

ROYAL BAKING POWDER

Absolutely Pure

A Cream of Tartar Powder free from alum or phosphatic acid

Makes Home Baking Easy

A Sealed Book

By ALICE LIVINGSTONE.

"I do not think you will cheat me of the reward of silence," said Tollemache. "As for me—you know now for whom I want money."

"You have had almost two thousand from me already," Gerald reminded her irritably. "When I come into my own you shall have ten thousand more."

"I am pretty sure she hadn't. I remember her saying in my hearing once that Murray, her half-brother, and his daughter, were the only relations she had in the world."

"Well, you go to King street, and earn your twenty pounds for a moment. The woman reflected for a moment. He had been taught to believe that his benefactress was an aunt who lived in another country, and though she equipped him for life with money and a splendid education, did not wish to see him."

This deception well-nigh broke the woman's heart. She had been given to her by her mother; she had—as she herself said—sinned for him, and yet, for his sake, she had been given to her by her mother. With the twenty pounds she could buy a friend, and send it anonymously. "From a friend, with birthday wishes!" Yes, she could write that; and Hugh would never know.

"I will earn the twenty pounds," she said, aloud and abruptly. "I thought you would. You are a mercenary creature, you know. Find out all about Notman. Do not ask me for money, but somehow get yourself informed whether there is a woman called Marie living in the house. Whatever you do, don't excite him. Use all your cleverness, and report to me at the Towers to-morrow afternoon. Notman is here, and you had better be getting home."

With scarcely a word at parting, the woman rose and went her way.

When he was left alone, Gerald did nothing for his valet, who was always obliged to be up and ready for orders, no matter at what time his master chose to go to bed. He sat, thrown back on a sofa before the fire, smoking and thinking, not only of Evelyn and the telegram, but of the news from Wendlebury.

He wished that he could dissuade his uncle from employing a young woman as a resident musician. He had heard of his sister's ill-assorted marriages, as he Lord Wendlebury could dispose of his large private fortune as he chose (the only son and heir being dead). Gerald could not afford to sneer at danger of the kind.

Unfortunately, the ex-prime minister was exceedingly difficult to dissuade when he had resolved upon a course of action; and there would, undoubtedly, be many applicants for such an agreeable post as that which was offered, so beautiful a scheme of life might and being able either to prevent her from entering or from carrying out her designs.

erously. What is Notman's Christian name?"

"Martha."

"Is she a married woman, with children?"

"No, Notman was her maiden name."

"Had she a relative named Marie Notman?"

"I am pretty sure she hadn't. I remember her saying in my hearing once that Murray, her half-brother, and his daughter, were the only relations she had in the world."

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CHAPTER VIII.—AN APPLICANT FOR THE POST.

Grace Aymer had read the printed words on the slip which she had cut from a newspaper so many times that she knew it by heart. Still, she read it again, as if with a new interest, late on the night of her mother's homecoming.

"Wanted, in a country house, as resident musician, a young lady who sings well, plays the piano and church-organ. Her duty would be to play several hours during the day, and sing in the evening to an audience of one. She must expect no salary, and would have much time to herself. Apply, by letter, stating accomplishments, etc., to 'Glynestre,' Daily Despatch."

Already five days had passed since Grace had first seen this advertisement, and cut it out. Because it hurt her so much that the best part of her mother's life must be given to the public, and because she wanted to help and be a wage-earner, she had longed to answer, and offer her services as resident musician.

Her only lessons had been given by her father, but though he seldom sang, or even played to please himself, his knowledge of music was that of an artist, and he had told Grace how, long ago, he had had instruction for the voice, piano, organ, and church-organ, and he had said that if she would, it might be possible for her mother to give up her concert engagements and come to live at home. Then how delightful it would be to know that this happiness came through her!

To be continued.

Gunner—Yes, the women mobbed old Foggar—Mobbed him? Why, I thought he was a sufrage advocate and said he would like to see women in plain of office.

Gunner—That's what he intended to say, but he made a mistake, and said he would like to see plain women in office—Chicago News.

TO BE DYSPEPTIC IS TO BE MISERABLE

Hopeless, Confused and Depressed in Mind, Forgetful, Irresolute, Drowsy, Languid and Useless.

This disease assumes so many forms that there is scarcely a complaint which it may not resemble in one way or another. Among the most prominent symptoms are constipation, sour stomach, variable appetite, heartburn, water-brash, gas in the stomach and bowels, distress after eating, etc.

