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THROUGH THE DARK SHADOWS

Or The Sunlight of Love

CHAPTER XXV.

"Lord Barmister conducted Mr. Harker to the Octagon room, so named from its peculiar shape. "If you will wait here," he said courteously, "I will have some refreshment sent up to you and the ladies, when they arrive."

"Thank you, my lord," returned Mr. Harker gratefully. Seating himself, he waited patiently for the arrival of Miss Lester and Jessica, secretly congratulating himself on the success of his interview. The time passed quickly; and, while waiting, Lord Barmister and Mortimer Shelton held a hurried consultation with him as to the best method of exposing Vermont.

They had finished, Miss Lester and her niece had arrived, the former flushed with excitement and triumph at the prospect of, at last, as he expressed it, "getting her own back," with Jasper.

Lord Barmister and Shelton descended to the terrace, where they found Lady Constance; and almost immediately after, came Adrien, with his inevitable companion, Jasper Vermont.

Lord Barmister had already arranged for his three visitors to be in the morning-room, which opened on to the terrace, as they would there be within call, and also within earshot.

"A word with you, Mr. Vermont," began Shelton sternly.

Jasper smiled, as usual, and turned towards him.

"As many as you like, Mr. Shelton," he said smoothly.

Mortimer looked at him steadily; then he said in a voice which was hard as steel:

"Mr. Vermont, Lord Barmister has kindly allowed me to speak first. We have every reason to believe that you have had some connection with this affair of Harker's, notwithstanding your profession of friendship for Adrien."

Mr. Vermont drew himself up proudly.

"What should I have to do with money-lending?" he said indignantly.

"Be careful, said Shelton sternly, "there are not people wanting who will fight for Leroy's honor, even as it were their own."

Vermont smiled cynically.

"Indeed, Shelton," he said, "it is hardly for you to speak. After all, it was you who nearly ruined Adrien by your denial of the bill, not I."

Lord Barmister strode forward.

"You cowardly rascal," he exclaimed furiously; but Mortimer placed himself between them.

"My lord," he said, "leave him to me. If force is necessary, I will punish him."

Jasper smiled.

"You wrong me, Shelton," he said gently; "and not only me, but Adrien,

whom you pretend to care for. I have stood his true friend, as he knows, and have done my best to keep trouble from him, when indeed, none other could have done so. But I suppose this is all the gratitude I can expect from you for the discharge of friendship's duties. Adrien will no longer be of the fashionable world, you think after yesterday's case; and it is high time to get rid of his humble friend, Jasper Vermont."

Adrien, who had been talking to Lady Constance, now glanced appealingly towards Mortimer; but with a gesture, as if to silence him, Shelton turned to Vermont again.

"Friend!" he exclaimed bitterly. "A pretty friend! But no more of this. I advise you to leave the castle while you are safe, for we have sufficient proof here to send you to penal servitude."

"Yes," Lord Barmister repeated, "leave the house at once. If I find you within my grounds an hour hence, I will thrash you within an inch of your life, old man as I am."

Jasper Vermont's face grew livid with anger, and something approaching fear as well; but he held his hands so tightly, that the carefully manicured nails dug deep into his flesh. But with characteristic insolence he tried to brazen it out.

"Our grounds?" he exclaimed, in virulent scorn. "Your grounds, my lord! First tell me where I shall find them. You have no grounds. Barmister Castle is in the hands of a moneylender; these lands, as far as the eye can reach, are the property of Mr. Harker, the city capitalist, by right of countless bills and deeds which your precious son has made over to him."

With an exclamation of pain and astonishment, Adrien gazed on the man whom he had so loved and trusted. There was no mistaking the bitter hatred that was in Vermont's tones. At last, his eyes were being opened to the man's true character.

Lord Barmister regarded him steadily.

"You're mad!" he said quietly.

"Oh, no, no!" laughed Vermont. "It is not mad, but maniacal, but you who foolishly handed over your wealth to your son before it was his by right. You should have let him wait till death had removed you, before you gave him full power over Barmister. Such lavish expenditure as his would empty the coffers of a nation. His folly has melted every stone of your precious castle in the cup of pleasure, and has poured out the costly draught at the feet of his friends and parasites. Friends? He has never had any—leeches, perhaps, who have sucked him dry of all his possessions, and then deserted him."

