THE FRONTIER, O'NEILL, NEBRASKA,

Mistress of Monterey VIRGINIA STIVERS RAPTLETT WHAT to EAT and WHY e.HoustonGoudissDiscusses Have You a Question? Ask C. Houston Goudies **VIRGINIA STIVERS BARTLETT** WNU Service **©** Virginia Stivers Bartlett

## **CHAPTER XXVI—Continued** -22-

The courier spoke timidly. "Excellency," he murmured deprecatingly, unfortunately, I must be I am sorry . . . I wrote because I on my way, not being on a pleasure trip, like yourself, and . . . and only way. Please, my darling, there is a letter in there that I adored husband. Please, oh, please

your frank." The Governor looked startled.

out without my frank?" "Her Excellency, La Senora La

Gobernadora, Dona Eulalia." "Ah! Let me have it, and I will

attend to it." The courier took the paper from among the rest and handed it to the Governor. It was addressed to the Viceroy of Mexico. The Governor shook his head and rubbed his eyes. The men watched him in amazement as he tore the letter

open and read it." "A woman's tongue is only three inches long, but it can kill a man of six feet! You," he said to the trembling courier, "get on your way at once. I will keep this letter. And the rest of us will return at once to the presidio."

At the exclamation of disappointment from his escort he laughed loudly.

"But we will stay only a short while, and before this sun has set we will be on our way again. Our pasear is interrupted, companeros, not abandoned!"

A little while later the presidio gates were again thrown open, and to the surprise of everyone, the Governor's party swept into the paradeground in a cloud of dust and a clatter of hoofs.

From her window La Gobernadora watched El Gobernador ride madly toward the palacio, and before she could control the sudden trembling that seized her, he strode into the room.

Behind him came two soldiers, who had followed from the gate.

"Senora," thundered the Governor. "I have come to place you under arrest." He motioned to the two soldiers, who stepped smartly for-

wear. Well, are you not going to live-oaks, sycamores, water alders, get ready?"

"I am not. I am not going. Please, shrubs, as he sniffed the wild roses Pedro, do not do this to me, please. and drank from the clear springs; as he gazed at the mighty mountains am so unhappy . . . it seemed the or at the rolling restless surf of the Pacific he laughed. "My life for California!" he said. have on my conscience. I should do not do this to me!" Whimpering 'By God, she is worth it, the jade!" have asked you about it before I like a child she threw herself at Each morning that found them on left the presidio. It does not bear his feet before the scandalized eyes

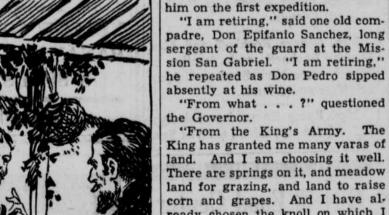
of the watching soldiers and servthe remains of the camp-fire, often ants. Angustias moved toward her. on a spot where he had built fires "So? And who has sent a letter but the Governor motioned her many times before. And as he did back. His face was stern and drawn. this he wondered. Out of these ashes, on one of these little mounds, "Get up, woman! What a scene to would a city rise some day? He make before these people! A wom-

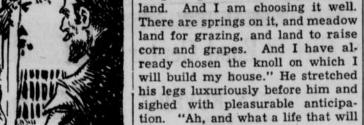
sighed at the thought, but indulged an's tears and a dog's limping are not real. Will you go now or shall in prophetic retrospection. I be forced to make you?"

Still she knelt on the flooor. "No! No! I will not go . . . you can not make me! Oh, Pedro! Oh. Mother of God! Oh, help me!" The Governor clutched his beard with one hand and gritted his teeth.

antelope and elk, bear and moun-"Pick her up," he ordered the tain lions. He killed the giant bear soldiers, "tie her hands, and put her he had promised himself, and caron a horse. Take her to the fathers ried most of it to the Mission San at Carmel and tell them it is my Gabriel Arcangel. There he rested orders she stay in the monjera unfor many days in the shade of the til I return. Under no circumstances

is she to leave before then. And if she misbehaves, she is to be beaten, And there he visited with some old, old friends who had traveled with





be!" "But your wife?" asked Don Pehere and live with you?" "Had you not heard? My poor

"Why do you not retire, Don Pedro? You have given the best years willows and all manner of trees and of your life to your King and this country. The King would be more

than willing to award you a great slice of this land that you have governed so long. Why not do it? Let someone else be governor, and have all the worries and anxieties, while you retire and establish a grand the road he carefully stamped out hacienda, enjoy your wife and children, and let the Indians do the work?"