BURDOCK BLOOD BITTERS

is a positive cure for dyspepsia, and all diseases of the stomach, liver, bowels or blood. It stimulates secretion of the saliva and gastric juices to facilitate digestion, removes acidity, purifies the blood and tones the entire system to full health and vigor.

Mrs. M. A. McNeil, Brook Village, N.S., writes: "I suffered from dyspepsia, loss of appetite and bad blood. I tried everything I could get to do to no purpose; then finally started to use Burdock Blood Bitters. From the first day I felt the good effects of the medicine. I can eat anything now without any ill after effects and am strong and well again."

Price \$1.00 per bottle or 6 bottles for \$5.00.

WOMAN AND HER WORK

TOO READY TO CRITICISE.

You are too ready with criticism, good mother; this is why the older children sometimes disregard you in their plans, or why they sometimes ask you to retire from their deliberations or why they contradict your words so promptly and unmannerly out before folks, or go their own gait in spite of admonition.

Just a natural reaction from enslavement during childhood years when they were like sturdily oaks, strong in every allowed to speak or do, or go, as mother said.

They are bound to act contrary now to even up their mental balance, unless, indeed, you have held the reins so tight that necks are dislocated, brains softened and they cling to you and your ways as though in second childhood.

Or unless you have acted right and granted them their share of some times, or refrained from always doing the thinking for them, from ever and always restraining them, or cautioning or reprimanding every act.

Do you ever wonder why it is that the children of some indolent, infatigable mother grow up like sturdy oaks, strong in every particular, capable of withstanding storms and shocks of all sorts, and more, so manfully resistant to the clinging, vine-like parent?

They went their own gait in their early years. They foraged sometimes for the food, but mother only laughed, no scolding; they sewed the torn frocks, or patched the shoes and mother smiled and praised the clever little hands. In some times bruised and battered but mother's bit of cambric with perfume on wiped tears away kindly, no spanking.

They were usually outdoors, and although reports from school were sometimes unsatisfactory, mother was still playing with them, or with "a never mind, some other day."

Not that mothers need be silly, or less in order to rear a race of sturdy oaks; but only a passing thought to recall to mind that there are other ways of bringing up children, and of beneficial methods, too, other ways than always criticizing, or of having them depend entirely on you.

It is better to let them bring up themselves as far as possible, not you rushing into every small boy fight or children's disagreement; if left alone they will be at peace in half a minute while your way tends to keep the trouble up.

And just the same with frowning in and taking up the job in which the child is interested and making sport of the botched work or the slow ways. Or sacrificing overmuch to accommodate youthful spiritfulness or to keep the peace, as a matter of course, not always calling attention to the fact or using your voice as a private authority; the children will not spy the weak spots quite so readily if you are not ever in the foreground.

Why then are mothers who day after day will make you growling daughters? What makes you wear your hair that way, or put on such a frowning ribbon, or until at last the inevitable retort is given for mother to mind her own affairs?

A headache, tears, heartbroken; but it makes no difference, retort will be just as ready the next time. And simply on account of criticism and interference, instead of cultivating taste by dainty ways of your own and making comparisons of your own.

You don't do these things? Well, watch yourself from now on and keep a record, and you will find your criticism and interference in non-essentials, as quite the regular thing for even adult children out in the business world and knowing more about public opinion in a sense than you do.

Oh, No; good mother, you are not better. This is why the children are sometimes rude to you!

HINTS BY MAY MANTON.

PRINCESSE JUMPER GOWN 5643.

(Perforated for shorter length.)

The princess jumper gown is the latest development of the guimpe idea and is singularly attractive and charming. It is among the very latest developments of the season yet already has gained numbers of adherents and bids fair to be a prime favorite. Illustrated the material is blue linen trimmed with fancy banding and a half inch wide band of the same material. The guimpe being entirely separate, can be of lace or muslin or any suitable material that may be liked and varied to suit the taste. To time. Again, the trimming on the skirt can be almost anything that is desired, and may be of lace, ribbon, bands piped with contrasting material are being much used, the applied tucks.

FOR ALL HUMOURS

ECZEMA, Salt Rheum, Pustules, etc.—no remedy heals more quickly than MIRA.

Mira relieves inflammation, soothes pain, causes new tissue to cover raw surfaces, and restores the skin to healthy smoothness.

Mrs. J. Webb, 175 Duncannon Street, Toronto, writes: "It is a wonderful cure." J. Tremblay, Hamilton, says: "I highly recommend your Mira Ointment for Eczema."

Mira Tablets and Blood Tonic help to a more thorough cure. At druggists—or from The Chemists Co. of Canada, Limited, Hamilton—Toronto. Insist on getting

MIRA

TRADE MARK. REGISTERED.

