Iced Tea with a slice of lemon in it. It will refresh you wonderfully and besides it's invigorating and absolutely pure.

Allow the tea to steep for five minutes and then pour off into another vessel to cool gradually. Never use artificial means of cooling until ready to serve; then add sugar, ice and lemon.

Her Great Love;

Or, A Struggle For a Heart

"Oh. Miss Deane, good-morning! How do you do?" he said in cheery accents, and mopping he brow as he raised his her with the fearfully been. Never pashing about fearfully been. Never half cheed with ty-and learning to the far you going this way, and may I cover he with you for a minute or two? Thank you! The fact is. I wanted a neglected air. The half cheed with ty-and learning to tell you one moment. Hi. Robins!" How was small, the vier an old man had now she attended to see you understand; of the line of the man who ought to have the far you going this way, and may I cover half cheed with ty-and learning to the whole place, it had a neglected air. The line attended to the word to brilliant to brilliant to brilliant to brilliant to take these preuty dodged her with:

"And she walked on, not a little troubled dodged her with:

"An would you! Never, never attempt to enddle a man when he has got a three-ince of the thing she has an an who little arm and a white tie on! You don't he war agreed at the collar and a white tie on! You do the collar and a white tie on! You do the war responsible for the welfance of the thing she has a new deal and a new the new as responsible for the welfance on an an who leads to a man who little arm and a white the ollar and a white tie on! You down the collar and a white the oll rand CHAPTER X .- (Cont'd). week, and not only talks of it, but means it. I'm to get as much of the Hall put straight in the time as I can, and the straight in the time as I can. remainder afterward. Been engaging servants all the morning, and wiring up to
London for those I can't get here, and

on There seemed no many brother he must show to Decima and back again. Mr.

in which timidity, almost fear, was plainly expressed as she glanced from Mr. Mershow the show to Decima and back again. Mr.

was plainly enough, but the nature of it dates
away back to those unknown days to say it, for I'm afraid you'll think it presumptuous of his lordship well, scarcely presumptuous, but but strange."

What is it, Mr. Bright?" asked December 11 asked December 12 asked December 12 asked December 12 asked December 13 asked December 14 and 15 and 15 asked December 15 asked December 16 and 16 and 17 asked December 16 and 16 and

Mr. Bright put his hand upon her arm enough to advise when she was in doubt, Mrs. Sherborne smothered a sigh. I was afraid you would think it taste. strange. But you wouldn't feel offended

think me presumptuous when I remind leave the room alone, perhaps."

Well, I scarcely understand it myself," have resolved to stay on-in fact, that he of thing. Y-es. about this promise of yours; you'll admit and the slapping of the whitewash that that it's most important that he brasnes.

should be induced to remain, to settle "But but will not all this cost a great here. Good gracious me, it will be the deal of money?" said Decima. saving, the making of the place, the peo- The gentleman smiled.

ple! It will there this God-forsaken hole "We-il, rather a large sum, perhaps." into a prosperous village. Just look round he admitted; "but a mere nothing to his He waved his hand in a semi- lordship; eh, Mr. Bright?" See those cottages? There isn't Mr. Bright nodded cheerfully doesn't need repairing. Most of em ought to come down. They're not in the least alarmed, Miss Deane. fit to live in. They're fever dens. There's Decima got away at last and no ventilation. I want a score of new felt bewildered and uncertain. "If I help him?" No wonder Decima "Not you," he remarked. "Nobody

perly housed, to bring prosperity to the off, and we may not see him or hear of One morning Decime, on her way him again for years: and away puff! through the village, met a string of horwill vanish all my dreams of raising the ses and carriages in charge of a couple village to a decent level, and and this, of smart grooms and a stately coachman; I'm shamed to say, is more to me of see- and she stood for a moment near the ading Lord Gaunt settled down on his own miring group of villagers who had colplace, and happy." He mopped his brow lected to stare at them. and furtively passed his red handkerchief "Like the old times, miss," said Mr.

London for a man to come down with marked, knowingly. "His lordship's a



London for those I can't get here, and on. There seemed no escaping this strange Mershon, in too well-fitting an evening when man was a quadruped. on. There seemed no escaping this strange work to-day, or to-morrow at latest. Lord fully the next morning when Mr. Bright laughed with satisfaction, and mopped his forehead again. "It was, 'Do what you like, but don't bother me with more ing off, to the Hall."

