

BOVRON
NEVER COOK UP COLD MEAT WITHOUT IT

THE MYSTERY OF THE GREEN RAY
By William Le Queux

Synopsis of Preceding Chapters.
The outbreak of war sends Ronald Ewart, a young London barrister, to the Highlands to say good-bye to his fiancée, Myra McLeod. On the train he meets Hilderman, who calls himself an American and a stranger in those parts, but later Ewart finds that he has built a hut on a cliff above the falls opposite General McLeod's lodge. While fishing in the river Myra is suddenly blinded by a flash of green light. Gen. McLeod tells Ewart of a strange experience at the same place, known as Chemist's Rock. Hilderman is very curious as to the cause of Myra's blindness. The famous London oculist finds out no hope and Ewart, after taking Myra home, brings Dr. Garnesk from Glasgow. In the meantime Sholto is also blinded, then chloroformed and stolen. Garnesk asserts his belief that Hilderman knew of Sholto's affliction. The next morning the two men find footprints and red marks on the beach, and the name-plate from the dog's collar. Ewart telegraphs for his friend, Dennis Burnham. At Chemist's Rock, Garnesk sees the green flash and Ewart is suffocated. While in the dark-room where the two young men are developing snap-shots, Myra discovers that she can see in the red light.

CHAPTER XII.—(Cont'd.)
"Well, to begin with, I shall devote an hour or two to knocking our panic theory on the head."
"You mean the natural phenomenon idea?"
"Precisely," said he. "I don't think that it will be able to exist very long in the light of physical knowledge—not that that is a very powerful right, but it should be strong enough for our purpose. As soon as I have convinced myself that our enemy is a mere human being I shall take such steps as I may think necessary at the time. Then, of course, I shall acquaint you with the steps I have taken, and we shall work together and round up our man and, figuratively speaking, make him swallow his hideous green ray."
"What sort of steps do you mean?"
"Well, that all depends," my friend answered, "on what sort of man we have to deal with. But it will certainly include providing ourselves with the necessary means of self-defence, and may run to calling in the assistance of the authorities."
"I'm not sure that the presence of the police in a quiet spot like this might not have a disastrous effect on our plans," I pointed out.
"I shouldn't worry about the police," he laughed. "I should make for the naval chaps. I'm rather palmy with them just now; I'm booked up to do some work of various descriptions for the period of the war, and I think I can give them the promise of a little fun and excitement they would be willing to help."
"Which indeed they could," I agreed readily. "Any attempt our enemy might make to get away from us would probably mean a bolt for the open sea, and a few dozen dreadnoughts would be cheerful companionship."
Garnesk laughed, and we strolled up to the house, putting the finishing touches to our toilet as we went. Shortly after breakfast we made ready for our trip to Malindi. Myra was very anxious to come with us until I explained that we should have to wait there till we had met Dennis and seen the specialist off. She was naturally sensitive about appearing in public with the shade on, poor child, so she readily gave up the idea.
"I'm very sorry you're going, Mr. Garnesk," said Myra, as she shook hands.
"I shall see you again soon," he replied, "but I have by no means finished with your case, and as soon as you report the effect of the glasses I shall send you'll see me come tripping in one afternoon, or else I shall ask you to come down to me."
"It's very good of you to take so much trouble about it," said Myra gratefully.
"Not at all," he responded lightly. "It is a pleasure, Miss McLeod, I assure you."
The old general was still more effusive of his gratitude, and as he waved good-bye from the landing-stage his face was almost comically eloquent of regret.
"By the way," said Garnesk as he passed Glasnabinnie, "don't tell Hilderman much about what has happened. We feel we can trust him, but you never know a man's propensity for talking until you know him very well."
"Right," I agreed. "I'll take care of that. We can't afford to get this talked about. It would be very painful for Myra and her father if it became the chatter of the country-side."
"Besides," Garnesk pointed out, "it will be much safer to be quiet about it. If we are dealing with men they will probably prove to be desperate men, and we don't want to run any risks that we can avoid."
"No," said I, "this is going to be quite unpleasant enough without looking for trouble."
So when we arrived in Malindi and met Hilderman on the fish-table I was careful to remember my companion's advice.
"Ah, Mr. Ewart! the American exclaimed in surprise. "How are you? And you, Professor? I hope your

