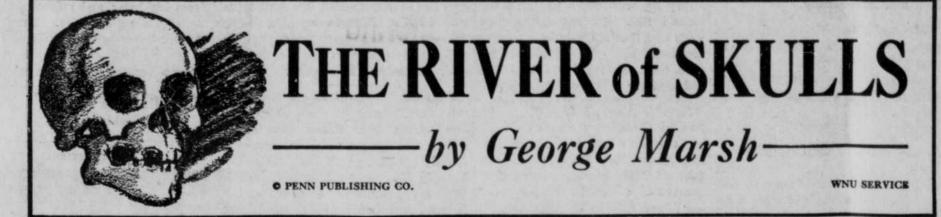
THE FRONTIER, O'NEILL, NEBRASKA



"Look, Noel," said Alan, as they

channels of the three streams with

the binoculars. "These outlets run

right into the north through a flat

valley and must join, later. I tell

you we're on Koksoak water. To

the east the ridges all run north

and south-not a break in them.

We've found it, boy! We're on the

The Indian nodded his head in

"Now we'll follow the east shore

and see if this is the main dis-

charge. Some of these lakes have

two. But I'm positive no water

could run to the east, from the lay

of the country, it's bound to travel

With the boys riding the toboggan,

away galloped the dogs along the

eastern shore. In an hour, looking

across the wide expanse of ice into

the southwest they could barely see

the white hills from which they had

discovered the great lake. In places,

the hard snow, carved by the wind,

rippled away for miles like white

waves; in places the ice was

scoured almost clean of its snow

blanket, making sledding a delight.

On, up the east shore, the eager

dogs took them at a gallop. But at

Koksoak!"

agreement.

north."

**CHAPTER VIII**—Continued -12-

With Rough as the leader, followed in turn by Powder, Rogue and Shot as wheel or sled dog, the big puppies were started in the school of collar, trace and trail. On the young snow of those keen October days, when the wind had the edge of a knife, it was a joy to Alan and Noel to train dogs with such spirit and power.

Rapidly the winter shut in and the frost strengthened. Farther and farther out the ice sheet reached in the lake and, near the shore, became so thick that they raised their nets. But the big cache was now piled high with frozen fish.

Twice, when the river closed, they drove the dogs down to the cabin on the Talking to find all well with John and Heather and no news from McQueen.

And then, at last, came the Montagnais "Moon When the Snow Hangs in the Trees," and, in the middle of December, Alan and Noel started with the dogs to search for the headwater lakes of the Koksoak.

Over the barrens flanking the valley of the Sinking Lakes, they traveled into the northeast. But it was a long-faced Noel who trotted behind the eager dogs over the sparkling tundra.

"No one evair go into dis countree and come back," he reminded Alan as they stood on a high barren and gazed over the undulating white waste to the north and east. seemingly aflame as the sun slanted across its limitless expanse.

"Well," said Alan, dropping his mitten slung to his neck by a thong and wiping the rime from his face with a bare hand, "someone always has to be first, eh, Rough?"

For days they traveled north of the valley of the Sinking Lakes but, in that direction, beyond the dim blue hills they had often seen from the valley, they found no water courses flowing north; no headwater lakes.

One morning they headed into the southeast. In the sparsely wooded valleys, snow-white arctic hares,

the lake reached to the north, like route to the big lake, by way of a the fingers on a hand, in three chain of ponds lying on the Heightseparate bays. And from each of of-Land. The object of their exploring trip was accomplished. these ran an outlet.

The Montagnais' "Great Moon" stood on a low hill and followed the of January with its searing winds and nights when the lake ice split

with the boom of muffled artillery and the spruce snapped under the contraction of the frost, rode over the barrens, followed by the "Moon

aurora lit the white tundra and streamers of pearly mist writhed acros the heavens beneath stars

blue. "The Spirits of the Dead at Play," the Eskimos call the dancing lights of the polar heavens. Often fearful for the safety of the man and girl wintering on the Talking. Alan and Noel rode the iced dogs.

More than once during the winter. John had crossed strange snowshoe trails. Some were the bearpaw prints of the Montagnais and

some the long shape of the coast Cree. The cabin on the Talking was being watched. McQueen was biding his time-waiting to follow the canoe that would start in the spring.

With May the high barrens began to wake from their winter's sleep. Shoulders of tundra thrust through their white blankets to expose lilacgreen pastures of caribou moss.

