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Eat Less Meat and Take Salts For Backache or Bladder Trouble. Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead.

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READ this OPINION Of the Largest Jack Manufacturer in the Whole World About Zutoo Tablets. 'I have been a sufferer from headache since childhood and have used all or nearly all of the so-called "cures" on the market. Some months since Mr. J. Utton was called to your Zutoo Tablets and I have been using them ever since with the most gratifying results. I find they cure a "sick" or "nervous" headache in a few minutes and leave no bad effect. My family use them whenever needed with equally good results. I have frequently given them to friends who were suffering from headache and they never failed to give quick relief. I find them a good remedy for "sour" stomach as well as headache. I always carry them in my grip on the road. I would not be without them at any cost.' A. O. NORTON, 236 Congress St., Boston.

There's a mighty lot of difference between being social and communicative. The dollar must grow from the cent—therefore, look out for that small coin.

THE Pillar of Light

By Louis Tracy

Copyright by McLeod & Allen. CHAPTER IV. THE VOICE OF THE REEF

There comes a time in the life of every thinking man or woman when the arroyo of existence, floating placidly on a smooth and lazy stream, gathers unto itself speed, rushes swiftly onward past familiar landmarks of custom and convention, boils furiously over resisting rocks, and ultimately, if not submerged in an unknown sea, finds itself again meandering through new plains of wider horizon.

Such a perilous passage can begin where the trees are lightest and the meadows most luxuriant. No warning is given. The increased pace of events is pleasant and exhilarating. Even the last wild plunge over the cascade is neither dreaded nor feared. Some trail craft are slithered in transit, some wholly sunken, some emerge with riven sails and tarnished embellishments. A few not only survive the ordeal, but thereby fit themselves for more daring exploits, more soul-stirring adventures.

When the two girls stood with Stephen Brand in the narrow entrance to the lighthouse, the gravity of their bright young faces was due solely to the fact that their father had announced the serious accident which had befallen his assistants. No secret monitor whispered that fate, in her bold and merciless dramatic action, had roughly removed two characters from the stage to clear it for more striking events.

Not once in twenty years has it happened that two out of the three keepers maintained on a rock station within signalling distance of the shore have become incapacitated for duty on the same day. The thing was so bewilderingly sudden, the arrival of Constance and Enid on the scene so timely and unexpected, that Brand, a philosopher of ready decision in most affairs of life, was at a loss what to do for the best now that help, of a sort undreamed of, was at hand.

The case of Jackson, who was scalded, was simple enough. The Board of Trade medicine chest supplied to each lighthouse is a familiar going establishment. It contained the ordinary remedies for such an injury, and there would be little difficulty or danger in lowering the sufferer to the boat.

But Bates's affair was different. He lay flimsy when he had fallen. Brand had only lifted him into the store-room from the foot of the stairs, placing a pillow beneath his head, and appealing both to him and to Jackson to endure their torture unmoved whilst he went to signal for assistance.

There was no hurry at all now. If they left the harbor at three o'clock, there would still be plenty of light to reach the Gulf Rock. Ben Pollard, glancing over his shoulder at the Daisy faced towards Penzance side by side with the Lapwing, was not so sure of this. But the arrangement he had suggested was the best possible one, and he was only an old fisherman who knew the coast, whereas Master Stanhope pinned his faith to the Nautical Almanac and the Rules.

The people most concerned knew nothing of these proceedings. When Constance and Enid had solemnly decided on the menu for dinner, when they had inspected the kitchen and commended the cleanliness of the cook, Jackson, when they had washed the dishes and discovered the whereabouts of the "tea-things," they suddenly determined that it was much nicer aloft in the sky parlor than in these dim little rooms.

"I don't see why they don't have decent windows," said Enid. "Of course it blows hard here in a gale, but just look at that tiny ventilator, no bigger than a ship's porthole, with a double storm-shutter to secure it if you please, for all the world as if the sea rose so high!"

Constance thought for a while. "I suppose the sea never does reach this height," she said, saying so. Enid, in order to look out, had to thrust her head and shoulders through an aperture two feet square and three feet in depth. They were in the living-room at that moment—full seventy feet above the spring tide high-water mark. Sixty feet below the corner of the gallery was given its graceful wave-crests of an Atlantic gale away from the lantern. The girls could not realize this stupendous fact. Brand had never told them. He wished them to sleep peacefully on stormy nights when he was away from home. They laughed now at the fanciful notion that the sea could ever so much as touch its spray at the window of the living-room.

They passed into the narrow stairway. Their voices and footsteps sounded hollow. It was to the floor beneath that Bates had fallen. "Don't think I like living in a lighthouse," cried Enid. "It gives one the creeps."

"Surely, there are neither ghosts nor ghouls here," said Constance. "It is modern, scientific, utilitarian in every atom of its solid granite."

