

# Through Switzerland with Knapsack

IT was on May 8, 1867, that I started from St. Gall on a two months' tramp through Switzerland, with a light heart, a light purse and light baggage, the latter consisting of a small knapsack, while in my pocket I carried a sketch-book. This is much too early in the year to reach the higher parts of the country, which are then covered with deep snow. Indeed, some of the highest resorts are accessible for only two months in the year—July and August, writes Harry E. Brook in the Los Angeles Times.

Tramping is not only the most independent, but is the best way to see a rough country like Switzerland, where one often has to take trails and bridle paths that are only accessible to men and mountain goats; that is to say, if one wishes to get among the people and see how they live. Travelers who move from one big hotel to another come back with very little impression of a country beyond the menus and hotel bills. The Germans tell a story about an Englishman traveling up the Rhine who sent his son on deck while he sat below in the cabin with a bottle of Rhine wine and Murray's guide-book, and checked off the places of interest as his son called out the names. That is one way to "see" a country, but it is not the best.

## A Cheap Trip.

On my trip I averaged about thirty miles a day. Sometimes I would take a train or stage or steamboat for a short distance, but nine-tenths of the trip was made on foot. It was a cheap trip, as I gave myself out as a Swiss student. I put up at second-class ho-

tel, which are much more comfortable than the big caravansaries, where, unless you have a lot of luggage, they are likely to shove you up into an attic. My total expenses on this trip did not average over five francs, or \$1, a day. Probably they would be somewhat more today, for the country has to a great extent been spoiled by the senseless extravagance of Americans.

One never has any trouble about finding accommodations in Switzerland. Almost every peasant house is to some extent an inn, keeping on hand a little plain liquid and solid refreshments, and a few beds, for there are no licenses to pay. One evening I was crossing the mountains that border the Lake of Geneva on the north on my way down to Vevey, as it was growing late, I put up for the night at a peasant's cottage near the summit of the pass. All they could offer me in the way of refreshments was a large Swiss cheese, some home-made bread and a flask of country wine, with a clean bed in an attic room. In the morning, when I asked the daughter of the house how much I owed, she told me it was one franc—20 cents. Another time, in the upper Rhine valley, I was charged only ten cents for a room. However, conditions have changed of late years, although one may still travel quite inexpensively if one knows something of the language, is content with modest fare, and does not make great pretensions.

One charm about traveling in Switzerland is the excellence of the roads; another is the absolute cleanliness everywhere. I have slept in several hundred different places in Switzerland, and never found a dirty room. When one crosses over the border into Italy the contrast is striking. There one comes across dirt and other drawbacks that make traveling unpleasant. On my journey I would often encounter a couple of "handwerksbursche"—apprentices to a mechanical trade—who, under the law prevailing in Germany and some other countries, have to travel around for

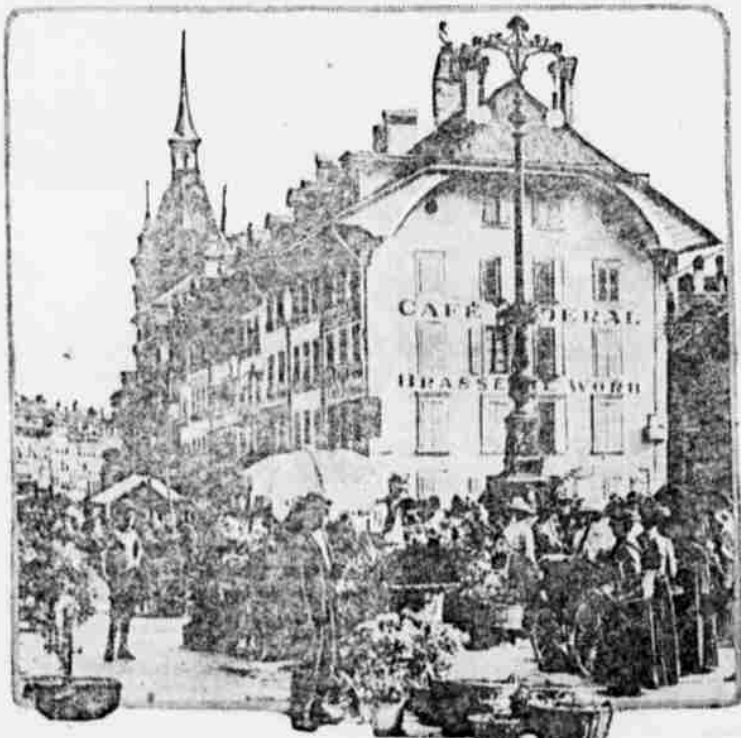
a certain time before they are permitted to work as craftsmen. They are a jolly, care-free crowd, their baggage usually consisting of an undershirt and a pair of shoes.

