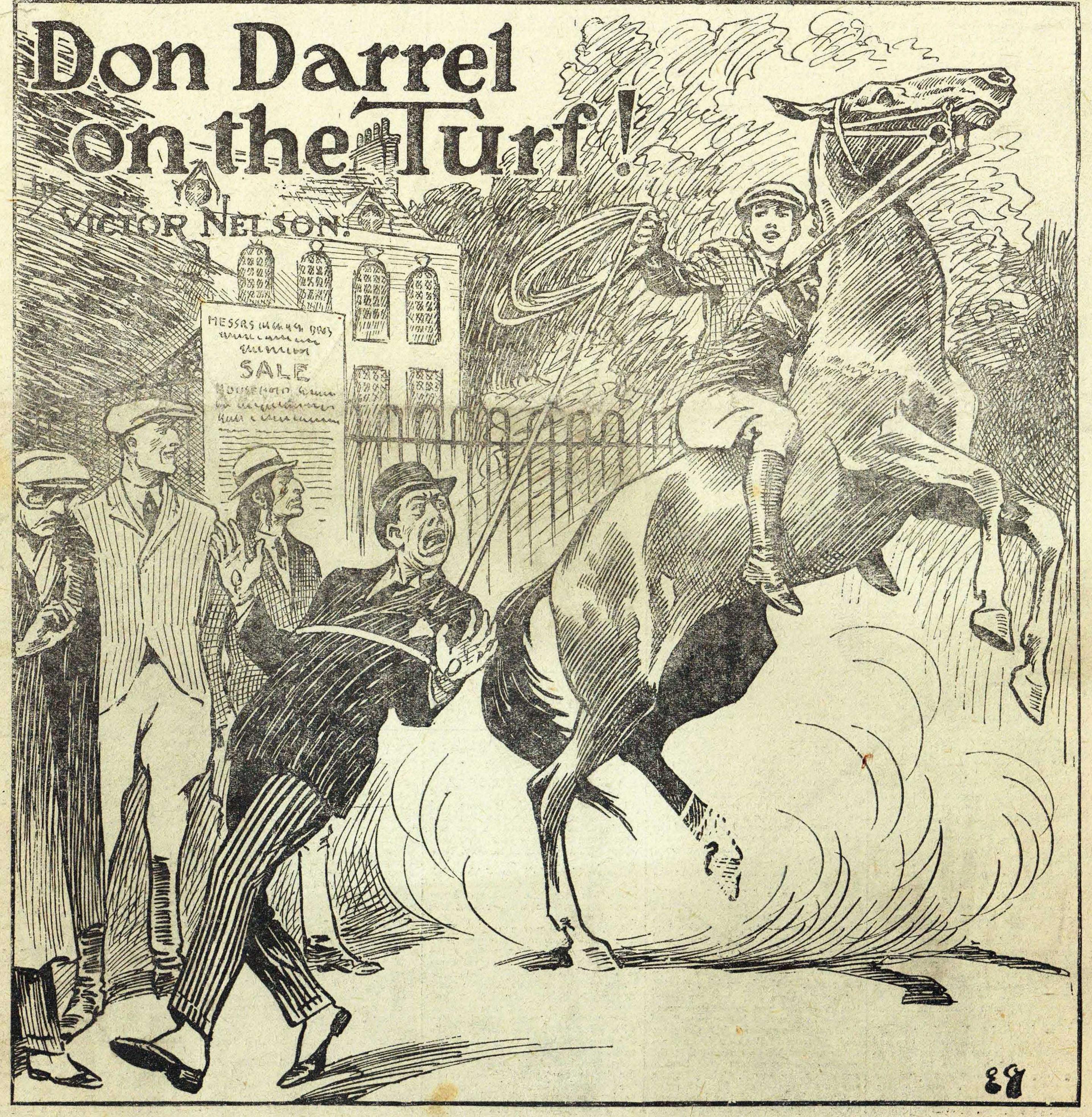
# "FOES OF THE RANCH!" A Tip-Top Story of Jimmy Silver & Co. Out West in This Issue!



No. 1,144. Vol. XXIII.—New Series.] THE BEST BOYS' PAPER IN THE WORLD!

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ROPING IN A RASCAL! An amusing incident in our magnificent new story of the Boy with Fifty Millions.

## ANOTHER THRILLER OF THE ROOKWOOD CHUMS OUT WEST!

Published

Every Monday



The 1st Chapter. Ropad In!

Whiz! "Oh!" Bump!

It happened so quickly that Jimmy | up the abandoned lasso that still lay Silver hardly knew that it was hap on the ground. pening.

A few seconds before Jimmy had been riding cheerily across the plain towards the Windy River Ranch. | that trick upon him had to answer for | Then came the whiz of the hurtling | it; and the lasso was a clue. lasso, the grip of the noose about his shoulders, and the bump on the hard over his arm, and started for the prairie as he was plucked from the ranch on foot. His horse had already saddle.

shock.

rups dangling.

about him in a dazed way.

Canadian cousin's ranch was about the him. there were no enemies to be feared foot." on the wide grasslands of the Windy River Ranch.

noose bound fast round Jimmy Silver, lands is almost helpless without his and he would have been helpless if horse. Jimmy Silver tramped on there had been a pull on the rope. But it lay on the prairie, and a wrench of his arms unloosened the gripping noose, and he was free.

