

Touchstones.

Interested attention keeps our work alive. Like rain and sunshine to a garden, real attention draws out the richness and the value, and nourishes the possibilities in the fields we work in. Listlessness is a blight to be fought. When a girl takes and transcribes dictation day after day, it is easy for her to keep her eye on the notebook, her fingers flying over the keyboard with mechanical precision, while she is thinking scarcely at all of the meaning of the words. Then, of course, one of the symbols is misinterpreted and in goes the wrong word. But even worse than this, if listlessness thrives, good chances to improve the work are going to be missed because active, positive thought isn't being put into it. Not only bad mistakes, but lost chances hang on the droopy Listless Bush. When routine work is being done, the weed is especially eager to creep in, but interest and attention fortify the garden against it.

A Hindu poet tells of a man who wandered over the country always searching for the touchstone to transform iron into gold. For years he passed from place to place, looking, looking for the precious stone which would mean his victory. One day a lad ran up to him saying, "Where did you get this golden chain about your waist?" The old man looked down and saw that the iron chain he had worn had turned to gold. When he had found the touchstone he did not know. He had gone about, always picking up stones and touching the chain until the habit had grown so strong he ceased to look to see if the change had come. And so he had found the touchstone and had thrown it away. *He had thrown it away.*

—Ex.

It is not always the "other fellow" who meets with an accident.

The railroad trespasser is rarely injured. It is unfortunate, but true, that most of them are killed.



What's Keeping Me Back?

You've wondered why you don't get ahead. Why your pay isn't increased. You've blamed everything and everybody, when the real drawback is *yourself*.

You're standing still because you lack *training*. If you really want to get ahead, the way is open to you.

Nearly 5,000 men reported last year that International Correspondence Schools training had won them advancement. You can get I. C. S. training in your spare time and in your own home.

Position, power, good money, independence, are within your reach. The I. C. S. are ready to help you be the man you want to be. Let them show you how. Mark and mail this coupon.

INTERNATIONAL CORRESPONDENCE SCHOOLS

Box 8607, SCRANTON, PA.

Explain, without obligating me, how I can qualify for the position, or in the subject, before which I mark X.

- | | |
|---|---|
| <input type="checkbox"/> Locomotive Engineer | <input type="checkbox"/> R. R. Agency Accounting |
| <input type="checkbox"/> Locomotive Fireman | <input type="checkbox"/> R. R. Gen'l. Office Acct'g |
| <input type="checkbox"/> Travelling Engineer | <input type="checkbox"/> Bookkeeper |
| <input type="checkbox"/> Travelling Fireman | <input type="checkbox"/> Stenographer and Typist |
| <input type="checkbox"/> Air Brake Inspector | <input type="checkbox"/> Higher Accounting |
| <input type="checkbox"/> Air Brake Repairman | <input type="checkbox"/> Mathematics |
| <input type="checkbox"/> Round House Foreman | <input type="checkbox"/> Good English |
| <input type="checkbox"/> Trainmen and Carmen | <input type="checkbox"/> Salesmanship |
| <input type="checkbox"/> Railway Conductor | <input type="checkbox"/> Advertising Man |
| <input type="checkbox"/> Mechanical Engineer | <input type="checkbox"/> Civil Service |
| <input type="checkbox"/> Mechanical Draftsman | <input type="checkbox"/> Railway Mail Clerk |
| <input type="checkbox"/> Machine Shop Practicer | <input type="checkbox"/> Electrical Engineer |
| <input type="checkbox"/> Boiler Maker or Designer | <input type="checkbox"/> Electrician |
| <input type="checkbox"/> Steam Engineer | <input type="checkbox"/> Electric Wiring |
| <input type="checkbox"/> Steam-Electric Engineer | <input type="checkbox"/> Electric Lighting |
| <input type="checkbox"/> Civil Engineer | <input type="checkbox"/> Telegraph Expert |
| <input type="checkbox"/> Surveying and Mapping | <input type="checkbox"/> Mine Foreman of Engineer |
| <input type="checkbox"/> R. R. Constructing | <input type="checkbox"/> Metallurgist or Prospector |
| <input type="checkbox"/> Bridge Engineer | <input type="checkbox"/> Chemical Engineer |
| <input type="checkbox"/> Architect | <input type="checkbox"/> Agriculture |
| <input type="checkbox"/> Architectural Draftsman | <input type="checkbox"/> Poultry Raising |
| <input type="checkbox"/> Contractor and Builder | <input type="checkbox"/> Automobiles |
| <input type="checkbox"/> Structural Engineer | <input type="checkbox"/> Auto Repairing |
| | <input type="checkbox"/> Spanish |
| | <input type="checkbox"/> German |
| | <input type="checkbox"/> French |
| | <input type="checkbox"/> Italian |