"Speak for yourself, you cur," cried Shelton, "since it is you, and your dishonest management of his estates that have brought him to this pass."

Jasper smiled sardonically.

"Say rather that it is I who have constantly warned him against every fresh extravagance, knowing full well what must happen. Ask him yourself, if you doubt my word; ask him whether I have not implored him, time and time again, to relinquish at least some of his many ruinous pleasures and follies; to deny himself at least one expenditure."

Adrien turned his dark eyes to his father's stern face.

"Sir," he said gently. "I really do not see why this scene should continue. If any explanations are necessary, Mr. Vermont shall give them to me."

Vermont turned away with a scornful laugh, but Shelton grasped his arm.

"One minute," he said, "before you sneak away."

"Keep your hands off me, you monitored fool," cried Vermont, wrenching himself free from the other's grasp. "I know nothing about this City business, you must apply to Harker himself. It is your name that is forged, not mine—though I suppose you want to screen the real criminal and fix on me as a scape-goat."

Shelton was about to retort, but Adrien intervened.

"Tell me one thing," he said quietly. "What has been your motive for all this? I cannot believe that gain was your sole object. What harm have I ever wrought you, Jasper? Something else must have inspired your conduct. I ask you to give me the reason."

There was a dead silence as the gentle words were spoken. Jasper raised his eyes to the pale face of the man he had so harshly betrayed, and his bloodless lips in dogged silence.

At this moment a commotion was heard at the lower end of the terrace. Some of the servants were trying to prevent the approach of a man, who was striving to get nearer to the little group. But he was too strong for them; with a bound he had freed himself from their restraining arms, and sprang forward, as if about to strike at Adrien. But Shelton thrust himself forward and bore him back.

"Who is this? Are we to have all the scum of the earth in here? Do you know this man, Leroy?" he asked hotly.

"Yes, I do," answered his friend in the low, restraining tones so habitual to him.

"Yes, I should just think you do!" exclaimed the man, struggling to break past Mortimer's outstretched arm. "It isn't likely as you'll forget Johann Wilfer, Adrien Leroy, nor me you either."

"This is too much!" cried Shelton, now thoroughly enraged at this fresh interruption, and again he made as if to thrust the man away.

"Stop," said Adrien, glancing almost sadly at Constance, who smiled lovingly back. "Let him speak, since he is here. Come, sir, why have you forced your way in like this? What do you want of me?"

(To be continued).

There will no doubt be a good demand for rhubarb this Spring, after the winter's shortage of fruit; it should pay to force a portion of the stalk by setting an old nail keg or crate over the roots.



Economy in Milk, Fruit, and Vegetables.

Secure the best milk at any price for the babies. Their lives depend upon it.

Whole milk, skimmed milk, buttermilk for the children, instead of so much meat, is both more wholesome and cheaper. Give them all they will take.

Buy skimmed milk for milk soups and desserts, because it is a substitute for meat protein, and costs about a quarter the money.

Home-grown fruit is cheaper than any other. A small garden may be made to yield a great variety.

Fruit from the grocer or fruit-dealer always costs more because, in addition to the dealer's profits, the consumer must pay enough to cover the cost of the package, the cost of transportation, and the cost of what spoils on the dealer's hands.

It is always poor policy to buy poor fruit; not only is the flavor usually poorer, but usually the same money spent on good fruit will go farther.

As a rule it is well to see fruit before purchasing. Telephoned orders frequently result in mushy berries, bruised fruit, or green fruit.

As much as possible use fruit when fresh, if it is the best and cheapest season, when it is most wholesome; the family enjoys it better, and it takes the place of cooked dishes, which take more time and labor to prepare.

Store fruit supplies with care. Turn berries and small fruits out on platters or trays in a shallow layer to prevent moulding, and keep in a cold place. Pick over the basket of apples, plums, peaches, etc.; remove any showing the least decay, spread the rest on trays and keep in a cold place. Oranges, grape fruit, and cranberries will keep in ordinary rooms, but are better spread out on shelves.

