me anything you discover."

one with me. Miss Turner?"

BEGIN HERE TODAY

The body of Douglas Rayner found in the early evening on the floor of the sun room at Flower Acres, his shot through the heart. Standing over forte is deduction rather than search." a will could be found. the dead man, pistol in hand, is Malwith her hand on the light switch. In day, and then he declared his inten- ago." a moment Nancy appears, white-faced | tions. and terrified. Orville Kent, Nancy's of the room. And then Ezra Goddard, ly. "Shall I come with you?" friend of Finley; Miss Mattie, Ray-Detective Dobbins heads the police investigation. An autopsy reveals that Raynor was being systematically poisoned by arsenic, and Nancy is suspected as the poisoner of the two of them made a thorough sooner."

NOW GO ON WITH THE STORY | ity was gratified at this opportunity | this afternoon to read the will."

me help you and I'll agree to play boards with enthusiasm. and I'll tell you what I learn." "Humph. What can you learn?"

"Have you one?"

"Fine fairy story!"

man and meant for family use. "Very good of him, I'm sure! And Dobbins eagerly grabbed it from ment on her beautiful face.

from that footprint, will you please Miss Mattle's hands. tell me the color of his hair and what' He ran over its pages and found gown and tiny white crepe collar, was

difficult case, given the elements of an Fasting for Health unloving wife and her former suitor." "But my husband made a later will," Nan declared, her spirit roused How and When to Give Your by these continued blows of misfor-

"Yes? Have you it?" Lionel Raynor's tone was insolent. "It is in Mr. Rayner's desk," Nan our own organs. We work our stom-

achs, livers and kidneys from morning "Produce it, then." This was said till night, in a most ungallant manner, with a sneer, as if the new claimant and the wonder is that they put up And I'll accept your offer of help. If to the property had no fear of the with it at all. I tell you what I learn, you must tell will being forthcoming.

Nor was it. Though the desk was ourselves under-fed and ill-done by "Agreed, though I doubt if I dis- ransacked by Dobbins, assisted by if we had less than three meals a day. Long Island home. Raynor has been cover anything of importance. My Goddard and Orville Kent, no trace of There are people who are always taking "snacks," who believe that if they

By reason of further request on "But it has always been there." said are not eating something at every poscolm Finley, former sweetheart of Goddard's part, Dobbins left the Nan, looking perplexed. "I mean ever sible moment, they will waste away. search of Nan's room until the next since it was drawn up, a year or more Did they but know it, they are head-

"Who witnessed it?" asked Dobbins. Our digestive organs can only absorb "Mr. Gannon, for one," Nan said, a certain quantity of food at one time. "Certainly you may search my brother, comes in from the south side rooms, Dr. Dobbins," Nan said, quiet- "and the butler, for another. But not Each individual's powers of absorpthe butler we have now. It was Pet- tion varies. Put in more-and it is "No, Mrs. Raynor, but I want some ers, the one we had last year."

"Grimshawe Gannon? Then he is strain upon our secretory and excre-"No; I'll go," put in Meddlesome easily available, and will know where the will is," Goddard said. "This mat-She accompanied the detective, and ter should have been looked into

her brutal husband. Dobbins comes to search among Nancy Raynor's things. "I know," Nan said, "the lawyer, interview Nancy, but is intercepted by It would be false to say Miss Mattie Mr. Stratton, said so. But I begged did not enjoy it-her feminine curios- him to wait till today. He is coming ucts to dispose of.

"That's all right, Mr. Dobbins-and to see her sister-in-law's belongings "How can he read it, if there isn't I'll make you this proposition. Let and she poked into drawers and cup- any to read?" asked Lionel Raynor, flippantly. "I fear, Mrs. Stepmother, fair. You tell me all you discover | Especially did the detective scrut- you won't be able to find that will." inize the bottles in the medicine cab- | Nancy Raynor gave him one scorn-

