

# THE CONFESSIONS OF ROXANE

By Frances Walter.

## MY NURSE RETURNS AND I FEEL SORRY FOR HER

(Copyright, 1916, by the McClure Newspaper Syndicate)

It was not long before I recovered the strength which had left me as a result of my exertion. As soon as I felt better I began to wonder how seriously Miss Thompson had been injured. The possibility of my being deprived of my attendant and only companion did not occur to me. I am glad that it did not, for it would have given me another trouble to brood over. It would not have been a very pleasant thing for me to contemplate—this being alone with unpleasant thoughts. I do not think that my failure to suspect that she would return was due to any unselfishness on my part. I just seemed to take it for granted that she would be back in a short time, and that is precisely what happened.

It was about two hours after her dismissal with the help of the woman who lived across the corridor. Miss Thompson had not been greatly injured by her experience, and at the nervous shock had had a very telling effect upon her. There was no doubt that her long confinement in my bedroom and her persistent refusal to take any outdoor exercise had rendered her more susceptible to a collapse of this sort than she had followed my advice and been in the open air more.

The good natured woman who was with her assisted her to a couch. "I think she will be alright in a few minutes. That clumsy boy ought to be discharged. He might have killed her."

Miss Thompson protested weakly. "It was as much my fault as his," she said. "I should have been looking about me."

"Well I suppose all full-blooded boys are the same, but it does seem to me there ought to be some way to prevent them running over people."

"Please do not make any complaint to the manager about the boy," urged Miss Thompson. "He is really no more to blame than I, and besides he might have some dependent upon him for support."

"Well, I shan't report him, but I shan't tip him again for a week," said our visitor with some asperity. "That will be the greatest punishment that I could inflict upon him. And I shall take pains to let him know that the reason I am not tipping him is because he is careless. Perhaps the lesson will do him good."

"It will certainly be a painful lesson," said Miss Thompson with a sad smile.

"Indeed it will." The good woman chuckled, and after expressing the hope that both my nurse and I would soon feel better, she left.

Miss Thompson and I did not speak for a few moments. She was evidently still greatly shaken, and I found myself sympathizing very deeply with her. A short time before she had cordially detested her and had resolved to circumvent her carefully laid plans, but at that time she seemed to be my enemy. Now she looked so careworn and ill that I could not but feel sorry for her.

I urged her to lie on the couch until she was better, assuring her that I needed nothing and was feeling exceptionally well. She was so weak that she did not protest, but complied readily with my suggestion. Soon she was overcome by a reaction from her exciting experience and dozed.

I felt so much better that I got out of bed and put on my dressing gown which I had hastily hung on the arm of a chair. I drew a chair up beside the sofa and sat down to watch over my attendant.

She was a delicately built little woman, about 35 years old. I wondered as I looked at her how she was able to bear the hardships which a nurse must endure. Her face was thin and faintly marked with blue veins about the temples and forehead, and her neck and arms were almost as frail as mine. Could this woman be the hard-hearted jailer that I had imagined her to be? The very idea was absurd. I found myself once more compelled to alter my previously formed opinions.

But if Miss Thompson was not a jailer who had been placed over me, why was she there at all? Was she here solely in the capacity of a nurse, and, if so, who had sent her? I did not believe for one moment that Arthur had employed her, although she had been very assiduous.



I drew a chair up beside the sofa and sat down to watch over my attendant.

ous to attempting to foist those bogus telegrams upon my credulity. I could not imagine any one who would have employed her to attend me. The fact of Mr. Gordon or me did not come to me at all. In fact I had but a hazy recollection of either of those recently made friends. I seemed to take it for granted that both of them had passed out of my life as suddenly as they had entered it.

I was still speculating on the matter when Miss Thompson opened her eyes and, after gazing blankly at me for a few moments, endeavored to rise.

"No, no," I protested. "Remain where you are. You are the patient now and I am the nurse."

She smiled faintly at my railing, and sank back gratefully upon the pillow. She must have been thoroughly worn out by her long vigil over me, and from the accident caused by the bellboy.

