Had Your Iron Today?

Never Mind—Re-vitalize

YOU BET it's warm—the more need then for keeping the vitality up to par.

Vital men resist heat easily. Languid ones are floored. Re-vitalize yourself and you won't *mind* the weather.

Get new energy in little raisins. 1560 calories of energizing nutriment per pound in Little Sun-Maids. 75 per cent pure fruit sugar.

Wonderful because this sugar doesn't *need*, and, therefore, doesn't *tax digestion* and thus *heat the blood*. Yet energizes almost immediately.

Contain fatigue-resisting food-iron also. Try a box today.

Little Sun-Maids
Between-Meal Raisins
5c Everywhere
—in Little Red Packages

Putnam Fadeless Dyes 10c

HARRIET and the PIPER

By KATHLEEN NORRIS

Copyright by Kathleen Norris

CHAPTER XIII—Continued.

—13—

"Nina," he said, tenderly, "is warm-hearted. And a chance allusion to my financial position, which I thought I owed her, has distressed her unnecessarily. It will, truly, be out of the question for me to travel, as we had planned. The unfortunate speculations of my friend—"

"Whose name you withhold," Richard interrupted the musical voice to say, dryly.

"Because of a promise!" Royal flashed promptly. "But," he resumed, turning to Harriet, "I shall be able to negotiate this business, as I assure Mr. Carter, without any assistance from him or his daughter," his lip curled scornfully, "and I do not propose to give her up for any three years—or three weeks!"

Harriet could only look at him fixedly, with an ashen face.

"God help me," she breathed in her soul. "God help me!"

"Well," said Richard with weary impatience, "we did not call you down to bore you with this! I asked to see you, Harriet, because Mr. Blondin has made the statement to me, just now, that you were heartily in accord with his plans for Nina and that you approved of the affair!"

The prayer in Harriet's heart did not stop as she moved her wretched eyes to Blondin.

"I believed that you and she had not seen each other since December," she reminded him. "I lost no chance to advise her against the engagement! I thought it was all over!"

"Well!" Richard said, with a breath of relief. ... with the eyes of the man she loved fixed anxiously upon her. He had trusted, he was beginning to admire her, and like his wife and his daughter and his mother, she had failed him.

"Harriet?" he said in quick uneasiness. She raised her head now, and looked at him with weary eyes devoid of any expression except bewilderment and pain.

"Yes," she said, simply. "That is all—quite true. It sounds—" she hesitated, and groped for words—"it sounds — as if—" she began and stopped again. "But it is all quite true!" she finished, in the troubled tone of a child who is misunderstood.

CHAPTER XIV.

The curtains at the French windows in the library at Crownlands stirred in the breeze of the warm summer night, the pendulum of the big clock behind Richard Carter moved to and fro, but for a long time there was no other sound in the library. Richard had dropped his eyes, was idly staring at the blank sheet of paper before him. Royal Blondin, who had folded his arms, for a moment studied Harriet between half-closed lids, but presently his eyes fell, too, and with a rather troubled expression he studied the pattern of the great oriental rug.

Harriet stood motionless, turned to stone. If there was anything to be said in her behalf, she could not say it now. For the first time the full measure of her responsibility and the full measure of her deceit smote her, and in utter sickness of spirit she could advance no excuse. ...

"Where Have You Been?" Said Richard, Sharply. Then, "You Look ..."

"Ask Her—She'll Tell You! Ask Her!"

(TO BE CONTINUED)

The Kitchen Cabinet

GOOD THINGS FOR THE FAMILY TABLE.

Steamed Fig Bread Pudding.

THE PIQUANT MINT

Nellie Maxwell

WHY THEY WERE NOT MARRIED

Reasons Given by Seven Bachelors for Refusing to Enter the "Bonds of Matrimony."

CANADA PLANS TO GIVE UP NAVY

Ships Donated by Britain Too Expensive to Keep, Is Statement of Government.

Decision

Well Horned

Important to all Women Readers of this Paper

SAVE SHOES AND STOCKINGS — Excello Suspenders

Lloyd Loom Products — Baby Carriages & Furniture — Ask Your Local Dealer — Write Now for 32-Page Illustrated Booklet — The Lloyd Manufacturing Company

Sure Relief FOR INDIGESTION — 6 BELLANS Hot water Sure Relief — BELL-ANS

DROPSY TREATED ONE WEEK FREE

Cuticura Soap Complexions Are Healthy

PILES of the most stubborn kind relieved in 3 to 10 days. One trial convinces — MIRO — AT ALL DRUGGISTS

IMPROVEMENT OF DAIRY INDUSTRY AIMED AT BY RECENT CONFERENCE

There is a Decided Need for Improvement in Dairy Animals and in Making the Best Use of Those Now Available.

Recommend Better Sires.

REFILLING SACKS IS PROHIBITED

Food and Drugs Act Is Violated by Some Feed Dealers.

BEES PLAY IMPORTANT PART

HIGH VALUE OF SUDAN GRASS

OUR MAGAZINE SECTION

Interesting Features for the Entire Family

Something to Think About

By F. A. WALKER

SILENCE

THE CHEERFUL CHERUB

Uncommon Sense . . .

By JOHN BLAKE

ENJOY THE GAME

SCHOOL DAYS

The Friendly Path

By Walter I. Robinson

THINK FOR YOURSELF

GERMAN BEGGARS IN "UNION"

KIDDIES SIX

By Will M. Maupin

A PROBLEM WORTH WHILE

Mother's Cook Book

FRESH FISH

Nellie Maxwell

WOMAN HAS HISTORIC PEN

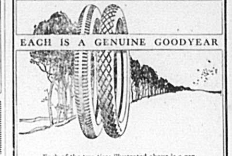
SEEM TO PROVE CONNECTION

ERROR IN MODEL'S JUDGMENT

Sarcastic Advice.

Miss Wise—"It would be hard to match my hair." Miss Guy—"Yes, indeed. You had better not mislay it."

Pay your debts first and give presents afterward.



EACH IS A GENUINE GOODYEAR

GOODYEAR

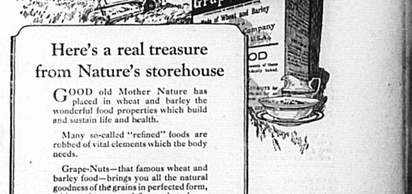
Western Canada Land of Prosperity

KING PIN PLUG TOBACCO — Known as "that good kind" — Try it—and you will know why

ABSORBINE

LOOK OLD?

GREEN MOUNTAIN ASTHMA COMPOUND



Here's a real treasure from Nature's storehouse

GOOD old Mother Nature has placed in wheat and barley the wonderful food properties which build and sustain life and health.

Many so-called "refined" foods are robbed of vital elements which the body needs.

Grape-Nuts—that famous wheat and barley food—brings you all the natural goodness of the grains in perfected form, with a crispness and flavor that charm the appetite.

You will find Grape-Nuts an ideal dish for breakfast or supper-time. Ready to serve from the package, with cream or good milk.

Order Grape-Nuts from your grocer today.

Grape-Nuts—the Body Builder

Made by Postum Cereal Company, Inc. Battle Creek, Mich.

"There's a Reason"