Riding the brown snow water, after the ice left the Talking, came Alan and Noel in the canoe they had taken to the Sinking Lakes on the sled. When John and Heather returned from the barren with bags their start.

"It will be June before the ice leaves the big lake," said Alan, "but we can take our stuff in the two canoes to the head of it and be

ready to start when it does." "Yes," agreed McCord, "we've got no time to lose." On the last day, as they sealed we do."

doors and windows of the cabin against the sure attacks of bear and wolverine, Heather turned wistfully

ou and Noel with Dad?"

Cord, "and a good south wind will start these big rafts up here. I wonder how close behind us Mc-Queen is." "Not far, I'll bet. But he'll never

"Probably the ice at the foot of

the lake is out by now," replied Mc-

get the two Conjuror River Indians to go down the river with him. We'll only have four to handle when the time comes. What are we going to do-let him dog us clear to of the Eagle." Night after night the the River of Skulls or-?"

"What d'you say?" interrupted the big man in the other end of the that shone through with a spectral canoe.

"I say I don't want to slave all summer and then fight for our dust. I'd rather fight now!" Suddenly Alan's gray eyes softened, as he added: "But then, there's Heather." "Yes, there's Heather. Their river trail behind their galloping game is to trail us, then wipe us out to get that gold, and what would

become of her?" "I've been thinking of her. I didn't want her to come. Now she's with us, I've turned Indian."

"You mean?" The cold eyes glittered beneath the livid scar on Mc-Cord's forehead.

"I mean when I think of Heather in their hands, I forget all law. It's a finish fight, John, and no quarter. They're going to make it their lives or ours!'

McCord's big knuckled hands closed convulsively on his paddle. "A finish fight and no quarter, partner!" he repeated, huskily. "All law's off on the Koksoak! I know McQueen. He'd wipe us out without a qualm. Then they'd murder Heather, later, before they reached filled with cranberries, they planned the coast-leave no witnesses, no evidence against them. And they'd

have our gold." "There's another thing, John-the Naskapi. Drummond got by without meeting them. But we're bound to run into them somewhere on the Koksoak. We're passing through their country. We'll need luck when

The giant nodded. "Let's hope Mc-Queen meets up with them first." At last the south wind and the

to Alan: "Remember, Alan, that high June sun cleared the lake of its day last winter when I came back rotting raft-ice and the big Peter- tives, enzymes and pigments. boro, in which they were to make

summer were carefully overhauled

plies. Only the Naskapi and the

The water dropped rapidly and

Alan and Noel returned one night

outlet, which they were to follow,

with the news that the river was

now passable for a canoe. Follow-

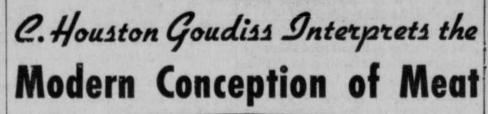
Miles to the south, Alan's glasses

"W'at you see?" demanded Noel.

He handed the binoculars to Noel

(TO BE CONTINUED)

looked upon the upper Koksoak.



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Houston Goudiss, 6 Bast 39th Street, New York City

There has been considerable

There are the same good rea-

sons for using meat in the diet of

grown-up. Moreover, the child's

protein requirement is greater

than that of the adult, in propor-

At the beginning of the second

year, many authorities advise that

small servings of tender and fine-

ly minced beef, chicken, lamb or

liver may be given about three

times a week. As the child be-

comes older, he may have meat

more often and as his ability to

Some Fallacies Regarding Meat

is less completely digested than

as completely as beef. It has also

Many people believe that veal

discussion regarding the place of

meat in the child's diet.

tion to his body weight.

Nationally Known Food Authority Explains Why It Rates As a Top-Notch Food.

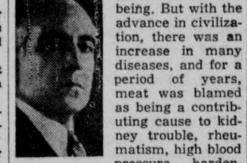
### **By C. EOUSTON GOUDISS** 6 East 38th Street, New York City

AMERICANS spend from one-fourth to one-third of their A total food budget for meat. In order to discover whether this expenditure is justified, let us examine the nutritive value of meat, and consider its contribution to the diet.

