

"I Can Now Do My Work Without Feeling Tired"

Mrs. A. Moffatt, Roxton, Falls, Que., writes:



DR. CHASE'S NERVE FOOD
GERALD S. DOYLE, Distributor.

"I suffered from a run-down system and nervous debility. I could not sleep or rest at night, and felt so weak I could not walk any distance. I took several tonics, but they only helped me while I was taking them. Mother advised me to take Dr. Chase's Nerve Food, and I felt great benefit from the first box, and continued taking several boxes. Today I feel like a new woman, and am able to do my work without that dreadful tired feeling."

The Countess of Landon.

CHAPTER XXIII.

Madge went with her to the piano. It was the first he had ever heard—the very first. Think of it! She sat on a low divan beside Irene, and watched her as she sang. Irene's voice was not strong, but it had that rarest and most precious of all qualities—sympathy—and it was very sweet. If she sang a Tyrolean hunting-song, you could see the blue mountains and hear the "Yodel" of the Alpine goat-herd; if she sang one of Dvorak's war refrains, a vision of the battle-field rose before you, and you saw, in your mind's eye, the clash of contending hosts, heard the roar of the artillery, the neighing of the horses, the shouts of the victors, and the walls of the vanquished; and if she sang, as she did to-night, some simple ballad, of which every word was distinct and every note sympathetic, your heart began to beat with the pleasurable sadness which is near akin to joy.

Madge listened, spell-bound with delight, and unconsciously she leaned forward, her hands clasped on her knees, her lips apart, and her wonderful eyes fixed on Irene's lily-like face. She was so rapt that she did not hear the door open and the two men enter. Both stopped short and looked at her, and Royce's heart throbbled with love and pride. He went over to the countess and touched her arm. She was leaning back, looking at the fire with an absorbed, absent expression on her face, and she started slightly.

"Look, mother," he whispered, bending down. "Is she not beautiful?" The countess looked coldly across at Madge. "Yes," she said, slowly, reluctantly. "Royce is beautiful, and that is all." Royce's face flushed. "Not at all, mother," he said. "You don't know her yet, or you would not have said that. Madge is as good as she is beautiful." "I dare say," she assented, as coldly as before. "As you say, I do not know her," and the tone implied the addition—"and I never shall!" Royce went to the piano and laid his hand lovingly on Madge's shoulder. She looked up at him. "Is it not lovely, Jack?" she murmured, glancing at Irene. "It—It is like an angel singing."

CHANGE OF LIFE LOSES TERRORS

For Women Who Rely upon Lydia E. Pinkham's Vegetable Compound

Greenville, Pa.—"I took your medicine through the Change of Life and it did wonders for me. I was down in bed when I started to take it and weighed 85 pounds. I had hot flashes and was so nervous and weak that everything would get black and would not see. I would sit and cry and did not know what I was crying for. Since I have been taking Lydia E. Pinkham's Vegetable Compound I feel younger than I did ten years ago, and my friends all tell me I look younger, and I owe it all to the Vegetable Compound. I do all my household work for a family of seven now. I will be glad to answer any woman who writes me in regard to my case."—Mrs. JOHN MYERS, 65 Union St., Greenville, Pa. Many letters similar to this have been published testifying to the merit of Lydia E. Pinkham's Vegetable Compound. They are sincere expressions from women who describe as best they can their feelings before and after taking this well-known medicine. Many times they state in their letters their willingness to answer women who write them. It is an offer dictated by gratitude and a desire to help others.

ingly, when a step was heard on the stairs. "There is Royce!" she said, with a start, and prepared to fly. Madge looked at her with a faint surprise.

"Royce? How do you know?" "By his step," said Irene, unthinkingly. "I should know it from a thousand—"

"Then she stopped abruptly, and the color flooded her face. "You see, dear," she went on, quickly. "Royce and I have known each other for such a long time we are like brothers and sisters. Why, that is just what we are—so that you are my sister, Madge. Remember that. Good-night!" and kissing her again, she fled.

Madge looked thoughtfully at the fire, and Royce came in and put his arm round her. "Well, my darling!" he said, tenderly. She laid her head on his breast.

"Tired?" he said, gently. "It has been a long day for you, and a trying one." "And for you, Ja—Royce," she said, looking up at him. He colored. "Look here, Madge," he said; "I want to tell you how splendidly you have behaved."