Name _____

Occupation & Employer _____

Street _____

and No. _____

City _____ State _____

If name of Course you want is not in this list, write it below.



St. Louis League at Pacific Outing.

ST. LOUIS BRANCH.

One of the strongest features in the success of the St. Louis League is the efforts of its officers to inject some little social feature into each of the monthly meetings.

In line with this procedure a little outing at Pacific, Mo., June 15, replaced the regular meeting and as a result more than fifty ladies were reminded of what is expected of them in co-operating in Safety First work, at the business session, which was not overlooked in the day's program.

The excursionists left Tower Grove Station on train 79, at 9.34 A. M., and returned on train 88 at 6.00 P. M.

The party arrived at Bowes Club House, on the Meramec river, thirty four miles from St. Louis, about 11 o'clock, just in time to enjoy the box lunch prepared by the ladies. Messrs. Brown, Morrill, Holmes and McGuigan, who were guests of the league, saw to it that soda water was not wanting.

The business meeting was called to order promptly at 3.00 P. M., by order of the president, after which the secretary read the minutes of the meetings of the various branches along the line.

Superintendent Conley and Engineer Morrill addressed the meeting, dwelling particularly upon the value of a Y. M. C. A. at Chouteau Avenue. They assured the ladies of their confidence in the League and promised any assistance they could render.

Mrs. Floy Newland gave a short talk, again expressing her satisfaction in the work of St. Louis League.

Miss S. F. McGuigan, secretary, then read some of the Safety bulletins recently issued to give the women an idea of what the Safety movement is accomplishing, explaining that these are distributed among the men at short intervals.

After the ladies had extended a vote of thanks to Messrs. Brown and Morrill for their efforts in making the day so enjoyable the party returned home all agreeing the day had been a splendid success.



Annie Elizabeth Kelley, 3 year old daughter of Mike Kelley, interchange inspector, Birmingham, Ala.

CHAFFEE MEETING.

The Chaffee chapter met at the home of Mrs. S. J. Frazier, June 21, with eight members in attendance.

The meeting was called to order by the president and the members responded to the roll call with items of interest pertaining to the Safety First movement.

It was moved, seconded and carried that the league learn whether the Frisco objected to having flowers planted in the general office yard and if there was no objections that the league purchase bulbs, plants, etc., and arrange for a garden at that point.

Mesdames Lippard, Moran, and Walling were appointed a committee by the president, to meet with Mr. Sarius and select the flowers to be ordered.

There being no further business a poem, written by Mrs. Bruton, was read and the session adjourned to meet at the City Hall on the Third Wednesday in July.

SPRINGFIELD LEAGUE.

The Springfield chapter met at the home of Mrs. Frank A. Wightman, 969 Benton Avenue, Friday afternoon, July 7.

After the regular business pertaining to the league was transacted, various committees were appointed to make arrangements for the benefit performance to be given at one of the leading picture theatres in the very near future.

The league will have its annual picnic at Sequiata Park, the latter part of August, the exact date to be announced later by the entertainment committee, composed of Mrs. Ed. Foster, chairman, Mrs. Charley West and Mrs. E. A. Echoltz. The outing will be for the members of the local league and for Springfield employes, and their families.

Mrs. Floy Newland, director of the league, was present at the meeting and made an interesting talk.

A social session followed the business meeting at which refreshments were served.

MEMPHIS LEAGUE.

The regular meeting of the Memphis chapter was held at the home of Mrs. J. W. Reece, 37 Diana Avenue, June 30.