In Napoleon's Footsteps.

On my journey I covered the greater part of Switzerland, which is not a difficult task, as it is only about three-fourths as large as San Bernardino county. Among the greatest charms of Switzerland are its beautiful lakes, some of them encircled by snowclad peaks. I went all around the lakes of Wallenstedt, Zurich, Zug, Lucerne, Geneva, Lugano, Como and Maggiore, and then by steamer across them.

At the conclusion of my tramp I followed in the footsteps of Napoleon, crossing the Alps over the Simplon pass, which he constructed to carry his guns into Lombardy, a wonderful road, smooth as a billiard table, winding by easy gradients. At short intervals on one side are stone pillars, for the protection of vehicles. From Brig, in the Rhone valley, to Domo d'Ossola, in Italy, is over forty miles. I made the trip in one day. By means of the Simplon tunnel, the longest in the world, the traveler now is carried between these two points in about half an hour.

After a few weeks spent among the Italian lakes, I took the train for Milan, for sensible people do not walk in Italy. Besides the climate, there are too many other inconveniences. The cathedral of Milan—to the top of which I climbed—with its 5,000 statues, I regard as one of the artistic



STREET SCENE IN BERNE

marvels of the world. The Taj Mahal, in India, is more artistic, but it is beauty of another order. When one comes suddenly into the square in which stands the cathedral of Milan, against a background of blue, one is forced to gasp. It looks for all the world like a magnificent piece of white lace hung up in the sky.

After a few days at Milan I took the train to Genoa, the Liverpool of Italy, where I spent a month. It is a most interesting city of narrow, winding streets and tall, dilapidated marble palaces, that have been transformed into lodging houses and offices. On the sixth floor of one of these I had my modest room, in an apartment kept by a broken-down Russian countess and her daughter. Elevators were, of course, unheard of, and there were no lights in the stairways and halls, but one could purchase tiny wax tapers, called "scalletti," that would burn just long enough to enable one to reach the top floor without barking one's shins.

Value of Dead Files.

Dead flies are worth ten cents a hundred in Chatham, N. J., and that amount will be paid for them at Borough hall by a number of prominent citizens who have organized the Clean-up club. It was for the purpose of making Chatham more sanitary that the fly swatting campaign was decided upon. As a part of the anti-fly campaign thousands of swatters will be purchased and presented to all school pupils and householders, storekeepers and men working about business houses. The club has decided also to do away with all poison ivy within the limits of the municipality.

Increased Responsibilities.

"So you think a member of congress ought to have more salary?"

"Yes, sir," replied the plain person. "Time was when all he had to do was to shake hands, send around garden seeds and tell funny stories. Now he's got to sit down and study and try to understand things."

## ATTENTION TO CHICKS

WARM BROODER AND PROPER RATION ARE ESSENTIAL.

Eggs Should Be From Carefully Selected Stock, Well Fed and Housed to Produce Sturdy Stock—What to Feed.

(By DR. SANBORN, Holden, Mass. Copyright, 1914.)

There is less fuss in rearing of chicks than a few years ago. A warm brooder, some fine litter, cracked grain and grit, with perhaps a mash containing ground grain and animal food, and you should raise 90 per cent of the chicks.

Every chick deserves to be well hatched, of sturdy ancestry and properly reared. The eggs should be from carefully selected stock, well housed and fed, to produce chicks that stand adverse conditions. The hen or incubator should do its part well, as many a slip is made between the laying of the egg and the hatching of the chick.

I prefer the lamp heated brooder to either the hen or the heatless brooder, for while some hens do good brooding and in some seasons you can raise good chicks with the fireless brooder, yet for easy, successful brooding of 50 chicks my preference is for the heated brooder.

The chicks, when dry, are taken from the hen or machine and transferred to the well warmed brooder. I prefer it should be fully as warm under the hover as was the incubator, then, if too hot, the chicks can be spread out into the less warm part of the brooder floor, or if at any hour the temperature drops the chicks can retire to a warmer place under the hover.

What to Feed Them.