Don Pedro was quiet a long time, idly twirling his beaker, and watching the ruddy juice washing in little waves against the glass. All unconsciously his old friend, in relating his own hopes, had laid bare the deepest desires of the Gover-And at the missions he visited long with the padres; ate their good food, nor's heart.

A great estate of his own! He could see himself riding over the land; could see the sleek herds, the Then passed on to the next mission. spirited horses he would raise: could see the fields of corn and grain, or wild land alive with herds of squashes, beans and chiles; he wandered through his own orchards and vineyards. Ai, Dios, that was what he wanted! A great house where he could entertain a hundred guests, and where a hundred servants would carefully tended trees, with the mu- do his bidding; where there would sic of a little stream in his ears. be music and flowers and hospitality

. . . and at the end a host of strong sons to speed his departure into that dark uncertain land . . . But the vision did not hold Eulalia. With a bitter laugh he gulped his

"Before God, Don Epifanio, you are sent by Satan to tempt me! That may be your life, but it can "From what . . . ?" questioned never be mine."

"I am sorry, my friend. For there are many of us who campaigned King has granted me many varas of with you who are going to do this

very thing of which I have spoken. In fact, many have sent for their land for grazing, and land to raise wives and families to come from corn and grapes. And I have al- Mexico, and, as I said before, those ready chosen the knoll on which I of us who have not wives will find will build my house." He stretched them here. Yes, we will found a his legs luxuriously before him and new civilization, I think, in this sighed with pleasurable anticipa- strange new land, and you should be one of the founders."

The Governor left San Gabriel, visited the troublous little village of morality of its inhabitants. South, Laws govern the manufacture, a temperature not higher than 45 tion to the diet through their car-

# FOOD PRESERVATION and Explains

How to Protect Your Family Against the DANGERS of TAINTED FOOD

# **By C. HOUSTON GOUDISS** 6 East 39th Street, New York.

A DISTINGUISHED nutritional scientist once remarked that it is a small favor to keep people alive on a poorly chosen diet. For with the wrong food, they may not get onefifth of their potential efficiency into their lives; they will drag themselves through miserable days, never knowing the joys of physical fitness nor en--

joying the abundant health will flourish wherever conditions that comes from a perfect are favorable to their growth. There are two important factors balance of nutriment.

# The Perfect Diet May Not Be Safe to Eat

But even the homemaker who plans an ideal diet may her family by feeding them so rapidly as to make it unsafe spoiled or tainted food which to eat. The other is to maintain carries the deadly germs of the air-neither too much, which disease.

We frequently hear stories of organisms, nor too little, which death or serious illness caused dehydrates fruits and vegetables. by food contamina- Appearance of Food

tion. And it is significant that the May Be Deceptive improper care of food in the home is improperly stored is that it may most often respon-sible. One physi- ing that fact. Appearance is selcian has gone so dom a reliable guide and unless far as to state that your refrigerator is efficient, food there is no estimat- may become unfit for consumping the number of tion before spoilage can be noted persons who, while by sight, taste or smell.

feel "rather poor- bacteria which multiply rapidly at ly," "not strong," or "kind of run down" because improperly preserved food gives them insufficient of moisture and temperature, bacnourishment and their strength is | teria double their number every 20 exhausted in combatting the action of germs.

not sick in bed,

# Homemaker's Responsibility For Food Sanitation

Milk is the most perishable of An enormous amount of time all foods, because it is an ideal and money is expended to put dro. "Will she consent to come Los Angeles, and left there shaking foodstuffs in your kitchen in a this master food is to be kept safe his head over the laziness and im- fresh, palatable and safe form. for children, it must be stored at sugars make their sole contribumerchandising

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

Mold growths may be destroyed by boiling temperatures. They may be retarded by keeping food in the cold, dry circulating air provided by an efficient refrigerator.

A good refrigerator is the best investment a family can make. It enables you to take advantage of bargain prices to buy food in quantity. And it safeguards health by preventing contaminated food be undermining the health of degrees, or bacteria will multiply from finding its way to your table.

An efficient refrigerator also preserves the flavor and texture of meats, fruits and vegetables, so that you enjoy these foods at encourages the growth of micro- their best. But its greatest contribution to human welfare is the preservation of food so that it will nourish your body instead of polsoning it.

**Questions** Answered

Mrs. S. T .- When thoroughly chewed and given a proper place in the diet, cheese is usually well digested. Experiments performed by the United States Department of Agriculture demonstrated that an average of 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed.

