

DAUGHTER OF EXILE  
By ALEXANDER CAMPBELL

"No," said Halford slowly. Already he seemed partially reassured. "No," he said pointedly to me once. My friend said that his one really outstanding characteristic was an inordinate love for striped paper—and some of the shirts about at Whitehall were quite shabby about the habit. He used to munch them at important conferences.

"The man who told me seemed to think it was funny," said Halford. "But, by love, I didn't find it of the things in a suitcase two nights ago." You can see how easily he explained the episode of the suitcase.

"I got the shock of my life. I had to find out if it was really the general, and I followed into the storeroom. I sneaked into the storeroom and saw them doing together. It was a mistake to fall in love with a man who is not what he seems to be."

"Well, you admit yourself he was a bit of a liar," said Halford. "But he seemed pretty well with Mitchell. The suitcase may have been a gag for them to get together without suspicion. But I admit it was a mistake to trust a man who is not what he seems to be."

"Indeed!" said Wolff. His tone had become a little more serious. "I shall read of your arrest with great interest."

"My arrest!" echoed Halford. He stared blankly. "I was arrested?"

Wolff raised his eyebrows. "Certainly. The penalty for selling State secrets is imprisonment, is it not?"

"Oh!" Halford sank back in his chair. His thin face was very pale.

Don't Keep on Having Constipation!

If constipation got you down—so you feel heavy, tired and dopey—it's time you did something about it. And something more than taking a physic would do good as the cause of the trouble.

If you eat only the things most people do, the chances are that a very simple fact causes your constipation—you don't get enough "bulk." And "bulk" doesn't mean heavy food. It means a kind of food that isn't consumed in the mass in the intestines and helps a bowel movement.

If this is your trouble, eat crisp crunchy Kellogg's All-Bran for breakfast every day and drink plenty of water. All-Bran not only is in "bulk"—it also contains the natural intestinal tonic, vitamin B.

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By Muffin



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Once a year we set aside one special day for Mother. Once a year we give her a token of our love; our unflinching confidence in her love and our appreciation of all the things she has done and still does for us. Nothing could please a mother more on her special day than to receive this lovely sampler worked by someone she holds very dear. She will cherish it always and always it will bring her joy and pleasure.

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Stops Perspiration

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orders from me, and he followed him.

"He reports that Heinrich went to the post office and received a letter addressed to Professor Peimann. The letter was postmarked in France. Since Peimann is supposed to be dead, I am curious to find out who his correspondent is. You will get the letter."

"How?" demanded Halford.

"Wolff shrugged elegantly. "How should I know? I do not care. But you must get it. Restouble your efforts to get into the girl's confidence. Try to get an invitation to the house. If not, you must break in after dark, although I would deprecate that. You might be caught."

And supposing I get a corial invitation to the house?" demanded Halford sarcastically.

"It isn't very likely, I warn you, but supposing it do. What if the letter has been destroyed?"

"We must chance that," replied Wolff. "I do not think he will have destroyed it—yet. But you must act quickly."

"And Mitchell?"

"I see you have a wholesome respect for the general," smiled Wolff. "You keep harping on that. You are afraid you may be dragged into a murder charge after all. You need not be. If it is at all possible I shall delay attending to the general until our work is nearly finished and we are ready to leave. His death would cause some unpleasant inquiries which would be fatal to my mission if there was still much to do."

He broke off as a noise came from outside.

"A very fine piece of carving," he went on in a loud voice. And, in an undertone: "See who it is."

Halford tip-toed to the narrow window while Wolff continued to address an imaginary companion in unnecessarily loud tones.

Halford peered out, and his jaw dropped while the perspiration started out on his forehead.

Immediately outside the church, examining the stone cross set at the door was a familiar figure in green plus fours.

It was General Alan Carmichael Mitchell, of the British Military Intelligence.

to be continued

Home Service  
You're Always a Hit If You Tell Fortunes

It's Easy to Learn How Heart throbs ahead for bashful Sue. Success for hard-working Jim. "How do you know?" the crowd demands. Fun to keep them guessing—but it's really simple to read cards.