At the start the chicks get cool water to drink and only the food that is in the barn waste is used to cover the brooder floor. Really they need no food, and what they find in the waste is plenty. When a few days old they need light feeding of cracked wheat, good fish or beef scrap (personally I have found nothing better than a good grade of fish scrap) added at eight days of age and finely cracked, dry corn at ten to twelve days. It is important that all chick feed be sound, sweet and clean. Avoid musty corn, scrap that is fit only for fertilizer, and stale drinking water. Unless there is some grit in the barn waste that is used for brooder floor it should be supplied. Chicks need a warm place to retire to when cold, an open room to get out into and exercise, as well as a grass run to range over when two weeks old. Close confinement to hot brooders tends to give leg weakness. As the chicks grow in age the heat of the brooder can be reduced to about 80 degrees. Too many chicks are hatched that are doomed to die because from weak stock or incubated wrongly, but the blame is usually laid on the brooder. Yearling hens make the best of breeders.

OVERFLOW FOR BARREL-TANK

Pipe Can Be Removed If Desired and Water Level Changed by Taking Out One of Corks.

Deeming it unnecessary to add an overflow to a barrel section which I had fitted up for a tank and not caring to remove any of the attached pipes, I slipped a piece of rubber tubing over the end of a piece of pipe so as to make a water-tight fit, and in so doing it in the outlet in the manner

shown, writes James M. Kane of Doylestown, Pa., in Popular Mechanics. Holes were drilled in the pipe at intervals and plugged with corks. The water can be made to overflow at any height by removing a cork in the pipe at that level. The rubber tubing can be discarded and the pipe threaded to fit into the waste nut at the bottom.

Detachable Overflow.

Red Raspberries.

Red raspberries should not be nipped, but should be pruned back from two and one-half to three and one-half feet before growth starts in the spring. Of course, the old, dead canes must be removed and all the young ones that are weak. With Schaffer and Columbia, the new growth should be nipped when it attains a growth of 18 inches, in order that a bushy growth may develop.

Feed for Growing Pigs.

Growing pigs may be fed a mixture of corn or cornmeal seven or eight parts, and tankage two or three parts. As the pigs mature the tankage may be diminished until it occupies about one-tenth of the ration.

Kohi-Nabi Plants.

Cow seed of kohi-nabi as soon as possible in fine, well-prepared soil. Sow in rows and thin the plants to stand eight inches apart.

## FOR THOSE WHO LIKE TRIPE

Prepared in This Way, Called a la Constance, It Is Sure to Be Appreciated.

Wash a pound of thin tripe in cold water, and then blanch it by putting it in cold water over the fire, and allowing it to come to a boil. Remove from the stewpan, throw away the water, drain the tripe on a cloth and cut it in strips two inches wide and four inches long. Cut half a pound of fine bacon in thin slices and into strips size of tripe. Chop fine a little parsley and lay the strips of bacon on the tripe; sprinkle a little parsley on each, roll up together and tie with a string. Cut up a small onion and small carrot and place, with a bouquet garni, in a saucepan with the tripe rolls and a pint of stock. Let simmer two hours and then take out the rolls. Mix two ounces of butter and one ounce of flour together in a saucepan, strain in the stock and stir until the mixture thickens. Add the juice of half a lemon, a tablespoonful of hot table sauce or catsup, the rolls of tripe, and let remain over the fire long enough to get thoroughly heated through. Arrange the tripe rolls around a mound of mashed potatoes or rice and pour the sauce around it or serve in a separate sauce bowl. Garnish with parsley.

## SHOULD EAT MORE SALAD

People Would Enjoy Better Health If Delicacy Were Part of the Everyday Menu.

Probably no detail of the French menu is so important to us as the salad. Very few American families know what an invaluable delicacy a genuine French salad, with a dressing of good olive oil and pure, fragrant vinegar, is—invaluable, because of its effect on digestion and health.

There is very little nourishment in salad leaves until the oil has been added, and the oil is what many of us need, according to doctors who deplore the insufficiency of fat in the average American's diet.

It is excluded therefrom for the very good reason that the average American finds it difficult to digest. But it is right there that the salad comes to the rescue.

The vinegar in it, if genuine, excites by its fragrance and acidity the digestive glands not only in the mouth and stomach, but in the pancreas, which acts on all the constituents of food, particularly the fats.

There would be vastly less intestinal indigestion in this country if every family followed the French custom of eating salad at least once a day.

## Boiled Fruit Cake.

Two cupfuls of flour, one cupful of raisins, one cupful of currants, one cupful of water, half cupful of lard, one cupful of sugar, one teaspoonful of cinnamon, one teaspoonful of cloves, one teaspoonful of soda, one-fourth teaspoonful of salt. Flavor with lemon extract. This cake is called boiled fruit cake, because you boil together all the ingredients except the flour, soda and extract. Put everything together in an agateware saucepan and bring to a boil. Let it boil a few minutes, take off, and when lukewarm sift in flour and soda, mix well and add flavoring. Bake about one hour in a moderate oven. This makes a two and one-half-pound loaf and is really very good. The recipe calls for no eggs and no butter and the cake is therefore quite inexpensive.

