Bovril invents tasty dishes for you

The Cow Puncher

BY ROBERT J. C. STEAD.

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Synopsis of Preceding Chapters.

Dr. Early, famous specialist, and his daughter Irene, meet with an accident while on a motoring trip in the foothills of Alberta and find a refuge in the cabin of the Elden ranch where dwell David and his dissolute 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 is 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-humorous cynicism with which the Metford gang referred to any who might be seen abroad in their "Hereford 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 are 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 tracks. 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 good 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 do 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 human life—sociability, conviviality, if you like—but a quality that has come to stay none the less. And the relations of sex are so often linked with [illegible] that one can scarcely say where [illegible] begins and where vice begins. [illegible] prohibition placards them [illegible] but prohibition does [illegible] vice, nor vice virtue. [illegible] laws down beneath, [illegible] may set at defiance [illegible] codes.

"I would not quarrel with the [illegible] until I knew I had [illegible] better. Accepted codes represent progress through [illegible] truth. The code, for instance, 'Thou shalt not kill'; we accept in general, but not completely. We do not hesitate to kill in [illegible] or even to carry out purposes that have no relation to defence. Why shall we not allow similar [illegible] to the other codes? And [illegible] though we may find our codes are not infallible, are they not still the best guides we have?

"Return to clothes. Clothes won't [illegible] you, but they will help you to make yourself. Only, don't become a clothes-grinder. 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 instil 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 animal workman; and sugar, and coffee, and beans, and rice, and spices, each would open 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 grdauate. . . And if that were true, might it not fairly be said that Dave was already the better educated of the two, even if he, as yet, knew nothing of the classics?

As Dave parted from the Metford gang 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 a means of livelihood as managing a bark, but the man who was content to shovel coal was 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 a 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 truck hand 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 sad said, "is 50 per cent. environment and 40 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 possessed of a pocket encyclopaedia, and it was his habit to employ the minutes saved by eating lunch in the warehouse in reading from his encyclopaedia. It chanced one day that as he was reading in the noon hour Mr. Trapper, the head of the 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?" 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 encyclopaedia 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 had many an employe 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 encyclopaedia. 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 encyclopaedia. A few evenings later he was engaged in reading in the public library; not an encyclopaedia, but Shakespeare. The encyclopaedia 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.)

Forest Products Laboratories Aid Mining Industries.

The great importance of the forest industry to Canada decided the Dominion Government in 1913 to establish the Forest Products Laboratories of Canada for the investigation of all problems connected with the use of these products. The laboratories are conducted under the Forestry Branch of the Department of the Industries.

The Laboratories, which are affiliated with McGill University, Montreal, had only got well under way when the war broke out, and for the next four years its technical men, especially the chemists, were largely engaged in combating, with their technical knowledge, poison gas and other forms of chemical warfare.

Since the close of the war the work has been thoroughly organized, and the staff now consists of forty persons, of whom nearly one-half are technical men. The appropriation by Parliament for this purpose is about $100,000 per year.

One of the most striking successes of the Laboratories was the discovery of a substitute for pine oil, used in the oil flotation process of refining ore. This process is extensively used in Canada. As originally developed, the process could only be worked by the use of pine oil, a product of the pines of the Southern States. Owing to the enormous demand for pine oil which the discovery of this process created, the price rose to ten and fifteen times its original figure, and frequently for months at a time Canadian reduction plants were unable to get it at any price. In this extremity a number of Canadian mine owners appealed to the Minister of the Interior, and the Minister directed the Laboratories to investigate the question. The investigators succeeded in making pine oil from Canadian red pine stumps, but at a cost too high to render its use commercially feasible. They went further, however, and after eight months' work succeeded in utilizing a waste product of the wood distillation industry. This waste product, slightly refined, was found to do the work in the reduction plants just as well as the original article. In this investigation the Forestry Products Laboratories had the co-operation of the Department of Mines, the experts of which tested in practical ore reduction the different oils produced, until a satisfactory one was obtained. Canadian mining companies expressed their great appreciation of the work of the investigators. There are already many achievements to the credit of the Laboratories, and the volume of work is constantly increasing.