Watch fresh fruit stores closely, and if it cannot be used while fresh, stew or preserve it before it spoils.

At the beginning of the preserving season it is a good plan to get out the jars, match up jars and tops, and make sure they are thoroughly clean and ready for sterilizing, and do them all in one big job instead of waiting until fruit is on one's hands.

If the garden yields little fruit at a time, the preserving is lightened if sugar syrup is made by the crockful and stored away. It is then an easy matter to fill a jar or two with the fresh fruit, fill up with the syrup, and place it in the oven on a block of wood to cook while other work is going on.

Fruit supplies valuable mineral matter, which helps to keep the blood in good condition, therefore it is unwise to do without it. A fruit bill yields more satisfaction than a doctor's.

Home-grown vegetables are the cheapest, and a very small garden yields great variety.

All fresh vegetables are valuable for their mineral matter, and some yield a good deal of carbohydrates, while the legumes yield cheap protein. There is great opportunity to lessen the vegetable bill by using more of the root vegetables, especially in winter, and less canned stuff or expensive green stuff.

Canadians need to pay more attention to the cooking of vegetables. Too frequently they are spoiled by under-cooking or over-cooking, or careless seasoning. Their value as meat substitutes or meat seasonings is not half appreciated. Too frequently their valuable mineral matter, our chief excuse for buying them, is poured down the drain with the cooking water.

Canadians need to study the possibilities of the legume vegetables. Even at present prices they furnish

cheap protein. Split pea soup and baked beans are not the only dishes to be made from them. With potatoes at the present price, legume dishes are cheap substitutes for both meat and potatoes.

The School Lunch.

Hemmed or fringed squares of cotton crepe make good napkins for the school lunch box. They are easily washed and do not need to be ironed.

Use two napkins—one for packing the lunch and one for the child's use when eating his lunch. In dusty seasons food should be wrapped especially well. Sandwiches and other articles should be wrapped separately in neat parcels with paraffin paper, which may be bought at a low price, especially if purchased in large quantities.

Small jelly glasses, paper cups, and peanut butter or cold cream jars of various sizes may be used for the moist foods.

In choosing a lunch box, ventilation, ease of packing, and carrying, and particularly the ease with which it can be washed and scalded, should be considered. Metal boxes and cans may be more thoroughly scalded and cleaned than baskets or elaborate lunch boxes with separate compartments for dishes, knives, forks and spoons, but if the latter are carefully packed so that food cannot spill out, they have the advantage of being more quickly filled than any other type of box. This is important for the mother who must prepare the children's lunches at the busiest hour of the day. Baskets are naturally well ventilated, but several holes punched in the metal box or can will let in sufficient air.

When there are several children in a household for whom lunches must be put up, strong, well-constructed lunch boxes with compartments for keeping food hot and cold and holding liquids are very satisfactory. Many children are finicky about having sandwich filling of any sort soak into bread, and for this reason many mothers simply slice the bread, butter it lightly and let an older child prepare the sandwiches at the school.

Bananas, oranges, and other food having a strong odor are apt to flavor the sandwiches and cake, and so should be packed separately or the rest of the lunch properly protected by special wrapping.

An ordinary piece of pie is very seldom palatable by the time it has been packed in a box with other food for four hours. Individual pies, on the other hand, delight the children and are in perfect condition when the lunch is opened. Individual cus-

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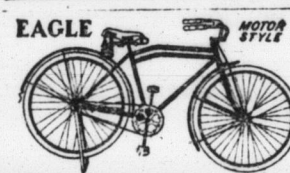
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London—"Do you wear glasses?" Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Your eyes were failing, say they have had their eyes restored through the principle of this 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 eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me. A lady who used it says: 'The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems 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 more 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 rule. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow 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 your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time. Note: Another prominent Londoner to whom the above advice was submitted, said: 'Bon-Opto is well known to eminent eye specialists and widely prescribed by them. The manufacturer's advice to strengthen eyesight 50 per cent in one week's time is many instances or related the Bon-Opto tablets obtained from any good druggist and is one of the very few preparations I feel should be kept in the house for regular use in almost every family.' The Value Drug Co., 810 St. George, Toronto, will fill your orders if your druggist cannot."

