Small lean, per lb.
BEEF—Best family, per lb.
BEEF—Rolled, very choice, per lb.
BEEF—Round, very choice, per lb.
BEEF—Our best special cut, per lb.
BEEF—Cuttings, very choice, per lb.
BOLOGNA SAUSAGE—Imp. pickled, per lb.
CABBAGE—Small Green, per lb.
TURNIPS—Local, sound, per lb.
PARSNIPS, per lb.
POTATOES—Large, sound, per bag of 25 lbs.
RHUBARB, per bunch

J. J. ST. JOHN
102 & 104 Market Road.

USE SULPHATE OF AMMONIA

To secure large crops. The Best Fertilizer extant for HAY FIELD or GARDEN.

RETAIL AT CALVER'S
Duckworth Street.

Sold by
ST. JOHN'S GAS LIGHT COMPANY.

Mrs. Somebody's Clothes

"You may dress as well as she," says our Dorothy Dorothy.

DON'T wear the clothes of the well-dressed woman whose wardrobe seems inexhaustible; have some of your own garments dry cleaned and dyed. For that is the secret of many a woman's smartly garbed appearance.

At the ST. JOHN'S
And here you know that your clothes will be properly treated and that our business courtesy will make you feel that this is truth in the cleaning and dyeing ROUGE DE LUXE.

PROVE 1488.

J.J. Dooley
WE KNOW HOW
PHONE CONNECTION
COR. LINE ST. & LE MARCHE

AUTOMOBILE TIRES—Just received a small lot of Tires, different sizes, all new, which will be sold at bargain prices. See them and get a good tire at a low price.—E. D. SPURRELL, 245 Water Street—may 31, 1922.

MINARD'S LIME-FREE LUMBER IN COWS.

BATHING

Men's Value up

I. L. V.