

# "SATIN" SALT

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**Sealed Packets Only. Never in Bulk.**  
Black, Mixed or Green. E 217

## The Bride's Name;

Or. The Adventures of Captain Fraser

### CHAPTER XV.—(Cont'd).

The wood was very still, and the shade grateful after the heat of the sun. Just beyond the fields were shimmering with the heat, and he picked up his ears as the unmistakable sound of wheels and hoofs came across the silent fields. He looked round wildly, and seeing a tiny cot-



Thorough mixing is what makes cake delicate and tender

## Lantic Sugar

makes the best cake because it creams quickly and thoroughly with the butter which is the hardest part of the mixing. Its purity and extra "fine" granulation make it dissolve at once.

2 and 5-lb. Cartons  
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"The All-Purpose Sugar"

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## Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of the wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used to say: "The atmosphere around my eyes is so hot that I cannot see to read," says now: "I can now read the print without glasses. It is believed that thousands who wear glasses can now discard them in a reasonable time and see more clearly than they were able to see through their spectacles. Write for your free copy of this book.

of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple plan. Here is the prescription. Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow two to four times daily. This liquid has the eyes clear up perceptibly right from the start and eyes are bettering you, even at night. Take steps to save them now before it is too late. Many helplessly blind men have been saved if they had read for their eyes in time. Note: Another prominent physician to whom the very remarkable remedy of Bon-Opto tablets was prescribed by them. The man in question is now well known to eminent eye specialists and widely respected. He has written an article in which he states that he has obtained from any good druggist, and is one of the regular uses to almost every family. The value of the tablets is so great that you will not regret if you do not get them.

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When your digestive organs are weak and you are certain and healthy to live.  
**FOR 40 YEARS THE STANDARD REMEDY**  
**MOTHER SEIGEL'S SYRUP**  
**FOR STOMACH AND LIVER TROUBLE**  
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As all Druggists or Dealers in Medicines have the genuine Seigel's Syrup in stock, or will send you a sample on request. Write to Dr. J. C. Seigel, 105 St. Peter Street, Montreal, P. Q., Canada.

## NURSES WANTED

Pupil Nurses wanted for the Training School, Hospital for the Insane, Toronto. Three years' Course: \$13 per month, with board and uniform. Apply Miss D. West, 999 Queen St. West, Toronto.

Flower made no reply. He was looking from the tiny casement. Through an opening in the trees he saw a couple of figures crossing the field towards the wood. "If anybody asks you whether you've seen me, say no," he said, rapidly to the old man. "I've got into a bit of a mess, and if you hide me here until it has blown over I'll make it worth while."

"How much?" said the old man. "Flower hesitated. 'Five pounds for certain,' he said, hastily, 'and more if you put to much trouble. Run down and stop your wife's mouth quietly.'"

"Don't order me about," said the old man, slowly; "I ain't said I'll do it yet." "They're coming now," said Flower, impatiently; "mind, if they catch me you lose your five pounds."

CHAPTER XVI. He was awake early in the morning, and opening the door, stood delightedly breathing the fresh, pine-scented air. The atmosphere of the "Blue Posts" was already half forgotten, and he stood looking dreamily forward to the time when he might reasonably return to life and Poppy. He took a few steps into the wood, and after feeling for his pipe before he remembered that Miss Tipping was probably keeping it as a souvenir, sat on a sentimental reverie until the appearance of a restless old man at the door of the cottage took him back to breakfast.



Hot Cakes For Tea.  
Oven Scones.—Two pounds flour, two teaspoonsful of baking powder, three ounces shortening, two ounces sugar, two ounces curant, two ounces pint sour milk, pinch of salt. Rub the shortening into the flour and baking powder, which have been sifted together; then add the salt, sugar, curants, well-beaten egg and milk. Stir into a soft dough that will not stick to the hands and divide into four pieces. Roll each into a ball, then flatten out into a round cake about an inch thick. Cut across into four triangles, thus making sixteen scones. When risen in the oven and partly baked brush over with beaten egg, or water, dust with powdered or granulated sugar and finish the baking. These take a little more than half an hour to cook as a rule and should be split while hot and buttered. Serve at once. They can, however, be reheated or eaten cold.

