

# BOVRIL FLAVORS STEWS AND HASHES



ALL THAT IS GOOD IN BEEF

## The Cow Puncher

BY ROBERT J. C. STEAD.

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CHAPTER I.—(Cont'd.)

Dave led into the old ranch house, kicking the door wider open with his heel as he passed. A musty smell fell on the senses of the girl as she entered, and she was conscious of the buzzing of innumerable flies. A partition from east to west divided the house, and another partition from north to south divided the northern half. In the north-east room they set the stretcher on the floor.

"Now," said the boy, "I'm going for the doctor. It's forty miles to town, and it'll likely be mornin' before I'll be back, but I'll sure burn the trail. You'll have to make the best of it," he continued, impersonally addressing the much-spotted window. "There's grub in the house, and you won't starve—that is, if you can cook." (This was evidently for Irene. There was a note in it that suggested the girl might have her limitations.) "Dig in to anything you want. And I hope you'll be able to handle it."

"Oh, I'll stand it," said Doctor Hardy, with some cheerfulness. "We medical men become accustomed to suffering—in other people. You are very kind. My daughter may remain in this room, I suppose? There is no one else."

"No one but the old man," he answered. "He's asleep in the next room, safe till mornin'. I'll be back by that time. That's my bed," indicating a corner. "Make yourselves at home." He lunged through the door and they heard his spurs clanking across the hard earth.

The girl's first thought was to assure as much comfort for her father as the circumstances would permit. She removed his boot and stocking, and, under his direction, slit the leg of his trousers above the injury. It was bleeding a little. In the large room of the house she found a pail with water, and she bathed the wound, wiping it with her handkerchief, and bringing a tear or two with the warm blood that dripped from it.

"You're good stuff," her father said, pressing the fingers of her unoccupied hand. "Now, if you could find a clean cloth to bandage it—"

She looked about the place, somewhat hopelessly. Her expedition to the main part of the house, when she had found the water pail, had not reassured her as to the housekeeping of the Eldens. Her father read her perplexity.

"It seems as though you would be in charge here for a while. Remember, I said, 'so you will save time by getting acquainted at once with your equipment. Look the house over and see what you have to work with.'"

"Well, I can commence here," she agreed. "This is Dave's room, but I should say Mr. Elden's, but what was it he said about 'mister'?"

"It would be splendid if it were cleaned up," she continued, with a finding enthusiasm. "These bare, bare floors, bare rafters—where's his bed?" She surveyed a framework of spruce poles, on which lay an old straw mattress and some very grey blankets. "I suppose he is very tired when he goes to bed," she said, drooping, as though that could be the only explanation of sleep amid such surroundings. "And the walls—give one a little of the nature of a summer faun occupying himself with a photograph of a young woman, with a very bright and very abster-

of it, and horrors—reveling in it." Then she looked again from the open window, this time with eyes that saw the vista of valley and woodland and foothills that stretched down into the opening prairie. Suddenly she realized that she was looking down upon a picture—one of Nature's obscure masterpieces—painted in brown and green and saffron against an opal sky. It was beautiful, not with the majesty of the great mountains, nor the solemnity of the great plains, but with that nearer, more intimate relationship which is the regular property of the foothill country. Here was neither the flatness that, with a change of mood, could become in a moment desolation, nor the abso-

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## Woman's Interests

Canning Times Comes 'Round Once More.

With the return of dandelion and other greens, rhubarb and small fruits, canning activities are resumed, although many housewives claim that they can food all the year 'round. Whatever plan may be pursued, now is the time to look over the supply of jars and other equipment, replacing or adding to one's canning conveniences and making ready for the season's work.

Jars can be sorted and fitted with lids, the wide-mouthed jars being set aside for the large fruits, pickles and for meat and poultry. Jars having a small opening should be used for greens, small fruits and for vegetables. Imperfect rubber rings should be discarded and a supply of new ones obtained. Paring knives should be sharpened, strainers, kettles, steamers and pressure cookers inspected and needed repairs attended to. A good supply of towels and holders is much to be desired, and the fore-hand woman will provide herself with cover-all aprons and low-heeled comfortable shoes.

A screened porch where much of the preparation of fruit and vegetables can be done is highly desirable, as it enables the housewife to work out-of-doors in comfort, allows the space in the kitchen to be kept all waste matter out-of-doors.

A successful method of canning rhubarb is to weigh the rhubarb, add sugar in the proportion of one pound of sugar to two pounds of rhubarb, place in a baking dish with a cover and bake until tender. Add no water for there is plenty of water in the rhubarb. When tender, fill sterile jars with the mixture. Place the jars in a hot water-bath, boil for five minutes and seal while hot.

In order to preserve the mineral salts and volatile oils, greens should be blanched in a steamer, not thrust into the boiling water. If a steamer is not to be had, a good substitute can be made by putting the greens in a colander which can be closely covered, and placing this over a kettle of boiling water.