Deposits of Soapstone in Northern Ontario.

What promises to be an important and valuable source of soapstone has lately been investigated by Mr. H. S. Spence, of the Mines Branch, Department of Mines. The deposit occurs one mile west of Wabigoon, on the Canadian Pacific Railway, near Dryden, Ontario, and is but 500 yards from the railway. There is very little overburden, and the outcrops indicate a large body of soapstone.

The stone may be termed soapstone, though beyond being soft enough to cut readily with an ordinary saw, it bears little resemblance to what is usually classed as soapstone. It is a dark, greenish-gray rock, composed largely of talc, and is very similar in appearance and in composition to the so-called "alberene stone" of Virginia, which is extensively used for switchboard panels, laboratory equipment and laundry tubs, and for lining furnaces and digesters, etc.

The Wabigoon deposit is the most promising, from an economic standpoint, of any of the soapstone occurrences as yet found in Canada; there appears to be large tonnage available, the location is ideal for quarrying, and close proximity to the railway provides satisfactory transportation acilities.

Trees' Great Value.

With the growing interest in forestry the landscape effect of the trees used for reforesting purposes should not be overlooked. As country homes increase in number the esthetic features in both cultivated areas and wood-lands become more and more important. Progress in this direction in Canada may be classified into three distinct periods.

First: The early clearing of the native woods growth with waste and destruction alike of the natural foliage effects and the irreparable loss of the timber supply, without consideration being given to future needs.

Second: The awakening to a realization of this suicidal policy as manifested in the conservation movement which has now become a subject of nation-wide importance.

Third: The prospective period when the beauty of the forest growth will in the treatment of forestry land be recognized as an important factor of development in connection with the utilitarian purposes of the forest.

The fact is now everywhere appreciated that a treeless landscape is like a treeless city, an unattractive and depressing sight.

When in Toronto visit the
Royal Ontario Museum
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THE HAPPY LAD

My car is made of zinc, my car is painted pink; but I'm as gay when on my way, as any wealthy gink. My home is but a shack, a woodshed at the back; but when I'm there 'twould make you stare to see how high I stack. My watch is built of tin, and has punk works within; it is a crime, but keeps the time, the while I toil and spin. My duds are ready made; I see the colors fade; but still I spring a smile and sing—the clothier has been paid. On liverwurst I dine, and I am feeling fine; the goods you see belong to me, and they are truly mine. No creditor appears with caustic taunts and sneers, to get his plunk or have my junk sold by the auctioneers. No sheriff comes with writs to scare me into fits; no bailiffe wait around my gate to bone me for six bits. I'll have a limousine some day, and mansion green; some day I'll shine in raiment fine, a silk hat on my bean. Some day I'll have a clock that none will dare to mock; some day I'll eat such costly meat 'twill make the neighbors talk. But I won't cut this ice until I have the price; and so in brine these coins of mine I pickle once or twice.

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 leftovers or cheese. Celery, head lettuce or any of the dainty 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 pimento and olives or lettuce with moulded spinach and hard-boiled eggs, and beets or dandelions with watercress and tomatoes cut in quarters, are excellent when served with French dressing. In fact, there is no fruit or vegetable 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 teacup 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, two of butter and one-half teaspoon each of sugar and mustard and a bit of cayenne. Mix cream and flour in this and cook three minutes, stirring constantly. Just before removing from the fire add the beaten whites of two eggs. Then remove and cool.

Parsley Mayonnaise—Chop and pound one tablespoon of parsley, adding a few drops of alcohol to start the juices and coloring. This gives a very spicy flavor to the dressing.

Helping the Children to Appreciate Music.

Children are notoriously ungrateful until it is too late to be anything else. This is not so much from inborn viciousness as from the thoughtlessness of childhood and youth. While it may be true that it is no more a parent's duty to give children all possible advantages, that does not absolve the child from feeling and showing gratitude and appreciation, and this is easiest done by trying to please father and mother. Children may rest assured that nothing pleases parents so much as the success of their sons and daughters in anything they undertake, and especially music.