The meeting was called to order by the president, Mrs. F. M. Andrew, and opened with a prayer and the league song. The roll call of officers and members found Mrs. Starke, secretary, and Mrs. Foster, vice-president, absent. Their places were filled by Mrs. C. L. Burton and Mrs. J. E. Hargan.

The matter of joining the federated clubs was again discussed and an interesting communication from Frank A. Wightman, superintendent of safety, was read by Mrs. Floy Newland in which the Frisco management, through Mr. Wightman, gave permission to the league to join the Federation.

Mrs. R. F. Carr, wife of Superintendent Carr of the Southern Division, became a member of the league at the June meeting.

After the close of the business session the ladies participated in an interesting and instructive contest, for which attractive prizes were awarded. The fortunate contestants were Mrs. Floy Newland, Mrs. J. E. Hargan and Mrs. H. Stephenson. An ice course followed the game.

The next meeting of the league will be held in the home of Mrs. H. E. Martin, 645 South Fourth Street.

Cottage Cheese:--Use sour milk that has set. Warm it slowly in a double boiler if one is at hand until the whey separates from the curd. Then strain through cheese-cloth, chop fine, mix with milk or cream, and season to taste. Be careful not to heat too long or too hot before straining or the curd will be tough.

Creamed Fish in Rice Cases: --Line a buttered mold about a quarter of an inch thick with boiled rice. Fill with chopped or boned salmon or other fish to which thick white sauce has been added. Brown slightly in the oven, turn from the mold, and serve.

Pecan Nut Loaf: --1 cup chopped nuts, 1 cup bread crumbs, 1 cup hot, cooked rice, 1 cup milk, $1\frac{1}{2}$ ts. salt, $\frac{1}{4}$ ts. pepper, 1 tbs. melted butter, 1 egg. Mix ingredients, place in buttered pan, cover with melted butter; bake in moderate oven one hour.

One of the members of the Home Economics faculty of the University of Missouri goes home to the farm every summer where her father and brothers are doing plenty of hard outdoor work. She gives her mother a vacation, takes charge in the kitchen herself, and feeds the household to a large extent on meat substitutes which they seem to find well adapted to their needs.

Fish is not as good a meat substitute as many people believe for while it seems less heavy, it is not less likely to form objectionable acids, but milk, milk products, and eggs are good things to use instead of so much meat. A quart of milk or 8 or 9 eggs has about as high a food value as a pound of the best steak, but on most markets will cost much less. Other wholesome dishes which should be used to take the place of meat are soups, cottage cheese, cream sauces, variously flavored puddings made of milk and cereal of different kinds, and countless other economical, nutritious, easily digested dishes which any good housewife knows how to prepare.

Boiled eggs cooked in water below the boiling point are not as hard to digest as many people believe, but if cooked in very hot water, they are more likely to be leathery and hard to digest. Fried eggs are also more digestible if cooked slowly.

Nuts are becoming more popular as meat substitutes, although many kinds of nuts are not cheaper than meat if bought on the market at present prices. On many farms, however, it is merely a matter of picking up hickory nuts, hazel-nuts, or walnuts instead of letting the hogs get them, and on a great many others it is a very easy matter to raise peanuts enough for the family and have plenty to fatten a few hogs.

Those who wish to try some meat substitute dishes can secure directions for making them by writing to the Missouri College of Agriculture at Columbia.

When the Caller Calls.

When the caller comes and says to Dad
"Your out at 7:10

To take 620 down the line

As far as Hunter's Glen"

Dad folds his paper and says, "all right,

Who'll fire her, Bentley or Brad?"

I wish I were big enough to go

When the caller comes for Dad.

Then Dad knocks the ashes out of his pipe

And lifts me on his knee

And says, "Now Dick, while I'm out this trip

How good are you going to be?"

I promise I'll be as good as gold

And he says, "That's right, my lad."

And holds me tight, a long, long time

When the caller comes for Dad.

Then mother makes one scallop more

On the lace for the church bazaar,

Then comes and leans on the old porch chair

Where I and Daddy are,

And says she's jealous as she can be

And makes believe she's mad

And goes in the kitchen to fix his lunch

When the caller comes for Dad.

