

HEN the oven is hot and you face the bustle of baking day, don't forget that Rainbow Flour will go further than any other brand.

Why? We'll tell you.

Only the cream of the wheat berry can meet the exacting standard we set for Rainbow Flour.

There is no fibre, no germ, no dirt in Rainbow Flour. We remove all these in our extra-careful milling. There remains only a picked portion of the choicest of wheat, the nutriment.

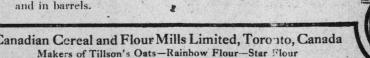
Most quality to the pound—that's why Rainbow Flour goes furthest.

Try a 7-lb. bag. Its use is true economy.

RAINBOW FLOUR

MAKES GOOD BREAD

Sold in 7-lb., 14-lb., 24-lb., 49-lb. and 98-lb. bags





Beautiful Cynthia;

Victory After Many Defeats.

CHAPTER XXXI.

A LOVE-INSPIRED HOPE.

She went to the window and looked out, seeing nothing; then she opened Ah, no, Cynthia, I can't pretend; I I am quite strong and calm. I want

led; for there was absolute conviction in her tone, in the eyes, which

"And he is killed? You saw him think I should not know?" She

Northam took the other hand-she she might break down, fall suddenly. Northam stopped him by a gesture. drew back the one which held the "You understand, Cynthia?" he ring, as if she feared he was going to

ward Northam-"it is a sum large enough to tempt even an Afridi."

"Will you sit down-I beg your pardon-oh, pray sit down! You-

Dunton waved the question aside searched for him; we did not find with the ring in it-"and not feel, if-- as he took a chair. Northam still stood beside her, for he feared that

> "No! no! no!" she broke in. "He is Dunton's eyes and made Northam bite not dead. If he were, I should know his lip. "Mr. Frayne and I were enshould have felt it the moment he -we used to play on the hillside to-

"Not dead!" echoed Dunton, start- died. You don't believe; you think I gether-you can see the place from Before and after your 30th birthday -watch your figure-Today's fashions enhance the necessity of skilful corseting to disguise where art is helping nature,—for the styles prescribe a natural seeming figure, an almost corsetless effect, and this result is most successfully attained by this year's models of the famous D. & A. and La Diva Corsets. D. & A. and La Diva Corsets, thanks to absence of duty and lendid manufacturing facilities sell at from \$1.00 to \$3.00 less per pair than imported ones and being mad- specially for Canadian Women they give more comfort and longer wear. There is a model for every figure. Our catalogue—sent free on request—will help you to choose the best for yours. DOMINION CORSET CO., - QUEBEC. 14-13

Northam did not start but his brows came together, and he looked

had ceased to care for him. Ceased to care for him!" she repeated, with a smile. "And so I-I sent him-no, not to his death, but to risk his life, to get wounded." She shuddered, and her hand went to her throat as if she were choking. "Now you know that unishment which I have borne. lease, Captain Dunton!" she implored, as she sank into a chair beside

CHAPTER XXXII.

ourage and the qualities which had

"It was his extraordinary pluck hat led him into danger; he was in

rounded. The rush carried them She drew her hand across her fore- away, Miss Drayle. I've wished many head, and stood for a moment look- and many a time since that I could

ing before her; then she said, with have changed places with him, andand I wish it now more than ever." She stretched out her hand and laid

> "You-you said that very well, and I-I-know you spoke the truth," she

Her gaze was fixed above his future. There was silence for a mo-

"But I am forgetting! What will you think of me? You have come all I have offered you nothing. I am ashamed! You shall have some tea-

She rose and went toward the bell, and, before they could beg her to let the cases of her daughter and grand-daughter, and for this reason her let-them refuse, she had rung it. Par-

of Beauty

is, and must be, good health. Sallow skin and face blemishes are usually caused by the presence of impurities in the blood—impurities which also cause headache, backache, languor, nervousness and depression of spirits. If, at times, when there is need you will use

blood, you will improve digestion, sleep more restfully and your nerves will be quieter. You will recover the charm of sparkling eyes, a spotless complexion, rosy lips and vivacious spirits. Good for all the family, Beecham's Pills especially

Help Women To Good Health

was afraid that she would die; but the doctor did not share his dread. "A sudden shock, even of the worst kind does not kill the young and strong, Lord Northam," he said. "But

morning she told Parsons she intend-

strances and entreaties. "I have a out to India, to the frontier, Parsons.

Schoolgirl's **Exhausted Nerves**

Headaohes, Dizzy Spells and Weakness Overcome by Dr. Chase's Nerve Food.



mervous system.

Mrs. Gallop has had experience in

them refuse, she had rung it. Parsons came in pale with anxiety and apprehension.

"Some tea, Parsons, please!" she said; then her hand went up to her head, her eyes closed and she staggered. Northam caught her in his arms and carried her to her room.

For days after she had recovered from the fainting fit, she lay in a state of collapse, a merciful state, in which the overstrained brain was incapable of connected thought, the overturned heart almost as incapable of suffering.

Northam, who remained at the inn, New and for this reason her letter is particularly interesting to partents.

Miss. J. A. Gallop, 135 Victoria street, St. John, N.B., whose husband is a carpenter, states:—"We have used. Dr. Chase's Nerve Food in our family for nervousness, headaches, dizziness and nervous dyspepsia, and have found them satisfactory in every particular. My daughter Bessie was going to school, and became quite run down in health. By the time she had used three boxes of this remedy her nervos were steady, her general health was excellent and she was entirely free from headaches and dizzy spells. Ne are more than pleased with the results of this treatment.

"More recently we have used Dr. Chase's Nerve Food in our family for nervousness. headaches, dizziness and nervous dyspepsia, and have found them satisfactory in every particular. My daughter Bessie was going to school, and here sources of this remedy her nervos were steady, her general health was excellent and she was entirely free from headaches and dizzy spells. Ne are more than pleased with the results of this treatment.

"More recently we used the Nerve Food for my granddaughter, who was out of school for nearly a year from nervous trouble, and noticed improvement in her condition at once."

Dr. Chase's Nerve Food in our family for nervousness. headaches, dizziness and nervous dyspepsia, and have found them satisfactory in every double for nearly supplied.

The True Source

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H. J. Brownrigg

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PRICE 98 AND ACCRUED INTEREST.

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The Canada Life.

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Favorable mortality, and low expenses. the result of good management, have helped.

C. A. C. BRUCE, Manager,

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