Jimmy staggered to his feet.

shock, and he had an ache all over

distant south the smoke from the chore-boy. Red Alf, Skitter Dick, chimney of the ranch cook-house Spike Thompson, and the rest-not curled against the blue Alberta sky. one of them would have played that A dozen yards away a belt of pines | ill-natured trick, he was sure. and sassafras ran, and it was from the cover of the timber belt that the lasso-cast had come.

and the fact that the rope lay idle on the ground showed that it had been abandoned by the cowpuncher who had made the cast.

He could not have recovered it without approaching Jimmy and betraying himself, and it was clear that the practical joker wished to keep his

identity a secret. Jimmy Silver gritted his teeth.

That rough tumble on the prairie was rather more than a practical joke, in Jimmy's opinion. He took a hard grip on his riding-whip, and ran towards the timber belt, with the intention of taking instant vengeance. In a minute more he was among the trees, searching for the man who had thrown the lariat.

But the lassoer was gone. "Show yourself, you rotter!" shouted Jimmy Silver. "You skulk- guessed he had given you the chuck, ing cad, come out and show your- so we came out for you."

There was no answer.

Jimmy Silver moved to and fro "Bad luck, old thing!" said Newamong the trees, his eyes glinting | come sympathetically. with anger. In the earth were traces of the heavy boots of the cowpuncher who had waited there, and Jimmy scanned them. But the "sign," which would have told much to a native plainsman, was useless to the schoolboy who, only a few weeks before, had been at school in England. Jimmy had learned much during his | happened. few weeks in Canada, but skill in Arthur Edward Lovell whistled.

By Owen Conquest:

(Author of the Tales of Bookwood appearing in the "Popular.")

# Jimmy Silver & Co. prove equal to extricating themselves from a very tight corner!

scoutcraft was not to be picked up so soon.

"The rotter!" breathed Jimmy. It was useless to search for an experienced plainsman who chose to keep himself hidden in the cover; Jimmy might have searched for hours, if not for days, without success. He quitted the trees at last, and picked

Jimmy did not intend to let the matter end there.

The cowpuncher who had played

Jimmy coiled the lasso, threw it vanished from sight. Blazer, the buck-Jimmy Silver sprawled on the jumper that Jimmy had tamed, was ground, every bone in his body jarred now Jimmy's own horse; Rancher by the heavy fall, half stunned by the | Smedley had handed him over to his English cousin—a very acceptable His horse, Blazer, ran on at a gallop, | present to Jimmy Silver. But Blazer, with empty saddle, and reins and stir- | though tamed, was not yet a reliable mount, and was liable to take advant-It was a full minute before Jimmy | ages when his master's eye and hand Silver was able to sit up, and stare were not upon him. Finding himself without a rider, Blazer had galloped Jimmy was not often caught nap- | home to the corrals, and Jimmy was ping; but "roping in" on his left with a three-mile tramp before

last thing he would have looked for. No doubt the practical joker in the Dazed as he was, he could guess that I timber belt had counted upon that; it was a trick of some cattleman; I it was part of his trick on the "tender-

Tramping on the rough prairie was not pleasant, especially after a long There was no pull on the lasso. The ride. The cowboy on the vast grasswith tired legs over the rolling plain,

with a frowning brow. He turned over in his mind, as he tramped on, the question of his assailant's identity.. He knew all the His head was still singing from the men on the Windy River Ranch, and he was friendly with all of them, from Pete Peters, the gigantic foreman, to No one was to be seen. In the Baldy, the cook, and Woo Sing, the

"Kentuck!" he muttered. Kentuck, the youngest cowpuncher on the ranch, was only a year or two The lassoer did not show himself; | older than Jimmy-a sharp-featured | youth from over the "Line." Jimmy Silver had had trouble with the Kentuckian already, though Hudson Smedley had chipped in to put a stop to it. As soon as the thought of Kentuck came into his mind Jimmy Silver had no further doubt as to who had attacked him.

He tramped on savagely.

Three riders loomed up ahead on the prairie, and he recognised Lovell and Raby and Newcome, his chums. They were riding towards him from the ranch.

Here he is!" shouted "Hallo! Lovell.

Jimmy stopped, and the three Rookwooders rode up. They grinned down at Jimmy.

"Your gee-gee came trotting in." said Lovell, with a grin. "We

"Blazer isn't quite safe yet, Jimmy," remarked Raby.

Jimmy grunted. "Blazer's all right when I'm in the

saddle," he said. "But not when you fall off," chuckled Lovell.

"Fathead! I've been lassoed." Jimmy Silver held up the captured lasso, and explained what had

"Kentuck, of course!" he said. is Kentuck just now?" "That scowling cad came back from Mosquito yesterday. This is in return for the punch you gave him, Jimmy. I suppose he didn't care to punch his boss' cousin, so he's taken it out this

like that on his guest. You'd better tell Boss Smedley."

Jimmy shook his head. "I'm not going to bother Mr. Smedley about it," he said. "I can

deal with the matter myself." puncher-what?" asked Mr. Peters humorously.

"If it turns out to be a six-foot cowpuncher, we'll see," said Jimmy. "I fancy it wasn't! Anyhow, I want to know who was the owner of this rope."