Sue's name card is the Queen of Clubs she's a brown-haired girl. Six of Hearts announces a party where she'll surely meet the dark man represented by the Jack of Spades.

Added excitement—Two of Hearts promises a proposal. And, luck piled on luck, Nine of Hearts says, "Her wish comes true."

Blonde Jim's the Jack of Diamonds. Here's a boy who'll climb fast. "New job right away," predicts the Ace of Clubs. "And at better pay" the Four of Diamonds smiles.

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tune-telling's your hobby. Our 32-page booklet gives meaning of every card in the deck. Also 75 tea-table symbols. Horoscopes. Fortunes-in-camp-fires.

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Girls Drive Boys to Crime  
Dorothy Dix  
Demand Too Much in Way of Gifts

Conscienceless Gold - Diggers or Unthinking Girls do More to Ruin the Lives of Young Men Than Any Other Cause, by Demanding Luxuries and Extravagances

The other day a boy of 18 was killed by the police as he was robbing a jewelry store, trying to get a wrist watch for his girl. Investigation showed that it was his first offense. He belonged to decent people and was not a thief by nature. He was just weak and earning a small salary, and he was madly in love, as only an adolescent can be. Rosie wanted a wrist watch and was determined to have one. So she begged and cried and threatened until she drove him into stealing, since that was the only way to get her what she wanted.

It is a common enough story. The police will tell you that a large percentage of the boys who go wrong are started on the downward path by conscienceless little gold-diggers who do not care how they get money, with Rosie. Rosie wanted a wrist watch and was determined to have one. So she begged and cried and threatened until she drove him into stealing, since that was the only way to get her what she wanted.

Who haven't enough knowledge of women to see that they are being worked, or holding out on their collections, or falsifying their books and start on the career that leads to the penitentiary and often to the electric chair.

Of course, these boys lack stamina, but older and wiser men than they have let their principles be dissolved in the tears of pretty women who are getting a diamond bracelet, a pair of pearls, a woman's kiss. And many a man has been just as much held up and robbed by a pair of blue eyes in a woman's face as he could have been by a highwayman with a pair of blue-nosed revolvers in his hands.

Hence it is no wonder that a young, inexperienced boy is unable to cope with the girl friend when she puts him on the spot. He lacks the wit to be dumb to her hints and her pleadings, and to estimate her cajoleries at their true worth. He lacks the grit to call her bluff when she threatens him with rivals with fatter pocketbooks. He just simply goes down without a struggle and there is no hope for him.

When I hear of a boy like that I always think of a story I once heard a jeweler tell. He said that one day a young man he knew, a poor boy but a fine young chap who was getting a good start with a big firm, stopped in his shop to set his watch. With him came a pretty young girl with whom he was obviously very much in love. Suddenly she turned to the boy and said, "If I asked you, would you give me anything in this case?" and with a careless laugh, thinking it a joke, he replied: "Why, of course."

"Well, then," she said, "I'll take this ring."

"But," protested the jeweler, "that is very expensive. It costs a thousand dollars." "But it is what I want," said the girl, "and he promised it to me and I'm begging for it pretty please."

The jeweler tried to protect the boy, but the girl insisted and in the end she had her way. The boy lacked the nerve to refuse her and with a hand that shook he wrote a check for it that called for more money than he had in the bank and to make it up he stole from his firm, was dismissed in disgrace and his promising career ended in the gutter.

When we think of predatory women who ruin men by their exactions, we picture them as hard-faced creatures who wheedle emeralds and pearls and fat checks out of Sugar Daddy, and who are on their guard against them and are wise to their tricks.

The women who are the most dangerous and the most to be feared are the little innocent-looking, baby-faced girls who prey on boys and who make them spend more than they can afford to spend. They are the girls who are getting a good start with a good salary, and who are getting a good start with a good salary, and who are getting a good start with a good salary.