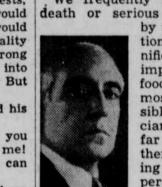
E. W .- It's a fallacy to assume that brown sugar is "more nutri-tious and healthful" than granulated sugar. It is true that brown sugar contains traces of mineral elements, while white sugar contains practically none. But the medium for bacterial growth. If amounts are variable and never significant. Regardless of color, bohydrate content. The caloric

value of white sugar is a trifle

higher than that of brown, the dif-

Self-polishing wax for the house-

popular! Its already wide use is



ward and took their places one at each side of Eulalia. Their eyes goggled with amazement, but they clanked the butts of their muskets smartly on the floor, and stood at attention.

"What is the meaning of this," inquired Eulalia, "is it a drunken prank? For what am I to be placed under arrest?"

"It is no drunken prank. Woman, you are under arrest for treason. I like any recalcitrant Indian womhave here"-and he slapped Eula- an." lia's letter to the Viceroy on to the table-"I have here a document dro, not that! Ai, Dios mio . . written by you containing treason- not that!" able utterances against the Govertreason against the Governor of the | feet. Californias is treason against his Spain. Therefore I put you under the stocks. Take her at once." arrest."

Eulalia grew white around the lips, and her voice shook.

"T-t-treason?" she stammered. "Yes; you have said here that Governor coldly. "Or you will be the Governor of California has been scratched." He handed one a handgoing slowly but surely insane for kerchief, and watched grimly while the past three years. That all his her struggling hands were tied at acts are the acts of a madman, a her back. She faced him with feamaniac. That his governance here | tures distorted, streaked with tears, has been a long period of misrule. but her eyes fierce. That he fails to co-operate with Viceroy. That he has repeatedly let me go! Let me go!" threatened your life, and the lives Fages merely motioned to the sol-

en. Is that true?" "Every word of it!"

"I mean is it true that you have written this?"

"Yes, I wrote it."

"Very well, then. 1 arrest you in the name of the King of Spain." Eulalia wavered.

What-what are you going to do with me?"

"You are to be incarcerated in the monjera, the quarters of the Indian women at Mission Carmelo until I return from my trip. Then I will consider your case."

"In the monjera! You can not do this to me! I will not go! You dare defined strip of yellow highway, not degrade me, disgrace me this slowly but surely, through pressure way, before the whole community! of many feet and hoof-beats of many I will not go!"

"You do not hesitate to degrade and disgrace me before all California, Mexico and Spain, Senora. You shall go to the monjera, and at once. Prepare yourself." "No! No! I will die first .

Angustias!" Angustias was cowering in a cor-

ner, watching the scene in terror. road then; that first party of pio-At the doors and windows frightened | neers had pushed their way through servants listened and looked.

"There is no use calling Angustias. I am through being ruled by there with cairns of stone, but oftenwomen. Angustias will remain here er with crosses. with my children, and you shall go. At once, I said!" he thundered so suddenly that Eulalia jumped. "And | twenty years more he would be sevif you hesitate any longer you shall



"I Am Retiring," Said One Old Compadre.

"Pedro!" Eulalia shrieked. "Pe

The Governor was trembling as nor of the Californias. And any much as the terrified woman at his

"Very well. Not beaten. But if Most Catholic Majesty the King of she misbehaves, she must be put in As the frightened soldiers lifted

> her from the floor, she struggled like a cat, writhing and sobbing.

"Best tie her hands," ordered the

"Cruel, brutal, mad Pedro the priests in their religious work. Fages!" she cried. "You will suf-That everyone is afraid of him, and | fer for this!" She wrenched against dare not report his madness to the | the bonds that held her hands. "Oh,

of others, and that he neglects his diers, who dragged her out of the duties to consort with Indian wom- house. Still screaming and struggling, one of them managed to throw her before him on his horse. Angustias rushed from the house wringing her hands and weeping. All the servants crowded out-ofdoors. The soldier touched his spurs to the horse. The shrieking writh-

ing La Gobernadora and her escort "But-but-you can not do that! started across the parade-ground toward the presidio gate, Angustias running lamenting beside.

# CHAPTER XXVII

Forth on El Camino Real again rode the Governor of the Californi-

as. The royal road was now a wellhorses, printing itself upon the pleasant soil of California connecting the Mission and Presidio of Upper California with the ancient Mission and one-time capital Loreto, in farmer, observes a writer in the Lower California.