It is better to be careful how you explain these things to strangers."
"Why?" I asked. "If we suspected Hilderman I should be inclined to agree with you that we should feed him up with lies; and if you think it will help us at all to suspect him I'm on at once. But as we both feel that his disposition is friendly and that we have no cause to doubt him, what is your reason for putting him off the scent every time? I know you well enough by this time to feel sure that you haven't been making these cryptic remarks for the sake of hearing yourself speak."
"Here's the train," he said. "I'll tell you later."
I looked along the carriages for Dennis, but I had evidently missed him, for as I turned back along the platform I found him looking round for me, standing amid the metee of tourists and fisherfolk, keepers and valets, sportsmen and dogs, which is typical of the West Highland terminus in early August, and which seemed little affected by the fact that a state of war existed between Great Britain and the only nation in the world which was prepared for hostilities.
"Well, old man," I greeted him as we shook hands heartily. "You got my wire, of course. I hope you had a decent journey."
"Rather, old chap, I should think I did!" he replied warmly. "Slept like a turnip through the beastly party, and woke up for the bit from Dumbarton. I also had the back of my head rubbed what you said about the bread and took the precaution of wiring for it. Here I am, and as fit as a fiddle."
"That's great!" I exclaimed cheerily, for Dennis's bright attitude had exactly the effect on me that it was intended to have—it made me feel about twenty years younger. "This is kindly come from Glasgow to see Myra. Mr. Garnesk—Mr. Burnham."
The two shook hands and the oculist suggested lunch. We left the station to go up to the hotel, but we saw Hilderman and his newly arrived friend—the same man who had seen me taking Myra up to London—walking leisurely up the hill in front of us. Garnesk took my arm.
"Steady, my boy, steady," he said quietly. "We don't want to be overheard giving the lie to your dainty conversation of a few minutes ago. Isn't there anywhere else we can lunch, because they are evidently on the same track?"
"Yes," I replied, turning back, "there's the Marine just behind you. That'll do us well. Then we can come out and talk freely where there's no chance of our being overheard."
So we lunched at the Marine Hotel, after which we strolled round the harbor, along the most appealing "road" in the history of civilization, popularly and well named "the Kyber." Safely out of earshot, I made a hurried mental précis of the events of the past few days, and gave Dennis the resultant summary as tersely as I could.
(To be continued.)