"It is very good of you," she murmured. "Not at all," I objected. I am feeling almost quite well, and am perfectly able to nurse you. Besides, watchfulness and care while I was so ill."

Miss Thompson did not reply, but my remark evidently affected her. Tears came into her eyes as she looked up at me.

"There is another reason why I should do something for you," I went on. "Not so very long ago I must confess that I was mean enough to suspect you. I did not think you were here merely to nurse me. I thought there was something else to your presence."

"What do you mean?" she asked, puzzled. "I mean that I have felt at times that you were my jailer instead of being my nurse."

She smiled. "That frequently is the case with patients," she said. "They sometimes imagine nurses are their worst enemies. This is easily explained. Persons who are ill can not be expected to think normally."

"But I fear my case was different. I made up my mind that you were my captor, and that while you were making every effort to restore me to health you were not otherwise friendly to me."

Miss Thompson again smiled, but this time more sadly than before. "It is our fate," she declared. "Try as we may to do our duty; to lessen suffering; to restore health; try as health; there is usually some cloud upon the horizon of our little sick-room world. As I said, I have always comforted myself with the thought that this was due to abnormality of disease. I have always liked to think that, if my patients never had been ill they would have loved me as dearly as I usually love them. Yet even this thought has not satisfied me. A mother can always explain to her own satisfaction why her children are not as thoughtful as they should be, but her explanation does not remove the sting of their neglect. I am sometimes morbid enough to compare myself to such a mother. My children—for all my sick people are mere children—do not always love me as I would have them, but I explain it on that very ground—that they are sick. It is very seldom though, that a patient believes I am his or her enemy. They are peevish or impatient or selfish or thoughtless or inconsiderate or something or other, but they do not hate me enough to call me an enemy."

There was a tremor in her voice which went to my heart. It was impossible that this gentle little woman could be anybody's enemy. "Dear little nurse," I said, taking her hand and pressing it tenderly. "It was as you said. I was sick and therefore my mind did not work normally. I was in a sort of delirium of doubt and fear, but it is different now and I can see more clearly. You have been a faithful and tender companion. I dread to think what might have happened to me had any one over me these last few weeks. Forgive me, I give me. I have had so many friends that I can afford to turn away one who would be added to that few that I have."

## IN YOUR KITCHEN.

Not Expensive Equipment, but Arrangement Counts.

### STEPS IN GETTING MEALS.

An Expert Tells Us the Necessary Work in Preparing and Clearing Away Foods, While Cutting Out All Pottering That Takes Time and Energy.

Have you ever watched yourself preparing supper? What are all the steps you must take from the time you take the roast from the refrigerator until the last dish is washed and laid away on its shelf?

1. Remove foods from refrigerator, pantry or other storage.
2. Beat, cut or mix materials and put in cooking utensils.
3. Place on stove or cooking device.
4. Serve completed dish to dining table.

These four steps are taken in preparing any meal in any kitchen and are always done in this order, although we may not notice it. This is the reason why the equipment which corresponds to these steps or on which they are done must also be arranged in the same order—that is, the equipment which corresponds to step 1 is refrigerator or pantry, to step 2 the table or kitchen cabinet, to step 3 a stove or fireless cooker, to step 4 another table or working surface.

Because these same steps are taken in every kitchen the arrangement of this equipment can be exactly the same. In some homes a larger refrigerator may be required, or there may be an electric stove instead of a gas stove. But the placing or the arrangement of them will be the same in their respective kitchens. So you can arrange your particular equipment in the same right order, so that the refrigerator, table, stove and serving table are in one group on one side of the room. For clearing away meals—

1. Take soiled dishes from dining table and lay to right of sink.
2. Wash dishes.
3. Drain to left of sink.
4. Dry and lay away.

Therefore on the other side of the kitchen we arrange the equipment to correspond to these steps. In other words, the "clearing away" equipment of drainboards, sink and shelves are in another separate group from those of "preparing."