We follow and watch while she spreads the bread

And cuts the cake and the pie,

And puts in an apple rosy and red,

Or a deviled egg on the sly,

With nice fried chicken and strawberry jam

From the dinner which we had had,

Then last she adds the coffee jug

When the caller comes for Dad.

His clean work clothes are on the shelf

In the closet under the stair.

I can get them for him by myself,

If I climb upon a chair.

And when he calls me his little man

And thanks me, I'm mighty glad

I'm big enough to help so much

When the caller comes for Dad.

Now mother belongs to Safety First

So when Dad starts to go

And kisses us both goodbye she says,

"Now do be careful, Joe!"

He pats her cheek and says "I will.

For the sake of you and the tad"

And they both look solemn a little while

When the caller comes for Dad.

When we hear him whistle

oo - oo - oo - oo

And pull out up the grade

We know he's saying "Good night! good bye!"

And we're not a bit afraid,

But mother says I may sleep with her

And I am very glad,

I'm just her precious baby boy

When the caller comes for Dad.

From section hand to the biggest job

Each man along the line,

By careful work is making it safe

For daddies like yours and mine.

And less we hear of dreadful wrecks

Or accidents very bad,

And mother hardly worries at all

When the caller comes for Dad.

I'm going to run a Frisco train

And be a Frisco man,

When I'm as big as Daddy is

If mother says I can,

I'll smoke a pipe and read the news

And oh I'll eat a scud,

If mother fixes lunch like she does

When the caller comes for Dad.

Mrs. J. P. Bruton,
Chaffee, Mo.,

Engine Failures are Expensive.

Every time an engine failure takes place it means a large expense in dollars to the railroad company in time lost, impairment of service, and cost to send another engine to the rescue. Every time a locomotive goes to shop for repairs, it represents many thousands of dollars invested capital which is earning no revenue.

By the use of Dearborn Treatment engine failures due to the boiler foaming or leaking can be entirely eliminated. Dearborn Treatment counteracts the foaming tendency in waters of that type, and prevents scale formation, and the corrosive and pitting action that results in leaks. By thus overcoming the bad effects of the waters used, and keeping the boiler tubes and sheets free from incrustation, the engine may be kept in service longer between boiler washings, and the periods between shoppings for repairs of this character will be much longer. There are also great savings in fuel and lubricating oil, and the engine will always be in condition to haul full tonnage.—*Adv.*

H. H. HEWITT
President

W. H. CROFT
Vice-President

MAGNUS COMPANY, INCORPORATED

JOURNAL BEARINGS

AND

BRASS ENGINE CASTINGS

New York

St. Louis

Chicago

Do not fool with electricity, nor with compressed air; they are both dangerous.

The failure to obey Safety precautions endangers the life of yourself and fellow workmen.

BAKER HEATER POINTERS

FIRE Start slowly—add fuel gradually, with good hard coal, stove size. Never let fire go out. Regulate fire by the upper and lower doors. Never have both open at the same time.

WATER Should be salted to prevent freezing. Fill drum half full. Test by opening filling cock when fire is low and no pressure on. Turn handle squarely off and funnel down when water begins to run from drip pipe.

KEEP Ashpit always clean. Shake through slot in ashpit door. Make sure safety plate is fastened after putting in coal.

SAFETY VENT Will burst if pressure is too high. When this happens extinguish fire and renew water.

W. C. BAKER CAR HEATER CO.
DETROIT, MICH.

We have in service on this railroad many cars which are equipped with the Vapor System of Heating manufactured by the Chicago Car Heating Company.

The operation of this system is very simple being controlled by valves which have lever handles which when turned to the Open position allow the steam to enter the radiating pipes and when turned to the Shut position cut-out the steam from the pipes and short-circuits it back to the regulator underneath the car.

There are no drips or blow off valves to be operated and the inlet valves may be operated without fear of freezing up the regulators.

A fuller description of this is contained in an instruction book issued by the Chicago Car Heating Company, Railway Exchange, Chicago. They will be glad to send you a copy upon request. The book contains valuable and interesting information on the subject of car heating.—*Adv.*