Almost everybody likes the flavor of meat, from the man who considers that no meal is complete without it, to the child who instinctively eats the meat on his &-

plate befort he touches the other one misses their savory flavor foods. The desire for meat is one that a meal without meat often of the strongest human appetites. tite. For centuries, man accepted

being. But with the



pressure, hardening of the arteries and gout.

In recent years, there has been a careful investigation of the possible association between meat and disease. In the light of our newer knowledge, the old notions have been discarded. And in many cases, meat now has a place in the treatment of the diseases that it was once believed to cause!

#### -\*-Composition of Meat

Meat is a protein food of the highest type. It is useful both for repairing the millions of cells that are worn out daily and for of mastication. But there is no building the new tissues that are marked difference in the thornecessary for growth in childhood. The proportion of protein varies with the kind of meat, and the cut. In beef, lamb and veal, it comprises between 14 and 26 per cent of the edible portion.

are fats, water, minerals, extrac- at the same time. The amount of fat pi

esent is

fails to tempt or satisfy the appe-The extractives indirectly aid in this craving for meat as an indica- the digestion of meat proteins betion that it was es- cause they stimulate the flow of

WHAT to EAT and WHY

sential to his well the digestive juices. Experiments the child as in the diet of the have demonstrated that meat induces a flow of gastric juice in direct proportion to the amount consumed. This calling forth of great physi-

ological activity of the stomach is one reason why meat is said as being a contrib- to be the most satisfying of all foods, and to "stick to the ribs" longest.

In considering the nutritive chew increases, he may be given worth of any food it is necessary larger pieces. not only to analyze its contributions to the diet, but to determine how well its nutrients are utilized by the body. Meat has a high food value because its protein is digested rapidly and thoroughly. other meats. But it has been Tests show that 97 to 98 per cent demonstrated that even very of meat protein is digested and young veal digests as rapidly and absorbed. The length of time meat remains in the stomach will de- been held that red meats are less pend upon various factors, such digestible and, therefore, less deas the amount of fat present, the sirable than white meats. There method of cooking and the degree

oughness with which the different kinds of meat are digested. Since it is so completely digestbulk, and it is therefore essential that an abundance of leafy vege-The other constituents of meat tables and fruits should be eaten SUBSTITUTE FOR MEAT.

is no evidence to support this point of view. Someone with a gift for concise expression once remarked: "No meat-no man!" His point was well taken. For considering its deed, however, meat supplies little licious flavor, essential food values, and ease of preparation, it is easy to agree that THERE IS NO

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short pleated sleeves for coolness

and comfort. It's very easy and

unhampering in line, so that you

The Patterns.

1558 is designed for sizes 12, 14,

1533 is designed for sizes 34, 36,

**Beauty Is Mental** 

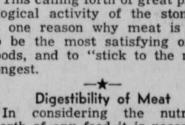
pends more upon the moral na-

ture than most persons are ac-

customed to think. - Frederic

Saunders.

True beauty is in the mind; and



their long ears tipped with black, jumped from willow thickets to race away at the coming of the dogteam. Once, at a distance, three curious white foxes danced grotesquely on the snow, inspecting the approach of the team, until the excited dogs, getting their scent, set up a frenzied yelping which drove them away over the tundra, like wisps of white smoke.

Because of the wood, the boys had stopped in a small valley, where a stream headed, to boil their kettle. After eating, they continued south and came out of the fold in the hills to higher country. As Alan, who was leading the team, reached the lip of the valley and looked far into the east, he raised his hands with a shout.

"Noel!" he cried. "Look at that lake over there! We've found it!"

Noel joined him and the two gazed in amazement across the tundra. There, miles away to the east, beyond the low hills of the foreground, reached the level, white shell of an enormous lake, until it was lost in the haze of the distance.

"Why. it's as big as Lake Bienville on the Great Whale, Noel!" exclaimed Alan excitedly. "This must be one of the lakes in the old men's tales."

The Indian stood in awe gazing at the white reaches of the distant lake. Far to the north and south stretched the shimmering floor of snow and wind-scoured ice, and into the east, until it merged with the horizon.

"Eet ees ver' beeg lak'," he said. the biting air. "Big riviere flow out of dis."

"And that river must be a headwater of the Koksoak!" cried Alan. "We're over the Height-of-Land. The rivers all run north, here! We've found it, Noel! We've found it!"

That night the boys camped on the shore of the great lake in the wind break of a stand of black spruce. sleep-holes, Alan and Noel talked beside a roaring fire.

into it with the canoes from the Sinking Lakes."