Every girl nowadays knows just how far a dollar can go and she knows she earns she is necessary before the crime when she stalks her man.

DOROTHY DIX

Household Scrapbook  
(By ROBERTA LEE)

Constipation  
Constipation can often be remedied by drinking one or two glasses of water before breakfast, and eating a small piece of cucumber, green vegetables, and large quantities of fruit. Honey is very good for constipation. Many cases of constipation are cured by merely using the habit of thorough mastication.

Brown Gravy  
If your gravy is usually good and greasy, but always seems to be several shades too pale, try adding a few drops of kitchen bouquet to the gravy. It will add a nice rich brown, without changing the flavor of the gravy in the least.

Indelible Pencil Marks  
To remove indelible pencil marks from linen, soak the fabric in denatured alcohol, and then wash.

Modern Etiquette  
(By ROBERTA LEE)

Q. Where are the proper positions for the address, a monogram, or a family crest, on personal stationery?  
A. An address should be engraved in the top center or to the right at the top. All lettering for addresses should be simple. A monogram should be placed at the top left. A family crest is placed in the center at the top.

Q. What is the correct form for introducing a married woman and an unmarried one?  
A. The unmarried woman is always presented to the married woman. Mrs. Barnes, may I present Miss Miller?

Q. Are cards of admission enclosed in the invitations to a home wedding?  
A. No.

A Morning Smile  
RATHER NASTY.

Mrs. A.—My husband is 42. You wouldn't think it, but there is actually ten years' difference in our ages.

Mrs. B.—Impossible! You look as young as he does!

A GOOD CONSTITUTION.  
"Is your husband better, Mrs. Meadows?"  
"Yes, thank'ee, sir; it don't take him long to vituperate."

RUGGER IN RUSSIA  
(By The Canadian Press)

MOSCOW — Rugby is making headway in Russia and this city now has seven clubs. The best is a team called Dynamo which includes some first-class basketball players.

Quick Quaker Oats  
ONE QUAKER OATS HEALTHY BREAKFAST COSTS 10¢  
GIVES MORE ENERGY VALUE THAN 2 EGGS

Quick Quaker Oats... are rich in Nature's Vitamin "B" to keep nervous digestion and appetite in tip-top condition... are irradiated for Vitamin "D" that helps build strong bones and teeth.

30 HEALTH BREAKFASTS IN EACH PACKAGE!



THE COOK'S CORNER  
CREAM PUFFS

1 cup flour  
1/2 cup butter  
1 cup boiling water  
3 eggs, unbeaten

Method: Sift the flour then measure it to the boiling point. Add the flour to this, all at one time and cook, stirring constantly until the mixture leaves the sides of the pan and forms a smooth ball.

Remove from the fire and turn into a mixing bowl. Let cool for a few minutes, then add the eggs, one at a time and beat hard after each addition. It takes a good 10 minutes of beating to mix well enough.

Now drop this spoonful onto a greased cookie sheet, shaping the dough up with a spoon and making them about half the size you want them to be when they are finished.

Put them into an oven which has been pre-heated with the lower element only, to 450 deg. F. and bake for 20 minutes. Then open the door for a few minutes and reduce the heat to 350 deg. F. Keep it in the oven for about 25 minutes longer. Break one apart to see that there is no uncooked dough in the centre, and if necessary, bake for a few minutes longer. Cool before filling.

Chocolate Eclairs  
Coffee Custard Filling

Cream puffs are generally filled with sweetened whipped cream and the tops dusted with icing sugar, but if you want chocolate eclairs, you use the same dough, but shape them before baking into a cone about 4 inches long and 1 inch wide. Bake just as you do the cream puffs, but when they are cooled, fill with a custard filling and ice the tops with chocolate frosting.