As he rode he remembered suddenly that 20 years had passed since he had first traveled this way. No virgin soil, breaking a trail through the wilderness, marking it here and called a cultivater. The word ferm-

Twenty years! He started at the word farmer. thought. Nearly half his life. In enty. All those years for the siren,

God rest her soul, died last then, to the Mission San Juan Ca wife, We had no children . . . and so . . ." He shrugged his shoulders.

drank their good wine; admired

their fat herds and sleek horses.

Passed through much rich country,

'God took her home. You are most fortunate, Don Pedro, in having Dona Eulalia with you. Most fortunate!"

"Yes," muttered Fages. "And what will you do with this great rancho and house you are going to build? Will you live alone? What

will you do without wife or children?" Don Epifanio stirred uneasily.

"Pues, compadre, you know how it is. I have already chosen me a wife. Just an Indian girl. That is, ish soldier, though God only knows

who he was. But she is beautiful and very young, and has been well educated here at Mission San Gabriel. She can cook, and sew. She can even play the guitar! And she is young. Oh, yes, very young. Fifteen. But look you, I am barely fifty! So I will have many years ahead of me, and God willing, many

children." He laughed. "Who knows but we will start a new race in this new land?" Don Pedro was very quiet as the other dreamed of his future happi-

ness over his wine-glass. "Yes," mused the Governor to himself. "You will have a happy life. An ideal life. Ah, yes . . .

The other broke into his musings.

not leave here. You understand? cradle of California. Then he turned disturbed in mind than when he had home.

started on his journey. He had not left his anxieties behind. They had traveled with him. And to them was added the nagging certainty that he was at a crisis in his life. He could not continue living as he had been. He and Eulalia were

killing each other. He must resign as governor of the Californias.

And after that, what?

One of two things. Remain in the province as an hacendado, and fulfill his dearest dreams, regardless part Indian. Her father was a Span- of Eulalia. Or return to Mexico, perhaps to Spain.

> He groaned in spirit, and worried his grizzled beard as he considered that possibility.

The soft breath of California kissed his cheek as he rode north. The very brambles and wild roses reached out and clutched him with clinging fingers; and when he lay down at night the warm earth seemed to cradle him in loving arms that would not let him go.

When at last he rode through the gates of the Royal Presidio Monterey two months after he had swept through them, he had made a decision.

He would not leave California. (TO BE CONTINUED)

# Farm Life Has No Appeal to Peasants of France; Children Prefer City Life

People leave farms in France | mobile factory or punch tickets in largely for the same reasons as ev- a subway station. The average French farm has not

erywhere else. Ever since the founbeen improved as the American one dation of the Third republic (nominally 1870) peasant children have has within the last generation. The been getting education, though the radio is rare; automobiles are even number of illiterates as shown by rarer. The standard of living is the army conscript examinations is undoubtedly higher than before the surprisingly high. With education, war, and currents of life now flow the ambition of the average peasant freely through the French countryhas been to make his son a gentle- side, but the peasant still thinks of

man (a monsieur), which means his life as a duff one as compared generally to get him a white-collar with that in the city. job. His daughter likewise he prefers to marry off to a city desk worker rather than to a young

Chicago Tribune. It is now never used in the news

Even if he cannot get a coveted cannot be carried out. To leave a job with the government, the young room all you need do is to go out by go without any preparation. The California. As he looked at the smil- peasant usually prefers to come to the door-but if the door is locked matron at the monjera will give ing spring sky, the acres and acres the city and take a chance. He on the outside that method of leavyou a robe such as the Indian girls of wild-flowers, the canons full of may get on the chain in an auto- ing is impracticable.

year in Mexico City. She would pristrano, and at last to the Pre- of every food product and an elabnever join me here. And I could sidio and Mission of San Diego, the orate system is maintained for the inspection of meat. But all this Life was lonely for her, I suppose. north again, to return to Monterey, care can be undone if food is not more restless, more unhappy, more adequately refrigerated in the

> From the moment that meats, fruits, vegetables and groceries reach your kitchen, the responsibility is yours, and you will be guilty if your husband and children suffer ill effects from eating tainted food.

> > **Causes of Food Spoilage**

Spoilage in food is due to the ravages of a vast army of microorganisms which cause it to sour, decay or putrefy, depending upon the nature of the food.