Economical Meat Dishes.
A pot-roast is deliciously flavored by the addition, while the piece of beef is cooking, of half a bay-leaf, six cloves, a tablespoonful of chopped parsley, a few slices of onion and a handful of celery leaves. Strain these flavoring ingredients out of the juices before making the gravy.
Delicious and quickly-made corned beef: Dissolve six tablespoonfuls of salt, three tablespoonfuls of sugar and a piece of suet the size of a large pea, in sufficient water to cover a five-pound piece of beef. Soak the beef in this solution for twenty-four hours, then cook in the same way until the meat is tender.
Creamed ham on toast is very toothsome. To make, chop the remnants of cold boiled or fried ham very fine; make a thin white sauce with one tablespoonful of flour and one cupful of milk, with salt and pepper for seasoning; add the ham to the sauce and pour it over buttered toast.
Ham and potatoes may be prepared thus: Place a layer of cooked ham which has been cut into dice, in a baking pan, cover with a two-inch layer of thinly sliced uncooked potatoes, well seasoned. Pour over this a cupful of milk and a few bits of butter, place in the oven and bake until the potatoes are thoroughly done. This is an uncommonly appetizing dish.
Cannelon of beef: Run two pounds of round or flank steak through a meat-grinder. Add one-third of a cupful of soft bread-crumbs, one tablespoonful of minced parsley, one level teaspoonful of salt, pepper to taste and one beaten egg. Mix well, shape into a roll, lay in a pan and bake for forty minutes, basting frequently with hot water and salt pork drippings. Serve on a hot dish with tomato or mushroom sauce. Garnish with sliced pickles and parsley.
Panned steak: Heat fat in an iron pan until the fat smokes. Then put in a thick round or flank steak and sear until browned on both sides. Pour about one pint of boiling water over the steak and cover the pan tightly. Cook for forty-five minutes until the meat is tender. Remove to a platter, spread with butter, salt and pepper. Serve heaped with onions sliced very thin and fried in butter until slightly brown. The liquid left in the pan should be thickened and poured over the whole dish.
Use a shank bone thus: Boil in plenty of water until the meat falls from the bone, remove the meat and stand the liquid aside to cool. Skim off and save the fat that forms on top of the liquid. Add to the jelly liquid a few slices of onion and a can of tomatoes and any left-overs, such as oatmeal, rice, macaroni, grits, beans, or peas, and a good vegetable soup is obtained. The meat can be chopped with cold boiled potatoes and made into an excellent hash. The fat saved from the liquid makes good shortening for cookies.
Meat turnovers: Almost any kind of cold cooked meat can be chopped and used in turnovers, and if the quantity on hand is small, the meat may be mixed with potato or cooked rice. This filling should be seasoned to taste with salt and pepper, onion, or whatever is desired, and laid on pieces of short-biscuit dough, rolled thin and cut into circles about the size of an ordinary saucer. The edges of the dough should be moistened with the white of an egg, the dough then folded over the meat and the edges pinched closely together. About half an hour's baking in a hot oven is required. Serving the turnovers with a brown sauce increases the flavor and moistens the crust. The brown sauce is made with two tablespoonfuls of flour browned in two tablespoonfuls of butter. Add a cupful of water or stock and a half-teaspoonful of salt.
Hamburg steak may be broiled like any other steak if properly done. Have the meat chopped with a little salt, which will make it tender. Then mix it well with salt and pepper to taste, and form into a flat cake about the size of a small steak. Heat the broiler well, grease the bars with suet, place the steak on it and cook near the flame until well seared; then turn the steak, and cook quickly on the reverse side. Finish at sufficient distance from the flame to avoid burning. Turn on to a hot platter, brush over with melted butter, season and garnish to taste.
For beef cutlets use the bottom part of the round cut one-half inch thick and then cut in strips about two by four inches. Prepare the following mixture: One egg, one-half cupful of water, one-half teaspoonful of salt, pepper to suit taste. Dip the cutlets in this and then in crumbs. Fry very slowly until brown, turn and brown on other side. Put the cutlets in another pan to keep hot and make a brown gravy in the first pan. Add one pint of hot water to this, put the meat back into the gravy and place on the back part of the stove to simmer for one and one-half hours.
The Charm of the Chicken Lies in the Stuffing.
Stewed chicken has its place, but what can compare with a tender fowl delicately browned and deliciously stuffed? The stuffing of a chicken is the most important factor to be considered after its proper selection. For if seasoned just right a good stuffing

