

The Cow Puncher

BY ROBERT J. C. STEAD.

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CHAPTER XVIII.—(Cont'd.)

When Dave had gone, Mrs. Hardy, very angry with him, and almost equally angry with herself, owing to a vague conviction that she had had anything the worse of the interview, hurried to the telephone. She rang up Conway's number.

"Oh, Mr. Conway," she said, "you know who is speaking? Yes, you must come up to-night. I do want to talk with you. I've been insulted in my own house—by that—that Eiden. It's all very terrible. I can't tell you over the telephone."

Conway called early in the evening. Irene met him at the door. He greeted her even more cordially than usual, dropping into that soft, confidential note which he had found so potent in capturing such affections as his heart, in a somewhat varied experience, had desired. But there was no time for conversation. Mrs. Hardy had heard the bell, and hurried into the room. She had not yet recovered from her agitation, and made no effort to conceal it.

"Come into my sitting-room, Mr. Conway. I am so glad you have come. Really, I am so upset. It is such a comfort to have someone you can depend on—someone whose advice one can seek, on occasions like this. I never thought—"

Mrs. Hardy had been fingering her handkerchief, which she now pressed to her eyes. Conway laid a soothing hand on her shoulder. "There, there," he said, "you must control yourself. Tell me. It will relieve you, and perhaps I can help."

"Oh, I'm sure you can," she returned. "It's all over Irene and that—that I will say it—that cow puncher. To think it would have come to this! Mr. Conway, you are not a mother, so you can't understand. Ungrateful girl! But I blame him. And the Doctor. I never wanted him to come. West. It was that fool trip, in that fool motor—"

Conway smiled to himself over her unaccustomed violence. Mrs. Hardy must be deeply moved when she forgot to be correct. He had readily surmised the occasion of her distress. It needed no words from Mrs. Hardy to tell him that Irene and Dave were engaged. He had expected it for some time, and the information was not altogether distasteful to him. He had come somehow under the spell of Irene's attractiveness, but he had no deep attachment for her. He was not aware that he had ever had an abiding attachment for any woman. Attachments were things which he put on and off as readily as the apparel of clothes. He planned to hit Dave through Irene, but he planned that when he struck it should be a death blow. Their engagement would lend a sharper edge to his shaft.

It may as well be set down that for Mrs. Hardy Conway had no regard whatever. Even while he shaped soft words for her ear he held her in contempt. To him she was merely a silly old woman. From the day he had first seen Mrs. Hardy his attitude toward her had been one of subtle flattery, and partly because on that same day he had seen Irene, and he was shrewd enough to know that his approach to the girl's affections must be made by way of the acquaintance which he would establish under the guise of friendship for her mother. Since his trouble with Dave, Conway had a double purpose in developing that acquaintance. He had no compunctions as to his method of attack. While Dave was manfully laying siege to the front gate, Conway proposed to burglarize the home through the back door of family intimacy. And now that Dave seemed to have won the prize, Conway realized that his own position was more secure than ever. Had he not been called in consultation by the girl's mother? Were not the inner affairs of the family now laid open before him? Did not his position as her mother's adviser permit him to assume toward Irene an attitude which, in a sense, was more intimate than

even Dave's could be? He turned these matters over quickly in his mind, and congratulated himself upon the wisdom of his tactics.

"It's very dreadful," Mrs. Hardy was saying, between dabbings of her perfumed handkerchief on eyes that bore witness of the genuineness of her distress. "Irene is not an ordinary girl. She has in her qualities that justified me in hoping that—that she would do—very differently from this. You have been a good friend, Mr. Conway. Need I conceal from you, Mr. Conway from you, of all men, what have been my hopes for Irene?"