inet. There were a few vials of white ful glance but said nothing. As a "Don's be supercilious. You may tablets, which he confiscated, but matter of fact she knew all about the day's fast. yet be glad to come around to my which were labeled quinine or soda will her husband had made in her Choose one day every fortnight wreck, but, more often than not, they National Geographic Magazine, Wash. the buds begin to swell, a little fermints or some simple preparation. favor, knew how little he had left to when you will make a point of study- return broken in heart and pocket. Ington, D.C., in which reference was tilizer sprinkled along the rows and They were about to call this search Lionel and knew of its other bequests. Ing your own internal economy. That Once in a while, perhaps, one suc-

behind it. This was a boog about and that its provision for myself is ter. poisons and their antidotes. A small entirely satisfactory." "Not at all—he left his footprint book, evidently addressed to the lay- Lionel Raynor threw her a quizzical everybody feels the next day, after glance, but his eyes rested for a mo- the harmful excretions of overwork

have been expelled, and the blood has For Nancy Raynor, in her black been cleansed. very fair and sweet to look at-(To be continued.)

value; the more we feel we want our food-and we shall feel we want it of sand from the wreck, and built it badly the day after-the better will be our digestion and absorption. A fast not only purifies our blood benefited. It is Nature's own cure gether, then barred their way. They

liberal drinking of warm water. It was Mark Twain, I believe, who ball weighed six grains.

said that "no cold in the head could

Many diseases respone favorably to

short periods of fasting. Acute pneu-

monia, acute nephritis, diabetes, gout, off the Old Head of Kinsalo. indigestion, high blood pressure, Eleven years of tide rip and cor- the big drum.-London Star. rheumatic affections, skin disorders strict dieting is essential.

But fasting, while an excellent practice if indulged in with care and judgment, can be very dangerous. Long periods of starvation do more harm than good.

When food is withheld the body feeds on its own store of fat and carbohydrates. At the start, the weight from deep sea denizens would deter falls rapidly; then it settles down to a steady loss of a pound a day. Excepting the fat stores of th ebody and the glycogen in the liver and muscles, couragement of the stoutest hearted the loss falls first on the glands.

of finney foes. Then the liver, spleen, and pancreas suffer; and, in their turn, the muscles. down because of the pressure. At Finally, a call is made on those vital half the depth at which the Lusitania organs-the heart and brain.

War!

Major K. A. Bratt in the Review of Reviews (London): The advance of dictatorships at the present time affords a premonitory hint of what is to come. They spring up like mush- all-steel suits were constructed, and drenched swamps and fever-stricken weight, divers were lowered over the areas, but in the chill shadow of the new warfare. The reaction to this development and the psychological changes which it implies will result in a reversal of the social progress of the last fifty years. Such progress dice is tucked at each shoulder-with fails, they fall together. There can deep open V-neckline with bow trim. be no doubt but that this progress to is designed in sizes 16, 18, 20 years, community must end in war. It can and takes but 314 yards of 40-inch plunge into warfare the whole of the material to make it in the 36-inch size. Western world, or more probably the Silk crepe in tweed, pattern, crepe whole earth, with its present tendency satin, featherweight tweed and geor- towards unification, and precipitate gette crepe also appropriate. Price world revolution.

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Toronto Mail and Empire (Cons.) ly, giving number and size of such It is apparently the determination of patterns as you want. Enclose 20c in the government that no tariff aid stamps or coin (coin prefered; wrap shall be given to any new industry. it carefully) for each number, and What is not already made in Canada address your order to Wilson Pattern | will stand little change of being made Service, 73 West Adelaide St., Toronto. here, so far as Government policy is concerned. If not made in Canada now a given article will continue to be admitted free of duty, so that the setting up of works to make the article will be hampered by unrestricted competition from outside countries.

> Hospitals, New York City, offers a three years' Course of Training to young women, having the required nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further information write the Superintendent.

All that shower and sun

System a Rest

By DR. FISHER

We are unmerciful nigger-drivers of

Most of us, I think, would consider

This excess only imposes additional

wear out before their time?