Cream Scones.—Sift together two level cups of flour, three level teaspoons of baking powder and half level teaspoon of salt. Add ¼ cup of butter and work into the flour thoroughly with the finger tips, or cut in with two knives. Beat two eggs well, add ½ cup of cream, and add slowly to the flour, mixing with a knife to a dough. Lightly roll the dough out to about ½ inch in thickness, cut into diamond or triangular shapes, and bake in a hot oven twelve to fifteen minutes.

warm milk, one tablespoonful of oil of butter, one tablespoonful of sugar, pinch of salt, one egg. Beat the egg lightly, yolk and white separately, add the warm milk, salt, sugar and oil of butter. Take the flour and mix into it the cream of tartar, soda and the other ingredients; stir into a smooth, soft dough. Bake in the oven in small round tins, well greased, or in sponge-cake tins; cook from twenty to thirty minutes. Split open and butter hot.

Plain Tea Cakes.—When bread is baked at home it is a good plan to take a pound or more of the dough after it has risen and rub into it two ounces of butter, lard, or even dripping, and perhaps a beaten egg; then leave it to rise again. Then bake in shallow round tins, and butter hot as soon as it comes from the oven, or keep for another day, toast brown and butter.

Apple Cake.—One pound of flour, six ounces of lard, one teaspoonful of baking powder, three ounces of brown sugar and six apples. Rub the lard into the flour and baking powder, add the sugar and the apples, peeled, cored and chopped the size of currants. Mix into a rather dry paste with a beaten egg and milk, or water is more convenient, and bake in a greased tin to the depth of one and a half inches, till nicely browned on top—about half an hour. Cut in strips and serve hot with or without butter.

Sovereignty Recognized. Agent.—"Is the boss of the house in?" Proud Father—"Yes; he's asleep up-stairs in his cradle."

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## DEPORTATION OF BELGIAN MEN LEAVES WOMEN AND CHILDREN MORE HELPLESS THAN EVER

Neutral protests do not prevent the Germans from continuing the deportation and enslavement of the able-bodied men who were left in unhappy Belgium—and we are powerless to stop it until we have won the war.

Meanwhile the Neutral Commission for Relief in Belgium, administered without pay by great-hearted Americans, is saving the women and children from starvation. Here we CAN help promptly and effectively, by giving generously to the Belgian Relief Fund.

More contributions than ever are needed, because the higher prices of foodstuffs, particularly wheat, have seriously increased the cost of feeding these millions of dependent Belgians. How much can you spare the victims of one of the blackest, most cold-blooded crimes?

Send whatever you can give weekly, monthly or in one lump sum to Local or Provincial Committees, or SEND CHEQUES PAYABLE TO TREASURER

## Belgian Relief Fund

89 St. Peter Street, Montreal.

The Greatest Relief Work in History.

## FACING A GREAT NATIONAL CRISIS

HOW GREAT BRITAIN PREPARED FOR WORLD-WAR.

Never Before Has the World Seen Such Astounding Effort on the Part of Any Nation.

A Canadian visitor to England at the outbreak of war, says: "I found the whole nation straining to expedite its war mobilization. Britain was in its shirt sleeves in the public parks, creating volunteer battalions at a rate undreamed of in history. In the great parks of London—Hyde Park, Regent's Park, St. James' Park—men marched and counter-marched all day long under the direction of old and experienced sergeants. These men were the first of Kitchener's armies. It was a privilege to be in London then. Mr. Lloyd George, seldom unhappy in his eloquence, employed the phrase 'Through Terror to Triumph,' in writing of the war recovery of the country from the conditions of that early period. There was no terror. Rather the London—and so the England—of the war months of 1914, was a London of great spirit and high courage, a London whose heart and soul and mind were concentrated on the mighty and imperative work to be done. It was a proud city—a city that typified a nation and a past and saw in vital challenge only the more urgent necessity for aggressive measures. London personified the spirit of the race."

Great Voluntary Response. "And Glasgow looked down upon London with an easy, if unexpressed assumption of superiority and raced for a higher enlistment. Little Wales created its own Guards. Ireland—within a few hours of civil war—turned from civil strife to maintain its regiments of old and glorious traditions. In thousands upon thousands, men gave to the colors. Companies were gured to battalions, battalions to divisions, divisions to armies. The world was witnessing the greatest voluntary response to public duty in the history of all time, a response which thrilled our friends as it dumfounded our enemies."