On. There seemed no escaping this strange dress with the too large diamond stud, and when Mr. Bright came up. "My half-sister, Mrs. Sherborne," he said. "She has come to run the house for me." As he spoke, he shot a sharp, half-savage glance at her, and with a even to-day after the thousands

"Well," he said, still reluctantly, "the she said, smiling rather fitfully.

fact is, that whenever I consulted Lord "Oh, go on! You know you're enjoying quieter voice, but a restrained one, as if of hair scattered about our arms she were trying to master her nervoushe would like to have done he said, 'Ask The gentleman with the patterns got to ness. The effort made her tone curiously

and gracious enough to commend her do. It's his way to take things seriously, will be as perfect as it could be. And down," she said, confusedly.

Yes, indeed you did. And and see "Lord Gaunt cares nothing for his own was the usual oak-modern oak-furnihere, my dear young lady," he went on, comfort," said Bright. "He is used to ture, from which the huge buffet stood earnestly and yet deprecatingly, "I feel sleeping under a tent in the desert, or out conspicuously, as it was simply loadsure you will understand me, and won't without a tent, for that matter. Better ed with silver. There were beautiful flow-

ing a rapid note. "I know the kind of thing you'd like. A club-chair; a really said Mr. Eright, with a puzzled air; "but easy chair; most of them are uneasy. ean't help thinking that he would not And some new curtains. This is the kind would have been off to Africa but for So it went on for hours, amidst, the something you said. I didn't catch what clatter of the workmen's nammers and

"Money's no object," he said. "Don't be no proper water supply; drainage awful; home. She had a little headache, and cottages, decent ones, put up. Lord Gaunt | "If Lord Gaunt should be displeased," will do it if he settles here, and if-if she said to Bobby, "I should die with-

Miss Deane, he broke off, apologetically. Gaunt will be no end grateful, and he ought to be; for, from what I saw, I What I mean is that any one of us, any should say you have a good deal of taste lines running to the South Seas. Because you are a little hoarse. ment and it is desirable to rouse pepper over the top and bake. of the county people, his neighbors, any as the man remarked of the bad oys-

The excitement in the village increased village, to find work for the unemployed, as the days went on and the work at each vessel and also put on new the Hall progressed. Great packing-cases Decima turned crimson, then very pale, were continually arriving from London; beg your pardon! he stammered, sometimes accompanied by gentlemanly running very light, even on re-My feelings carried me away. But it's looking men, who exchanged their smart to more than the truth. You will save clothes for white blouses when they Lord Gaunt if you will only consent to reached the Hall, which they proceeded to numor this whim of his. I put it at its renovate and beautify with a skill and least, you see. If you refuse, it's as likely rapidity which, to quote Bobby, "knockas not that he will get tired, disgosted, ed the sawdust out of the Stretton work-

Cobbet, the builder, with a satisfied jerk

about some repairs your brother has est and most honored family in the coun-

fairly the general sentiment. It is a misfortune for such a place as of fruit." Leafmore to be closed, and the county rejoiced in the news of Lord Gaunt's return. Already it was announced that he would be asked to re-establish the pack of hounds which had been put down at his father's death; and the mothers of eligible daughters looked at their girls thoughtfully and speculatively, as they reflected that Lord Gaunt would be the beet parti the county had held for some years paet; and Leafmore was a very desirable residence, and would need a misteress.

High living never qualifies one the would for the higher life.

"Well, George and Gladys are to be married next week and we'll shave to give them a present. What will it be and how much shall we will it be and how much shall we

"I wonder whether the governor means going with us to-night? If so, I shall have to order a fly; otherwise we could "Oh, I had forgotten it," said Decima. I'll ask him;" and she ran into the Mr. Deane gazed at her with an absent "Dinner-Fire-Mr. Mershon? Ah, yes-yes. Yes, I remember. Of course, of course! I am to show him those drawings of the electric storage. Where are they-where? I put them somewhere for

they—where? I put them somewhere for safety—where?"

Bobby "dug him out" at seven, and by a quarter to eight brought him into the hall dressed in his grotesque evening-suit. His neck-tie, notwithstanding Bobby's care, had already worked under the left ear, and he had ruined his shirt-front irretrievably by clutching the roll of drawings against it. Bobby glanced up at Decima despairingly as she came down the stairs.