The following greens are canned: Swiss chard, kale, Chinese cabbage, leaves, upland cress, French endive, cabbage sprouts, turnip tops (young and tender), New Zealand spinach, asparagus, spinach, beet tops, cultivated dandelion, wild dandelion, dandelion sprouts (tender), mustard, lamb's-quarter, purslane, pokeweed and milkweed sprouts.

Can greens the day they are picked. Wash clean and remove all dry, decayed or diseased leaves. Place greens in a square of cheese-cloth, blanch (by steam) for 15 minutes, remove and plunge into cold water. Cut into convenient lengths, pack tightly in hot jars or tin cans, add sufficient hot water to fill the container, and season to taste. A few slices of boiled bacon or chipped dried beef improve the flavor. If using glass jars, place rubbers and tops in position and partially seal. If using tin cans, cap and tip completely. Sterilize for the length of time given below:

Water-bath, home-made or commercial ..... 2 hours  
Water-seal, 214 deg. .... 1 1/2 hours  
Pressure cooker, 5 lbs. pressure, 1 hr.  
Pressure cooker, 10 lbs. pressure ..... 40 minutes

Strawberries are best made into jam or preserved, as they do not hold up well under canning. They lose color, too, and the berries become soft and unattractive. Canned by this recipe, however, strawberries will not rise to the top of the syrup. Use only fresh, ripe, firm, and sound berries. Hull and rinse the berries and add eight ounces of sugar and two table-spoonsful of water to each quart of berries. Boil slowly for 15 minutes in an enameled or acid-proof kettle. Allow the berries to cool and remain covered kettles. Pack the cold berries in hot glass jars. Put the rubbers and caps of glass jars in position, not tight. Sterilize for the length of time given below:

Water-bath, home-made or com. .... 8  
Water-seal, 214 deg. .... 6  
5 pounds steam pressure ..... 5  
Remove the jars; tighten the covers; invert the jars to cool, and test the joints. Wrap the jars with paper to prevent bleaching.

Strawberries may be combined with rhubarb in an excellent sauce, made thus: Three quarts of rhubarb, cut into small pieces; one quart of strawberries; two quarts of sugar. Mix the fruit with the sugar, and boil until the liquid forms a heavy syrup. Pour it into sterilized jars and seal immediately.

## The Baby's Sleep.

The babies who grow into the healthiest men and women are those who have the proper amount of sleep. The sleep habit should be formed in early infancy. New-born babies should sleep twenty out of twenty-four hours. At six months they should sleep twelve at night without interruption, except, perhaps, for one evening feeding. At this age they will probably sleep two hours both morning and afternoon, but should not sleep after 3 o'clock, so that they may be ready

to go to bed at 6 o'clock in the evening.

The long period of night sleeping should be kept up throughout childhood, but the day naps may be gradually shortened. At one year of age the baby may need one long and one short nap during the day. In the second year one nap is enough. This may be taken for an hour or two in the middle of the day. Even if the child does not sleep all this time, it is good for it to get the habit of resting in a quiet room.

The babies should, if possible, sleep by themselves. Not a few young babies have been smothered while lying in bed with an older person, some part of whose body was thrown over the baby's face during heavy sleep.

The room where baby sleeps should, if possible, be quiet and not too bright, though a baby should be taught to sleep through ordinary household noises. It should not be necessary to walk on tiptoe or to talk in whispers so as not to disturb it.

## Making Sure.

One morning a negro sauntered into the office of a white friend. "Good mornin', Mr. Withrow. Kin I use 'yore phone a minute?" he asked.

"Why, certainly, Sam."

Sam called his number, and after a few minutes' wait, "Is this Mrs. White-side? Well, I seen in de paper where you-all wanted a good cullud man. Is you still wantin' one? Then the man youse got is puffy with satisfaction, and you doesn't contemplate makin' no changes soon? All right, ma'am. Good-bye."

Mr. Withrow called to Sam as he left the phone. "Now that's too bad, Sam, that the place is filled."

"Oh, dat's all right, Mr. Withrow. I'se de nigger what's got de job, but I'se jest a wantin' to check up."

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## CORNS

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A woebegone-looking traveller reached the river-side, and approached the old boatman who operated the ferry across the pretty stream.

"Dad," he whined, "I'm broke, and must get across the stream. Will you trust me for it?"

"Fare's only a penny, mister," said the old ferryman.

"I know it; but I haven't got a penny," replied the woebegone traveller. The old ferryman placidly resumed his pipe.

"Mister," he declared, "if you ain't got a penny you won't be none better off on the other side of the river than you are on this."

Before Germs Were Fashionable.

Village Doctor—"To what do you attribute your remarkable age and your wonderful health?"

Old Inhabitant—"Well, I got a pretty good start on most people by being born afore germs were discovered, and so I have had less to worry about!"



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## Save Time and Keep Your Temper

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## (To be continued.) Japanese Shipbuilding.

At present there are fourteen Japanese shipbuilding establishments capable of constructing ocean-going merchant vessels as compared with fifty-three in 1918. Of these fourteen plants only nine are actually engaged in new building. The estimated output of Japanese yards for 1921 was forty ships of 190,000 gross tons. The maximum output was in 1919, when 136 ships of 621,513 tons were built.

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