

Bovril
invents tasty dishes
for you

The Cow Puncher

BY ROBERT J. C. STEAD.

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Synopsis of Preceding Chapters.

Dr. Hardy, famous specialist, and his daughter Irene, meet with an accident while on a morning trip in the foothills of Alberta and find a refuge in the cabin of the Elden ranch where dwell David and his disolute father. The girl and boy promise to meet again in the future. After his father's drunken death David goes to seek his fortune in town and loses all his money at a pool table. He spends an evening with Conward, his poolroom acquaintance, and two actresses and takes liquor for the first time. Next morning he awakes from a drunken sleep resolved to amend. He is attracted by the singing of a choir girl in a church; then he attended a Socialist meeting. When delivering coal at the home of Mr. Duncan he is offered evening tuition in return for occasional services as a coachman. The first evening he discovers the choir girl in Edith Duncan. Under his tutor's careful direction Dave's education thrives apace.

CHAPTER VII.—(Cont'd.)

The climax seemed to be reached when Mr. Duncan invited Dave to accompany him to a dinner at which a noted thinker, just crossing the continent, had consented to speak.

"It will be evening dress," said Mr. Duncan. "I suppose you are hardly fitted out that way?"

"I guess not," said Dave, smiling broadly. He recalled the half-memorable sarcasm with which the Metford garage referred to any who might be seen abroad in their "herford fronts." He had a sudden vision of himself running the gauntlet of the ridicule.

But Mr. Duncan was continuing. "I think I can fix you up," he said. "We must be pretty nearly of a size, and I have a spare suit. And almost before he knew it it was arranged that Dave should attend the dinner.

It was an eventful night for him. His shyness soon wore off, for during these months he had been learning to accept any new experience gladly. "Life is made up of experience," his teacher had said, "therefore welcome every opportunity to broaden your life by travelling in new surroundings. There are just two restrictions—the injurious and the immoral. You must grow by experience, but be sure you grow the right way. Only a fool must personally seize the red iron to see if it will burn. But most of us are fools." And as he sat among this company of the best minds in town he felt that a new and very real world was opening before him.

His clothes seemed to work up in some way through his sub-consciousness and give him a sense of capability. He was in the mental atmosphere of men who did things, and by conforming to their customs he had brought his mind into harmony with theirs, so that it could receive suggestions, and—*who knows?*—return suggestions. And he was made to think, think, think.

As he walked home with Mr. Duncan under the stars he spoke of the subtle sense of well-being and ability which came with good clothes. "I don't mind confessing I have always had something like contempt for stylish dressing," he said. "Now I almost feel that there's something to it."

"There is some good quality in everything that survives," said Mr. Duncan. "Otherwise it would not survive. That doesn't mean, of course, that the good qualities outweigh the bad, but the good must be there. Take the use of liquor, for instance; perhaps the greatest source of misery we have. Yet it touches a quality in man's life—sociability, conviviality, if you like—but a quality that has virtue in it none the less. And the errors of sex are so often linked with love that one can scarcely say where virtue ceases and where vice begins. I know; convention placards them plainly enough, but convention does not make virtue vice, nor vice virtue. There are deeper laws down beneath, and sometimes they may set at defiance all accepted codes."

"Yet I would not quarrel with the accepted codes—until I knew I had something better. Accepted codes represent man's net progress through experience to truth. The code, for instance, 'Thou shalt not kill'; we accept it in general, but not completely. The State does not hesitate to kill in self-defence, or even to carry out purposes which have no relation to defence. And shall we not allow similar exception to the other codes? And yet, although we may find our codes are not infallible, are they not still the best guides we have?"

"To return to clothes. Clothes won't make you, but they will help you to make yourself. Only, don't become a clothes-tripper. You can run to intoxication on fine raiment as well as on fine wines. It has virtue in it, but just beyond the virtue lies the vice."

CHAPTER VIII.

The summer was not far gone when Dave, through an introduction furnished by Mr. Duncan, got a new job. It was in the warehouse of a wholesale grocery, trundling cases and sacks of merchandise. It was cleaner

than handling coal, and the surroundings were more congenial, and the wages were better—fifty dollars a month, to begin.

"The first thing is to get out of the dead-line," said Mr. Duncan. "I am not hoping that you will have found destiny in a wholesale warehouse, but you must get out of the dead-line. As long as you shovel coal, you will shovel coal. And you are not capable of anything better until you think you are."

