The **OW PUNCHER** Robert J.C. Stead author of Kitchener, and other poems

X.-Continued. -15-

Their eyes met, and each of them knew what it meant. It meant an- could not sell they contrived to lay nouncement to her mother that she the blame upon the firm which had had met Dave downtown. It meant originally sold to them. Although, for perhaps a supposition on her mother's the most part, these were men and part that she had gone downtown for women who had bought purely from that purpose. It was far-reaching, the gambler's motive, they behaved But she said simply, "I should enjoy toward the real-estate dealer as driving home with you."

On the way they planned that the when the finger of fortune turned up following Sunday they would drive a loss Instead of a profit. For such into the foothills together. Of course people Dave had little sympathy, and they would ask Mrs. Hardy to accom- if they persisted in their murmurings pany them. Of course. But it might he told them so with becoming frankhappen that Mrs. Hardy would be in- ness. disposed. Irene was of the opinion that Then there was Merton, the widwhat her mother needed now was rest.

As it happened Mrs. Hardy was at less boy, who had brought his little the gate. She greeted Dave cordially savings to the West in the hope of enough. Encouraged by her mood, Irene determined to settle the Sunday program at once.

"Dave was good enough to bring me up in his car," she said. "And just cruelty almost unbelievable Conward think! He invites us to drive into the had taiked this man into the purchase foothills with him next Sunday. Will of property so far removed from the you come? It will be delightful. Or city as to possess no value except are you feeling-"

"Mr. Elden is very kind," said Mrs. Hardy, with dignity. "I have no doubt death, or, if that could not be, minis-Mr. Conward will accompany us. He is to call this evening and I will ask him. . . . Yes, I think it very likely property which, even at the time of we will go."

The summer wore on, and autumn followed on its heels. The processes which had been discerned by Conward and other astute operators were now apparent to the mob which forever follows in the wake of the successful. but usually at such a distance as to be overwhelmed in the receding flood. The forces which had built up fabulous fortunes were now in reverse gear, and the same mechanism that had built up was now tearing down. As the boom had fed upon itself, carrying prices to heights justifiable only to the most insane optimism, so did the subsequent depression bear down upon values until they reached depths justifiable only to the most abandoned despondency. The rosy bubble, inflated with the vapors of irresponsible speculation, had dissolved into thin air.

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; what if speculation had come to a stop? So much the better; her house was still worth its price. She would stand firm.

RED CLOUD, NEBRASKA, CHIEF

did him little credit-"I had a plant, 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. "Any plan, no matter how bad, is always better than no plan." "I thought," said Merton timidly-"I thought if I could build a little shack on the lots I could live there

with the boy and we could raise a very fine garden. The soil is very fertile and at least we should not starve. And the gardening would be good for me, and I could perhaps keep some once been besieged by customers eager to buy, was now a center of groups no chickens and work out at odd jobs as well. But it takes money to build less eager to sell; and when they even a very small shack."

"How much money?" demanded Dave.

"If I had a hundred dollars-" "Bring your title to me tomorrow: to me personally, you understand. I'll advance you five hundred dollars." though he had done them an injustice Merton sprang up, and there was

more enthusiasm in his eyes than had seemed possible. "You will? But] don't need that much-" "Then use the surplus to live on."

So the Merton affair was straightened away in a manner which left Dave more at peace with his conscience. But another event, much more dramatic and far-reaching in its effects upon his life, was already ripe for the enacting.

clear atmosphere and saving his son There were cases that could not from the white death that had already be turned away with a sharp answer. invaded their little family. With a Bert Morrison, for instance. Bert had never mentioned her "investment" since the occasion already recorded. She greeted Dave with the sociability due to their long-standing friendship; as farm land; and the little savings and her calm avoidance of the subject which were to ward off sickness and hurt him more than the abuse of all his irate patrons.

ter modest comfort in the declining Business conditions had necessitated unwonted economy in the office affairs of Conward & Elden, as a result of which many old employees had been laid off and others had been replaced by cheaper and less experienced labor. Stenographers who had been receiving a hundred dollars a month could not readily bring themselves to accept fifty, and some of them had to make way for new girls, fresh from the business colleges. Such a new girl was Gladys Wardin-pretty, likable, inexperienced. Her country home had offered no answer to her ambitions, and she had come to the city with the most dangerous equipment a young woman can carry-an attractive face was a willing worker and of comely appearance.

> Returning to the office one Saturday evening Dave found Miss Wardin makhigh spirits, and he smilingly asked if she intended working at



ile material which is available or useful in human food. Like meat, it is a protein food, and if well cooked it dish.