"Might not have been one of the ranch hands at all," suggested Mr. | days at Rookwood. belonging to the Sunset Ranch, or some galoot from up the river. Though it's queer for a cowpuncher to throw away his rope like that."

"He couldn't get the rope back without showing himself," said Jimmy; "and if it had been a stranger playing a rotten trick on a newcomer, he wouldn't have been afraid to show himself."

"Sure!" assented the foreman, after a moment's thought.

"Anyhow, I want to know who's lost this rope," said Jimmy. "Where

"Out on the prairie." Pete Peters took the coiled lasso, and examined it attentively. brows became knitted.

"This ain't Kentuck's rope," he



SHOOTING THE RAPIDS! Jimmy Silver & Co. clung des-Jimmy Silver & Co. clung deswhirling on through the rushing, tearing, roaring waters.

"I'm going to find out," said Jimmy Silver grimly. "If it turns out to be Kentuck he won't have any choice about the punching. You can give me a lift, Lovell." "Jump on, old chap."

Jimmy Silver mounted behind his chum, and the Rookwooders rode on to the ranch.

### The 2nd Chapter. Not Quilty!

Pete Peters, the foreman of the Windy River Ranch, was standing by the bunkhouse when the juniors rode up. He was grinning, and he grinned still more at the sight of Jimmy Silver riding double with Lovell. Jimmy jumped to the ground.

"Blazer too much for you, arter all, what?" grinned Mr. Peters.

"Not in your lifetime, Mr. Peters," answered Jimmy; and he explained siderably annoyed and exasperated. once more what had happened, and exhibited the lasso.. "I want to know | to whom this rope belongs."

it isn't?" You know Lovell. "Sure."

"Do you know whose it is?" "Ye-e-ep!" said the ranch foreman slowly. "I guess this hyer rope belongs to Skitter Dick."

"Where is Mosquito Dick now?" "Up the range, looking after the steers," said the foreman. "You leave it to me, Silver, and I guess I'll speak to Skitter Dick when he comes in at sundown."

"I'll speak to him when he comes in at sundown, Mr. Peters," said Jimmy Silver quietly. And he took back the lasso, and walked away to the ranch-house with his chums.

Jimmy Silver was hungry after his ride, and that was the next matter to be attended to, as Skitter Dick was not to be back till the sun set. Jimmy Silver was rather puzzled, and con-

Skitter-or Mosquito-Dick, was a young fellow, rather a dandy among the ranchmen, and he had always Peters became grave as he listened. | seemed good-natured enough to the "That was a dirty trick!" he said. | "tenderfeet." Certainly he would "I guess the boss will come down have been prepared at any time to I heavy on a galoot playing a trick "take a rise" out of the schoolboys;

once or twice he had done so, but in a good-natured way, and Jimmy Silver & Co. had been quite friendly with him. It was a shock to discover that he was guilty of a treacherous trick like this.

"Going to wallop a six-foot cow- Hudson Smedley was away from the ranch that afternoon on one of his frequent visits to the Sunset Ranch down the river, and Jimmy was glad that his Canadian cousin was out of the way. He did not want to involve the authority of the rancher in this affair-that savoured rather too much of "telling a master" in the old school

Peters. "Might have been a man Jimmy meant to deal with the matter himself; though how he was to handle Skitter Dick on his own was rather a problem, for the young cowpuncher stood five-feet-ten, and there was twice as much of him in the way of muscle and sinew, as there was of Jimmy Silver, sturdy fellow as Jimmy was.

But Jimmy was quite resolute; it was not a matter that could be passed over and forgotten. After tea Jimmy visited the corrals, to make sure that Blazer was all right, and then he strolled with his chums towards the bunkhouse, the gathering-place of the cowboys when they came in from the ranges.

There he caught sight of Kentuckthe lanky and ill-natured youth from the States. Kentuck did not look at him, and did not seem to be aware of his existence, and Jimmy did not approach the fellow. Kentuck was the only cowpuncher on the ranch with whom Jimmy could not "pull," and he did his best to keep out of the Kentuckian's way and avoid further trouble.

One by one horsemen came in from the plains, and Baldy in the cookhouse was very busy now. Skitter Dick rode up at last.

He was a handsome, well-built young fellow, with a sunburnt face and white teeth. He wore his hair rather long, and brown curls escaped under the Stetson hat.

Jimmy Silver watched him as he dismounted and turned his horse into the corral. Skitter Dick came back towards the bunkhouse, and Jimmy stepped to meet him.

"Is that your lasso?" he asked, holding it up.

The young man glanced at it. "I guess it looks like it," he said. He took the rope and examined it.

"Sure, that's mine!" he said. "That settles it!" said Lovell. Jimmy Silver's eyes glinted.

I suppose you know where I picked it up?" he said. "On the peg of the bunkhouse, I

reckon," said Skitter Dick, staring at him. "What are you driving at? What are you handling my rope for,

"I picked it up three miles from the ranch, after it had been used to rope me off my horse." "Hey?"

Skitter Dick looked astonished. "You didn't expect me to bring it

in and inquire as to whom it belonged, I suppose?" said Jimmy, with a curl of the lip.

"You pesky fool, Dick!" broke in Pete Peters. "What you want to play fool-tricks on the kid for? You're too big for him to handle, and he don't want to complain to Boss Smedley and get you fired from the ranch. You've got him there, and it's a cowardly trick, I tell you!"

