The Cow Puncher

By ROBERY J. C. STEAD.

Synopsis of Preceding Capters.

By Hardy, famous specialist, and the special special



**Delicious** Hot-Day Lunch BEST lunch is two packages of Little Sun-Maid Raisins and a glass of milk.

Had Your Iron Today?

Tastes good when you're hungry. Nourishes yet keeps you cool.

Raisin's 75 per cent fruit sugar is in practically predigested form, furnishing 1560 calories of energizing nutriment per pound.

Doesn't tax digestion so doesn't heat the blood, yet energizes almost immediately.

Big men eat little lunches to conserve their thinking power. Don't overeat and lag behind the leaders. Get two packages of Little Sun-Maids now.

# Little Sun-Maids









## Icebergs in the North Atlantic

\* June and July one reckoued the worst months for ice in the North Atlantic. It is at this time of year that the great Greenland bergs drift south to the danger of Transitionalo

North At'antic ice has claimed a terrible toll of human lves and property during the past half-century, and over and over again great liners have had the narrowest escapes from staking after collision with huge beings. The Totatic disaster is still freel in our memories, though it happened no less than ten years ago. Other veccess have been more for-

tunate. The most marvellous escape was that of the liner Arizona, which, feely years ago, gained the title of the 'greyhound of the Atlantic."

On November 7th, 1879, when steaming across the Grand Banks, on her way to New York, the ran smash into a monatrous iceberg, crumpling up her stout steel hows as though they were paper. Her fore part was a mere shelf of cracked steel beams and girders and it was only with the greatest dif-ficulty that she got into St. John's, Newfound and, where over two hun dred tons of ice were taken out of her

Si had five hundred and fifty persons abourd at the time of the col

City of Berlin, had a similar experience, and almost on the same spot as the Arlzona. Her stem was broken from deck to keel, and such a mass of ice tumbled abourd her that at first it was feared are would sink before any thing could be done.

Her passengers stampeded, there was a rush for the boats, and her ofwas a raise for the boars, and her of-ficers had their work cut out to re-score discipline. Her watertight com-partments saved her, and eventually

umbia had an appallingly narrow esfrom destruction by ice. Cape Race she charged a great glitter-ing mass of flinty Arctic ice which,