Even though purchased dressed, fish should be carefully cleaned in the home. After cleaning and washing wipe dry with a soft cloth and salt well before cooking. The addition of vinegar or lemon fuice during the c oking is usually advisable when it is baked or boiled.

Because they contain less of the socalled extractives which give flavor to pork, beef, and mutton, fish are likely to be somewhat insipid. For this reason extra care should be used in the selection of the other food to be served with it. Have it either very highly flavored or so mild in flavor





Costs More in Some Instances, But Is Not Suitable.

Improperly Fed Child Is Under Handicap From Start to Finish-Result Given of Experiment Re-

cently 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. From start to finish he is under a handicap, mentally and physically, when in competition with those who have been given the right

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.

Wapella county, Iowa, is a prospermakes a nutritions and palatable ous community where comfortable homes are the rule and not the exception. Recently the county nurse and the home demonstration agent, with the aid of ten volunteers, weighed and measured 2,189 children in the county. Of the children examined, 407 were below weight. Out of a group of 137 children in rural districts, who were weighed, measured and inspected, only five were found to be normal.

To illustrate what proper diet will do for a child, two nutrition classes were started in Ottumwa schools. In one were eight children, each from five to fourteen pounds underweight. They are being given one pint of milk daily for three months. One cupful is given in morning recess and one in the afternoon.

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.

The records of gain are interesting. Every child has made at least a twopound gain. One nine-year-old boy, six pounds underweight, has gained eight pounds, and one eleven-year-old boy 17 pounds underweight and in extremely poor physical condition, has gained nine pounds, and his general health is much improved.

FREQUENT SCALDING IS BEST

To Keep Household Water Vessels Clean and in Good Condition

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every

bottle of Swamp-Root. It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.-Adv.

Drifting with the tide is one way to get where you don't want to go.

The charm of a bathroom is its spotlessness. By the use of Red Cross Ball Blue, all cloths and towels retain their whiteness until worn out. 5c.

"Home is what you make it." It can be a real home or merely a house.

For Mothers and all **Married Women**



ite Prescription was a splendid tonic and relieved me of all nauseating conditions during expect-ancy. My baby was strong and hardy in every way. I surely am glad to recom-mend Dr. Pierce's Favorite Prescription to the expectant mother because I

Omaha, Nebr.:-

perience that it is good."-MRS. JOBE COOPER, 3319 Cass St.

For Women Who are Nervous, Weak, or Run-down

Omaha, Nebr.:--"As a special tonic I have taken Dr. Pierce's Favorite Prescrip-tion and found it to give almost immediate relief in cases of nervousness or a weakened or run-down condition. I have taken this medicine since my earliest girlhood whenever my system seemed to require a tonic, and it has never failed me. I am very glad to recommend the 'Favorite Prescription' to women and young girls who need such a tonic."—MRS. MARY LA LONDE, 5301 N 34th St.

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

Dr. Pierce's Favorite Prescription is a



the transaction, was valueless and unsatable.

Merton had called on Dave with respect to his investment. Dave had at first been disposed to tell him frankly that the property, for which he had paid twenty dollars a foot, was barely worth that much an acre. But a second look at the man changed his purpose.

ower with sick lungs and the mother-

husbanding out his life in the dry,

hours of life, had been exchanged for

"I know you were stung, Merton," he said, "shamelessly stung. You are one of those unsuspecting fellows who think everybody is going to play fair with them. You belong to the class who keep all kinds of rogues and and an unsophisticated confidence in scoundrels in easy circumstances. You the goodness of humanity. Conward might almost be charged with being had been responsible for her position accessories. Now, just to show how in the office, and Dave had given little I feel about it-how much did you pay thought to her except to note that she for those lots?" "Three thousand dollars. It was all

had."

"Of course it was. If you had had more you would have paid more. I ing up a bundle of paper, pencils and suppose Conward justified himself carbon paper. She was evidently in

Think You Are Absolutely Inno-

cent," He Said Gravely.

square, Mr. Elden, and I hold no ill

"Well, can I help you in some way

"Not so long," he said. "I felt ever

Merton looked with dreamy eyes

through the office window, while Dave

possible. Society protects the phys-

you will accept? I'm afraid-I don't

Mrs. Hardy consulted Conward. It had grown to be her habit to consult Conward on all matters in which she found an interest.

"How is it, Mr. Conward," Mrs. Hardy said to him one evening over her fancy work-for she practiced an indefatigable industry in matters of no importance-"how is it that there is no demand for property? You are a real-estate expert; you should be able to answer that. Isn't this city as good today as it was a year ago? Doesn't it occupy the same site? Are not the farms still producing?"