Conway's heart leapt at the confession. He had secretly entertained some doubt as to Mrs. Hardy's purpose in opening her home to him as she had done; absurd as the hypothesis seemed, still there was the hypothesis that Mrs. Hardy saw in Conway a possible comfort to her declining days. He had no doubt that her vanity was equal to that supposition, but he had done her less than justice in supposing that she had had any directly personal ambitions. Her ambitions were for Irene. From her point of view it seemed to Mrs. Hardy that almost anything would be better than that Irene should marry a man who had sprung from the low estate which Eiden not only confessed, but boasted. She had hoped that by bringing Conway into the house, by bringing Irene under the influence of a close family acquaintance with him, that that young lady might be led to see the folly of the road she was choosing. But now her clever purpose had come to nought, and in her vexation she did not hesitate to humble herself before Conway by confessing in words that she could not misunderstand, that she had hoped that he would be the successful suitor for Irene. And Conway's heart leapt at the confession. He was sufficiently schooled in the affairs of life to appreciate the advantage of open alliance with Mrs. Hardy in the short, sharp battle that lay before him.

"And I suppose I need not conceal from you," he answered, "what my hopes have been. Those hopes have grown as my acquaintance with you has grown. It is reasonably safe to judge a daughter by her mother, and by that standard Irene is one of the most adorable of young women."

"I have been called attractive in my day," confessed Mrs. Hardy, warmly at once to his flattery.

"Have been?" said Conway. "Say rather you are. If I had not been rendered, perhaps, a little partial by my admiration of Irene, I—well, one can scarcely give his belly a two place, you know. And my deep regard for you, Mrs. Hardy—my desire that you shall be spared this—ah—threatened humiliation, will justify me in using heroic measures to bring this unfortunate affair to a close. You may trust me, Mrs. Hardy."

"I was sure of that," she returned, already much comforted. "I was sure of your sympathy, and that you would find a way."

"I shall need your co-operation," he warned her. "Irene is—you will forgive me, Mrs. Hardy, but Irene is, if I may say it, somewhat headstrong. She is—"

"She is her father over again," Mrs. Hardy interrupted. "I told him he should not attempt that crazy trip of his without me along, but he would go. And this is what he has brought upon me, and he not here to share it." Mrs. Hardy's tone conveyed very plainly her grievance over the Doctor's behaviour in evading the consequences of the situation which his headstrong folly had created.

"She is set in her own mind," Conway continued. "We must not openly oppose her. You must appear to be resigned even to the extent of treating Eiden with such consideration as you can. To argue with Irene, to attempt to persuade her, or to order Eiden off the place, would only deepen their attachment. Love is that way, Mrs. Hardy. We must adopt other tactics."

"You are very clever," said Mrs.



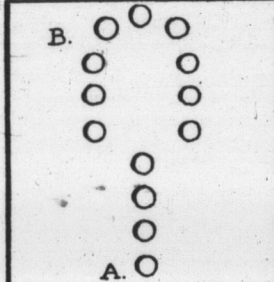
THE LAUSANNE FRONT

—From London Opinion.

EASY TRICKS

The Tree Mystery

No. 13



Arrange several coins on the table in the form of the "Hindu fakir tree" as in the illustration. Ask a friend to start at the foot of the tree ("A") and count, mentally, as many coins as he likes up the trunk and up the right hand side of the tree. When he reaches the desired number, he is to start at that coin and count back the same number. Instead of going down the trunk, however, he is to go up the left hand side of the tree.

While he does this, turn your back so that you cannot see at what coin he stops counting. You may even leave the room if he suspects that your presence helps you to solve the mystery.

When he completes counting, you look at the coins intently and then place your finger on the coin at which he stopped counting. This trick may be repeated without fear of detection.

The secret is that he will stop counting at many coins up the left hand side of the tree as there are coins in the trunk. If the coins are arranged as in the illustration—"A" being the foot of the tree—he will stop at the coin just to the north east of the letter "B."

If you repeat the trick rearrange the coins so that there are more or less coins in the trunk.

(Clip this out and paste it, with other of the series, in a scrap-book.)

When Charley Held Up His Foot.

A carriage horse named Charley, writes a correspondent to the Youth's Companion, was in the habit, after being unharnessed in the barnyard, of rearing on his hind legs and, turning sharply round, running to the water trough. One day as he was in the act of wheeling he suddenly stood perfectly still, and his father wondering turned and saw one of his little boys directly under the horse's forelegs; the horse was holding one foot up about in the position it would be in when being shod.

It seems that in wheeling and coming down, Charley saw the boy and was intelligent and gentle enough not to injure him. The horse stood still with his foot in the air until my father had picked the little fellow up.