"What's started you chewing the rag, old Peters?" asked Skitter Dick. "Who's been playing tricks on the

"You have!" exclaimed Jimmy Silver savagely. "And whether you're too big for me or not. I'm going to handle you for it, so you can put up your hands, you rotter!"

And Jimmy Silver advanced on the cowpuncher with his fists clenched and a blaze in his eyes.

Skitter Dick stepped back. "Keep cool, young "un!" he said, with a laugh. "Don't bite off more'n

you can chew in too big a hurry." "Will you put up your hands, or are you afraid to stand by what you've done?" shouted Jimmy Silver.

"I guess there's no man between Labrador and the Rockies that I'm afraid of, kid!" said the cowpuncher. "Keep cool, I tell you! If you was a foot taller, I guess I wouldn't waste

time in chewing the rag; but afore I handle a kid of your size, I want to know, I guess. I left this hyer rope on the peg over my bunk this morning when I saddled up, and I ain't seen it again till this minute. If it's been used to rope you off your horse, it., wasn't in my hands at the time." Jimmy Silver checked himself.

(Continued overleaf.)



there was nothing to be done in the

matter. Mr. Smedley had inter-

vened in his first trouble with the

Kentuckian, sending the latter away

from the ranch with a draft of cattle

for a week or more, and the trouble

had dropped, so far as the rancher

knew. Jimmy Silver would will-

ingly have allowed it to drop for

good; but it was clear enough now

that Kentuck bore malice, and that

on his side the enmity was continu-

ing, and burning as fiercely as ever.

dismiss the whole matter from his

mind, and forget and forgive; but

his time for another attack. Next

time the ill-natured fellow showed

his hand, Jimmy intended to be

more upon his guard. But several

days passed and he did not come

into contact with the cowpuncher

in any way, and the affair almost

passed from his remembrance. He

had a matter that was much more

agreeable to think of. Mr. Hudson

Smedley had had a Canadian bark

canoe brought up from Mosquito

town for the use of his distinguished

guests, and Jimmy Silver & Co. were

taking instruction in paddling the

canoe from Skitter Dick, who was a

The Skitter had quite forgiven

Jimmy for his suspicion, founded on

the misleading clue of the lasso. He

was on the best of terms with the

them all he knew in the manage-

was glorious, and the Rookwood

juniors thoroughly enjoyed days on

the river in the canoe as soon as

they knew how to handle it. There

was an island in the Windy River

about four miles from the ranch-

house thickly wooded and tenanted

only by wild birds and prairie

rabbits, and as soon as they felt con-

fidence in their management of the

Early one morning the Fistical

Four carried their bundles down to

the river, placed them in the canoe,

and launched it. They took pro-

visions for the day and other camp-

they were starting, and he glanced

rather curiously at the juniors. He

stood on the bank while they were

craft a push-off when they were on

board-a little service they had

them. "You want to make a port-

"We're going up stream,"

"Oh, gum! How are you going

"Not in your lifetime," grinned

"Cheeky ass!" growled Lovell.

we can paddle as far as the island.

I'd undertake to paddle as far as the

Rockies if the water was deep

And the juniors started.

from the slopes of the Rocky Moun-

age when you get to the rapids."

hardly expected of him.

answered Jimmy.

Island."

to get there?"

going as far as that?"

"Paddle; of course."

canoe the Rookwood juniors deter-

Lovell remarked.

skilled man on the river.

Jimmy would have been glad to

The young cowpuncher's manner was so frank, and it was so clear that he had nothing to fear from an encounter, that Jimmy could not help being impressed.

The rope was not so valuable a clue, after all, as Jimmy had supposed.

"You-you mean that somebody else borrowed your rope to play that trick on me?" stammered Jimmy. Skitter Dick laughed.

"I guess that's plain enough," he said. "Tell me what's happened to you, kid, afore you begin chawing up a man what could swallow you with one gulp."

"I-I'm sorry!" said Jimmy reddening. "I-I take your word, of course. But as it's your rope--"

"That's all right! I guess I know how it looks!" said Skitter Dick soothingly. "I guess I'm going to talk to the galoot what borrowed my rope without saying 'By your leave!' How did it happen?"

Jimmy Silver told him, the crowd of cowpunchers standing round and looking on curiously.

"I guess I shouldn't have hidden away arter, if I'd roped you in, sonny!" grinned Skitter Dick. "It wasn't a galoot of my size. You see, I didn't want the rope to-day, and I never took it with me. Some pilgrim that has his knife in you borrowed it, I reckon, and laid for you on the prairie, and used my rope to keep | schoolboys, and willingly taught himself dark. 'Is that clear?"

"Clear enough," said Jimmy Silver, | ment of the river craft. The weather "I'm sorry, Skitter Dick. I was surprised to think it was you. But--"

"All O.K.!" said the cowpancher good-humouredly. "One of us two has had a narrow escape of an awful walloping."

"Ha, ha, ha!"

The cowpunchers laughed loudly, and Jimmy coloured. He turned towards Kentuck, who was lounging on the doorpost of the bunkhouse. watching the scene. Now that Mosquito Dick was cleared, Jimmy's earlier suspicion returned in full force.