"But I've liked it pretty well," said Dave. "As long as I was just working for my wages it was dull going, but it was different after I got to see that even shovelling coal was worth while. I suppose it is the same with groceries, or whatever one does. As soon as you begin to study what you handle the work loses its drudgery. It isn't a man's job that makes him sick of his job; it's what he thinks of his job."

A light of satisfaction was in his teacher's eyes as Dave made this answer. Mr. Duncan had realized that he was starting late with this pupil, and if there were any short-cuts to education he must find them. So he set out deliberately to instill the idea that education is not a matter of schools and colleges, or courses of reading, or formulae of any kind, but a matter of the five senses applied to every experience of life. And he knew that nothing was coarse or common that passed through Dave's hands. Coal had ceased to be a smutty mineral, and had taken on talismanic qualities unguessed by the mere manual workman; and sugar, and coffee, and beans, and rice, and spices, each could give its own wonderful world before this young and fertile mind.

As a heritage from his boyhood on the ranges Dave had astonishingly alert senses; his sight, his hearing, his sense of smell and of touch were vastly more acute than those of the average university graduate. . . . And if that were true, might it not fairly be said that Dave was already better educated of the two, even if he knew nothing of the classics?

As Dave parted from the Metford garage he felt that he knew what Mr. Duncan had meant by the dead-line. These were men who would always shovel coal, because they aspired to nothing better. There was no atom of snobbery in Dave's nature; he knew perfectly well that shovelling coal was quite as honorable and respectable as any other work. But he was content to shovel coal on the dead-line. And, by the same logic, the man who was content to manage a bank was on the dead-line. That was new and somewhat startling aspect of life. He must discuss it with Mr. Duncan.

Dave's energy and enthusiasm in the warehouse soon brought him promotion from trundling hands to shipping clerk, with an advance in wages to sixty-five dollars a month. He was prepared to remain in this position for some time, as he knew that promotion depends on many things besides ability. Mr. Duncan had warned him against the delusion that man is entirely master of his destiny. "Life, my boy," he said, "is 50 per cent. environment and 50 per cent. heredity. The other 10 per cent. is yours. But that 10 per cent. is like the steering gear in an automobile; it's only a small part of the mechanism, but it directs the course of the whole machine. Get a good grip on the part of your life you can control, and don't worry over the rest."

To economize both time and money Dave took his lunch with him and ate it in the warehouse. He had also become possible as managing a firm, came through the warehouse. Dave knew him but little; he thought of him as a stern, unapproachable man, and avoided him as much as possible. But this time Mr. Trapper was upon him before he was seen.

"What are you reading?" he demanded. "Yellow backed nonsense?"

"No, sir," said Dave, rising and extending his arm with the book.

"Why, what's this?" queried Mr. Trapper, in some surprise. "Tea—What's the idea, young man?"

"I always like to read about the stuff we are handling," said Dave. "It's interesting to know all about it; where it comes from, how it is grown, what it is used for; the different qualities, and so forth."

"H'm," said Mr. Trapper, returning the book. "No doubt." And he walked on without further comment. But that afternoon he had something to say to his manager.

"That young fellow on the shipping desk—Elden, I think his name is. How do you find him?"

"Very satisfactory, sir. Punctual, dependable, and accurate."

"Watch him," said Mr. Trapper.

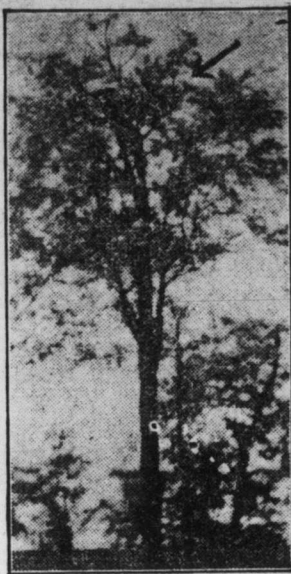
The manager swung around in his chair. "Why, what do you mean? You haven't occasion to suspect—?"

Mr. Trapper's customary sternness slowly relaxed, until there was the suggestion of a smile about the corners of his mouth, and rather more than a suggestion in the twinkle in his eye.