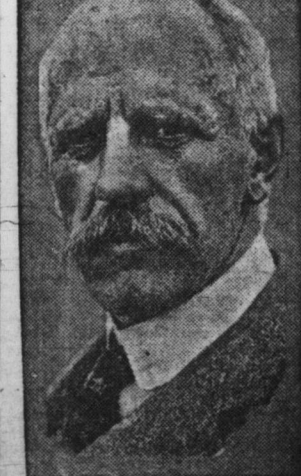
Minard's Liniment for Colds, etc.

Extending Bombay, India, by Reclamation Work.

Extensive reclamation work is being carried out at Bombay, India. By means of a great inclosing sea wall, four miles long, 1,145 acres of Back Bay will be reclaimed. The estimated quantities of material required for this wall in cubic feet are: rubble, 9,223,280; heavy pitching stone, 9,485,500; and concrete, 3,694,690. An additional work of smaller importance is another reclamation of some 132 acres. The estimated total cost of these enterprises, less interest during the six years required for completion, is £583,333.

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' course of training to young women, having the required education, and desiring to become nurses. This hospital has adopted the eight-hour system, the pupils receive instruction at the hospital, and a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.



Wins Nobel Peace Prize
Dr. Naessén, the famous explorer, who has been awarded the Nobel peace prize for a reward for the relief work he has carried on in Russia.



Woman's Interests

Mother Organizes Boys' Orchestra.

The value of music as a means of improving the mind is now beginning to be realized. Music has the same mind-training value as Latin, Greek and the higher forms of mathematics, with the added advantage that it can be taught in the lower grades and need not be discarded when the student has completed his education.

Authorities have gone far into the comparison of the absolute mental concentration required in the study of mathematics and of musical art, and the consensus of opinion seems to be in favor of music in about the ratio of 3 to 1. That is, one hour of intensive application in the study of music is equal to three hours (some authorities place it as high as four hours) of intensive application in calculus or higher mathematics.

This does not apply to the mere playing for amusement or in a perfunctory way, but to real reconstructive mechanical and artistic work such as would be required in the study of the orchestra, or the piano, violin, etc., or in orchestral or band organizations, when studying works by eminent composers.

In such musical application certain rules must be carried out and followed, the same order of application, the same creative power and creative ideas exercised which are used in the study of higher mathematics.

The foregoing facts are illuminating, but it is as a mother and a club woman rather than as a musician that I wish to make my chief plea for full academic credit for orchestral work in our public schools.

For six years, beginning with pupils in the seventh and eighth grades, I have carried on an experiment in orchestral work in our schools. The original orchestra was formed as a possible solution of the problem, "How should we mothers use or occupy our boys' time during vacation, when the sole available form of amusement seemed to be 'movies' or baseball?"

Enthusiasm was manifested from the first, and it was soon proven that a hidden chord in boy nature was touched by giving him an instrument to blow, a violin to play or a drum to beat—some instrument with which to work off the surplus energy of the adolescent period and at the same time produce beautiful harmonies in concert.

By fall, when the school opened, interest had increased to such an extent that the boys did not want to drop their orchestral work. But here was where the mothers met their first difficulty. The principal of the school was afraid that outside music would take too much time from the children's studies.

Finally an agreement was reached by which the children were allowed to give their orchestra a trial until Christmas, provided their school average did not fall below 85 per cent. to 95 per cent. In addition, the teachers reported that the orchestra members had improved greatly in mental alertness, that they apparently thought more clearly, were more courteous and showed greater power of concentration. Ever since that first try-out the orchestra has had the heartiest co-operation of the local board of education, the principals and teachers, with school credits for this musical study to all pupils taking part in it. Also the support of our Chamber of Commerce, Rotary Club, women's clubs, the parents, and of the town.

The first orchestra proved so successful that a junior orchestra was formed, composed of younger pupils. Both orchestras are still playing.—From an address by Mrs. J. A. C. Hogen.

How To Reduce.

If you are one of the numerous people who wish to reduce in weight, you should first have a thorough physical examination by your physician, and get his permission to reduce. It is also necessary to learn the fundamental principles of nutrition. Find out what your normal weight should be for your age and height, and then find out how much you should be eating, with the work you do, if you were normal in weight.