Mock Bisque Soup.

Put a pint of tomatoes to stew with a small bay leaf, sprig of parsley, blade of mace and a slice of onion. Let simmer for 15 minutes. Scald a quart of milk in double boiler. Rub together to a smooth paste, two level tablespoons of butter and two of flour, and when the milk is scalding hot pour enough over the paste to make it liquid, then return all to the boiler and cook for half an hour, stirring until it thickens. Rub the tomatoes through a sieve, add to them a teaspoonful sugar, salt and pepper to taste and half a teaspoonful soda. A little more tomatoes are very acid. Stir carefully into the boiling milk and serve immediately with croutons.

Yankee Pot Pie.

Take three pounds of veal and wash thoroughly, put in a kettle and cover with boiling water. Add a heaping teaspoonful of salt and let come slowly to a boil, removing the scum as it rises. Then add a large spoonful of butter and a saltspoonful of pepper. When the water has boiled away, add a small sized pared potatoes on the meat. Make a batter of one and a half pints of flour, two spoonfuls of baking powder, a half pint of milk, and a half pint of sweet milk or water. Drop this by large spoonfuls over the meat, cover closely and do not remove the cover for half an hour, or if the air strikes the dumplings they will fall. Carefully remove the dumplings and arrange them around the border of the platter, place the meat in the centre of the platter with the potatoes around it, or the potatoes may be served in separate dish. Garnish with parsley and boiled asparagus. Cut in fancy shape and serve with it a white sauce of flour, butter, water and chopped capers or sharp cucumber pickle.

Duchess Soup.

Take one quart of soup, two onions, three eggs, two tablespoons butter, two and a half hours. Serve with lemon or three slices of pepper and two tablespoons grated cheese. Scald the milk in double boiler; stew butter and onion together for 15 minutes, add the dry soup and cook two minutes longer, then rub through a soup strainer and return to the soup, stirring briskly while doing so. Do not let it boil again, but heat up for a few minutes over boiling water.

Orange Flower Cream.

Sweeten one pint of cream; add four yolks of eggs, two spoonfuls of wine and one spoonful of orange flower water; grate in one-quarter of a pound of sugar and still a little salt. Fire until thick. Besides making a very dainty cream this recipe is nice for tarts or cream cakes.

illustrated are always effective and there are in addition almost numberless handings.

The gown is made with front and side-fronts, backs and side-backs and is tucked above and below the waist line to give a girlish effect and also at the shoulders.

The quantity of material required for the medium size (including folds) is 13½ yards of 27 or 2½ yards of 36 inch material as shown on map: 12 yards 21, 11 yards 27 or 6½ yards 44 inches wide if it is not with a yard of lining.

The pattern 5643 is cut in sizes for a 32, 34, 36, 38 and 40-inch bust measure and will be mailed to any address by the Fashion Department of this paper on receipt of ten cents. (If in haste send an additional two cent stamp for better postage, which insures more prompt delivery.)

PATTERN ORDER.

Cut this out, fill in with your name and address, number and description. Enclose 15c and mail to the Pattern Department of The Free Press.

No. Size

Name

Address

MEALS OF A DAY

BREAKFAST.

Bananas.

Toasted Corn Flakes and Cream.

Creamed Flinn Huddle on Holland.

Baked Potatoes.

Coffee.

LUNCHEON.

Corn Beef Hash, Fried Apples.

Chocolate Cookies. Sliced Oranges.

DINNER.

Cream of Celery Soup.

Buttered Peas, Graham and White Bread with Butter.

Persian Relish.

Lemon Sherbet.

Coffee.

Twin Mountain Muffins.—Cream one-third cup butter and add one-fourth cup sugar, one-fourth teaspoon salt, one beaten egg, three-fourths cup sweet milk, cups sliced flour, two heaping teaspoons baking powder. Bake twenty-five minutes in hot oven.

Chocolate Cookies.—Beat to a cream one-half cup butter and one tablespoon lard. Gradually beat into this one cup granulated sugar. Add one-fourth teaspoon cream, one teaspoon cinnamon, two ounces Baker's chocolate melted. Add one beaten egg and one-half teaspoon soda dissolved in two tablespoons sweet milk. Stir in enough flour to make soft dough. Roll thin, cut and bake in rather quick oven. When cold frost with cream frosting.

Lemon Sauce.—Take one cup granulated sugar, one-third cupful of water; boil until it thickens; pour on unbeaten white of one egg, beating hard meanwhile; add the juice and grated rind of one lemon; beat thoroughly and just before serving add one cup sweet cream.