"That's just it, dear Mrs. Hardy. Why, indeed? Simply because the booster has given way to the calamity howler. Its psychological explanation is simple enough. The world lives by faith. Without faith there would be neither seedtime nor harvest. That is true of raising cities as well as of raising crops. But there are always those who ridicule faith; always were, always will be. And as soon as faith disappears things begin to sink."

"Ah !" said Mrs. Hardy gently. "So we owe all this-these empty houses and shops, unsalable property and everything to those who have lost faith-or never had it. To men like Mr. Elden, for instance. You remember how he tried to discourage me from the very first-tried to break down my faith-that was it, Mr. Conward-I see it all very plainly nowand he and others like him have brought things to their present pass. Well, they have a great responsibility."

little wreck of a man-this child in As a result of this discussion Dave found himself rather less popular business matters-could look dem 1 in with Mrs. Hardy than before. Dave the face without a quiver. accepted her displeasure with a lightheartedness that was extremely trying so much better when I came here to the good woman's temper. Had it first; I thought I was really going to not been for his desire to spare Irene be well again. But when I found what any unhappiness he would have treat. a mistake I had made I began to wored it with open flippancy. He was ry, not for myself, you know, but the engaged in the serious business of boy, and worry is just what my capturing the heart of Irene Hardytrouble lives on. I have been worka task made none the easier by the ing a little, and boarding out, and the self-imposed condition that he must boy is going to school. But I can't do conduct no offensive but must await heavy work, and work of any kind is with such patience as he could comhard to get. I find I can't keep going mand the voluntary capitulation of the that way." besieged. On the whole he told himself he had no reason to be dissatisfied with the progress of events. He and was turning over the hopelessness of his position and inwardly cursing a Irene often motored together, frequently accompanied by Mrs. Hardy, somesystem which made such conditions times by Conward as well, but occasionally alone. And Irene made no secret of the fact that she preferred the trips in which only she and Dave participated.

The gradual shrinkage of values the inexperienced and the unorganized, to the vanishing point imposed upon and Society votes him a good citizen Dave many business duties which and a success. he would very gladis have evaded. The office of Conward & Elden, which had half apologetically, as though his plan stage as a modern idea.



thousand dollars."

will to you."

need help very long."

Sunday.

"Oh, didn't Mr. Conward tell you?" she answered, as though surprised that the good news had been kept a secret. "He is to spend a day or two at one of the mountain hotels, and I am to go along to do his correspondence. Isn't it just lovely? I have so wanted to go to the mountains, but never felt that I could afford it. And now I can combine business with pleasure."

The smile died out of Dave: eyes, and his face became more set and stern than she had ever seen it.

"Why, what's the matter, Mr. Elden?" she exclaimed. "Is anything wrong?"

He found it hard to meet her frank. unsuspecting eyes; hard to draw back the curtains of the world so much that those eyes would never again be quite so frank and unsuspecting. "Miss Wardin," he said, "did Conward tell you that?"

with the argument that if he didn't "What? About going to the mountake your easy money someone else tains? Of course. He said he was would, which is doubtless true. But taking some work with him, and he just to show you how I feel about itwondered if I would mind going along I'll buy those lots from you, for three to do it, and he would pay the expenses, and-and-" There was a "I can't do it, Mr. Elden; I can't quick, hard catch in her voice, and she do it." said Merton, and there was selzed Elden's arm violently. Her eyes moisture on his cheeks. "That would were big and round; her pretty face be charity-and I can't take it. But had gone suddenly white. I'm much obliged. It shows you're

"Oh, Mr. Elden, you don't thinkyou don't think-that I-that he-You wouldn't believe that-"

"I think you are absolutely innocent," he said, gravely, "but-it's the mean to be unkind, but we may as innocent thing that gets caught." well be frank-I'm afraid you won't

The girl had broken into violent tears. "Whatever shall I do? What Merton answered as one who has can I do?" she moaned. "Oh, why made up his mind to the inevitable, didn't somebody tell me? What can and Dave thought better of him. This I do?

> He let her passion run on for a few minutes, and then he sought, as gently as he could, to win her back to some composure. "Some one has told you." he said-"in time. You don't have to go. Don't be afraid of anything Conward may do. I will settle this score with him."

She controlled herself, but when she spoke again her voice had fear and shame in it. "I-I hate to tell you, Mr. Elden, but I must tell you-I-I took-I let him give me some moneyto buy things. He said maybe I was short of money and I would want to buy some new clothes-and he would pay me extra, in advance-and he gave me fifty dollars-and-and-I've

spent It !" (TO BE CONTINUED.)