The Overfeeding Danger

can give - in fragrance 'Fresh from the gardens'

ing for disaster and an early grave. The World's Strong Box

Untold Riches Lie in the Depths of the Sea

Treasure has been accumulating on tory systems. The glands, which secrete digestive juices, and the liver, the sea bed since the ancient Carthawork overtime-for nothing. And our genians sailed out to scour the then kidneys find themselves faced with a known world. Day in and day out formidable quantity of waste prod- men sail over treasure trove that would make them rich for life, and Day by day this goes on. Is it any the treasure may only be a matter of cause for surprise that our organs thirty, forty, or fifty fathoms beneath their keel.

It seems incredible that science More people are in danger of over- should not yet have found a way 'o It is surprising how much fitter failed.

A Foriern Hope

In 1911, a British salvage company attempted the salving of the Lutine For sunburn, apply Minard's Liniment treasure, held since 1799 in the grip of Apart from the hygienic importance the treacherous Viieland shoals. of a fast, there is a psychological For nine months they labored, and in that time sucked millions of tons into a barrier to divert the sea cur-

for fever. What better method is smashed through this, and found one

Not always is it the storm, however, forts. The bullion lying in the Lusitania is a case in point. This great

rosion, to say nothing of the tremendare examples. For severe obesity ous pressure of the water at that depth, will bave reducer the once fine ship to a mass of tangled girders and grotesqualy twisted platework. What staterooms are still whole will be the haunt of gigantic conger eels, and the breeding ground of the

> loathsome octopus. But shattered steelwork and danger no diver worthy of the name. Dynamite can remove the stoutest fronwork, and there are means for the dis-

The trouble is that men dare not go Mes, a man in ordinary diving dress would be called upon to bear the tremendous pressure of about 172,000 lbs. Under such stress no man could go

down and live, let alone work. All-Steel Diving Suits To cope with the pressure, special in these, because of the tremendous

being attached to the helmet.

without light it would be madness to attempt the exploration of a mass of shattered plates, many of them rustwere razor-like in sharpness.

losses involved, the lure of the world's vation and fairly heavy fertilizing. If strong box still continues to draw men grown in a trench, as they should be, away from their comfortable and gradually draw in the soil around secure businesses on land.

feeding than of underfeeding. Those this treasure chamber. Armed with A Georgraphical Inexactitude a siege of hot weather more easily accustomed to live freely would bene- the newest and latest diving appara- London Free Press Cons.): (The than if a shallow root growth, which fit immeasurably from an occasional tus, men periodically attempt to sal- Saskatoon Star-Phoenix received a does not penetrate into the cooler soil, "Rather! And a good one. It is complete, when Miss Mattie's sharp that an outsider, an evil intentioned eyes noticed a book set askew on the the will in his possession," she said, On that da eat nothing except, perintruder came in and shot Raynor at book shelf. She pulled it out and "or, more likely, Mr. Stratton has it. haps, some buttered toast. The more the news, others come forward to fill graphic is equally as accurate as the dusk, and made away without being found there was a volume concealed At any rate, I know that it exists, non-alcoholic fluid you drink the bet- the gaps in the treasure seekers ranks above, it is no cause for wonder that left by those who have fought and the Americans picture Canada only as a land of igloos and England as a country of beer mugs and plus-fours.

The Prosperous Indian

liner lies at a depth of forty fathoms, was once in the Salvation Army. No

Preserve your skin, hose ANTI-MOS

tion which applied to either ladies' or gents' hose, prevents in. sect bites of all kinds, thereby and runs in hose. Does not affect

The latter (Skeeti-Skare) may be applied to the face, arms and not possess the unpleasant odor of preparations formerly used, and positively cannot injure the skin. Storeg and Dealers Please Write. Gallimore Sales Service

445 King St W., Toronto. I am enclosing 75c for Anti-Mes, or 50c for Skeeti-Skare-\$1.25 for both.

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Garden Service

Timely Tips on Roses, Peas and Beans

Care of Roses

Roses require fairly deep cultivation and heavy fertilizing up until the first of July in order to push growth and produce flowers. After this, however, it is advisable to slow down, so that the plants may get hardened before the cold weather sets in. Just now, according to A. H. Tomlinson, O.A.C., Guelph, nitrate of soda is one of the best fertilizers to use for promoting growth. A scant tablespoonful of this dug in lightly around the plant, but not touching it, is advised. One side of the salvage ship by means of a or two applications a fortnight apart crane, a special non-twisting cable will be sufficient. After July, slower acting fertilizers, such as liuid man-But the sea had still a trump card ure or bone meal should be given, and to play. At forty fathoms the dark- only shallow cultivation is advised. A ness was so intense that the most few low-growing plants, such as panspowerful of artificial lights faffed en- ies, calendulas, or dwarf nasturtiums, tirely to penetrate the gloom. And will brighten up the bed and will prove of an advantage to the roses.