New England Fire Cakes.

Make a pie crust not quite as rich as for puff paste—a good half and half paste will be about right. Cut off small pieces and roll them out about the size of a breakfast plate and as nearly round as possible. Have the cake griddle well greased and hot, bake the cakes on this one at a time, turning once. Another side to brown on the other. As each one is baked lay it on a heated plate; butter and two of flour, and when the milk is scalding hot pour enough over the paste to make it liquid, then return all to the boiler and cook for half an hour, stirring until it thickens. Rub the tomatoes through a sieve, add to them a teaspoonful sugar, salt and pepper to taste and half a teaspoonful soda. A little more tomatoes are very acid. Stir carefully into the boiling milk and serve immediately with croutons.

STONED BY MOBS

Mexican and American Legations Stormed and Troops are Mobilizing.

MEXICO CITY, April 29.—The most extreme indignation and wild excitement have been caused here by the report that the American and the Mexican legations in Guatemala City have been stoned by a mob of several hundred men, instigated by agents of President Manuel Estrada Cabrera, of Guatemala. There is evident a strong inclination to give credence to the report, and no official denial has been made, though the federal authorities refuse to confirm it.

Mexican troops are mobilizing on the Guatemalan frontier, which action is believed to be highly significant, though the war department has stated that the mobilization of troops is nothing more than a move to insure strict neutrality and to protect Mexican interests against any remote danger from irresponsible, marauding bands.

The mobilized forces in the south will be under the command of Brigadier-General Antonio R. Flores, directly assigned to the duty by the war department. He will be aided by Captain of Engineers Salas, who has already left here for the isthmus of Tehuantepec.

Reports are also current here that Minister Gamboa, representing Mexico in Guatemala, has left that country and crossed into Mexican territory, as the result of friction with Cabrera's government growing out of telegrams sent from Mexico to Guatemala relative to the assassination of General Manuel Barillas.

Passports are said to be in preparation for Minister Manuel Giron, Guatemalan's representative in Mexico, for his return to his own country.

WET WEATHER WORK

IS HEALTHFUL AND PLEASANT IF YOU WEAR TOWER'S FISH BRAND WATERPROOF OILED CLOTHING

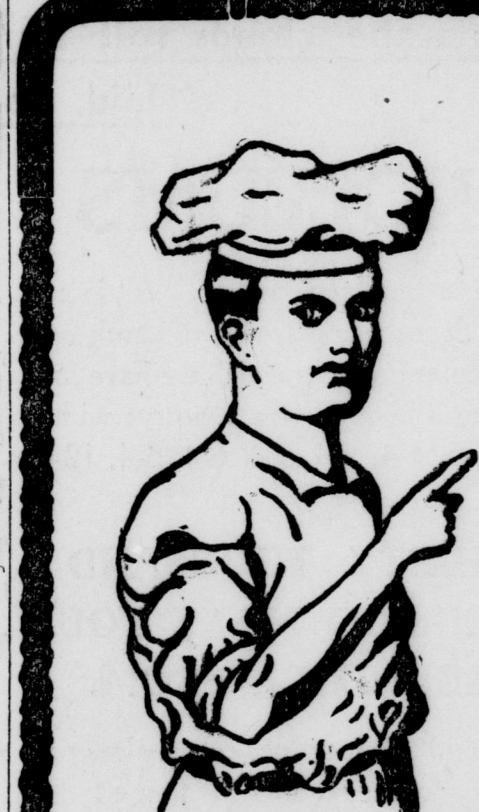
Perfect Protection Longest Service Low in Price Sold Everywhere

COMBINATION FIXTURES

for gas and electric light; handsome new designs.

The Commercial Electric Co.

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MONTREAL.

Local Office, Canadian Bank of Commerce Chambers, London, Ont.

WOMAN IN PROVERBS.

Uncomplimentary Things Said of Her in Many Languages.

The treatment that womankind receives in the proverbs of various peoples forms the subject of an article by L. P. Flobert in the Paris Gaulois. On the whole, the array is far from complimentary.

Among the Spaniards maxims one of the gentlest is "Woman and mules obey better when caressed than coerced." Another is "The man wins much who loses his wife." Here are a few more:

Man is tow; woman is fire and the devil blows the bellows.

The tears of women are worth much, though they cost little.

The fox is cunning, but the woman who loves knows far more than he.

The proverbs of the Arabs place a very low value on women. Here are some samples:

The beauty of man is in his spirit; the spirit of woman is in her beauty.