Women's Interests

will increase the palatability many times, and besides it makes the cravings of chicken go farther.
Stuffing is more than the mere filling of a yawning cavity, as some housewives apparently consider it when they merely fill the fowl with bread crumbs. A real stuffing adds to the flavor of the chicken and increases its nutritive value, especially if an egg is used in its preparation.
The foundation of a stuffing is either bread, crackers, or potatoes. The following recipes are all variations by which different flavors are added to the same foundation. If marjoram or sage or onions are disliked they may be omitted from the recipe. When a cracker stuffing is used, do not fill the chicken completely, as the crackers swell. If any stuffing is left over, it may be browned and served instead of potatoes at another meal.
Half small loaf of stale bread, 1 egg, 1 onion, 2 slices of bacon, salt and pepper, a few springs of parsley, marjoram or sage (if desired).
Cut or break the bread into small pieces, soak in cold water for about five minutes and drain, squeezing to remove as much water as possible. Cut the bacon and onion in small pieces and brown. Add the bread and stir for five minutes, in order to remove the surplus water, but do not brown. Remove from the fire, add the seasoning, chopped parsley and egg, mixing thoroughly.
Oyster stuffing—A welcome change in the winter: 1 cup bread crumbs, 1-3 cup butter or bacon fat, 1 cup oysters (without liquor), few slices of onion, salt and pepper. Melt the fat, add the onion chopped fine, brown slightly. Add the other ingredients and mix well.
Chestnut stuffing—1 cup chestnuts, 1-4 cup butter, 1-3 teaspoon salt, dash of pepper, 2 tablespoon cream or milk 1 cup cracker or bread crumbs. Shell and blanch the nuts, cook in boiling salted water until soft. Drain and mash. Add the melted butter to the crumbs and mix all the ingredients.
Potato stuffing—1 cup mashed potatoes, 1/2 cup bread crumbs, 1/4 cup finely chopped salt pork, 1 egg, 1 teaspoon salt, 1/2 teaspoon sage, 1 onion. Brown the salt pork and chopped onion. Mix with the bread crumbs and then add the other ingredients.
Nut stuffing—3/4 cup cracker crumbs, 1/2 cup shelled peanuts or walnuts (finely chopped), 1/2 cup cream or milk, few drops of onion juice, salt and pepper. Mix the ingredients in the order named.

Don't Go Stale!
"I went stale," would be a fitting epitaph for multitudes of failures. Stale brains are responsible for a large part of the failures in the world, and stale brains are not only caused by overwork, but by idleness, inaction, and slovenly, slipshod use of the brain. These things will make the most promising brains go stale.
I know a business man who has tremendous brain power, but much of his work is exceedingly ordinary and tame, because he does it when his brain is padded and fagged. He is constantly working under a great strain.
The result is that his judgment, which is very remarkable when he is rested, is much of the time poor; and he is frequently irritated because he makes foolish, unaccountable blunders.
No man can do his best work when he is obliged to spur on his faded faculties; when he feels his mentality lagging and is compelled to force it to yield by pressure. There must be spontaneity in the thought or there will be no vividness of imagination, no certainty of memory.
Thousands of employees go to their work in the morning so completely used up, their faculties so jaded, their spirits so low, that they are incapable of accuracy or efficient effort. They have no enthusiasm in their work; their minds wander; they make all sorts of mistakes because they are in no condition to focus their powers upon their tasks. In fact their brain cells are in a constant state of exhaustion, and the result is mediocrity in work instead of a high standard of excellence of which many are really capable.
The average brain is capable of sustained effort and great efficiency when all the physical standards are up when all the tissues are wholesomely nourished; but, the moment there is an accumulation of poisonous material in the blood, efficiency is immediately lowered.
If you want your brain to be at its best you must live a balanced, poised life. See that you get sufficient rest, sleep, and recreation, and that the body and mind are properly fed and exercised. This is imperative to success in your work.—Success.

Beauty is from within. If every human being would cultivate a gracious mentality, not only would what he expressed be artistically beautiful, but also his body. There would indeed be grace and charm, a superiority about him, which would be even greater than mere physical beauty.

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Look for Virtues.
Don't look for the flaws as you go through life;
And even when you find them
It is wise and kind to be somewhat blind.
And look for the virtue behind them.
For the cloudiest night has a hint of light
Somewhere in its shadows hiding;
It is better by far to hunt for a star
Than the spot on the sun abiding.
It is only a glade "good-morning"
As she passed along the way,
But is spread the morning's glory
Over the live-long day.
—Carliotta Perry.

Plant Trees.
The young should plant trees in recognition of the obligations they owe to those who planted trees for them. The old should plant trees to illustrate their hope for the future, and their concern for those who are to come after them. The economist should plant trees, especially in the prairie country, and beautify the landscape and ameliorate the sweep of the north wind.
Do not hurry; do not flurry; nothing good is got by worry.

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