Push Sweet Peas Along

ed to such an extent that their edges The sweet peas must get their growth now before the hot weather But, despite the terrible risk and really sets in. They need deep cultithem, so that deep roots may develop. In this case they will come through

Plant More Beans

String beans, never so delicious as when taken from the garden right at the door, may be produced all summer. The first crop should be well under way now, but with its harvesting there is no reason why this popular vegetable should be given up. Getting the beans into the ground at Victoria Times (Lib.): Our Indian stated intervals guarantees steady population is fairly stable at about production. Any one can grow them 100,000. Among the less civilized and for the amount of space occupied rents; finally, they uncovered the tribes, according to the Department of they are one of the most economical Indian Affairs, the high birth rate bal- vegetables we have. They like the and organs, but muscular growth is A mass of cannon ball, rusted to- ances the high death rate, but in the warm weather, plenty of water and civilized tribes who have met and fairly light soil. One can get them withstood the first shock of contact dwarf or climbing, and, while the latthere of treating a severe cold or in- ball that had been in actual contact with civilization there is an apprecifluenza than by strict starvation for a with the gold. Then a storm drove able gain, not only in numbers, but in handle, poles and string being necesday or two, in conjunction with the them off-and buried, irretrievably, physical standards. These latter sary, they will give a bigger crop for the wreck. The gold off the canon people have long ago proved their the space occupied. They come, too. worth and only need to develop and in two colours, green and yellow, the mature under protection until they last named being known as the wax survive 24 hours un diffed starva- that sets at naught the salvor's ef. reach their destined goal-full Brit- type. The green sort seem to be getting more popular, and some insist It is recalled that Mr. Bernard Shaw that they have a finer flavor, but there doubt that is where he learned to beat to plant them in hills, except possibly in low, damp ground, where they are liable to be kept too wet. Plant about an inch deep, and thi nto five or six inches apart. A row of 25 feet5 will keep the average family going for about two weeks. One can continue plantings at intervals of a fortnight up to the middle of July.

Timely Tips

If the birds are eating the lettuce, cover with a light lattice or strip of chicken wire. This will scare them

Cosmos planted along the fences will make a good screen and provide an abundance of cut flowers in late August and early September.

Four o'clock plants require six hands, or any part of the body, | inches each way-makes a good, tall edging plant for walks or for garden divisions. Alyssum, either normal or dwarf, is the ideal low edging plant, Alternated with the deep blue Lobelia in clumps, which is also a small plant, a very effective border is produced.

> ----Trade With Spain

W. H. C. in the Spectator (London). There may or may not be truth Government declined the invitation to take part officially in the Barcelona Exhibition, . . . as a protest against the further increase in the Spanish tariff promised at the end of the year. Certainly, Spain's economic policy is a matter of grave concern for all the pations who are pledged to the only sane measures for the recovery of Europe's trade-which were prescribed by the World Economic Conference; Great Britain, in particular, has to bear the brunt of Spanish economic nationalism, because Spanish exports to this country are foodstuffs and raw materials which are admitted free of all duty, whereas British imports into Spain are precisely those articles which come under the full force of the Protectionist tariffs and trade restrictions.

Empire Trade

Hamilton Spectator (Ind. Cons.): In buying from the sister dominions, Canada merely returns the compliment which they are paying this country in increasing measure year by year. The Mother Country and the Empire are our best customers and have a right to expect a preference on the part of the Canadian people for the commodities they are in a position to supply, in exchange for what they take/ It is a recirccal movement, in which the advantage is mutual

Mother, to city child on first visit to the country: "New, Mary, you must drink your nice milk; you haven't even touched it." Mary: "It ain't nice milk, mama. It's nasty. I ain't going to touch it. I saw Uncle Tom take it right out of an ole cow's tummy."