"Do you know what I caught that young fellow doing during noon hour?" he asked. "Reading up the encyclopedia on tea. Tea, mind you. Said he made a practice of reading up on the stuff we are handling. We, mind you. Found it very interesting to know where it came from, and all about it. I've been in the grocery business for pretty close to forty years, and I've seen many an employee spend his noon hour in the pool-rooms, or in some other little back room, or just smoking, but this is the first one I ever caught reading up the business in an encyclopedia. Never read it that way myself. Well—you watch him. I'd risk a ten-spot that he knows more about tea this minute than half of our travellers."

But Dave was not to continue in the grocery trade, despite his reading of encyclopedia. A few evenings later he was engaged in reading in the public library; not an encyclopedia, but Shakespeare. The encyclopedia was for such time as he could save from business hours, but for his evening reading Mr. Duncan had directed him into the realm of fiction and poetry, and he was now feeling his way through Hamlet. From the loneliness of his boyhood he had developed the habit of talking aloud to himself, and in abstracted moments he read in an audible whisper which impressed the substance more deeply on his mind, but made him unpopular in the public reading-rooms. It was well known among the patrons of the rooms that he read Hamlet. This fact, however, may not have been altogether to Dave's disadvantage. On the evening in question an elderly man engaged him in conversation.

(To be continued.)



Large Eagle's Nest.
Five one-half miles south of Dunville, on Lake Erie, an eagle's nest is located near the top of an old elm tree. The nest measures eight feet across and has been used by eagles for over ten years.

There are 147 National Forests in the United States and the total area is 156,666,000 acres, of which more than 150,000,000 acres are located in the mountainous regions west of the Missouri river.



Woman's Interests

Fruit and Vegetable Salads.

In preparing fruit salads, there are numerous points to be kept in mind, such as the general form of the salad, the combination, the dressing and the garnishing. If these are considered one may have an infinite and appetizing variety.

A salad may be served in delicate green or rosy apples which have been hollowed out, or in small or large melons, tomatoes, peppers or other vegetable casings in like manner. The salad proper may be just a salad, or it may have a meat value by the addition of hard-boiled eggs, nuts, meat left-overs or cheese. Celery, head lettuce or any of the dairy vegetables may be combined with fruit. Bananas and melons cut in cubes may be combined with cherries, plums or strawberries. Pineapples, oranges and grapefruit may be combined with cucumbers, pears, apples, grapes or olives. Other combinations, such as lettuce, half of a tomato, chopped cucumber and green pepper or lettuce with cream cheese moulded with chopped pimiento and olives or lettuce with moulded spinach and hard-boiled eggs, and herbs or dandelions with watercress and tomatoes cut in quarters, are excellent when served with French dressing. In fact, there is no fruit or vegetable to which cannot be successfully combined with another fruit or vegetable to make a palate-tickling salad.

The garnish appeals primarily to the eye, although it is a decided addition to any salad. Cress, lettuce, parsley, nasturtium leaves, rose leaves or currant sprigs may all be used as a garnish, according to the individual taste.

Last, but by no means least, comes the salad dressing. It is a very important part in salad making, and in many cases the choice of the dressing is really the making of a salad. One must choose the dressing best suited to the combination of the salad. The following are some very good salad dressing recipes:

French Dressing.—With one teaspoon of lemon juice, fruit vinegar, or vinegar, mix one-half teaspoonful each of salt and pepper. Gradually pour this on three teaspoons of olive oil, stirring constantly. Beat well and toss the salad in this. Melted butter may be used instead of the olive oil.

Cooked Mayonnaise.—Place in a double boiler one teaspoon of vinegar and let come to a boil, and add a teaspoon of salt, a bit of cayenne pepper, three teaspoons of mixed or French mustard, three tablespoons each of sugar, olive oil or melted butter. While this is heating, beat the yolks of three eggs with a level tablespoonful of flour. Whip this lightly into heated mixture and cook until thick, stirring constantly and not letting it boil. Take from stove and cool. This will keep a long while without ice and is good.