"Look sharp," he said in a tone scarce-ly lowered, for Mr. Deane never heard any remark unless it was addressed directly to him, and not always them, "or he'll reduce himself to the likeness of a rag-bag before we get him there. I say, what a swell you are!" he added, taking her by the shoulders and regarding her And, indeed, she looked like a dainty flower in the dimly lighted hall. She wore one of the dinner-dresses Lady Pauline had had made for the visit to London; a soft gray, as usual, but fitting the slim, graceful figure exquisitely. It was open a very little at the neck, and it had an air of soft splendor which struck even Bobby.

Lord Gladstone,

The Governor-General of South Africa, where the race problem has become acute. with reluctant fraternal admiration.

"Kindly mention to the admiring crowds, as we go along, that you are my sister, will you?" he remarked. "I feel rather and she walked on, not a little troubled dodged her with:

you like, but don't bother me with more than you can help. Just like him. A I—I hope I am doing right, Bobby." she nervous quaver in her voice, Mrs. Sherupon thousands of generations that borne said: Deane, but with all his abruptness and said, as they entered and made their way borne said:

eccentricity, one of the best-hearted man through a small crowd of workmen, and "I-I am very glad to see you. Will have passed since he assumed an in the world." He sighed and was silent quickly produce.

through a small crowd of workmen, and the mess and lumber which they can so off? I—I will go with you."

through a small crowd of workmen, and the mess and lumber which they can so off? I—I will go with you."

takes a step his arm moves a trifle. large establishment. The horses are coming down at once. I'm sure I don't know how I shall get the stables ready. And, oh, Miss Deage I really scarcely like man from London—"can work your wild taking a step in its turn just as it stood ready to do so.

What is it. Mr. Bright?" asked De- and it will serve him right if you ruin lovely girlish face covertly, then turned Many persons can move their her eyes away, and so reminded Decima ears a trifle, many can move their she were trying to master her nervous and legs, now useless, but still the didn't be been been been business at once, and presently Decima impassive and expressionless. It was like remains of the abundant coating of found herself surrounded by squares of the voice from behind a mask. silks and satins, and tapestry, and little "Oh, no," said Decima. "I have only models of decorations. He was kind met Mr. Mershon once or twice. "You are very young," she said, as if to

if you knew Lord Gaunt as well as I could not have done better. This room bit her lip. "Are you ready? We will go "Admirable, madame," he said. "You surprise, and Mrs. Sherborne colored and And you promised, you know, you prom- now for the library"-he looked round Mr. Mershon gave his arm to Decima, never out of sight? the room with a compassionate air. "Not and they went into the dining-room. "Did I?" said Decima, with a faintly much comfort here," he said, "if I may Decima's first impression of the room was you that that you have a great respon- Decima looked round rather pensively. plate overweighed and seemed to crush "Couldn't there be an easy-chair?" she them-it and the three footmen; and as they moved to and fro, their gaudy liv-

AUSTRALIA LOSING SETTLERS

From Great Britain.

There has been a remarkable falling off in emigration from Great quietly? Britain to the Australian colonies | Because there is so often an evenduring the present year, according ing mist. to the steamship companies concerned in this traffic. It is put down to the present high level of fish in England. Despite this, however, shrunk back and opened her eyes upon of that complaint, especially young wo. Canada continues to get a very

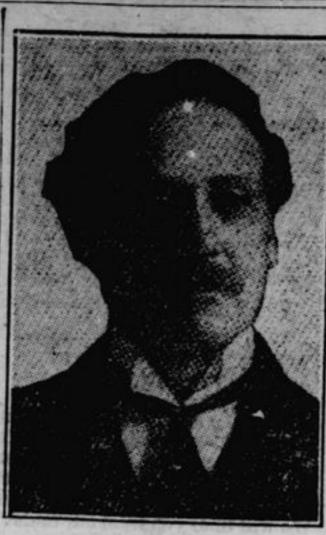
are a good, kind-hearted girl-I beg your You goose! I'm only chaffing. Lord This loss in traffic has been felt creased the accommodations on steamers. To-day the ships are duced schedules.