Britain's Military Strength. "In the winter of 1914, one of the best informed men in London made an estimate for me of the probable military strength of Great Britain. After a study of census returns, he said: 'There are, roughly, 8,000,000 men of military age, 25 per cent. will be required in essential industries, another 25 per cent. will be physically unfit, Britain should raise and equip 4,000,000 men. Practically that whole force was raised under the voluntary system. Such an achievement is without parallel. There is a legend of one who sowed dragon's teeth and armed men sprang up from the ground, ready equipped. These men did not spring from the ground. They were not ready equipped. A nation called and worked with a mighty brain and other men followed until Derby's armies succeeded Kitchener's and the few who remained. To-day, over 5,000,000 men have enlisted in Great Britain. Five million men—legion upon legion—a giant host, the equivalent under an infantry calculation of 4,250 battalions—5 battalions a day for every day of the war—practically 6,000 men a day for 850 days. Failure? Blunder? Slowness? It is colossal. And Britain is only reaching the height of her military power. She wants 62 more divisions of the firing line. For two years and a half she has marched from strength to strength. She is still marching."

The British Navy. "And as she has marched the British Navy has protected her. It rides the seas to-day as it has since Drake smashed the Armada—invincible—the supreme arbiter in human affairs. Let us not forget this in our anxiety about submarine campaigns or in undue emphasis upon channel raids. A thousands years of strain, a thousand years of thought, a thousand years of challenge found Britain facing the war with the most perfect fighting machine of all time. Never since Britain trusted the future of her peoples and the destiny of her Empire to aggressive steel on the waters has her fleet been so great, so powerful as it is to-day. It is the Central Empires who are under siege. It is the German navy that is blocked in Kiel. It is Germany that has destroyed. It is Germany that has lost her colonies. No foreign force has landed on English soil. Not that such a landing would be a matter of real concern. It is conceivable that the enemy might succeed in crossing the channel. He might land 50,000 or 100,000 men. To do so would be to murder every man for a political effect which would be of no value outside of his own country. Britain is prepared for any such extreme measure—and has long been prepared. But there have been no such landings. If they were ever to have had real value they must have been carried out in the early months of the war. To-day only desperation would even suggest the attempt."

Vegetable Sponge. The wet flat lands of Ecuador produce a vine yielding a fruit which when dried, forms a sponge said to be superior to animal sponges.

## YOUNG FO

The Love Mit  
"Aunt Josephine is a Good!" exclaimed Mary when the postman brought "She always tells us out of her mouth," said sides, Aunt Josephine country, with the cows and the sheep, and her "truly" strokes.

The children could hardly wait for the time for Aunt Josephine and when she arrived eagerly they watched her unpack her trunk. To Mary she brought a brown mittens that she had made. As she handed them she said, "With every knitted in thoughts of I dured where Mary would mittens, and thought she would keep and treasure them. To Harold she gave for his play horse, a knitting them, she said the colors of the orange, yellow, green, blue violet—the boys minded of the beautiful sunshine has given us to crisp. Mary begged to mittens to school. Mary that she could wear them she must be most careful of them. Mary meant to course, but she was so home and see Aunt Josephine some way she lost one on the way. She came if her heart would breathe surely like the naughty lost her mitten and cry any pie! What if I should not tell a story. After supper, however, she said, "Now we stairs for the story." Harold went up two stairs. Not a word did Aunt Josephine about the lost mitten—great relief; and they sat at her feet before she she began with the "Once upon a time."

"Once upon a time," were two little lambs in Babe. They lived in the Farmer Jones' yard with their mother and their mother or Jones had taken them very own. He said they grew into big sheep but their wool for himself. Babe and Pet scamper each other in their winter charge and they huddled into the barn for the "As the days grew cold, Farmer Jones would sheep be filled their care and watched the trough each one had enough for in the spring they were sheared, so that their make warm clothes for girl.

"One lovely spring sheep were all taken to have a good bath before sheared, so that their white as snow before I, Babe and Pet followed the water and there they sheared, for they, too, their wool to some girl or boy. Babe said to himself: 'I wish I could have wool of Babe and Pet's bag.'"

"The next day Farmer visitor. He took her sheep. She said she would make a visit to the city and boy who never had seen lambs and sheep would love to see Babe said.

"I think I should like a little present," said Babe and I will send the wool to you. Then I will you, and you can knit them. Babe and Pet were very busy. By the time Aunt Josephine far in her story Babe began to guess who that and to realize that their reins came from the wool Pet.

"So we must all leave careful of our gifts," Aunt said, "for Babe and Pet sorry to know that their been wasted, and Farmer so grrieved to learn that Babe had followed the sheep. Just then the doorbell rang—then another. Some one was at the door. Babe said to himself: 'What a wonderful thing in his home mate of Mary's had for mittens!'"

A Little later bedtime soon the children were dreaming of Farmer Jones lambs.—Youth's Companion

The Boss. A Swedish bridegroom middle and lower classes whip. This is an unblest thorty in the domestic el

The Juice of a cactus is tifully in Uruguay is us in that country to make whitewash which withst and frosts for years.