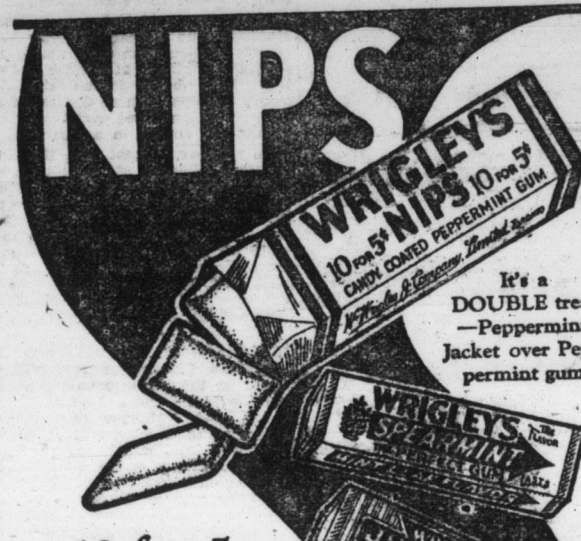
Sour Cream Dressing No. 1.—Use cream that is sour but not old enough to be strong. Rub smooth the yolks of four hard-boiled eggs and slowly add five tablespoons of sour cream. Thin with either lemon or fruit juice or vinegar.

Sour Cream Dressing No. 2.—Make a smooth paste of a cup of sour cream and a tablespoon of flour. Heat three tablespoons of lemon juice or vinegar.

When in Toronto visit the **Royal Ontario Museum**, 233 Bloor St. West, near Avenue Road. Largest permanent exhibition in Canada. Archaeology, Geology, Mineralogy, Palaeontology, Zoology. Open daily, 10 a.m. to 5 p.m. Sunday, 2 to 5 p.m. Floor, Bell Line, Dupont and Avenue Rd. cars.

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AFTER EVERY MEAL

come ill with scurvy. Orange juice, given in small quantities, from a few drops to a teaspoonful daily, will fully make up the vitamin deficiency. If orange juice is not readily obtainable the juice of fresh or canned tomatoes is an efficient substitute. It should be given guardedly, however, as it does not always agree with the infant digestion as readily as the orange juice seems to do.

So long as our food contains a reasonable amount of whole milk, fresh fruit and vegetables, such as apples and cabbage, and cereals, such as bread and oatmeal, we need have no fear of not getting enough vitamins.

Practical Pointers.
Do not garnish a dish that has to be carved.
Never allow the silver to stand unwashed overnight.
Put a teaspoonful of salt in the cooked starch and the iron will not stick.
Brown sugar that has become very hard may be grated on a common fruit grater.
Tomato rubbed into the hands will remove fruit stains.
A coarse grater is an effective utensil for scaling fish.
Salt and vinegar will remove stains from leopards.
The more butter used in a cake the higher the temperature required to bake it.
Try serving hard sauce with hot apple pie.
White of egg applied to a burn will exclude the air and prevent inflammation.
Melt the eggs and ends of soap, and to each cupful add a tablespoon of kerosene. Use this to clean the sink and tubs, rinsing afterward with hot water.

Minard's Liniment for Dandruff.
The grasshopper has a torpedo tube for planting its eggs deeply into the bark or earth. The cuttle-fish's outer skin is backed about its throat by a system of sacs such as we use on gloves. Your elbow was the original hinge. Your heart was the original pump.

Minard's Liniment for Burns, etc.
A well that shakes hands with visitors, an Australian dingo, or wild dog, that plays with his keeper, and a five-year-old fox which was reared on a bottle, are all special pets of the keepers at the London Zoo.

What About the Vitamins?
One of the most comforting things to know about the vitamins is the fact that they are nothing new and that anyone who is reasonably careful to eat a mixed diet of good natural food needs to give them little thought. The chief value of the new theory to the average man has been to explain why certain foods which contain no great amount of nourishment are so indispensable to health. Take the leafy vegetables, for example; we know that they were good in promoting regular habits of the bowels because they contained the "roughness" in their cellulose content necessary to stimulate the bowels to action. But we did not appreciate the fact that they were also amongst the very best foods for "pep" and energy and good digestion because of being unusually rich in vitamins. Now that we know this fact it gives us a good deal more interest in seeing that our gardens are encouraged to produce such vegetables as lettuce, spinach, chard and cauliflower, as well as the more utilitarian cabbage.

It is undoubtedly true that the process of cooking destroys the vitamins to a certain extent, but the average diet is so rich in the elements needed that plenty remains for our needs in spite of this impairment.

The most important consideration is in reference to milk given to infants as the sole article of diet. Warming fresh milk to a temperature suitable for feeding makes so little difference as to need no attention. But it may be necessary to boil, or at least pasteurize the milk for some good and sufficient reason. In such cases it is important to provide vitamins in some other way or the child will be-

Minard's Liniment for Dandruff.

Minard's Liniment for Burns, etc.

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Minard's Liniment for Burns, etc.