But Enid was silent as they climbed the steep stairs. Once she stopped and peeped into her father's bedroom. "That is where they brought me when I first came to the rock," she whispered. "It used to be Mr. Jones's room. I remember that saying so."

Constance, on whose shoulders the reassuring cloak of science hung somewhat loosely, placed her arm around her sister's waist in a sudden access of tenderness. "You have improved in appearance since then, Enid," she said. "What a wretched little chip I must have looked. I wonder who I am."

"I know who you soon will be if you don't hurry."

"I nearly lost my situation before I got it!" "How?" "We met Jack Stanhope and asked him to come with us."

"You asked him, you mean," said Constance. "And you must him, I meant," said Enid. "I don't care a pin how you treated Stanhope, so long as you didn't bring him," said Brand, "though, indeed, he would have been useful as it turned out."

There was no doubt about it. Doctor Sangerbond proved it when he infected a guinea pig with dandruff germs and all its hair disappeared in a short time. The entire medical world has accepted Dr. Sangerbond's discovery as final. Ask any worthy physician.

Paris leads the world in knowledge of diseases of the hair and remedies for the same. Parisian Sage which can now be obtained at leading druggists all over Canada is the one great remedy that kills the dandruff germs.

That is why J. B. McLeod says to every reader of the British Whig if Parisian Sage does not banish dandruff, stop falling hair or itching scalp in weeks he will refund the purchase price.

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It is used extensively by ladies of refinement because it keeps the scalp absolutely clean and gives a bewitching lustre to the hair. Comes in large 50-cent bottle at J. B. McLeod's and leading druggists everywhere. Girl with Auburn hair on every package. Made in Canada by R. T. Booth Co. Ltd., Fort Erie, Ont. Mail orders filled, all charges prepaid.

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It's Perfectly Safe To have your winter's coal in now. It can't spoil or go out of "stool." P. WALSH 55-57 Harwick Street

Enid blushed prettily. She glanced at herself in a small mirror on the wall. "What a woman to find a mirror in any apartment."

"I suppose Jack will ask me to marry him," she mused. "And what will you reply?" "The girl's lips parted. Her eyes shone for an instant. Then she buried her face against her sister's bosom."

"O, Connie," she whined, "I shall hate to leave you and dad. Why hasn't Jack got a brother as nice as himself?" "Whereupon Constance laughed loud and long."

The relief was grateful to both. Enid's idea of a happy solution of the domestic difficulty appealed to their easily stirred sense of humor. "Never mind, dear," gasped Constance at last. "You shall marry your Jack and invite all the nice men to dinner. Good gracious! I will have the pick of the navy. Perhaps the Admiral may be a widower."

"With flushed faces they reached the region of light, where Brand was writing at a small desk in the service-room. "Something seems to have amused you," he said. "I have heard weird peals ascending from the depths."

"Connie is going to splice the admiral," explained Enid. "What admiral?" "Any old admiral."

"Indeed, I will not take an old admiral," protested the elder. "The girl had better take him when he is a lieutenant and a cad. This offered too good an opening to be resisted."

"Enid has already secured the lieutenant," she murmured, with a swift glance at the other. "Brand looked up quizzically. "Dear me," he cried, "if my congratulations are not belated—"

Enid was blushing again. She threw her arms about his neck. "Don't believe her, dad," she said. "She's jealous!"

Constance saw a book lying on the table: "Regulations for the Lighthouse Service." She opened it. Brand stroked Enid's hair gently, and resumed the writing of his daily journal.

"The Elder Brethren!" whispered Constance. "Do they wear long white beards?" "And carry wands?" added the recovered Enid. "A dress in velvet cloaks and buckled shoes?"

Grandmother Says: "The war on limping bodies or twisted skins in our families either for me or against me. Ma mither and her mither afore her an' a ma childer us SU. PHUR and TRECLE. Aye! na doot prevention in our case was better than cure."

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Acid Stomachs Are Dangerous. Common Sense Advice by a Distinguished Specialist. "Acid" stomachs are dangerous because acid irritates and inflames the delicate lining of the stomach, thus hindering and preventing the normal action of the stomach and leading to probably nine tenths of the cases of stomach trouble.

THAT TOBACCO With the "Booster" on it. Is growing louder as he goes along. In 45c. per pound. For chewing and smoking. AT A. MACLEAREN'S, Ontario Street. \$3.50 Recipe Free, For Weak Men. Send Name and Address Today. You Can Have It Free and Be Strong and Vigorous.

THREE WOMEN AS EXPLORERS Dr. Urosoff Will Take Them in Hunt for Pole. Copenhagen, Jan. 10.—Dr. Urosoff, well known as an Arctic explorer, will start this month for the Polar seas. His purpose is to make scientific investigations and also to reach the north pole.