> CHILD-LIFE IN GERMANY. Minimum of Clothes and Plenty of

Fruit to Eat. In her book entitled "Scenes and Memories," Walburga Lady Paget has this to say of her early life in What do you want me to do?" asked of the head toward the long procession. Germany :"We ran about without Decima: and her voice was very still. and the hostler at the Gaunt Arms expressed his approval in characteristic shoes or stockings in the grass; we modern youngster that isn't spoiled still speak. It seems even as if "Just this," he said. "I've wired to "Never see a better lot, miss," he repatterns for curtains and and all that judge of horses, whatever else he be. kind of thing, and he will be here to you'll have to hurry up with them stables, stream; in winter we had to break stand anything about them, but you- The interest and excitement were not the ice in our tubs and our nurses will you see him and tell him what to confined to the village. The Roborough dashed basins of icy water over our do? Lord Gaunt relies on you, and I'm "Gazette"-Roborough was the nearest backs. I can still feel the thin bits But my father-I must ask him," said graph announcing Lord Gaunt's return; of ice mixed with the water slither-That's all right," he said quickly, joiced, in a column and a half, over the ing down over me. A fire in our she tells me. up to The Woodbines to see fact that "the representative of the old- bedrooms was never thought of, of course I couldn't do anothing ago, but try had decided to take his place amongst and the schoolroom was never more of course I couldn't do anything. Last us once again, and so set flowing that than 9 degrees Reaumur (52 Fahpermission to do anything and everythe wake of our great nobility. Lord renheit). I was 14 or 15 before I speak to your father. I'll go Gaunt's presence," it remarked, "will be knew what it was to have something at once. I shall meet you coming back. welcomed not only by the pretty village to drink at breakfast, as I did not hank you! You don't know, in which his ancestral home is set, but Thank you thank you! You don't know, in which his ancestral nome is set, but you can't fully understand, the service by the county at large. May that well- like milk. Bread, with a little but- and eye him. you are doing ill of ne these poor peo-ple Lord Gaunt bimself."

He was off before she could say a word. by the county at large. May that wel-come convey to him how deeply his ab-sence has been deplored, and how fervent-by the county at large. May that wel-come convey to him how deeply his ab-sence has been deplored, and how fervent-by it is hoped that he may remain in our a child, if it was not ill, was con-And notwithstanding the weakness of sidered quite absurd. Between he grammer, the editor expressed very meals we were given an abundance

High living never qualifies one the room.



WALKED ON OUR ARMS.

hair that once kept our anthropoid ancestors warm.

What Is the Answer? What is that which is invisible yet

The letter S. Why is a comprehensive action an

affectionate one? Because it embraces everything.

If a boy saw his sister fall why could he not help her? ther and assist her (a sister) too.

Why are you, when you have a which is already painful.

men to eye their clothes.

proposition to the farmer? Because for every grain they give sibility.

MAKING JOHNNY OBEY.

Grip on Situation. "I'd like to prescribe for some the mind. To those minds which mothers that bring their youngsters are no longer conscious of the ordiis the conspicuous exception.

Johnny in.

" 'Madame,' says I, 'Would you

MUSIC WILL HEAL DISEASE

SCIENTISTS CANNOT DENY ITS INFLUENCE.

Doctors Recognize the Action Harmonies on Minds of Maniaes.

the men of those days sometimes these in raw egg and then in flour attributed to music. The songs of Orpheus and the sound of his lyre even, it is said, attracted wild all-powerful beauty of the song of this hero even softened the hearts of the pitiless divinities of Hades. M. Nitello, in an article on this phion's lyre, the stones became skin. Serve with croutons. animated and came to place them- Small Peas .- Pour one ounce of the City of Thebes.

and bring two or three other men with you. Yes, I'm awfully busy, he went on to Decima. Lord Gaunt's such a rush of work upon mending a rush. There's such a tremendous lot to do, and in such a short time. He lot to do, and in such a short time. He week, and not only talks of it, but means | but this is by no means the reason. | sometimes gives aid to the other.

Reacts on Lunacy. lunatics. Then this same art is insnake bites; Athenea, Theophrastus and Aulu Gele believe in its happy influence on sciatica and gout; Theocritus and Thales see in it a means of contending against

It is especially in the treatment of nervous diseases that music has given the best results. Cases of hysteria and epilepsy seem sometimes to have been cured by concerts. The attack, treated at the start, ceased and subsequently oc- lons were cooked. curred more rarely and ended by not appearing any more.

with the results obtained. In 1840 sauce is set.