You can watch the calories you eat every day, then eat 500 calories less each day than this normal, in order to lose a pound a week. Eat plenty of fruits and vegetables. They are water, contain very few calories, but do contain important mineral salts, vitamins and woody fibre. You do not need to cut out potatoes, bread and sweets altogether, but count the calories, and eat with moderation. Eat bran, graham or entire wheat bread instead of white bread.

Water may be taken freely between meals, but the amount of water taken with meals should be reduced. The following will be found helpful: Add the juice of half a lemon to a pint of hot water, and drink it in the morning, and drink a glassful of hot water just before retiring.

Foods that may be eaten freely are the following: Squash, lettuce, celery, spinach, all cooked greens, asparagus, cabbage and sweetkum, cauliflower, onions, tomatoes, olives, radishes, turnips, parsnips, lean meat (no gravy), shrimp, oysters, clams, skin-

med milk, buttermilk, and all fresh fruits except bananas.

It is far better to leave the table before satisfying your appetite than to have a stuffy feeling for an hour or so after a meal. Often the family has had enough to eat before the dessert is served, but they eat the dessert because it is placed before them and is tempting. When cream is omitted from coffee the drink is not always popular; a good substitute then for coffee is a cupful of boiling water in which a bouillon cube is dissolved. In the middle of the morning or afternoon, a teaspoonful of beef extract dissolved in boiling water will satisfy that desire for food so often felt by the person who is trying to reduce.

It takes a lot of perseverance to adhere strictly to a set of rules and regulations on diet or exercise. I am convinced, however, that regular exercises are very important factors in reducing, but reducing exercises should be used daily without fail and it is advisable to take a hot bath at night and cold bath in the morning. Swimming, horseback riding and tennis are excellent reducers. A punching-bag can be used when outdoor exercise is not convenient, while housework provides many movements which are helpful.

Reducing to music is a delightful way of getting thin. It requires from twelve to twenty minutes daily and has been wonderfully successful. If you have a talking machine, you can purchase records made for physical exercises, which will give you complete and definite directions and the music to which you "do" your exercises.

Exercise is necessary in order to reduce the hips. Exercise out-of-doors, when possible. A brisk walk, especially if it takes you up hill, is very good. If you have not time to walk or take other exercise out-of-doors during the day, you can obtain good results by exercising in your own room night and morning. Even a few minutes will give you results in time, if the exercise is taken regularly.

The exercise is very simple, but you will find it somewhat hard at first: Walk rapidly around the room on your tiptoes, raising each knee as high as you can without losing your balance. Continue for at least five minutes and then take a cold sponge and a brisk rub-down to keep from taking cold. At night, after you have taken the exercise, dip a Turkish towel in very hot water and place it about your hips, putting a dry towel outside and keeping it in place until the hot towel gets cold. Repeat this at least six times, then apply alcohol to close the pores and avoid taking cold.

Apple Recipes.

Apple porcupine—8 apples, 2 cups sugar, 2 cups water. Wipe, pare and pare apples. Make a syrup of sugar and water and cook eight minutes before adding the whole apples. Cook the apples until soft. Use a deep saucepan to keep them covered with syrup. Drain from syrup, cool and fill cavities with jelly, marmalade or preserved fruit. Stick apples with blanched almonds and serve with whipped cream.

Baked stuffed apples—Wash, pare and core—keeping them whole—six tart apples. In the cavity of each put brown sugar, raisins and butter. Place apples in earthen or granite dish, pour a syrup over (in proportion of ½ c. brown sugar to ¾ c. water). Bake in moderately hot oven until soft. When done, remove to serving dish and pour syrup over. Serve cold with cream.

Fried apples with sausage or pork chops—Core firm apples and cut across in slices half an inch thick. Do not peel. When the sausage or chops are partially cooked, add the slices of apple and cook until tender, turning carefully to prevent breaking. Serve as a garnish with the meat.

Minard's Liniment for Warts.

Self-Cleaning Filter Makes Cistern Water Clean.