Tricks of the Trade.

ically weak from the physically Lawyer (to fair client, a defendstrong; the physical highwayman usuant)-"When a young juror looks at you, weep; when an old one looks at ally gets his deserts; but the mental highwayman preys upon the weak and you, flirt."

Nothing New.

"All the world's a stage," and yet "I had a plan," Merton continued, some people look upon the revolving



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.

Egg Sauce. 1% tablespoonfuls of 1 cupful milk. tablespoonful fat. cornstarch. 1/2 teaspoonful sait.

ough scrubbing with a brush. Then it Moisten the cornstarch in a small amount of cold liquid and add to the heated milk. Cook together in a double boiler. Hard cooked egg. chopped fine, is added. Tomato Sauce.

I cupful strained to- Salt and pepper to taste.

mato. tablespoonful 'at. 1 tablespoonful corn 1 slice onlon. starch Put the tomato through a sleve Moisten the cornstarch and add to the heated and seasoned tomato. Scald

the onion in the sauce, removing it before the sauce is served. Mustard Sauce.

& cupful vinegar. 1 teaspoonful ground cupful water. mustard. 1% tablespoonfuls of 2 tablespoonfuls fat. 1/2 teaspoonful sait. cornstarch. Two tablespoonfuls of finely chopped pickle may be added.

Maitre d'Hotel Sauce. Cream together: 1/2 teaspoonful salt. 3 tablespoonfuls of 1 tablespoonful finely butter. chopped parsley (ii tablespoonful lem- desired), on juice.

This sauce resembles oft butter and is to be spread on the hot fish so the fat will be melted.

Horseradish Sauce. 3 tablespoonfuls of 4 tablespoonfuls of horseradish. heavy cream beati tablespoonful vin- en stiff. i teaspoonful salt. egar.

Mix the first three ingredients and then add the besten cream.

STOCKINGS NEED GOOD CARE

(Prepared by the United States Depart-ment of Agriculture.)

Wash stockings frequently. It prevents continued strain on the same part of the stocking and rotting and change of color from perspiration. Wash new stockings before wearing to remove the sizing; otherwise holes may appear at once.

Much Care Is

porcelain or enameled ware, which is

easily kept clean. They should be

scalded at frequent intervals. The

ice, if it comes in contact with the

water, should be of known quality,

Doubtful ice should be kept from con-

tact with the water. Many families

cool drinking water by putting it in

the ice box in glass fruit jars or bot-

Where it is believed or known that

the water supply is not pure, a filter

should be used. If a filter is used

every precaution should be taken to

keep it clean and in good condition.

United States department of agricul-

ture specialists suggest. An earthen-

ware filter may be cleaned by thor-

should be placed in a pan or kettle of

water and bolled. A small plece of

wood should be placed under the jar

to prevent direct contact with the

GOOD MEAT FROM CHEAP CUTS

Housekeeper Has Two Problems to

Contend With in Attempting to

Reduce Expenses.

(Prepared by the United States Depart-ment of Agriculture.)

When the housekeeper attempts to

of the meat. Pounding the meat and

chopping it are also employed with

tough cuts to help break the muscle

fibers. The flavor of meat, even in the

least desirable cuts, may be developed

by careful cooking, noticeably by

browning the surface. Other flavors

may be given by the addition of vege-

tables and by seasoning with condi-

ments of various kinds.

heated boltom of the pan.

tles.

(Prepared by the United States Department of Agriculture.) The greatest care is required to

non-alcoholic remedy that any ailing wo-man can safely take because it is prepared from roots and herbs containing tonic properties of the most pronounced character, It is not a secret remedy because its ingrekeep household water vessels clean dients are printed on wrapper. and in good condition. Water coolers should be of some material, such as

Get Dr. Pierce's Favorite Prescription to-day, either in liquid or tablet form of send Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., 10c for large trial packa



If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in



The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1696. Three sizes, all druggists. Guaranteed. Leek for the same Gold Medal on every bea and accept no imitation





Pineapple, bananas and nut meats are a good salad combination.

Raisins are said to be richer in mineral matter than any other dried fruit.

Lay rusty keys and lock in paraffin oil and leave them covered for a few days.

. . .

Egg stains on silver may be removed by rubbing with a little salt and damp cloth.



Free. ACE PETROLEUM CO.

Sam Houston Life Bidg., Dallas, Texas



Frequent Washing Prevents Rotting and Continued Strain on the Same Parts.

reduce her meat bill by using the less expensive cuts, she commonly has two difficulties to contend with-tough meat and lack of flavor. Protonged cooking softens the connective tissues