



The COW PUNCHER

By Robert J.C. Stead

Author of 'Kitcheners' and other poems

CHAPTER X.—Continued.

On the way they planned that the following Sunday they would drive into the foothills together...

The summer wore on, and autumn followed on its heels. The processes which had been discerned by Conward and other astute operators...

Mrs. Hardy was among the last to admit that she had bought on an ebbing tide. She contended that her house was well worth the price she had paid...

once been besieged by customers eager to buy, was now a center of groups no less eager to sell...

Then there was Merton, the widower with sick lungs and the motherless boy, who had brought his little savings to the West...

Merton had called on Dave with respect to his investment. Dave had at first been disposed to tell him frankly that the property...

"Of course it was. If you had had more you would have paid more. I suppose Conward justified himself

with the argument that if he didn't take your easy money someone else would, which is doubtless true. Else would to show you how I feel about it...

did him little credit—"I had a plan but it can't be worked out. I have been trying to raise a little money on my lots, but the mortgage people just look at me." "What is your plan?" said Dave kindly...

FISH PALATABLE AND NUTRITIOUS

More Economical Than Meat Because Less Labor Is Required to Produce It.

BE SURE THAT IT IS FRESH

Carefully Broil, Boil, Bake or Fry and Serve With Well-Seasoned Sauce for a Change—Some Well-Selected Recipes.

Fish is not used as a food to the extent it should be in this country nor to the extent that it is used in other countries. It is cheaper than meat because it requires less labor to produce and market it...



A Disagreeable, But Essential Task in Preparing the Fish for Cooking.

that the flavor of the fish will not be obscured. Sauces of various types are acceptable with fish, especially when it is boiled or baked.

The following sauces are recommended as desirable to serve with fish. The first two recipes were tested in the experimental kitchens of the department of agriculture. The others are selected from a bulletin published by the Indiana Agricultural College.

1 cupful milk, 1 1/2 tablespoonfuls of 1/4 cupful fat, 1/2 teaspoonful salt. Moisten the cornstarch in a small amount of cold liquid and add to the heated milk. Cook together in a double boiler...

STOCKINGS NEED GOOD CARE

Frequent Washing Prevents Rotting and Continued Strain on the Same Parts. (Prepared by the United States Department of Agriculture.) Wash stockings frequently...

RIGHT KIND OF FOOD NOT GIVEN CHILDREN

Costs More in Some Instances, But Is Not Suitable.

Improperly Fed Child Is Under Handicap From Start to Finish—Result Given of Experiment Recently Made in Iowa.

(Prepared by the United States Department of Agriculture.) The child fed improperly is not getting a square deal in this world, however much else may be done for him by his parents...

Surprising as it may seem, statistics show that the proportion of undernourished children in the better homes is large, just as it is in the homes of smaller incomes. The food served in the former may cost more and be in greater abundance, but it is quite as apt to be unsuitable for a growing child.

At the other school, a lunch is served at 10:15 each morning to the class selected. It consists of a large dish of well-cooked oatmeal, with sugar and whole milk, a glass of milk and graham crackers. The children are very eager for this plain wholesome food.

FREQUENT SCALDING IS BEST

To Keep Household Water Vessels Clean and in Good Condition Much Care is Needed.

(Prepared by the United States Department of Agriculture.) The greatest care is required to keep household water vessels clean and in good condition. Water coolers should be of some material, such as porcelain or enameled ware...

GOOD MEAT FROM CHEAP CUTS

Housekeeper Has Two Problems to Contend With in Attempting to Reduce Expenses.

(Prepared by the United States Department of Agriculture.) When the housekeeper attempts to reduce her meat bill by using the less expensive cuts, she commonly has two difficulties to contend with—tough meat and lack of flavor.

This sauce resembles soft butter and is to be spread on the hot fish so the fat will be melted. Horseradish Sauce. 1/2 tablespoonful of 1/4 cupful heavy cream beat- 1 tablespoonful vin- 1/4 teaspoonful salt.

Household Questions

Pineapple, bananas and nut meats are a good salad combination. Raisins are said to be richer in mineral matter than any other dried fruit.

A Feeling of Security

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Every woman who has reason to believe that headache, headache, unnatural pains, low spirits, sleepless nights, irregularities of a catarrhal condition is caused by a derangement of the womanly functions, owes it to herself and dear ones to speedily overcome the trouble before a general breakdown causes permanent prostration.

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