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FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

Penticton, B.C., has a business college which is in a flourishing condition.

Utica ore shipments are now averaging about \$9,000 to the car in returns.

The installation of the Maillardville waterworks will likely be completed by the end of this month.

The thirtieth annual meeting of the Vancouver Board of Trade was held in the Board of Trade rooms last week.

A. E. Foreman, former assistant city engineer of Victoria, has been appointed chief engineer to the Public Works Department.

The Victoria School Board will not attempt to enforce the vaccination against smallpox of pupils in the public schools.

It is reported that there is a great and growing market for British Columbia smelts in the cities of the Atlantic seaboard.

At North Vancouver by the collapse of the old Capilano bridge, an old landmark of the north shore has become a ruin.

Victoria's balance sheet for 1916, issued by City Comptroller Raymond, shows the city's assets exceed the liabilities by \$3,722,964.68.

At Vancouver, the remains of Pte. James McClelland and Harry Duchesne, returned soldiers, were interred with full military honors.

The sum of \$5,000 has been received by the Red Cross Society in Victoria from a subscriber who prefers to remain anonymous.

March 1 was a record day at the zinc plant of the Consolidated Company's smelter in Trail, when 31 tons of spelter was manufactured.

There will be no daylight saving brought into force in British Columbia this year. Premier Brewster informed the City Council of Victoria.

Action preliminary to the adoption of the dogwood as the official emblem of Vancouver was taken by the Board of Park Commissioners.

At Ladner surveyors are busy at present staking out a site for what is reported to soon become one of the leading aviation grounds in Canada.

By a vote of three to two the Burnaby Council turned down the proposal to grant the Dominion Film Corporation the sum of \$41,000 for a free site.

WHO IS HONEST?

Unique Test of Honesty Shows That Few Can Resist Temptation.

Many people who are considered honest would fail if they were subjected to a real test with little fear of discovery or punishment. No man or woman is above temptation, as a recent interesting experiment has shown.

An American author selected fifty men and fifty women in all classes of society, and sent out to each of them a letter, evidently intended for someone else, containing a dollar bill. Only thirty-one of the fifty men returned the money, while thirty-three of the women sent it back.

Three out of five well-to-do women sent it back, and there was the same proportion of honesty among actresses, typists, nurses, and working girls. Every one of the five business women sent the money back, and four out of five teachers.

Publicans were most susceptible to the test among the men, for only one of five sent back the money. Lawyers, newspaper men, and actors each returned the bill in the proportion of four out of five. Only three of five policemen showed their honesty.

"Not only more women than men returned the money, but they returned it more promptly," said the author. "On the other hand, a millionaire never sent it back at all!"

More Fish Recipes.

Fish Omelette— $\frac{1}{4}$ cup chopped parsley, 2 eggs, 2 teaspoons butter. Separate yolks from whites, to beaten yolks add fish, parsley and seasoning. Work it until creamy. Beat whites till stiff, lightly stir fish mixture into whites. Melt butter, pour in mixture, spread evenly. When well puffed and delicately browned, fold and turn omelette. Pass dry knife through folds if it comes out dry, omelette is done.

Fish Pie— $\frac{1}{4}$ lb. fish, $\frac{1}{4}$ lb. macaroni, 1 cup white sauce or strained juice of tomato, 1 tablespoon butter, 2 cups bread crumbs, little grated lemon rind and juice, salt and pepper. Cook macaroni until tender, drain and chop into small pieces. Flake fish, grease pie or bake-dish, put in half macaroni, half sauce. Put in fish and season. Put in remainder of macaroni and sauce. Cover with buttered bread crumbs. Bake in moderate oven.

Steamed Fish Pudding—2 cups flaked fish, 2 cups soft bread crumbs, 1 egg, $\frac{1}{4}$ cup milk, season with chopped parsley or little anchovy, salt and pepper. Add bread crumbs to fish, and season. Stir in beaten egg and milk, grease mould and steam 30 minutes. Serve with white sauce with gherkins, parsley or hard boiled eggs. Clarified fat may be used in place of butter.