"Oh, Jack!" she murmured. "Yes, splendidly, I'm proud of you." "Proud of me?" she echoed, sitting a sigh. "Yes; the way you turned the tables on Seymour."

"He felt her shudder in his arms. "Ah!" she breathed, fearfully. "I wish I had not said that; but I did not mean to make him angry. I did not know what to say, and I just remembered that—"

"Oh, Royce!" she murmured, with a long breath. "Oh, Jack, how beautiful she is! how good and sweet! I can not take my eyes off her when she is near me; and her voice—it is like music. Jack—" she stopped suddenly, and looked up at him with wide-open eyes.

"Well, dearest," he said, smiling down at her. "How did you ever come to—to fall in love with me—with me—when you knew her, and had lived in the same house with her?"

A dark color came into his face, and his eyes eyed her half-anxious, half-wondering gaze. "What a question!" he said, with a short laugh. "Why did I love you here?" he drew her to the cheval-glass draped in Mechlin lace, and turned her facing it—"there's my answer;"

he pointed to the lovely, blushing face. "Don't ask me again, but just look in the nearest glass. And now you'd better get to bed, young lady, for there's a hard day before you tomorrow. Irene is going to take you all over the place; besides, I don't want you to lose your good looks, my darling."

"No!" she murmured to herself, as she went into his own room. "No, I must not lose them, for I have—for I have nothing else."

She stood in front of the fire looking down at it thoughtfully, trying to realize her new position. Then she began to feel the heat of the room. She had lived all her life in the open air, and there was something oppressive in the luxury around her.

She went to the window, opened it and looked out. A crescent moon was sailing in the sky, and she could see far-stretching lawns fading away into the park beyond.

(To be continued)

Experience of a Well-Known Barber

Letting the system become run down is responsible for more illness than anything else. When the body is strong, healthy and vigorous, all the organs are in perfect condition. Disease then has little chance to lodge. But let the system become run down and the resisting powers of the organs are weakened. The body is then susceptible to any trouble—colds, pneumonia, consumption, anemia, fevers, contagious diseases, and all other diseases of a wasting nature. Therefore, when you are weak, listless, tired, drowsy, nervous, irritable, is the time you need a tonic. Carnol is the ideal remedy. It feeds the nerves, enriches the blood, builds up bodily tissue and increases weight. After a run-down condition following flu, Mr. Tingley, the well-known barber of St. John, N.B., was greatly benefited by Carnol. He says:

"I had a bad attack of the 'flu' in the fall of 1919 which left me in a weak, run-down condition. My appetite fell off and I had gone down in weight from 150 lbs. to 130. A local druggist recommended Carnol to me and on his advice I took four bottles. From that time my health and strength came back and I now weigh 155 lbs. I am now enjoying the best of health and can safely recommend Carnol to anyone in a similar condition."—G. V. Tingley, 283 Prince William St., St. John, N.B. Carnol is sold by all good druggists everywhere.

London Rum Runners

CENTER THEIR TRADE IN LIMEHOUSE SLUMS.

LONDON.—(A.P.)—Limehouse, the famous underworld center of England is now infested with gangs of bootleggers whose business is to keep supplies of liquor passing through the city on their way to the United States and other nations given over to prohibition.

This waterfront section seems to have become the center of bootlegging over night, and the headquarters of the gangs once established in the Bahamas as well as others which worked out of Scotland and from vantage points along the coasts of Norway and Finland.

Every week, it is said, thousands of gallons of liquor are handled by these men, and their ships are busy passing up and down the Thames. They work with a certain amount of stealth and cunning which keeps them within the law. Their methods do not appear to arouse unusual interest, and they are left more or less to themselves.

One of the newcomers to "Rum-runners' Row," says a leading London newspaper, who has shifted from the Bahamas, is a mysterious "Capit. Gaudin," formerly a shipbroker. He is said to have an extensive organization, to own several ships, and to have established his headquarters in one of the publichouses of Limehouse.

It is related that American prohibition agents have attempted to invade his headquarters, but have never been able to get beyond the outer bar.

It is almost impossible to keep an accurate record of the liquor shipped in and out of London every week. An estimate places the amount at about 600,000 gallons. However, most of the liquor which is said to find its way into the bootleggers' hands is handled originally by confederate firms.