## Rich Strawberry Ice Cream.

In a double boiler over the fire put half a pound of sugar and one pint of cream; when the sugar is dissolved stand it aside till very cold. Stem and mash one quart of strawberries, add half a pound of sugar and stand aside for one hour. Then press through a colander. Add one pint of cream to the cooked cream that is now cold; turn into the freezer and freeze moderately stiff. Then add the strained berries, turn the crank evenly and moderately till the mixture is again frozen rather hard. Remove the dasher, smooth down the cream, repack and stand aside for an hour and a half to ripen.

## Pineapple Pie.

One can pineapple chopped fine (or get the shredded from your grocer). Add juice, one and one-half cupfuls sugar, one tablespoonful corn starch, yolks of three eggs, grated rind of juice of one lemon, one tablespoonful butter, pinch of salt. Cook until thick. When cold bake in one crust. Beat the whites of eggs stiff, add three tablespoonfuls sugar, frost pie and set in oven to brown.

## Queen of Puddings.

One pint of bread crumbs, one quart of milk, yolks of four eggs, sugar and salt to taste. Flavor with lemon. Bake 20 minutes. When cold add thin laker of jelly, and frost the top with the four whites and one cupful of sugar. Brown in oven.

## Vegetable Hint.

When vegetables have been strained and are ready to be put in the dish, if a piece of dry toast is laid on the bottom of the dish first the remaining water will be absorbed by the time they are served.

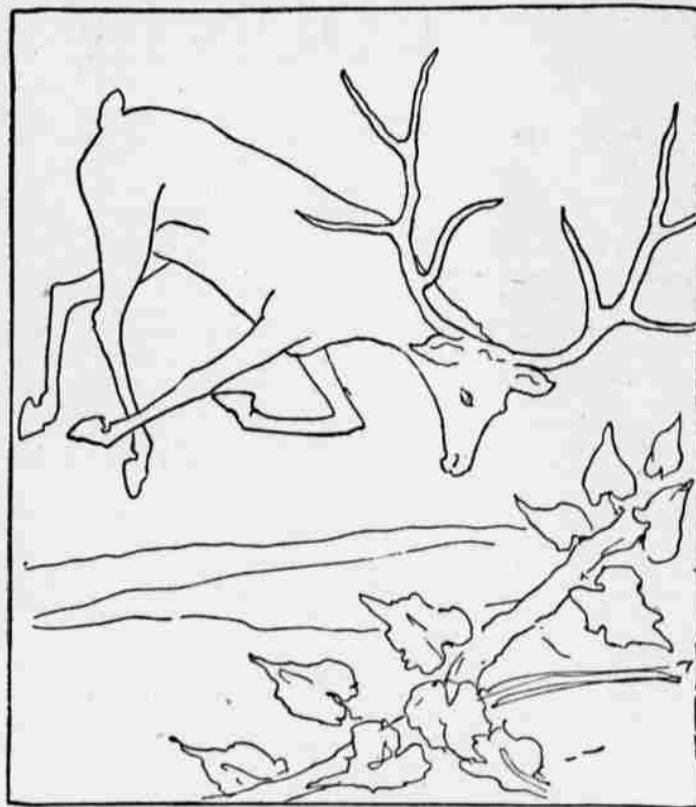
## Use Olive Oil.

When next making white sauce use olive oil or peanut oil in place of butter. The consistency of the sauce will be quite the same as though butter were used and the flavor in no way impaired.

## New Indian Animal Stories

Why the Deer's Teeth are Blunt

By JOHN M. OSKISON



Color the Animal to Suit Yourself

(Copyright, by McClure Newspaper Syndicate.)

Long time ago, the deer had no horns. He was a great runner, and so was the rabbit. All the animals wanted to know which could run faster, and they arranged a race. But the rabbit was caught trying to cheat, and so the beautiful horns which they had made as a prize for the winner were given to the honest deer.

The rabbit said to himself, "I must get even with the deer for taking the horns," and so he fixed up a plan.

First the rabbit stretched a big grapevine—as thick as your arm—across a trail and gnawed it with his sharp teeth until it was almost cut in two. Then he went back on the trail a little distance and made a running jump at the vine. He did this again and again, and finally the deer came along and asked him why he was doing it.

"Can't you see?" said the rabbit. "I am so strong, and my teeth are so sharp, that I can bite through that grapevine at one jump."