There are three classes of micro-organisms which develop in milk, be kept in the coldest part food-bacteria, molds and yeasts. of the refrigerator, as a few de-All three are notable for their mi- grees in temperature make a nute size, rapid growth and wide distribution. Yeasts and bacteria venting spoilage. can only be seen with the aid of a microscope.

Not all micro-organisms are the enemies of man; some are useful will not make spoiled foods fit for in the preparation of foods such consumption. as cheese, sauerkraut and bread. These need not concern the homemaker. But the harmful bacteria

Do You Want to Know

**Get This Free Bulletin** Offered by C. Houston Goudiss

**R**EADERS of this newspaper are invited to write to C. Houston Goudiss at 6 East 39th Street, New York City, for his new "Vitamin Primer" which tells the facts that every homemaker needs to know about vitamins. In simple chart form, the functions of each vitamin are explained, and there is a list of foods to guide you in supplying your family with adequate amounts of these necessary food factors. A postcard is sufficient to carry your request.

# **Practical**, **Practicable**

Practical means that which is adapted to actual conditions; that which experience has proved to be By a process which has gone on useful. While the others were wonin other languages, even the word | dering what to do, Jones took pracpeasant has fallen into bad repute. tical steps to stop the leak in the boat. Evangeline was a dreamer. reports of the Paris press. When a Joan a practical kind of girl. Pracword must be used, a peasant is ticable denotes that which may be practiced, used, or followed with ier (farmer) has never been used good results. Some solutions to maextensively, and not often would it terial problems are all right in thebe an accurate translation of our ory, but are not practicable in actual practice; in other words they

legrees. Careful studies show that there is very little increase in bacteria

teria in 15 hours.

Safeguard Children's Milk

ference amounting to 91 calories when milk is held for as long as per pound. 48 hours at a temperature of 40 degrees. But when the temperature was allowed to rise to 50 New Beauty for the Home degrees, almost 30 times as many bacteria developed, and at 60 dehold is practical-protective-and

governing food preservation. One

is the maintenance of a constant

temperature of from 40 to 50 de-

grees Fahrenheit-under no cir-

cumstances should food be stored

at a temperature higher than 50

the proper degree of moisture in

The great danger of food that is

All types of protein foods harbor

temperatures higher than 50 de-

grees. Under favorable conditions

to 30 minutes, and a single bacte-

rium cah produce a million bac-

grees, the bacteria multiplied more than 8,000 times in the same period.

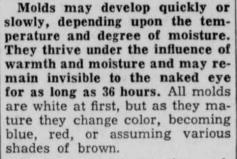
# Foods That Spoil Easily

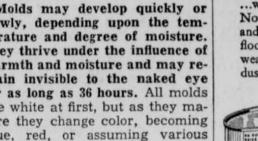
The rapid multiplication of bacteria also occurs in other foods having a high protein content, including meat, meat broths, fish, gelatin, custards, creamed foods, peas and beans. It is important that all these foods, as well as great deal of difference in pre-

Once food has begun to deteriorate, it must be discarded or it may endanger health. Cooking

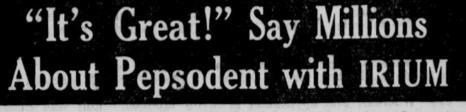
# How to Prevent Mold

Molds are another form of spoilage that the homemaker must constantly battle. Mold will grow on almost any substance, but is particularly likely to occur on acid foods, as lemons, oranges, tomatoes and berries; on neutral foods, such as bread and meat; on sweets, notably jellies and preserves, and on salty foods, including ham or bacon.





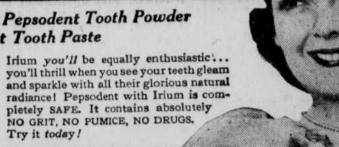
To the bacteriologist, these colors have different meanings. To the homemaker, they all tell the same story-that through improper storage food has lost its appetite appeal and palatability.



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increasing yearly, throughout the homes of the country. And it is the efficient, up-to-date homemaker who regularly applies this amazing product to the floors of her home. The unusual feature of a good self-polishing wax is the maximum beauty it affords, with the minimum labor-both in application and upkeep. It's on in a jiffy-dries thoroughly in 20 minutes-and results in resplendent floors that gleam like satin.

look like new, and "dress up" the

entire house. A quality self-polishing wax is urged, however, for it is more resistant to dust and dirt, its richer content lasts longer, and shows up to more glowing advantage the natural color and pattern of the wood. Yes, a good self-polishing wax is truly a do-

mestic gem that is inexpensivetime and trouble-saving-and definitely beautifying!

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