Minard's Liniment for Dandruff.

Paper-Making Experiments in Western Australia.

Experiments are to be made in western Australia to ascertain whether it is possible to produce paper pulp from Australian timber. Contributions of funds from the western Australian and the Federal governments, as well as from private sources, will provide equipment and salaries for carrying out these experiments, and a laboratory will be built.

When children reach the age of fourteen or so, they are apt to disregard their parents as an absolute authority. Then the wise father or mother should drop the leading-string and adopt the role of comrade.

Minard's Liniment for Burns, etc.

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Interesting Items.

A woman without tact is like a ship without a rudder—hopelessly adrift. Missionaries visited the Tonga, or Friendly Islands, as early as 1797. British Columbia has probably the richest fisheries in the world. A mouse in clear water can swim faster than a man can paddle a canoe. The islands of Scotland number about 800 altogether. In 1548 the Jews of Portugal were banished to Brazil. Constantinople in early days was called Byzantium. There's nothing so hopeless as the man who only hopes.

Genuine courtesy spring from the heart, not from the lips. Egyptian sculptors always wrought under the direction of the priests. The glass roof of Victoria Station, London, covers an area of ten acres. Friendship must be lubricated with tact. Even our friends will wear out with constant use. The ears of grasshoppers are on their front legs. Efficiency begins with wanting something so hard that the whole world can't stop you from going for it. When the color of a fabric has been destroyed by acid, ammonia applied will neutralize the acid, after which an application of chloroform in most cases will restore the original color. A bishop rode out on a long round of "leaving calls," attended by his groom, who was sent into the house before starting to get some cards. When they reached the right house the order came, "Leave two cards here, James"; and the unexpected reply followed: "I can't, my lord; there's only the ace of spades left!"

Don't forget that there is no cleaner or easier way of keeping a portion of food cool than by placing it under a flower-pot, first soaking the pot in cold water for an hour to take up moisture into its porous clay. The South China Government has one Chinese woman aviator. Miss Mopia Ju is said to be an accomplished pilot and to be ready to take her turn with the other aviators in fighting the battles of her country.

An Italian has designed a 5-h.p. single-seater aeroplane which, it is claimed, is the smallest flying machine in the world. It has a single lifting-wing which is easily detachable, so that the machine can be garaged in quite a small shed. Gramophone records of the voices of famous men are preserved in the "Sound Division," a new department of the Prussian State Library. The records are on special copper discs which, it is believed, will last 10,000 years.

When a Noted Composer Produced a Thrill.
Spohr, the composer, paid his first visit to England at the invitation of the Philharmonic Society in 1820. Being anxious to make an appearance and impression he put on a bright turban and a very big man a considerable surface of red waistcoat was thereby displayed. "Scarcely had I appeared in the street," he says, "than I attracted the general attention of all who passed. The grown-up people contented themselves with gazing at me with looks of surprise and then passed on, but the young urchins on the street were loud in their remarks, which, unfortunately, I did not understand and therefore could not imagine what it was in me that so much displeased them. By degrees, however, they formed a regular tail behind me, which grew constantly louder in speech and more unruly. A passerby addressed me, and probably gave me some explanation of its meaning, but as it was in English I derived no benefit from it." Finally, reaching a friend's house, Spohr was told that a general audience had been officially ordered for George III, whose death had recently taken place. This of course explained the startling effect of his turbaned and red waistcoat in the street.

A Marvel of the Heart.
The heart of one man in a lifetime pumps as much blood through the body as the weight of the ten million men killed during the war, according to Dr. J. Pensch, a professor in the Berlin Medical School, an authority on blood circulation and the first man to perfect a system for measuring the blood content of the human body. "The heart of a man weighing 133 pounds and living sixty years," he said "pumps during the course of his life 161,500,000 quarts of blood. The world war cost 10,000,000 lives. Estimating the average weight of a man's body at 133 pounds and the weight of the blood content at 5 per cent. of the total, some 21,400,000 quarts of blood were shed during the war."

Prof. Pensch used this illustration to show how much more powerful is the marvel of nature than the destruction which mankind with the most ingenious instruments of warfare was able to inflict upon itself in five years of desperate effort.

Better Not.
"This is our latest novelty," said the manufacturer proudly. "Good, isn't it?"

"Not bad," replied the visitor; "but you can't hold a candle to the goods we made."

"Oh! Are you in the same business?"

"No, we make gunpowder."

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