"Well, I'd like to see you do it," said the deer, who didn't believe what the rabbit had told him.

"Watch, then!" said the rabbit, and made a great jump and bit the grapevine through just where he had gnawed it before.

"If you can do that I can, too," said the deer. So the rabbit stretched another grapevine as big as the first across the path, but this time he did

not gnaw it at all. Then the deer went back on the path, made a long run and a jump, as he had seen the rabbit do, but when he struck the grapevine it only threw him backward on his head. He tried it again and again, but could not bite through.

"Let me see your teeth," said the rabbit at last. So the deer opened his mouth and showed the rabbit his teeth. They were long, like a wolf's teeth, but not very sharp.

"No wonder you can't do the trick!" said the rabbit. "Your teeth are too blunt to bite through anything. Let me sharpen them for you and make them like mine. Mine cut through things just like a knife!"

The deer thought that was the right thing, and so the rabbit got a rough piece of stone and began to file away at the deer's teeth. He filed them until they were down to the gums.

"That hurts!" said the deer, but the rabbit told him it always hurt a little sharp, and the teeth were beginning to get real sharp. So the deer kept still.

"Now try it again," said the rabbit at last. And the deer made a run and jump at the grapevine, but this time he found that he could not bite into it at all.

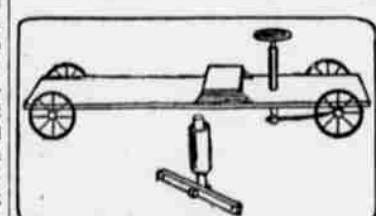
"Now," said the rabbit, "you've paid for your horns!" and he ran away through the bushes.

Ever since then the deer's teeth have been so short and blunt that he cannot chew anything but grass and leaves.

## MAKING A COASTING WAGON

Boys Can Usually Find Sufficient Material Lying Around to Build Dandy Little Coaster.

The diagram given herewith shows a coasting wagon or automobile. After securing four wheels, get a board 18 inches wide and six feet long. The front wheels should be attached to the steering gear, which is made by running a small piece of pipe through



Coasting Automobile.

a larger piece, with the steering handle attached, as shown in diagram. Chains or ropes are attached to the crosspiece of the lower part of the steering gear, and to each side of the axle of the front wheels. Boys can usually find the wheels, pipe, and other material lying around the house and barn to make one of these.

## Some Rowing Hints.

Here are a few hints which you should remember when you go rowing:

Do not, when learning to row, always watch your oars; you will never learn to scull or row if you do.

Take great care when getting in or out of a boat not to upset it.

Don't change seats in midstream, but always wait until you are close to the bank.

If you hire a boat, make sure that everything is in good condition.

You should not go rowing without knowing the "rule of the water."

A row-boat going against stream or tide keeps to the shore or either bank, and keeps inside all boats meeting it.

A row-boat going with stream or tide keeps in the middle, and outside all boats meeting it.

## Plausible Prosy Man.

Why is a plausible but prosy man like an unrifled gun. Because he's a smooth bore.

## SOME POINTS ABOUT DIVING

Few Boys Who Swim Know How to Travel Under Water Properly—Practice Makes Perfect.

Almost every small boy who has ever been in swimming knows how to dive after a fashion, but few of them can dive properly or in such a way as to run no danger of being hurt while enjoying the sport. If you know how to do it you can dive about as well in two feet of water as in twenty and with equal safety. In various parts of the country there are now professional divers who are nightly making crowds of spectators hold their breath with apprehension while the diver drops from a height of 50 feet or more into a small tank of shallow water.

When you dive draw the head down slightly toward the chest and stretch the arms forward on a level with the breast, not raising them above the head. Bend the knees a trifle and make an oblique plunge, taking care not to keep the body too stiff. Don't push too hard with the feet or you will come down on your back or side. After entering the water instantly throw the head back and turn your face toward the surface. This will make your body assume a crescent shape, bending upward, and you will slip to the surface like a greased eel. If you have made a deep dive, a swift stroke or two downward with the hands will make you rise very quickly. When jumping from a great height the legs, arms and head should be kept perfectly rigid. A feeling of fright and an odd sensation in the bowels give one a desire to spread the legs and arms or to bend the body. Doing this will be sure to result in disaster. Don't try to make any high dives unless you have had long practice in diving.

## Materialists.

Why may fishermen be called materialists? Because their soles are always beneath their notice.

## Celling Whacks.

If a man bumped his head against the top of a room what article of stationery would he be supplied with? Ceiling whacks (sealing wax).