Coffee Custard Filling  
2 cups milk  
2 tablespoons coffee  
1-3 cup flour  
3-4 cup sugar  
2 eggs  
1-2 teaspoon salt

Maple Frosting

4 tablespoons butter  
5 tablespoons milk  
3 cups icing sugar  
1 teaspoon maple flavoring

Method: Scald the milk and melt the butter in it. Add the sugar which has been sifted and then add the maple flavoring. Beat until smooth and thick enough to spread. This makes enough for 1-2 dozen eclairs, but you can make half the recipe, if you wish.

The Housewife And Her Activities

THE SWEETEST LIVES  
The sweetest lives are those to duty wed. Whose deeds, both great and small, Are done in strands of an unbroken thread. Where love embosoms all. The world may sound no trumpet for him; he is a hero, for he is a man who has the shining record tells.—Anon.

IDEALS  
Every man has at times in his mind the ideal of what he should be but is not. This ideal may be high and complete, or it may be quite low and insufficient; yet in a man that really seeks to improve, it is better than the actual character. Man never falls so low that he can see nothing higher than himself.—Theodore Parker.

LEISURE  
The solitary side of our nature demands leisure for reflection upon subjects on which the dash and whirl of daily business, so long as its clouds rise thick about us, forbid the intellect to fasten itself.—Froude.

MAKEUP IS HEALTHY SAYS BRITISH DOCTOR  
Make-up is not a "curse" to women, according to Dr. J. O'Donovan famous British skin expert. "Rather are they indebted to cosmetics as being beneficial to the skin," he told Mrs. Justice Thelton in the King's Bench Division when asked by counsel if he did not condemn such aids to beauty. He was giving evidence in the case in which Mrs. Ethel Pioron, of Hamilton-road, Kilburn, N.W., sued Jean Bowes (Kilnbridge-bridge), Ltd., of Grosvenor-terrace, for damages.

GETS LOTS OF SLEEP  
(By The Canadian Press)  
NEW YORK — Glenn Cunningham, University of Kansas world's fastest miler, is a good sleeper, generally getting 11 hours of sleep a night.

FOR NAVY FLIERS  
(By The Canadian Press)  
LONDON—A capital "A" in sweater with a laurel wreath of gold embroidery is a distinctive badge.

BABY FRETFUL?

FRETFULNESS is not natural. It is a sign of trouble. A warning alarm to which you must quickly respond. Read how Mrs. George Mitchell says: "I have found Baby's Own Tablets so helpful when my baby gets irritable and upset. I give him one or two tablets and in a short time he is relieved and sleeps so soundly."

Extremely long veils draping some of the newest hats will bring about a revival of an Edwardian custom.

In pre-war days women would roll up their fine net veils—which were tied closely under their chins and their daughters with a row back buttons and a row of buttons which would be e'bow length or even waist length. Good carriage will be essential if these long veils are to be worn with success.

FASHION GUIDES FOR THE HOME DRESSMAKER

Swing Dress For 6 To 12... A precious little cotton print dress that will delight any young lass of 6 to 12 years. It is inspired by the peasant fashion with its fitted bodice and wide swinging skirt. Vivid stitches and bands trim the smart square collar, the cuffs of the puffed up sleeves and the skirt hem. To copy it exactly it takes only 2-4 yards of 39-inch material with 10 yards of binding, for the 8 year size. It will cost less than next to nothing. For Sun-day school and "best" make her another of solid colored cotton in bright aqua, dusty pink or yellow. This one, to be different, will be nice with drop-shoulder puffed sleeves and round faced collar of dainty crisp white organdy. It can have contrasting bands of val lace trim. Mummy will find it ever so easy to sew.

The pattern has a step-by-step picture chart that explains everything. Style No. 1631 is designed for sizes 6, 8, 10 and 12 years.

Send fifteen cents (15c) in stamps or coin (coin preferred) wrap coupon carefully, address to Charlottetown Guardian, giving—  
Style No. 1631 Size.....

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TASMANIA'S FIFTH  
(By The Canadian Press)  
ADELAIDE — C. L. Jack, Back-cook, South Australian cricketer who will play for his country in England this summer, is the fifth Tasmanian to earn international recognition.