"Was it you, Kentuck?" demanded Jimmy. The Kentuckian looked at him

insolently. "Was what me?" he drawled. "Did you borrow Skitter Dick's ling necessaries. Kentuck, the cow-

rope and lay for me on the prairie?" the boy, came out of the bunkhouse as "I guess I'm too busy to waste my

time on greenhorns," drawled the cowbay. "That's not an answer," said

Lovell. "Isn't it good enough?"

Kentuck. "No, it isn't!" snapped Jimmy Silver.

"I guess it's all you'll get. Are you going round the ranch bulldozing the punchers because you're the boss' relation?" sneered Kentuck. "I guess you won't find them airs and graces go down on the Windy River Ranch, young Silver. Go to blazes."

And Kentuck turned and lounged into the bunkhouse.

Jimmy Silver's eyes blazed, and he made a step to follow him. Pete his | Kentuck, and he turned away laugh- | here." Peters' hand dropped on shoulder.

"Let up, young 'un," said the foreman; "you've got no proof agin Kentuck."

"I know! But---" "Let up, then."

Jimmy Silver felt that the fore- | enough." man's counsel was good. There was no shadow of proof that Kentuck | had purloined the Skitter's rope and of the paddles by this time, and they played that trick on the prairie. | made good headway against the Jimmy Silver was pretty certain stream, swift as it was. Like most in his own mind; but that was not of the streams that flowed down

proof. He turned away; and as he walked I tains, the Windy River had sharp towards the ranch with his chums | descents where the water ran in he was aware that Kentuck was "rapids." They did not amount to looking after him from the window cascades; but it was impossible to started in with a gun, Lovell." niocking grin on the Kentuckian's stream at such points. As soon as an ass. As for those bunnies, I'll up and stared. face. Jimmy Silver breathed hard, they neared the rapids the canoers jolly soon knock one over with a After lunch the Rookwood juniors canoe. tut he walked on.

point higher up the river. This was a "portage," so-called from the French word for "carry."

The light Canadian bark canoe was easy enough to carry for four sturdy schoolboys.

They landed, drew their little craft ashore and lifted it, and bore it up the steep bank.

Well above the rapids they launched it again and floated off, and paddled up to the island.

Though only four miles from the ranch, the island in the Windy River seemed as solitary as in the dawn of Creation. Thick woods covered it down to the water's edge, and from the thickets the little bright eyes of prairie rabbits blinked at the juniors as they landed.

More experienced canoers would probably have lifted the craft ashore, but Lovell tied the painter to a sapling, mooring the cance as he was accustomed to mooring a boat at home at Rookwood.

The juniors jumped ashore tossing out their bundles.

Overhead the sun blazed in the blue sky of Alberta; far to the west the great range of the Rocky Mountains blotted the sky; but the juniors

You must tell ALL your pals about the Top-Notch he could not help thinking that the Stories of Jimmy Silver &



Next Monday's Thriller:mined on a picnic on the island. It. was just like one of their old stunts "JIMMY SILVER'S ENEMY!" lat Rookwood, as Arthur Edward

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were used to the Rockies by this time. They had thrilled at the first launching the canoe, and gave the sight of the mighty mountains, beyond which lay British Columbia and the Pacific Ocean; now they did not give the snow-clad peaks even a "You want to be careful going glance. down stream," he called out to

"Topping here, isn't it?" remarked Raby. "I believe I'm getting hungry already." "I know I am," remarked

Newcome. "I guess there's a portage a mile "I'll knock over one of these

up, too," said Kentuck. "Are you rabbits for lunch," said Lovell. "We've brought the grub." "We're going to picnic on Woody "Still, a rabbit-stew--"

"Let the little beggars alone," said Jimmy Silver. "We've got plenty of grub; no need to make even the rabbits sorry we've come

"You're an ass, Jimmy, old chap," said Lovell loftily. "Let's look for "We'll jolly well show him whether | game, like real hunters."

"But we're not hunters." "Oh, rats!"

Argument generally was wasted on Arthur Edward Lovell. It was one of his little ways to be con-They were accustomed to the use | firmed in his views by opposition. "You haven't brought a gun, I

suppose," said Raby. No: Mr. Smedley doesn't like us as a hunter. handling firearms," grunted Lovell. "Seems to think something might

"So it might," grinned Newcome. "Not to the rabbits, either, if you

'had to land and carry the cance to a ! stick."

Jimmy Silver. "Fathead!"

stick in the wood and started. There seemed to be scores of the prairie rabbits on the island, and they were so unaccustomed to the sight of that exceedingly dangerous animal, the human being, that they scuttled about in full sight of the juniors, seeming little alarmed by the visitors. Knocking one of them on the head seemed to be an easy proposition; but when Lovell started in, the ease vanished. His first rush startled every rabbit on the island, and they vanished as if by magic. Lovell plunged after them furiously; the grinning faces of his chums spurred him on. He was going to catch a rabbit now, if it cost him a leg.

As it turned out, it very nearly did. Jimmy Silver & Co., getting the camp-fire ready, heard a loud yell from Lovell in the thickets.

"Help! Come and lend a hand, you silly idiots!" "Ha, ha, ha!" roared Raby.

"There's Lovell cornered by a ferocious bunny!" "Ha, ha, ha!"

"Come and help me, can't you?" roared Lovell.