4

beeg riviere."

"Noel, this lake is surely the headwaters of the big river, or of one of its branches. It's got to be, flowing north as the river does. And we'll soon find out."

Snug in their caribou sleeping bags, the tired boys slept beside their fire. In the morning, they started along shore over the windbrushed ice in search of the outlet. All day they traveled rapidly north until, shortly after noon, when the light died, they were at the end of the lake, but as yet had found no outlet which would lead, as they hoped, into the north and the great Koksoak. The next morning they saw what appeared to be a long island lying off the shore. Cutting storm. in beyond the island they found that At last Alan discovered a water any foreign missionary effort. The Weekly



"Noel!" he cried. "We've found it."

to have!" noon the sun in the south was gradually smothered in haze. To the north banks of lead-colored clouds piled above the white hills.

"Snow comin'," announced Noel, as they stopped to give the dogs a breather.

"Sure enough!" agreed Alan. 'What do you say to crossing the lake to the camp we had two nights back in that thick timber? It may be an old drifter and last for days. With the hills running as they do, there's no outlet from this side. After the blow we'll make sure."

"Eet ees far across there. We have to hurry." "But we've got the dogs to make it. Haven't we, Rough, old boy!"

Alan went to the great dog sprawled on the wind-hammered snow, and rubbed his ears as he looked into the slant eyes.

"You take the team across this lake before that snow comes, Roughy?"

Rough answered with a red laugh in the icy water clamoring to be and waited for the Indian's verdict, as his breath rose like smoke on fed.

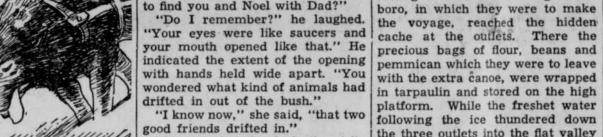
CHAPTER IX

Back in their windbreak of black spruce, the boys holed in for the

storm. For three days the "driftevery living thing, furred or feathered, to the sanctuary of the spruce While the dogs lay curled in the or to snug burrows in the snow. The morning of the fourth day when the sun, flanked by two brass balls "We'll travel right around this of sun-dogs or false suns, lifted Then we'll hunt to find a way to get to the north and west were still a dense blue-black, the wind had died. of the Dresden Technical college, "Mebbe dis lak' not flow into de tering snow crystals, their frozen Star. breaths trailing behind them like Evidence is scrappy and scatsmoke, men and dogs started for tered, but in Professor Menkethe head of the lake. Along the Gluckert's opinion sufficient. There ish Christian kings who sought

shores the wind had heaped huge drifts but much of the lake ice had day, they started over the young snow for the shoulders of the nearest hill to search for a spring water

route from the Sinking Lakes. other priest; if Gallus had spoken Here in the timber the boys broke German, the services of an intertrail on snowshoes ahead of the preter would not have been needed. team for there was three feet of new snow and, without firm footing, tist feels, is the total absence of the dogs wallowed to their shoulany Celtic-German dictionaries or ders. Everywhere, the night begrammars dating from that period. fore, the wild creatures had traveled in search of food after the Such bilingual aids are always fonts cf many Christian churches



indicated the extent of the opening wondered what kind of animals had in tarpaulin and stored on the high drifted in out of the bush." "I know now," she said, "that two good friends drifted in." Alan gazed curiously in the girl's

sober face. "Brace up, Heather!" he said, with a laugh. "Just think, girl, what a great time we're going

Her fine brows contracted as she returned his gaze. "Do you think, Alan, we're ever coming back?" she asked. "I've

dreamed such terrible things, this winter. McQueen will surely ambush us when we start back with the gold-if we find it."

