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We are showing the latest modes in Ladies' and Misses' Spring Coats and Dolman Capes, colours Copen., Navy, Sand, Brown, Black, Green, very smart styles. Come and see. Priced to sell at ... \$15.75, \$16.50, \$17.50 to \$45.00

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We are showing the latest styles in Ladies' acoat, Tweeds and Poplins aincoat, Tweeds and Poplins Latest modes, colours Taupe, Grey, Brown, \$5.25, \$6.00 to \$11.50 Navy, Black, special \$4.95

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We are showing a full line in Children's Spring Coats, some in Black and White Checks, others fancy Plaids in Tweeds, others are made in fine all wool Serges, fancy collars, belts and pockets. Priced to sell as follows:

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They're flesh-forming and body-build-ing—probably one of the most inex-pensive pure food products you can buy to-day. Everybody likes them— particularly the children.

We sell them in 11-oz., 16-oz. and 20-oz. tins—plain or with tomato sauce. Make up your mind to buy some to-day. Serve them for lunch or supper, and give the family a real treat! Don't buy "just atin." Order several tins. Keep a few in the house—ready for emergencies. They're easily and quickly served — and wonderfully good value!

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Under-Currents By The Duchess

He has scored decidedly, and something in his . anner of scoring has brought to a head the fancy that she should in all probability hate him. That she should have been foolishly led into lecturing him on a fault of which he was after all not guilty annoys her profoundly, and sends for a moment the hot blood to her face. It dies almost as quickly as it is born, bu; not so quickly that he does not see it.

her that he is with difficulty sup-pressing a smile.
"Do you stay long?" asks Griselda presently, looking at her cousin.
"I don't know how you may view it. I return to town the day after to-morrow—very early on that day."
"I call that a short stay," with a more graciou; glance; he seems nice to the dog, anyway. "Do you often come down?"
"Not very. As a rule." polite-

often come down?"
"Not very. As a rule," politey, "there is little to bring me."
"There is your father," says Grisslda, who as a child had been ter-

eida, who as a child had been terrible, and even now creates a shudder now and then. Vera casts an indignant glance at her.

"So there is," says Dysart, giving her the benefit of a long clear glance. "Bu though he and I are better irjends than many fathers and sons I know, still we can get on capitally when apart. My get on capitally when apart. My father, as you know, is peculiar, and loves solitude, and I—have my

"But I assure you it is not all.

You must not pick up these errone-ous ideas about me. Whether I must or must not work for my living is a thing that does not concern me. I work—you will hardly believe it in this prosaic age —but I actually seek after fame. I should "You are charming," says Griselda saucily. "You talk like a book—a blue-book. But you have not told me why your father will not let us see any one, why—"
"Griselda:" says Miss Dysart a "Griselda!" says Miss Dysart a little sharply. She rises as she speaks, and Dysart opens the door for her. As Griselda passes him he says easily:

dlean, healthy blood. If only every monan and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly,

luge the sad-looking garden with their glory. In the summer-house all is shade: outside is there a wider light, and a heat that is almost Indian.

"For your ramble," says Vera, laying down her book. "So you won't take my advice? Very good.
Go on, and you'll see that you
won't prosper." Her tone is half
gay, half serious.

"Is advice ever taken? Especially when suns are so hot and woods so cool. Come, Vera, give me your blessing ere I depart this life, at

so cool. Come, vera, give me your blessing ere I depart this life, at all events, for regions unknown."

"Oh, don't be long," entreats Vera with a sudden rush of anxiety. "Don't, now. Yes, I'm in deadly earnest. There is that man all over the place, let loose as it were for my discomfiture, and if he turns up in this part of the world! suppose I have to talk to him."

"What a calamity!" ays Griselda with a little feigned drooping of her mouth. "After all, I don't think I'll go. It would be cruel to desert you in your pressing need," Here she changes her tone. "Really, Vera," briskly; "really and truly I sometimes leel strange doubts as to whether your father could indeed have been mine, or your mother either!" This is a complicated a speech, but it serves. "My good child, why can't you accept with open mouth the gifts the gods provide. In this barren wilderness even mamma may be regarded with rapture—even Seaton! Better any man than no man, say I."

"So say not I then," with great spirit. She has leaned forward upon her elbow, and her eyes are brilliant, with a little suspicion of anger. "Give me a desert island, rather than the society of a man whom I know it will require only time to teach me to detest. And how you can call him so familiarly "Seaton" passes my—"

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Glass of hot water each clean, sweet, fresh,

Happy, bright, alert—vicorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every

he says easily:

"I cannot tell you everything at once, you see; but I dare say there will be time given me. As for my father, he is eccentric, and, I fear, hard to live with. But if ever I can help you, call on me."

Griselda gives him a smile for this, and follows her sister into the drawing-room.

"After all, he isn't half bad," she says, with a little nod.

"I was right, however. Did you ever see a father and son so like?" asks Vera, coldly.

"Often," returns Griselda with conviction.

Chapter X.

"Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complex. "brain fags" and pessimists we should see a glass of real hot water by drinking, and fresher in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus clean-sing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, bil-

conviction.

Chapter X.

Not from the heart beneath—
"Twas a bubble born of breath.

Neither sneer nor vaunt, Nor reproach nor taunt.

"Well, I'm off," says Griselda, poking her pretty head into the summer-house where Vera sits reading. It is next day, and a very lovely day too. In spite of all the malignant trees that would fain shut out the blessed god of light, some of his beams penetrate through their luxuriant foliage, and deluge the sad-looking garden with their store in the summer at more important and above a more food into the stomach.

Those subject to sick headache, billousness, nasty breath, rheumatism, olds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will eost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health | — and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while their store of light, some of his beams penetrate through their store of light, some of his beams penetrate through their store of light, some of his beams penetrate through their store of light, some of his beams penetrate through their store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, some of his beams penetrate through the store of light, so the store of light,



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