Must Touch Patient.

one with any people, his heighbors, any one with any people, his heighbors, and the man remarked of the bad of the bad of the people, his heighbors, and the people with any p in rousing up soldiers who are tired Men go to close their eyes; wo- with marching, giving them new vigor. In this case it is on the locomotor nerves that it is necessary Why are chickens an economical to act, but one must influence first of all the nerves governing the sen-

In the case of ailments of the mind, for instance, it is first of all the nerves governing the sensibility that an effort must be made to Modern Child Has Pretty Good touch. Music is at once a means of exciting the body, which has be come diseased, and a diversion for "The nary life of the world of music can could put into the brains of the in

Nice Old Lady.

mind stepping into the next room a somewhat inquisitive turn of bread-crumbs, one cupful of milk, has reappeared. mind, and she was paying a visit two tablespoonfuls of butter, one-"Mother hesitates, looks uneasy, to a naval hospital. Presently she half teaspoonful of salt, and a litthen goes. I close the door. Then came up to the bedside of a poor the pepper. Butter a baking-dish, I plant myself in front of Johnny fellow who was one of the victims and put the bread-crumbs and as- since her elopement? Do you know of a gun explosion. "My poor fel- paragus in alternate layers, the if her mother is going to forgive "'Johnny,' I say again, 'open low," she said, depositing a bunch last layer being one of crumbs. them?" "No, she is not. She is of grapes within his reach, "Your Pour the milk over it, and bake going to live with them." "And Johnny, ninety-nine times sensations and sufferings at the about twenty minutes. in a hundred, opens his mouth and time of the accident must have A New Rule For Raspberry doesn't give me a bit of trouble- been terrible. Can you-will you Shortcake.—The ordinary raspberry until his mother comes back into describe them to me?" "Well, shortcake is inferior to strawberry "Looks to me as if the modern know as I can; but I can tell you berries do not give enough juice, child has a pretty good grip on the I was on deck attending to my duty even if a great many are used. To "Well, George and Gladys are to situation, and isn't inclined to let with the gun, when all of a sudden overcome this difficulty, make the there was a most infernal row-and shortcake in the usual way, and then the nurse says, 'Sit up and for the filling use a box of rasp-

Selected Recipes.

Green Corn Balls .- Beat a whipped egg, two teaspoons melted butter and one of white sugar and salt into two cups green corn cut from the cob and put with mixture The oldest legends of antiquity enough our to enable you to handle tell us what a mysterious power it and form it into balls. Roll

and fry in deep fat. Salmon Bisque.-An attractive beasts, which came crawling up to and palatable soup is made by addlisten at his feet, vanquished. The ing three pints of milk to two tablespoonfuls of butter and two of flour. This makes a white sauce Season it with salt and pepper, and add a can of the best salmon, which subject published in Medicina, re- has been rubbed through a sieve calls how, to the sound of Am- to free it from bones and bits of

selves one upon another to build butter over one quart of small peas. Add a head of lettuce, an taste the latter at all.

fine crumbs, dotting bits of butter upon each layer, sprinkling with salt and pepper and finely minced But to leave this distant period green peppers if you can get them. and come down to Celsi, it is seen The dish is good even without this that this doctor recognizes already addition. When the dish is full the action of music on the minds of moisten the contents with milk or cream, put a layer of crumbs, butdicated by various authors as a ter, pepper and salt on top, cover remedy for the most diverse ail- and bake for half an hour, uncover bedding or linen. If the spots are

onions, cook for ten minutes in pear. boiling salted water, drain and Should grease be spilled on matplace in a buttered pudding dish. ting apply at once a thin paste of Sprinkle with pepper and salt and fuller's earth. As soon as it dries, pour over them a white sauce made cover with a paper and do not reas directed in recipe for creamed move for two or three days. carrots. Strew fine crumbs over Do not throw away any cheese, the top and bake covered for twen- no matter how small may be ty minutes. Uncover and brown the piece. Grate it or run it and serve in the dish in which on- through the food chopper and use

Custard Onions.—Cook the young ing served with a vegetable salad. onions after peeling them. When A splendid way of washing Chin-For a long time past musicother- tender, lay in a pudding dish, and ese crepe is to make a strong lathany has been employed in a ration- pour over them a white sauce to er of boiling water and white soap; al manner. It has been used in the which you have added one or two when it is nearly cold, wash the treatment of madmen. Esquirel well-beaten eggs. Season with pep- crepe quickly and rinse in a strong organized concerts at Chareaton, per and salt before turning on the solution of salt and water. Hang but he was not very well satisfied onions, and bake until the custard to dry in the open air.