Always consult your wife, but do as you please.

When you want to get square with a man, give him a handsome wife; when you want to square with a woman, give her a handsome husband.

The Hindus are not much more respectful than the Arabs. They say: "The coquette is like your shadow; chase her and she flees from you, flee from her and she chases you."

Do you want to test the fineness of gold? Use the strength of an ox? Beat it. The nature of a man? Let him fight. The thoughts of a woman? There's no way.

Next comes the cynical Chinaman with a cutting maxim:

The tongue of a woman is a dagger and she never lets it grow rusty. The spirit of a woman is of quicksilver and her heart is of wax.

To a question, "What is a woman?" the Turk answers, "a prisoner," the Al-Bulgarian, "a companion," the Greek, "a queen."

The gallant French are among the most brutal in their folk sayings about women. "Where there are dogs," they say, "there are fleas; where there is bread, there are mice; where there's a woman, there's the devil." Another current saying is, "Woman and fools never forgive."

Also:

A woman laughs when she can and weeps when she will.

What the devil can't do, woman accomplishes.

The man who beats his wife is like a man who beats a bag of flour. All that's good flies away; what's left is not worth having.

Man can rely on the fidelity of his dog to the last breath; of a woman to the next temptation.

He who believes his wife deceives himself. He who doubts her is deceived all his life.

Man has two good days in his life, the one on which he takes and the one on which he loses a wife.

Good women are all in the churchyard.

The compiler was unable to find any language in which the proverbs were friendly to women.

CLoudburst Comes

Small Place in Oklahoma Submerged and Several Lives Lost.

OKLAHOMA, Okla., April 29.—A cloudburst over Capitol Hill, a suburb of this city, just south of the Canadian River, flooded that place. Several persons are missing, and believed to be drowned. Many persons encamped on the lowlands near the river were caught unawares, and had but little time to make their escape. The river is bankful, and it will be some time before it can be determined whether any lives were really lost.

There was another heavy rainfall today written, causing the rivers to rise higher, endangering property in the lowlands.

Three thousand persons live on Capitol Hill, which lies south of the North Canadian River, opposite Oklahoma City. The hill is drained into a small stream called Lightning Creek, which enters the river just below Oklahoma City. The water came down the creek and covered the lowlands in such volume as to force out persons living in tents, shanties and small houses on the low ground. An area covering several square miles lay under water, causing much damage to railway and farm property. Railway traffic is at a standstill. One mile of Santa Fe tracks have been washed out. The Canadian River is rising rapidly and persons in the lowlands are moving out.

GRAND UNION HOTEL

Opposite Grand Central Station, NEW YORK CITY.

\$1 a Day and upward

Baggage to and from station free. Guidebook and map of New York City free on receipt of 2-cent stamp.

THE BANK OF TORONTO

Capital, \$4,000,000. - - Reserve, \$4,500,000.00

Assets, \$37,000,000.00

Notice to Depositors

In future Interest on all INTEREST-BEARING ACCOUNTS will be paid FOUR TIMES A YEAR as follows: February 28, May 31, August 31 and Nov. 30.

OFFICES IN LONDON:

Corner King and Richmond Streets; Corner Dundas and Adelaide Streets; Corner John and Richmond Streets.

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No Baker Can Make Good Bread

with a flour which is not uniform in strength. A brand which necessitates every batch of dough being treated differently will result in the loss of time and money, to say nothing of being the cause of much spoiled bread.

Our "FIVE ROSES" and "HARVEST QUEEN" brands are the most uniform flours on the market. They are made by a process which guarantees uniformity, and every bag and barrel of flour which leaves our mills is tested thoroughly, in order that its uniformity may be maintained.

Users of these brands may rely upon getting flour which gives uniform results—the best—every day. Send us a trial order to-day, or let us quote you. We want to please you, and we know we can do so with "FIVE ROSES" and "HARVEST QUEEN."

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Halifax

SHREDDED CODFISH.

Specially prepared for making Fish Patties, Cream Cod on Toast, and other dainty dishes. Strictly free from bones and guaranteed absolutely pure.

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Grand Union Hotel

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Baggage to and from station free. Guidebook and map of New York City free on receipt of 2-cent stamp.

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Assets, \$37,000,000.00

Notice to Depositors

In future Interest on all INTEREST-BEARING ACCOUNTS will be paid FOUR TIMES A YEAR as follows: February 28, May 31, August 31 and Nov. 30.

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Corner King and Richmond Streets; Corner Dundas and Adelaide Streets; Corner John and Richmond Streets.

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