The three juniors ran quickly into the trees. Lovell's voice came in muffled tones as he yelled. The first Jimmy Silver & Co. saw of him was the soles of his boots sticking up through the tangled vegetation of a deep hollow. Evidently Lovell had not seen the hollow, and he had plunged in head-first in his pursuit of the elusive rabbits. He was quite unable to extricate himself, and he could only wriggle and yell.

"Ha, ha, ha!" roared the three

Juniors. "Groocgh! Help me out! Ow. Grooogh!"

"Ha, ha, ha!" You chortling "You silly owls! You-" spluttered jabberwocks! Lovell.

"All together!" grinned Jimmy Silver.

He seized Lovell's left ankle, Raby and Newcome seized the right. With a long pull, a strong pull, and a pull all together, the three juniors dragged Lovell out, a good deal like a cork from a bottle.

It was a flustered, crimson, and infuriated Lovell that came into view and sprawled on the ground.

"Ow! Oh! Grooogh! Ooooch!" "Ha, ha, ha!"

"What are you cackling at?" roared Lovell.

"Ha, ha, ha!" roared the juniors. "You silly chumps! You-you burbling idiots! Is this your thanks for a fellow getting you fresh meat for lunch?" howled Lovell. "Where's the fresh meat?"

"O where and O where can it be?" sang Newcome.

"Yards down in the burrows by this time," chuckled Jimmy Silver. "Lovell, old man, you weren't cui out for a Nimrod. Give it a miss."

Lovell staggered to his feet, gasping. "I've had a slight accident--

"You have!" agreed Raby.

"Ha, ha, ha!"

"You fellows get a fire going. I'll bring in a rabbit all right." "Hadn't we better follow you, to

pull you out of the next hole?" asked

Lovell's reply to that question was not in words. He grasped his stick and made a rush at his grinning comrades, who scattered and fled, still chortling.

Jimmy Silver & Co. had the campfire ready and lunch prepared before Lovell returned. When he came back at last he was tired and grubby and flustered—and empty-handed.

"Rabbits out when you called?" asked Raby.

"Ha, ha, ha!" Grunt from Lovell.

"Too many giddy victims for you to carry home?" inquired Newcome. "Shall we all go with the biggest

Lovell gave a more expressive grunt. Then his chums mercifully let the subject drop, and handed Lovell a helping of the lunch that had been brought from the ranch. And even Arthur Edward realised that it was fortunate that the party had not depended for their lunch upon his skill

#### The 4th Chapter. By a Hidden Hand.

"What the merry thump!" Jimmy Silver uttered that exclamaof the bunkhouse and he caught the pull a boat or paddle a canoe up | "Rats!" roared Lovell, "don't be | tion in tones of amazement. He sat | watch its progress in growing rage.

had been resting and chatting under | Even if they had cared to trust

"Let them alone, ass," urged the trees on the island before going on a voyage of exploration. Jimmy Silver was seated with his back to a That was the only reply that Lovell | tree, facing the stream at the spot condescended to make. He cut a where the canoe had been moored to the sapling.

He was astounded to see the canoe in motion.

His glance fell upon it carelessly for a moment; but it became fixed as he discerned the motion in the floating

Some hidden force seemed to be plucking at the canoe, pulling it away from its moorings. The cord Lovell had used to tie it to the sapling was stretched tight, at full length, as the canoe was drawn away by the stern. The light sapling bent over under the pull, arching towards the canoe.

"My only hat!" ejaculated Lovell. All eyes followed Jimmy's astounded stare.

In a South American river it might have been suspected that an alligator had seized upon the canoe, but in a Canadian river there was no such formidable creature to be feared. It was not the current that was sucking the canoe away—the pull was too steady and powerful for that. Something, somehow-unseen-had a grip on the stern of the canoe, and was tugging it away forcibly.

Jimmy Silver sprang to his feet. He had been so startled for the moment at the amazing sight that he could scarcely believe his eyes. But he saw that the light branch to which the canoe was tied was yielding under the strain, and might crack off at any instant. Once the canoe was loose on the river the juniors would have been in a serious plight. Jimmy dashed down towards the water, his chums

at his heels. Crack!

The branch parted, and the sapling shot up straight again. The canoe darted out from the island like an arrow from a bow, the cord trailing behind it with a fragment of branch attached. Under the force of the pull, and aided by the current, the canoe shot a good fifty yards away in little more than a second.

Jimmy Silver & Co. were a full minute in reaching the water's edge from their camp. By that time the canoe was a dancing speck on the river, rocking on the current towards the southern shore.

The chums stared after it blankly. "What does it mean?" gasped Lovell.

Jimmy rubbed his eyes.

It had crossed his mind that perhaps some thievish Indian had swum off to steal the canoe, and was dragging it away from underneath; but that, of course, was an impossible theory in view of the sudden darting away of the released craft.

"Something's got hold of it somehow!" said Raby.

Jimmy watched breathlessly. The canoe was drawing nearer and nearer to the southern bank of the Windy River, as if plucked and guided by an unseen hand. It came into contact with a mass of floating driftwood,

and then the secret was revealed. Over the water rose a stretched rope into view, extending from the stern of the canoe to the bank.

Hitherto, the rope had been floating or sunken, and had not caught the eyes of the juniors.

Now, as the canoe jammed on the driftwood, the pulling rope tautened, and was brought into plain view.