Its honey-combed ice flooded with pools of water, and entirely open in wide areas, from which rose clouds of vapor, the great lake reached, under the June sun, to the hills dim on the eastern horizon. For days the big Peterboro had waited while three men and a girl watched its frozen shell soften and break up.

boys had eaten, they climbed to the "A few more days and we'll be nearest high ground to sweep the able to start for the cache at the lake with their glasses. outlet," observed Alan, as he and McCord removed the gray kokopicked up something of interest. mesh and silvery white-fish from their gill-net and returned to the hungry dogs who stood, breast-deep

"interpreted" to a German-speak-

A telling point, the German scien-

# Early Irish Missionaries in Germany Able to Make Themselves Understood

Irish missionaries who came to | only books of that date are Gospels central Germany from the Sixth to and other devotional works in Latin, er" pounded the barrens, driving the Eighth century, bringing the with glosses or marginal notes in gospel that St. Patrick had car- Gaelic, never in German.

ried to them still earlier, had no It is well known that the predifficulty in making themselves un-German population of the Rhine derstood. That there were plenty and Danube valleys was Celtic. Proof people in Germany at that time fessor Menke-Gluckert's hypothesis who spoke a Celtic language very is that when the conquering Gerlake until we find the outlet, Noel. above the horizon while the skies similar to ancient Gaelic is the be- manic tribes moved in, they made lief of Prof. Emil Menke-Gluckert themselves into an aristocratic class of masters, under whom the With the stinging air shot with glit- notes a writer in the Kansas City descendants of the original owners

of the land lived as an inferior class, speaking their own language. Only after the rise of a dynasty of Frankare numerous place-names in cen- closer contact with Rome, he says, tral and western Germany that can did the common use of the Celtic been scoured of snow. Camping at be traced to a Celtic origin. A rec- language, and with it the predomthe head of the lake, the following ord of a notable sermon by a inant influence of Irish missionaries, preacher named Gallus includes the die out among the mass of the popstatement that afterwards it was ulace.

> ing audience at Constance by an- Most Widely Inscribed Palindrome The most widely inscribed palindrome, or phrase spelled the same backward as forward, is a Greek motto of 25 letters which means "Wash my trangressions, not only my face" and which is carved on the among the first books developed in throughout the world .--- Collier's

important factor in determining the fuel value of meat. And the more fat it contains, the less protein will be found in a given unit pemmican which they were to leave with hands held wide apart. "You with the extra canoe, were wrapped of weight. The different cuts of pork contain less protein than corresponding cuts of beef and lamb, platform. While the freshet water with the exception of lean ham, following the ice thundered down the three outlets into the flat valley | lean pork chops and tenderloin. to the north, the supplies for the -+-

Meat as a Blood Builder

and packed in bags. Spruce setting Both glandular and muscle poles were cut and shod with irons meats are rich in the blood-build-McCord had brought from Rupert. ing mineral, iron, and meat also Every ounce of superfluous equipcontains copper. The glandular ment was stored on the cache, for organs, particularly liver, have they could not guess what long portgreat value in the prevention and ages awaited them on this unknown treatment of anemia. Pernicious river that flowed hundreds of miles anemia baffled physicians for north to the sea; what churning many years until, in 1926, two notwhite-waters, around which they ed American scientists discovered would have to pack canoe and supthat liver contains a principle which stimulates red blood cell caribou in their migrations had formation. This discovery has been ranked with the discovery of insulin as one of the greatest in our times. from an inspection of the central

Meat also contains a high percentage of phosphorus. It is poor in calcium, however, and this necessary substance must be obing their daily custom, when the tained in adequate amounts from milk, cheese and green leafy vegetables.

# The Vitamins of Meat

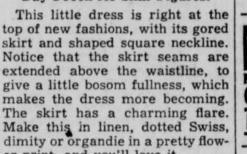
Lean muscle meats cannot be considered as an important source vitamin is necessary for the prevention of pellagra, and also helps to prolong the vigorous middle chart comes with each pattern. years and to ward off old age. Beef, pork and lamb muscle contain approximately the same amounts of vitamin G, but liver has been found to contain approximately 10 times as much as muscle tissue.

Some vitamin A is found in fat meats, but liver is also much richer in this vitamin than muscle tissue. Vitamin B is present in lean meat, especially lean pork, which has a considerably higher content than lamb, mutton or beef.

-\*-

Value of Meat Extractives

THESE last few hot weeks will be a whole lot easier to bear if you have some fresh new dresses to wear around the house-cool, of any vitamin except G. This slim-waisted styles that are finished enough for shopping and



Day Frock for Large Figures.

**Hoard Old Friends** The years have taught some You'll find this straight, well-cut sweet and bitter lessons-none dress one of the most becoming, wiser than this: to spend in all Meat contains small amounts of most slenderizing, you ever put things else but of old friends to extractives. It is partly because on. It has a deep v-neck and be most miserly .- Lowell.

YOUR GROCER

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