Don't lie awake tonight—sleep!

WHAT a depressing state is sleeplessness! Minutes seem hours—hours seem endless. Back of it usually are nerves—strained, raw and fagged out. Nerves that are starved for nourishment to replace exhaustion caused by over-work, worry, or social effort.

If you are bothered with sleeplessness, feed your nerves with Ovaltine. You will find that they will calm down, digestive unrest will stop and you will sleep soundly and naturally.

Ovaltine at bed-time is the world's best night-cap. Millions of people have found this to be true. The natural nourishment in Ovaltine restores mental and physical poise almost immediately.

Ovaltine is prepared scientifically from ripe barley malt, fresh eggs and creamy milk, Nature's finest tonic foods. It contains all the essential vitamins and other food elements in correct proportions. It not only soothes and feeds the nerves but completely rebuilds your exhausted body cells and tissues while you sleep. You wake up wonderfully refreshed.

Try the world's best "night-cap" tonight.

Sold at all good stores, in 50c, 75c, $1.25 and special $4.50 family size tins; also served at soda fountains.

OVALTINE RUSKS

are excellent for teeth and gums and also are a delightful light food. They are made from finest Canadian wheaten flour to which Ovaltine is added, making them more easily digested and much more nourishing than the average rusk or biscuit. Delicious when served with cheese.

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The SEVEN DIALS MYSTERY

By Agatha Christie

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INSTALMENT XXXVII.

(Continued)

"Oh, well," said Lord Catherham, "perhaps that was the best way. Thank goodness in the future Lomax won't always be running over as he has been in the habit of doing, worrying me about things. Everything is for the best, they say. Have you seen my jigger anywhere?"

"A mashie shot or two would steady my nerves, I think," said Bundle. "I'll take you on for sixpence, Loraine."

An hour passed very peacefully. The three returned to the house in a harmonious spirit. A note lay on the hall table.

"Mr. Lomax left that for you, my lord," explained Tredwell. "He was much disappointed to find that you had gone out."

Lord Caterham tore it open. He uttered a pained ejaculation and turned upon his daughter. Tredwell had retired.

"Really, Bundle, you might have made yourself clear, I think."

"What do you mean?"

"Well, read this."

Bundle took it and read:

"My Dear Caterham—I am sorry not to have had a word with you. I thought I made it clear that I wanted to see you again after my interview with Eileen. She, dear child, was evidently quite unaware of the feelings I entertained towards her. She was, I am afraid, much startled. I have no wish to hurry her in any way. Her girlish confusion was very charming, and I entertain an even higher regard for her, as I much appreciate her maidenly reserve. I must give her time to become accustomed to the idea. Her very confusion shows that she is not wholly indifferent to me and I have no doubts of my ultimate success.

"Believe me, dear Caterham,

"Your sincere friend,

"GEORGE LOMAX.

"Well," said Bundle. "Well, I'm damned!"

Words failed her.

"The man must be mad," said Lord Caterham. "No one could write those things about you, Bundle, unless they were slightly touched in the head. Poor chap, poor chap! But what persistence! I don't wonder he got into the Cabinet. It would serve him right if you did marry him, Bundle."

The telephone rang and Bundle moved forward to answer it. In another minute George and his proposal were forgotten, and she was beckoning eagerly to Loraine. Lord Caterham went off to his own sanctum.

To the Seven Dials Club

"It's Jimmy," said Bundle. "And he's tremendously excited about something."

"Thank goodness I've caught you," said Jimmy's voice. "There's no time to be lost. Loraine's there, too?"

"Yes, she's here."

"Well, look here, I haven't got time to explain everything; in fact, I can't through the telephone. But Bill has been round to see me with the most amazing story you ever heard. If it's true—well, if it's true, it's the biggest scoop of the century. Now, look here, this is what you've got to do. Come up to town at once, both of you. Garage the car somewhere and go straight to the Seven Dials Club. Do you think that when you get there you can get rid of that footman fellow?"

"Alfred? Rather. You leave that to me."

"Good. Get rid of him and watch out for me and Bill. Don't show yourselves at the windows, but when we drive up, let us in at once. See?"

"Yes."

"That's all right then. Oh, Bundle, don't let on that you're going up to town. Make some other excuse. Say you're taking Loraine home How would that do?"

"Splendidly. I say, Jimmy, I'm thrilled to the core."

"And you might as well make your will before starting."

"Better and better. But I wish I knew what it was all about."

"You will as soon as we meet. I'll tell you this much. We're going to get ready the hell of a surprise for No. 7!"

Bundle hung up the receiver and turned to Loraine, giving her a rapid resume of the conversation. Loraine rushed upstairs and hurriedly packed her suitcase and Bundle put her head round her father's door.

"I'm taking Loraine home, father."

"Why? I had no idea she was going today."

"They want her back," said Bundle vaguely. "Just telephoned. Bye-bye."

"Here, Bundle, wait a minute. When will you be home?"

"Don't know. Expect me when you see me."

With this unceremonious exit Bundle rushed upstairs, put a hat on, slipped into her fur coat and was ready to start. She had already ordered the Hispano to be brought round.

(To Be Continued).

THE WEATHER

Prince Rupert—Cloudy, calm, 29.
Haysport—Light wind, cloudy, 26.
Port Simpson—Cloudy, calm, 29.
Terrace—Cloudy, calm, 10.
Rosswood—Clear, calm, 4.
Aiyansh—Clear, calm, 4.
Alice Arm—Part cloudy, calm, 16.
Anyox—Cloudy, calm, 10.
Stewart—Cloudy, calm, 16.
Hazelton—Part cloudy, calm, 2.
Smithers—Cloudy, east wind, 7b.
Burns Lake—Clear, calm, cold.
Vanderhoof—Clear, calm, 22b.
Quesnel—Clear, calm, cold.
Eighth Cabin—Snowing.

Attorney-General Pooley said in the legislature last week in reply to questions by T. D. Pattullo that Dr. H. S. Trefry had been appointed coroner at Prince George on February 8, 1929, his remuneration being fees allowed under the Coroner's Act. He replaced H. B. Guest, who, the attorney-general said, was retired in the public interest.

"GAINED 11 Lbs. in 8 Wks And a Boy Friend." writes Susan Salino. Thousands say new Ironized Yeast adds 5 to 15 lbs. in 3 weeks. Skin clears like magic. Constipation, nerves, end. Get pleasant Ironized Yeast tablets from druggist today.

A-ha-a-a!

NOT exactly his regular face . . . but who couldn't forgive any ordinary, everyday man for giving way to his feelings when a plate of steaming, tempting CLARK'S CHICKEN SOUP is placed before him.

Plump chickens . . . healthy chickens . . . the kind there used to be when the old open fire in the kitchen did all the cooking . . . a juicy, tender chicken swinging to and fro . . . the flames eagerly licking around it . . . the gravy oozing out . . .

A-a-a-ah! a soup made from chickens such as those . . . wouldn't you love . . . don't you crave it . . . then, why don't you have it? It's here . . . CLARK'S CHICKEN SOUP!

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MUTTON BROTH SCOTCH BROTH
MOCK TURTLE JULIENNE CELERY
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BOYS' HEAVY BLUE DENIM BIB OVERALLS—Reg. $1.50; sale price, pr... **95c**

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