The basis of the labor saving kitchen is here: Keep the equipment of preparing the meal and clearing away the meal entirely separate. The reason some kitchens are difficult to work in is just because the sink is next to the stove or the refrigerator is away from the kitchen table, or there is some other poor arrangement which makes it necessary for the worker to trot back and forth, taking useless steps. You will know how to arrange every single piece of equipment in your kitchen if you see that it is so placed that in working you move continuously in the same direction, making a "chain of steps." For instance, you know that it must be wrong to have a sink at the right of the stove because you never take the hot pots from the stove and lay them into the sink! No! You need a table to the right of the stove, do you not? Similarly you want the shelves on which dishes are to be laid away near the sink to avoid carrying trays some distance.

"You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

We both became suddenly silent. She from weariness and emotion and I from confusion. One of ordinary modesty cannot easily bear tributes of extraordinary warmth such as Miss Thompson paid me. Yet there she sat, nursing me, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

She clung to my hand as the tears fell upon her cheeks. "You are very kind," she said at length. "I hope we shall be very warm friends. I do not wish to be considered too sentimental, but I must say I was drawn to you from the first day I saw you, and during the long days and nights since I began nursing you, I have become even more attached to you. It is seldom one meets a person more appealing than you can be, my little sick girl. Your temperament is such that you seem to twine your personality about another's heart strings. I have felt its influence and hope to cherish it."

**WE guarantee Goodyear Wingfoot Air Heels to out-wear any other rubber heels you have ever worn, or any others you can now buy. Should they not meet this guarantee, return them to us at Toronto, or to any Goodyear Branch, and get a new pair free.**

THE GOODYEAR RUBBER & TYRE CO. OF CANADA, LIMITED, TORONTO, ONT.

**60c**

a pair put on—Black or Chocolate—at shoe stores and shoe repair shops.

**Goodyear Wingfoot Air Heels**

We make and guarantee Wingfoot Heels for those who are willing to pay a little more in price in order to get a great deal more in wear and comfort.

## Aseptic

THE use of Ivory Soap in hospitals throughout the States is scientific proof that no purer soap can be made. To you this means that Ivory Soap cleanses not only pleasantly but so thoroughly as to produce an aseptic condition which is cleanliness at its best.

A piece of Ivory Soap 1 1/4 inches by 1 1/2 inches by 1 1/4 inches dissolved in a gallon of water makes a one per cent solution which is excellent for sterilizing articles in the home.

5 CENTS

**IVORY SOAP** 99 44/100% PURE

Procter & Gamble Factories in Hamilton, Canada

## "Low Cost of Living" Menu

**Menu for Tuesday**

**BREAKFAST**  
Cold Boiled Rice With Fruit Syrup  
Creamed Bacon on Toast  
Raisin Bread  
Coffee or Cocoa

**LUNCHEON OR SUPPER**  
Cora Chowder  
Pickled Beets  
Escalloped Potatoes  
Banana Fritters with Jelly Sauce  
Milk or Iced Tea

**DINNER**  
Iced Grape Juice  
Baked Hamburg Steak  
Baked Potatoes  
Escalloped Potatoes  
Relish of Choice  
Peach or New Apple Tart  
Iced Coffee or Tea

**Banana Fritters**  
Materials—Four ripe bananas, 1 cup flour, 1 teaspoon baking powder, 1/2 teaspoon salt, 1/2 cup milk, 1 egg.  
Utensils—Mixing bowl, measuring cup, teaspoon, tablespoon, flour sifter, eggbeater, knife, silver fork, deep frypan, manilla paper.  
Directions—Sift flour, baking powder and salt together; add the milk and well-beaten egg. Skin, scrape and split the bananas; then cut in half, making four pieces; dip in batter (remove with fork) fry in deep hot fat or oil; drain on paper and serve with thin, tart, warm apple sauce.

**Baked Hamburg Steak**  
Materials—One pound of round steak, 1 cup stale bread, 1 tablespoon grated onion, 1 tablespoon finely chopped parsley or celery, salt and a little pepper.  
Utensils—Mixing bowl; food chopper, measuring cup, teaspoon, tablespoon, shallow bakepan, platter.  
Directions—Have the meat put through food chopper. Put stale bread in bowl covered with cold water and let stand for five minutes. Press between hands; add to the meat and all seasoning and mix well. Shape in loaf, brush shallow pan with a little drippings and put the meat in centre; sprinkle with bread-crumbs; put a small piece of beef onion is tender, but not brown. Then remove pan from fire; add the flour and stir until smooth; return to fire and add the other cup of stock or milk (1 of milk and 1 of stock can be used). Stir slowly until thick; then add to potatoes and corn; add salt and pepper and boil ten minutes. Serve with crackers.