The reason for the selection of London as headquarters by these bootleggers is said to be that the new liquor treaty between the United States and England makes the Bahamas rather dangerous. Soon after their appearance here the bootleggers were hounded by a small army of prohibition sleuths, but so far their work seems to be ineffective. Their difficulties are great, for there are about 7,000 firms in England interested in liquor shipments and wholesale selling.

Mr. E. Lacroix is Decorated

RECEIVES ROSETTE OF OFFICER OF PUBLIC INSTRUCTION FROM FRENCH GOVERNMENT.

A despatch from Montreal states that the government of France has conferred the violet rosette on an officer of public instruction on Mr. Edouard Lacroix, consular agent of France in North Sydney.

This honor conferred by his government on Mr. Lacroix in recognition of his long, successful and appreciated services in the consular office is well deserved and he will be congratulated on it by his many friends in North Sydney. Mr. and Mrs. Lacroix have been residents of North Sydney for a good many years and enjoy the high esteem of all who know them. Mr. Lacroix has represented his country with dignity and ability, and has been most assiduous and attentive to the needs of his fellow countrymen coming here, especially the hardy toilers of the French trawling fleet who are annual visitors in North Sydney during the summer season. He has also taken a deep interest in all matters for the advancement of the general good in North Sydney, and his assistance has been especially appreciated as a member of the executive to the Board of Trade—North Sydney Herald.

SPRING OPENING of New FOOTWEAR at The Home of Good Shoes



Our Ladies' Department having been thoroughly renovated and stocked with the very best Shoes that can be obtained, we extend an earnest invitation to everybody to come to see our display of Handsome EASTER FOOTWEAR. LOW PRICED FOOTWEAR!

	LADIES' BLACK KID LACED SHOE. Cuban or Military heels, with rubber heels. Price \$3.75.		LADIES' BLACK 1-STRAP SHOES. Only \$2.50 & \$2.75		LADIES' BLACK 2-STRAP SHOE. Rubber Heel. Price \$3.75.
	LADIES' TAN BROGUE SHOE. Only \$6.50.		LADIES' BROWN 2-BUTTON SHOE. Price \$4.75.		LADIES' BLACK KID SHOE. Without rubber heel. Only \$2.75.
	LADIES' DARK TAN LACED SHOE. With rubber heel, Cuban or low heels. Price \$4.75.		LADIES' BLACK 1-STRAP SHOE. Rubber heels. Reg. Price \$9.00. Now \$6.50.		LADIES' BROWN KID 1-STRAP SHOES. With rubber heel. Only \$2.75.
	LADIES' BLACK 1-STRAP SHOE. Cuban rubber heel. Price \$4.50.		LADIES' HIGH CUT BOOTS. In Black or Tan Leathers, pointed toe, Cuban heels.	Only \$2.75	

For higher priced Ladies' Shoes, we stock the famous K. and Barratt's English line of Footwear. Prices: \$8.50, \$9.00, \$10.00 to \$12.00. We carry a very select line of Suede Footwear, in Laced and Strapped designs, in Brown and Grey Suedes. Priced at \$10.50 the pair.

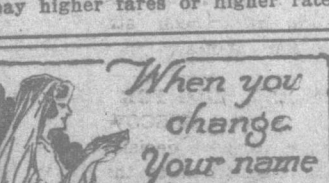
Boys' and Girls' Footwear

JUST OPENED UP THE NEW STYLES! For good, honest-made Boys' and Girls' Boots and Shoes, we certainly can show you the correct thing to shoe your boy or girl with.

F. SMALLWOOD The Home of Good Shoes
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Mail Orders Shipped same day as received.

Won't Do For London

"Mr. Bevin," says the Star, "rather objects to the Press voting the hardships of many people in getting to work, there were cries of 'Certainly not' from the Labour back benches."



When you change your name New and old friends will see in your choice of Stationery an expression of good taste and personality. "The paper that's good to write upon" is — **FRENCH ORGANDIE WRITING PAPER**

White and Colored Labor

Butwayne Chronicle. When General Hartog says that "Both races are asking to-day 'what shall we do with our sons?'" he gets near to the true explanation in complaining that South Africa's economic life is "based on herds of uncivilized workers."

EASTER SMOKES

Cash's Tobacco Stores. We have always managed in the care of our Customers, and in the future gratifying to us to be able to announce that we have in stock Easter, all the well known brands of Cigars, Cigarettes, Tobacco, Pipes, etc. Our Stock is the largest and best assorted in the city, and our customers give entire satisfaction to the stores.

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