The jam lasted only a few moments. the driftwood floated clear, and the canoe swayed on towards the bank again, the rope sinking once more on the water.

Jimmy Silver gritted his teeth. He understood now.

Someone, hidden on the rocky bank of the Windy River, had made a lassocast at the canoe moored off the island. The loop had settled over the stern of the canoe and fastened there. After that the lassoer had only to pull. Probably he had taken a turn of the lasso round a rock, to give him a greater purchase on the rope; that would account for the strength of the

"Roped in!" said Lovell, understanding, too.

"Kentuck!" said Jimmy between his teeth. "I know now why he was so curious to know where we were going. He's stranded us."

The juniors strained their eyes towards the distant bank. Nothing was to be seen of the lassocer.

It was easy enough for him to keep in cover in the broken rocks of the bank. But that he was still there was quite evident, for the canoe was being pulled steadily shoreward.

The chums of Rookwood could only They had no means of reaching the

was no time to swim to the canoe before it was landed by the unseen lassoer.

They watched in savage silence.

The canoe bumped on the bank; and even then the lassoer did not show himself. The little craft of light bark was easily dragged up the bank on the rope, and it disappeared from sight in an opening between two high rocks.

Jimmy Silver clenched his hands. "The rotter! It's Kentuck, of course. He must have followed us up the river to play this dirty trick

"No proof-same as before," said Lovell.

"He doesn't mean to let us see him," said Newcome. "Hudson Smedley would kick him out of the ranch for this, and he knows it. We can't accuse him unless we see him

Jimmy set his teeth.

"We'll make the rotter sit up for it, anyhow!" he said. "But, what the thump are we going to do? How are we getting off this dashed island

"Hallo! There's the canoe again!" exclaimed Lovell.

"My hat!"

From behind a big rock the canoe came into sight, its nose pushed out into the water. The big rock completely hid from the island the form of staying out for the night, and they growled Lovell of the man who was handling it. The canoe floated in the water again, and a powerful shove sent it spinning out almost into the centre of the stream. The current caught it, deflecting it downstream. It floated away, swift on the current, rocking and swaying, growing smaller and smaller in the distance as the hapless Rookwooders watched it.

They understood the manœuvre easily enough. The lassoer had pulled it ashore in order to recover and detach his rope. The trickster was not abandoning the lasso this time as in the previous case; doubtless this time it was his own rope. Now the canoe was drifting downstream, hopelessly out of reach of the juniors on the island, drifting towards the rapids, over which it would go whirling. It was most likely that it would I fill and sink in the rapids, if it was not dashed on a rock and wrecked. In any case, it was lest to the Rookwooders on Woody Island.

It disappeared from sight, floating away among the driftwood that

dotted the river. Jimmy Silver & Co. stood and looked at one another, their feelings

almost too deep for words. Once more Jimmy's malicious enemy had tricked him, and in a way that could never be brought home to the trickster. Indeed, if the chums had happened to be exploring the island, out of sight of the canoe, in those minutes, they would never have known themselves that a trick had been played. Finding the cance gone on their return, they would have supposed, naturally, that it had fallen loose and floated away. Even as it was, they had no evidence that anyone belonging to the Windy River Ranch had played the trick; Kentuck, had no rugs or blankets-not even 1 if it was Kentuck, had taken no chances, and they had not had the

slightest glimpse of him. "It's a rotten trick!" said Lovell | at last. "But-but the brute can't

that the "brute" meant to leave them there-for the night-and for a good many nights and days; as long in fact, as they were unable to escape. And that prospect was serious enough to make Jimmy Silver & Co. look very grave.

## The 5th Chapter. Sink or Swim!

Exploring Woody Island dropped-by tacit consent. Rookwood juniors had more important matters to think about now.

had plenty of time to act, if there | alarmed. If the canoe's picked up | was anything to be done. But what | below the rapids when they search was to be done?

They were stranded on the island. Obviously the trickster, Kentuck or not, had no intention of helping them. No doubt he was already gone, grinning over his success, and utterly regardless of the results to the

victims. possibility of swimming to the shore. | like that. And-thinking the cance The ranch was on the southern side | was upset, and us in the water, they of the Windy River, four miles or | will never dream of searching four | so downstream. But the branch of miles up-stream. They'll look for us the river between the island and the | below the rapids; in fact, down the southern bank was wide, and the river towards Mosquito, expecting to current ran swift and strong, fed by | find our bodies." the spring freshets up in the mountains. Jimmy Silver looked at it, and head. A strong swimmer like Jimmy

themselves to the rapid river, there | successfully, but he could not feel sure | certainty that the island would not be | on the island in passing, and some | The raft was already feeling the of success. And it was fairly certain | visited in a search. If the canoe was | were tangled in the thickets where | quickening of the current above the that his chums could not have come | found, it was fairly certain that the | the latter grew down to the water. | rapids. It was whirling on with insafely to land. Lovell's opinion was juniors would be supposed to have | Jimmy Silver and Lovell waded creased momentum. It went yards question, and there was an end.

The alternative was waiting to be rescued.

"After all, they'll come for us," said Raby. "If we don't turn up at | dark, your cousin will know something has happened, Jimmy."