If young people, even quite young people, were taught the virtue and value of work and industry and honesty, the beauty and power of gratitude and consideration as far as their music is concerned, it would have a tendency to make them industrious, honest and considerate in other relationships. So do not imagine that a moment or two spent in inculcating the virtues mentioned would be time misappropriated. On the contrary, it would be time well spent. This is not intended to suggest preaching or long-winded digressions. Just a few words, a well-considered remark now and then might work wonders. Try it.

What About the Vitamines?

One of the most comforting things to know about the vitamines 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 vitamines. 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 vitamines 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 vitamines in some other way or the child will become ill with scurvy. Orange juice, given in small quantities, from a few drops to a teaspoonful daily, will fully make up the vitamine 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 cabbages, and cereals, such as bread and oatmeal, we need have no fear of not getting enough vitamines.

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 teacups.

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 odds and ends of soap, and to each cupful add a tablespoon of kerosene. Use this to clean tops and tubs, rinsing afterward with hot water.

Got the Toll Keeper's Goat.

A Dutchman riding a horse and drawn by a goat was stopped at the bridge by the toll keeper.

"I got to pay toll," said Hans.

Yes, five cents to cross the bridge."

After an argument he paid the toll and went on. In the afternoon he came back again only this time he had the goat sitting in the cart and was driving it himself. One came the toll keeper.

"Hans, you know you've got to pay five cents."

The Dutchman shook his head, pointing to the goat, and "I'm not to ask the driver."

Every day that is given us there will come like a burst of music and rings itself all the day through. And then shall make [illegible] dirge or a life [illegible]

and the worst is yet to come

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Compass North and True North

One of the essentials in the equipment for a trip over unbroken trails is a good magnetic compass. The impression is generally prevalent that the needle of the magnetic compass points to the true north. This, however, is very far from being the actual case. By following the compass only the traveller would from certain points only reach the generally accepted location of the north pole. In the work of the Topographical Surveys Branch of the Department of the Interior two north poles are recognized—the true, or geographical, north, and the magnetic north. The needle of the compass points to the magnetic north.

The earth is like a huge magnet, obeying more or less closely the same laws as govern the common horseshoe magnet and the magnets used in the generation of electric power. It possesses both a north and south magnetic pole. Were these situated at the geographical poles the magnetic compass needle would always point true north and south. This is not the case, however. The locations of the geographical poles are fairly generally known, due to the prominence given to the several discovery expeditions in recent years.

But the magnetic poles do not coincide with the geographical poles, the north magnetic pole being situated in King William Land, on the Arctic coast of Canada, and the south magnetic pole in King Edward VII. land, south from New Zealand.

As the magnetic needle always points towards the magnetic poles, it follows that the direction of the magnetic needle in relation to the true north changes quite considerably as the compass is carried across country. Thus the direction of the compass needle points 26 degrees west of north at Sydney, N.S.; 19 degrees west of north at Quebec; 13½ degrees west of north at Ottawa; 6½ degrees west of north at Toronto; nearly true north at Nipigon, Ont.; 13¼ degrees east of north at Winnipeg; 25 degrees east of north at Calgary; 33 degrees east of north at Peace River, Alta.; 44 degrees east of north at Fort McPherson, N.W.T., etc.

These angles, which change slowly from year to year, have been carefully measured all over Western Canada by the Dominion Land Surveyors of the Department of the Interior until nearly 20,000 observations have been obtained. Magnetic maps, compiled from these observations and published from time to time, are available to the general public upon application to the Surveyor General, Department of the Interior, Ottawa.

This information is invaluable to navigators, aeronauts, explorers, pioneers, prospectors, timber cruisers, etc., as it affords a ready means for locating true north. Moreover, when the stars are hidden by clouds, the compass is the only method by which to obtain direction.

Similar magnetic surveys are carried out by almost all countries, and the Department of Terrestrial Magnetism of the Carnegie Institution of Washington sends land and water expeditions all over the world to survey the gaps left between other surveys. In the case of the magnetic survey of Western Canada, the work was carried out practically without cost, by having it done in conjunction with the land survey.

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