Leuret, at Bicetre, renewed the Savory Onions .- After you have unslackened lime in the cellar. same attempt, but also without boiled pee a month This will absorb much of the damimuch success. Since this period at- tender, drain them and pour over ness in the cellar and so be a fact ? tempts have often been made to di- them a cupful of good stock and in keeping this part of the house vert madmen in this way. It would simmer in this for ten minutes, sweet and dry. The lime will have Because he could not be a bro- appear that in the treatment of Take out the onions with a split to be renewed from time to time.

patient without, however, the effect pare two large or three small sum- you shift the matting later you find Why is an umbrella like dried being too strong. It is also desir- mer squashes, cut them into pieces this is very convenient. able that it should be "en rapport" about an inch square, put over the Some women have what their wages and the continued trade Because it isn't often seen after with the troubles of which the pa- fire in a saucepan of boiling water, friends call "luck" with plants, tient complains. If his circulation and cook for twenty-five minutes. but, as a matter of fact, it is genis bad, music of a somewhat violent Drain in a colander, pressing out erally because they treat their Why do suitcases resemble hand- character will have an excellent ef- all the water, and mash free from plants with some thought and care Yes, he said, earnestly. It's a fancy of his call it that if you like. But isn't to pieces and spend a fortune in sticking ment it will increase the pain by and a tablespoon of butter; seament it will increase the pain by and a tablespoon of butter; sea- ferns she always has about her causing contractions of the organ son with salt and pepper and turn home said recently that she took into a greased pudding dish. Strew great care of them, because it gave If a convalescent is under treat- crumbs, bits of butter, salt and her pleasure to see them flourish

through a fine sieve, or mash with see how it would affect the good a fork until they are smooth. Pour shape of a fern very much. Asone-half of a cupful of boiling milk each new sprout appears she turns over one-half of a pound of bread- it toward the light until it is well crumbs; add the parsnip purce, an up and begins to bend in the right ounce of butter, a teaspoonful of direction. By the time one is bendgrated cheese, the yolks of two ing properly it is another's turn to eggs, and a few drops of lemon- be trained in the same way, and juice. Mix the mass thoroughly, the result is a beautiful round and form it into balls. Roll each plant. ball into the whites of the eggs, slightly beaten; then roll it in bread-crumbs, plunge into boiling oil, and fry to a light brown. Drain, and serve on a folded napkin. The tract of land about 15 acres in exand roast pork.

wash two small bunches of aspara-

mum," he said stolidly, "I don't shortcake principally because rasp-Mr. Bright got Decima down to the Hall nearly every day, and asked her advice upon every change that was being so engrowed that she had quite forgotten the dinner-party at The Firs until, on the Tuesday morning, Bobby remarked:

Will to and now much shall we spend?" "I don't know. I'll go as deep as you." "Let's send them something that will make a big something that will make a big show for our money." "All right. paper, and paint his own kitchen the Tuesday morning, Bobby remarked:

Will to and now much shall we spend?" "I don't know. I'll go as deep as you." "Let's send them something that will make a big something that will make a big others just as if they were getting pay for it."

Will to and now much shall we spend?" "I don't know. I'll go as deep as you." "Let's send them something that will make a big others just as if they were getting pay for it."

Will to and now much shall we spend?" "I don't know. I'll go as deep as you." "Let's send them something that will make a big others just as if they were getting pay for it." the berries very slightly. The fill-

EATS DIRT

ng may be used either plain or with a little whipped cream added; cover the top of the cake with whipped cream decorated with raspberries. The flavor of the raspberries is so much stronger than that of the currants that you do not

Useful Hints.

Grass stains may be removed by soaking them in alcohol, kerosene

Keep a few pieces of charcoal in

the refrigerator. They will absorb the odors of food. If a cloth is dampened with strong