In a new cistern filter water entering at the top from a downspout flows over a slanting screen, which allows leaves and coarse material to be washed out through an outlet near the top. The water with fine dirt passes down into a chamber at the bottom, and as the rain increases, rises through an inner charcoal chamber and reaches the cistern through an interior pipe. When the rain ceases, the clear water in the charcoal chamber backwashes the sediment through a small hole at the bottom of the filter, which is constantly draining sediment at a loss of about 10 per cent. of water.



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WINTER SPORTS OPEN IN QUEBEC CITIES

KING CARNIVAL HOLDS SWAY IN MONTREAL

Dufferin Terrace and Citadel Hill Are Unrivaled Centres of Winter Gayety.

Montreal, Canada's metropolis economically and most other respects, is this winter to play again its national role in a phase it has long neglected, and, outrivalling Switzerland and Norway, blossom forth as a centre of winter carnival and hibernal gayety. For the two months of January and February, Montreal is to set the stage for an extended list of winter sports, for which the city has almost limitless possibilities, and in a bound will regain its former eminence in this respect lost only through force of circumstances—and then neglected through the stress of economic affairs. Montreal for the space of these two months will provide unrivaled attractions to visitors, and every sportive manner in which ice and snow can be put to human amusement and enjoyment has been devised.

Montreal in former days provided unsurpassed winter attractions, which drew people from long distances year after year. The war effectively put an end to such gayety and since the termination of hostilities the Dominion in general has been too busily engaged in adjusting its economic position to be able to devote time and attention to organized winter pleasure, profitable as such ventures have proven to be in the past.

Surpasses Norway and Switzerland.

This is not suggesting that winter sports have not continued in an uninterrupted manner in Montreal. Montreal without its winter gayety cannot be conceived. The city, with exquisite Montreal, has been over it, seems preeminently to have been engaged in a locale for sporting on snow and ice and its citizens have never failed to extract the utmost pleasure from the winter months. Numbers of visitors who have been initiated into the Metropolis' winter joys have also annually made their pilgrimages there, but for years there has been no organized effort to stage winter sports on a big scale and to systematically attract visitors to them. This year, however, from January 5 until March 1, "King Carnival" will hold undisputed sway, and citizens and visitors alike may enjoy themselves in a manner possible in few other localities in the world.

The Park Side of pleasant memories has been rebuilt, and toboggan devotees to shoot down its icy slopes will doubtless exceed in numbers the millions which traveled upon it in the last year before its demolition. Skiing has never been surpassed and there will be excellent opportunities for amateurs as well as exhibitions of the finest jumping on the continent. Some of the continent's finest hockey games will be witnessed on the rinks of the city. Snowshoeing seems to belong peculiarly to Mount Royal, and those who have seen the procession of snowshoers climbing the mountain side, a trickle of light over the face of the eminence, can never forget it. The ice palace will be the centre of carnival revels and all manner of winter entertainment will radiate from it. For the months of January and February, Montreal will, indeed, be the focus of the continent, a Norway and Switzerland rolled into one.

Festivities of Old Quebec.

Quebec, that city of hills and unrivaled centre of winter sports, will have another gay winter. The famous triple track slide on Dufferin Terrace is again in operation and the rush of guests from the States is greater than past records. The dog team that gave pleasure to many last winter is on hand to delight young and old by whirling them up the snowy stretch of the Terrace, while numberless furling sleighs await those who prefer to ride more sedately. This ski jump is built on Citadel Hill; outdoor and indoor rinks, skating rinks and the many hills of varying sizes and steepness offer a wide play field for Quebec and visiting sportsfolk.

The Fur Fashion Parade will be repeated and visitors in Quebec will have an opportunity of viewing the richest and most exquisite creations of Canadian fur, and there are no finer in the world, worn by some of the fairest of Quebec daughters.

Not Personality.

The Antiquarian Society of Smithville was holding its anniversary meeting, an occasion of much splendor and importance.

A young woman who acted in the capacity of society reporter for one of the morning papers of the city, in making her rounds for the purpose of securing the names of those in attendance, approached a somewhat elderly but well-preserved spinster, who was moving in her stately manner amid the throng.

"I suppose, Miss Dunkum," the reporter said, jotting down the name, "you are an Antiquarian?"

"I am a member of the Antiquarian Society," responded Miss Dunkum, with great dignity, evidently having an impression that an "antiquarian" objectively considered, was about the same thing as antiquity.

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