MISS MATTIE'S SHARP EYES NOTICED A BOOK SET ASKEW ON THE SHELF. SHE PULLED IT OUT.

"Then if you have, why didn't you "I knew it," said Miss Mattie, with find that footprint for yourself?" God- a horrified look at the page. "I knew dard spoke seriously. "It's right Nan was poisoning him." there, under the eyes of anybody who "He wasn't killed by the poison," chooses to look for it."

"Is it there yet?" "Yes, unless it has been washed off today. I saw it yesterday. Come on,

lor, and on its floor of red tiles, be- you don't arrest him." tween two rugs, was certainly a faint. frregular footprint, made quite evi- Raynor, as, in fact, are all the people dently by some one who were new of the house." rubbers.

shooting time,"

"Might have, yea, but isn't it up to learn anything more here." here wearing new rubbers? They are print clews, he went downstairs, Miss not commonly worn by ladies and Raynor accompanying him. gentlemen of a household like this." "Some of the servants-"

evershoes to clean floors!" "A visitor-an errand boy-"

for certain?" Dobbins began to look grave.

"Much obliged to you, Mr. Goddard, it certainly calls for investigation. attitudes of the others.



FREE BABY BOOKS Write The Borden Co., Limited, Dept. B 43, 140 St. Paul Street W., Montreal for two Baby Welfare Books.

ISSUE No. 24-'29

clothes he wore? Also his age and that at arsenical poisoning the leaves height? I've read story books, you were thumbed and worn as if by an interested student.

she shot him?" "No," said Miss Mattie, decidedly. "Nan wouldn't do that. But I believe

"He's watched continually , Miss

"Nonsense; servants don't wear with him a new element of mystery. In the living room, addressing him

> Orville Kent, in attendance on his sister, was also listening to the an-

He was, he told Dobbins, Lionel his first marriage.

before?" Dobbins asked of Nan. "Yes." she said. "I knew of his existence, but I have never before met

"He was apprised of his father's

"You didn't get here for the funeral, Mr. Raynor?" said Dobbins. "No, I came on from the west and couldn't make connections. But now that I am here, I wish to take pos session at once. I have with me my father's will, which bequeaths everything he possessed. I want al to push the investigation of his death -his murder"-he looked straight at

"You are making any accusations?" "Not that—I leave that to you and I'll never again believe that we reap your assistants. But it can't be a what we sow."

Dobbins reminded her. "Do you think

"My land! All of us?" "Pooh!" said Dobbins, "that might! "Yes, of course. There are several

here and there, seeming to read the

nouncements the stranger was mak-

"Had you ever heard of this son

all notifications of the family."

Nan-"and I want to see justice Tom: "Has your amateur gardening

have come there before or after the men detailed for that purpose. Well, Miss Raynor, I don't see that we can

They found that in their absence a

36, 38, 40 and 42 inches bust measure,

Raynor, son of Douglas Raynor by red). Wrap coin carefully. Write your name and address plain-

taught you anything?" Dick: "Yes; asked the detective.

The two men went to the sun par- Mr. Finley did, and I can't see why

you to prove it did or it didn't? With the book on poisons, carefully Oughn't you to know who has been wrapped to preserve possible finger

newcomer had appeared, who brought in pointed treatment. The simple boself to Nan, was a young man of per-"Why surmise? Why not find cut haps thirty or so. He was tall, dark and lean, a man of fine face and figure, but with crafty black eyes that darted

> 20c in stamps or coin (coin prefer-HOW TO ORDER PATTERNS.

"Oh, yes; the lawyer looked after Patterns sent by an early mail. Minard's Liniment for sick animals.

> HOW TIMES DO CHANGE "Talking about Christmas reminds me that my better half gave me a book last year entitled "A Perfec Gentleman." This year she agve me another one, entitled "Wild Animals" I Have Known."

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ship in a hea mand of an al tain. The ca believe that in the backs and moderatii political scale side, the righ ist party and tion have to b should go. still the milit President of a strong posi the left wing his personali ergtic State ?

tog their will