## The Sawyer Shoe Store

212 PRINCESS ST.

## Montgomery Dye Works

For the Best in

**French Dry Cleaning, Dyeing and Pressing.**

J. B. HARRIS, Prop., 225 Princess St.

## Oh!

Come on over to Cooke's and have a Good Photo taken. His studio is 159 Wellington street, near Brock, right next to Carnovsky's Fruit Store.

**Special Inducement for Summer Months**

We will make you free of charge an extra skirt with every suit you order. Skirts and sport coats made to order very reasonably. Drop in and examine our work.

**New York Skirt & Suit Co.**  
203 Wellington Street.

## Keeping Cool and Happy in Summer is easy for the man who knows what to eat. Keep cool and comfortable by eating Shredded Wheat Biscuit with fresh fruit and green vegetables. Make Shredded Wheat your meat during the sultry days. It contains more real body-building nutriment than meat or eggs. Serve with berries or sliced bananas or other fruits.

Made in Canada

## CHEER UP! LIVING COST IS DROPPING SLIGHTLY

Thirty Staple Foods 5 Cents Less Than in June—Many Articles Lower.

Ottawa, Aug. 18.—The index number of the Labor Department for the month of July indicates that the cost of living is dropping slightly. This applies both to the budget of retail food prices and to the index number of wholesale cost.

A list of thirty staple goods cost \$8.46 in July, as compared with \$8.51 in June, \$7.80 in July, 1915, and \$7.42 in July of 1914. The wholesale price index number stood at 173.3 for July, compared with 180.6 for June, 159.2 for July, 1915, and 134.6 for July, 1914.

In retail prices, butter, salt pork, milk, butter, potatoes, beans, evaporated apples, and prunes declined slightly, but beef advanced some-

what. In wholesale prices, fodder, cattle and beef, sheep, fresh fruit, soda, raw silks, jutes, tallow, metals, chemicals, and raw furs averaged lower, but grains, hog products, dairy products, vegetables, bread-stuffs, coolens, cottons, flax products, leather, implements, paints, oils and glass, iron beds and sundries averaged higher. Retail prices in coal and wood also averaged higher.

As compared with July last year prices were higher in all groups except grains and fodder. In the retail prices of food all commodities were higher than in July, 1915, and July, 1914, except milk. Rent, however, average lower.

Walter L. Whitney, 49, well-known business man of Oneida, N. Y., was instantly killed when an automobile driven by Dr. Frank C. Drake of that city overturned when the machine went over an embankment one mile west of North Bay on Thursday.



THE NEW STOCK.

This is most practical, because it launders well and is becoming with almost all kinds of dark shirt waists.

Removing Mildew. An excellent remedy for mildew is to saturate an article with kerosene and let it stand for twenty-four hours and then wash in very hot soapsuds.

Be positively sure that kindness is powerless before you resort to brute force.

The most correctly creased trousers may be minus of money in all of the pockets.

The Car recently conferred upon Dr. Egbert three decorations, one of the highest given to those not Russian born.

## MADE BRIGADIER-GENERAL

Recognized For Services at Head of Red Cross Hospital

Cleveland, Aug. 19.—Dr. E. H. Egbert, formerly of Cleveland, has been made a brigadier-general in the Russian army for his services as head of a Red Cross hospital unit, which went to Russia early in the war.

A new rust, attacking carrots, gooseberries and white pine, has been discovered in the St. Catharines district.

## Turkish Students for German Colleges

Berlin, Aug. 19.—Two hundred young Turkish scholars have presented themselves as applicants for fellowships in German colleges, says an Overseas News Agency item. The first successful applicants have started from Turkey for Germany. Among them is a Turkish young woman, who will attend a seminary for school teaching in Bremen.