Silver that had been stained with egg is quickly cleaned by rubbing with damp salt or with a cloth

dampened with ammonia. It is well to wash an embroidered pongee in gasoline. While the water might not injure the pongee, it might the embroidery

covered with ammonia or alcohol Baked Young Onions .- Peel the and washed the stain will disap-

it for seasoning the French dress-

It is well to keep an open box of

madness music has not given the spoon and keep them hot while you When putting down new matting, good results expected. But if the thicken the gravy with a tablespoon do not cut it to fit corners, but Why is a fly taller than most experiment has not been a success of browned flour rubbed to a paste wet it thoroughly with a soft brush it may be because music is felt in a with the same amount of butter. or cloth dipped in a pail of hot Because he stands over six feet. different manner by every human Stir until smooth and thick, add water, to which add a cupful of salt. being and the more so must that be a teaspoon kitchen bouquet and When the water has thoroughly How is it that summer passes so the case with those who are dis- one of good catsup, with salt and soaked the matting becomes as plipepper to taste and pour over the able as rubber and can be turned The music chosen must touch the Scalloped Squash.-Wash and neater finish than cutting. When

Holy Lake Is Refilling. A quaint legend attaches to the

croquettes are excellent with gravy tent which has subsided in Westphalia, Germany, According to Scalloped Asparagus. Carefully the old tale, a convent stood on this wooded heath some centuries "For instance - mother brings same a gleam of life. It ought to be gus, and stand them upright in a ago, and one night this building able to gather up from afar ideas kettle of water, allowing the tips to was suddenly swallowed up in "'Johnny,' I say, 'open your which have been lost and bring be above the water. As the water subsidence, which was followed by mouth and let me see your tongue.' them back to reason. If music can- boils, it steams the soft tips, while the formation of a lake, to which "'I don't wanna,' says Johnny. I can sometimes soothe. the asparagus, and cut it into Lake. Gradually the waters dried the asparagus, and cut it into up and finally disappeared, but tions. To each two cupfuls of as-sted the ground still bore the name She was a charitable old lady, of paragus use an equal amount of of the Holy Lake. Now the lake

"Have you heard from Mabel

Most people would be benefited by the occa-Na-Dru-Co Laxatives Gently, thoroughly, and without discomfort, they free the system of the waste which poisons the blood and lowers the vitality. 25c. a box, at your Druggist's, National Drug and Chomical Co. of Canada, Limited. 176

ON THE They Are Due to an Condition of the Nervous exhaustion

NERVOUS TROU

thenia, as medical me one of the greatest evil sent day, for it is de life and energy of thou and women, or worse, to insanity. The ca trouble include over strain, worry, indisc sometimes it follows la signs of this trouble great weakness after a nerve as headaches. hands, shakiness in the bility of temper, we power, insomnia. The sufferer becomes full The true treatment !

ble must consist of a

process, for the above

that the exhausted ner

ing for more nourishm

blood supply. Dr. W.

Pills make new, rich feeds the starved nerves, and in this wa cured thousands of til thenia, neuralgia, and yous disorders, and he strength and nerve-enspairing people. Mrs. son, Calabogie, Ont., for having been restore through the use of the she says: "When I bega Williams' Pink Pills I vous wreck; I couldn't d could not sleep at nigi from nervous headaches me. Only those who ha from nervous trouble ca I endured. I doctored ! but did not get any ben I learned of Dr. Willi Pills and sent for a h boxes. By the time I my health, and I have I Pink Pills to those who from any form of nervous

If you are weak, nervo of health begin to cure yo day with Dr. Williams' P You can get them from a cine dealer or by mail at a box or six boxes for 8 Brockville, Ont.

A CURIOUS WELL. Ingenious Mexican Has No

Drawing Water. That the Mexican farme the slow thinking, lazy per The natives go far away from their hot they have very primitive id vice for hauling If this Mexican hi

A tree flourished near t which had two branches bar laid across the two

Then he fastened a weight weight of the stone pulls

CEBS' FOOD.

They Thrive on Grape-Ni Healthy bubies don't cry a

Grape-Nuts is never a crying other food relish the perfect Grape-Nuts, and get well. My baby was given up by doctors told me th to do would be

Grape-Nuts, so I got some an pared it as follows: I soaks tablespoonfuls in one pint of strained off the liquid and 12 teaspoonfuls of this att Grape-Nuts juice with six teas fuls of rich milk, put in a put salt and a little sugar, warn and gave it to baby every 'In this simple, easy way I baby's life and have built be to a strong, healthy child, ros

Grape-Nuts is equally val to the strong, healthy man of man. It stands for the true to of health. "There's a real and it is explained in the book, "The Road to Wellville,

Ever read the above letter? A no

Doctor (to sick man's wife)your husband suffer from delus Mrs. Jones! Mrs. Jones-I so, doctor. He's been worryin a week over what he thinks bill will be.