"Yes. But-Mr. Smedley was out at dawn, and we didn't see him before ! we started." said Jimmy Silver. "He doesn't know we were coming | up to the island at all. He will know we went out in the cance, and that's

rotter, and he will keep mum. Anyhow, they wouldn't search till dark, and that means a night for us

"We can camp out," said New-

very thoughtful. Nights were cold know that Mr. Smedley is ignorant and keen so early in the summer, and lof our whereabouts. He's stranded the juniors had no protection against it. ] us worse than he supposed." They had had no intention, of course,

of penetrating four miles up-streamtwo miles above the rapids.

"We shan't be looked for here!" said Newcome at last.

"It's not likely!" "Oh crumbs!"

"We may be here for days and sundown. the river, so high up the stream, is siderations. "Lend a hand!" gasped Arthur we starve, perhaps--"

"The rabbits-" began Lovell. here." . "We've got to get out of it, and get back to the ranch." said Jimmy | Silver. "Of course, Kentuck couldn't Jimmy Silver nodded, but he was have foreseen all this-he doesn't

"He'll be jolly glad of it!"

that he could have done it; but he come to grief at the rapids. The into shallow water, and gathered in down stream for every inch that it was assured that his comrades could search would be below the rapids- logs, while Raby and Newcome cut crept shoreward. And when the not. Jimmy did not argue the point | down the river to Mosquito, and | osiers in the wood, to fasten the raft | bank at last was near, it was steep and -swimming ashore was out of the across the river on the chance that together. The juniors worked hard rugged, and the raft collided with a the capsized juniors had landed and quickly, without wasting a projecting point of rock, and whirled there. Nobody was likely to think minute; for the sun was suring completely round with the shock, westward now towards the far Pacific. | sending the four juniors sprawling. The danger of shooting the rapids in They sprawled on the logs, while the daylight was great; but after dark- raft whirled and spun down the ness had fallen, the danger would river, rocking and splashing. have been a hundredfold greater. It "All here?" panted Jimmy Silver, was necessary to get away well before gaining his knees.

days, weeks perhaps," said Jimmy. | Waist-deep in water, heedless of the again, rushing down. that's not likely; and this part of no time to think of such slight con-

"We mentioned it to Kentuck-" | in a rocky country, where the cattle | Log after log was bound with held by the rope.

> together, forming a floating platform | as Lovell crawled on board again. that was secure enough in calm water. 'Oh, my hat!" gasped Lovell. "I What would happen to it on the rush | -I slipped off, you know. The down the rapids, the juniors preferred | blessed thing went round like a not to consider. They had made up | blessed humming-top! Jolly queer their minds to take the chance, and | though that I should slip off when it was useless to meet troubles half- | you fellows didn't!"

The raft was almost in midstream

"We may sight a cowpuncher on the wet and the damage to their clothes, "I'm here!" gasped Raby. plains and signal to him; but even the juniors worked at the raft. It was I "Here's Newcome-where's Lovell?" Lovell?"

"Who won't say a word, of do not come It will be an awful strong osiers, strengthened by a rope He was trailing in the water behind course," said Jimmy. "Nobody | blow to my cousin to think we are | the juniors had with them. After | the raft, holding on to a stump. knows we're on the island except that | dead-and-and goodness knows how | long and hard work, the rough raft | Jimmy crawled along to help him, long we shall be stranded here-till | floated on the water by the island, | and caught his hand. Raby and Newcome crowded to the other end, or A dozen logs had been bound the clumsy raft might have capsized

That seemed quite a problem to Four stout branches were cut in Lovell. In the midst of danger Arthur Edward was still Arthur Edward!

> "We're in for it!" said Raby. The roar of the rapids was in the ears of the juniors now. The raft, with a dozen drifting logs swaying and bobbing round it, was caught onward as if in the clutch of a giant's hand. There was no hope of resisting the force of the current now.

"Lie down, and hold on!" said Jimmy.

"It will be touch-and-go!" murmured Lovell. "Oh, won't I make that villain Kentuck sit up for this!" The raft was close on the rapids

now. Ahead of them, red in the sunset, the juniors could see the whirl of rushing water, and driftwood whirling out of sight in a sea of foam. Their hope now was that the raft would keep to midstream. On either side there were dangerous rocks, with driftwood jammed here and thereand a collision in that racing tide meant instant destruction. The strongest swimmer could never have hoped to come through alive.

Jimmy Silver's face was pale and set as the raft rushed on, in the grip of the rapids. He realised now that the danger was greater than he had dreamed, in his inexperience. At every moment it seemed as if the raft would be torn apart on the whirling waters; but the osiers and the rope held good. Lying on the raft, holding on with both hands, with their feet jammed into interstices of the logs, the Rookwood juniors rushed down upon their fate. The roar of rushing waters was a ceaseless din in their ears now.

Lovell was shouting in Jimmy's ear-but it was difficult to hear a word in the din. Jimmy moved his

"Hold on!" he shouted. "I'm holding on all right! But wasn't it queer--"

"What?" "Wasn't it queer that I fell off when you fellows didn't?" "What?" gasped Jimmy.

Lovell went on shouting: but Jimmy did not trouble to listen any more. It was evident at least that Arthur Edward Lovell was not under the influence of anything like fear.

more momentum now. There came a crash, as a whirling log struck it on one side, and the raft rocked and plunged wildly, and a sheet of water rushed over the juniors.

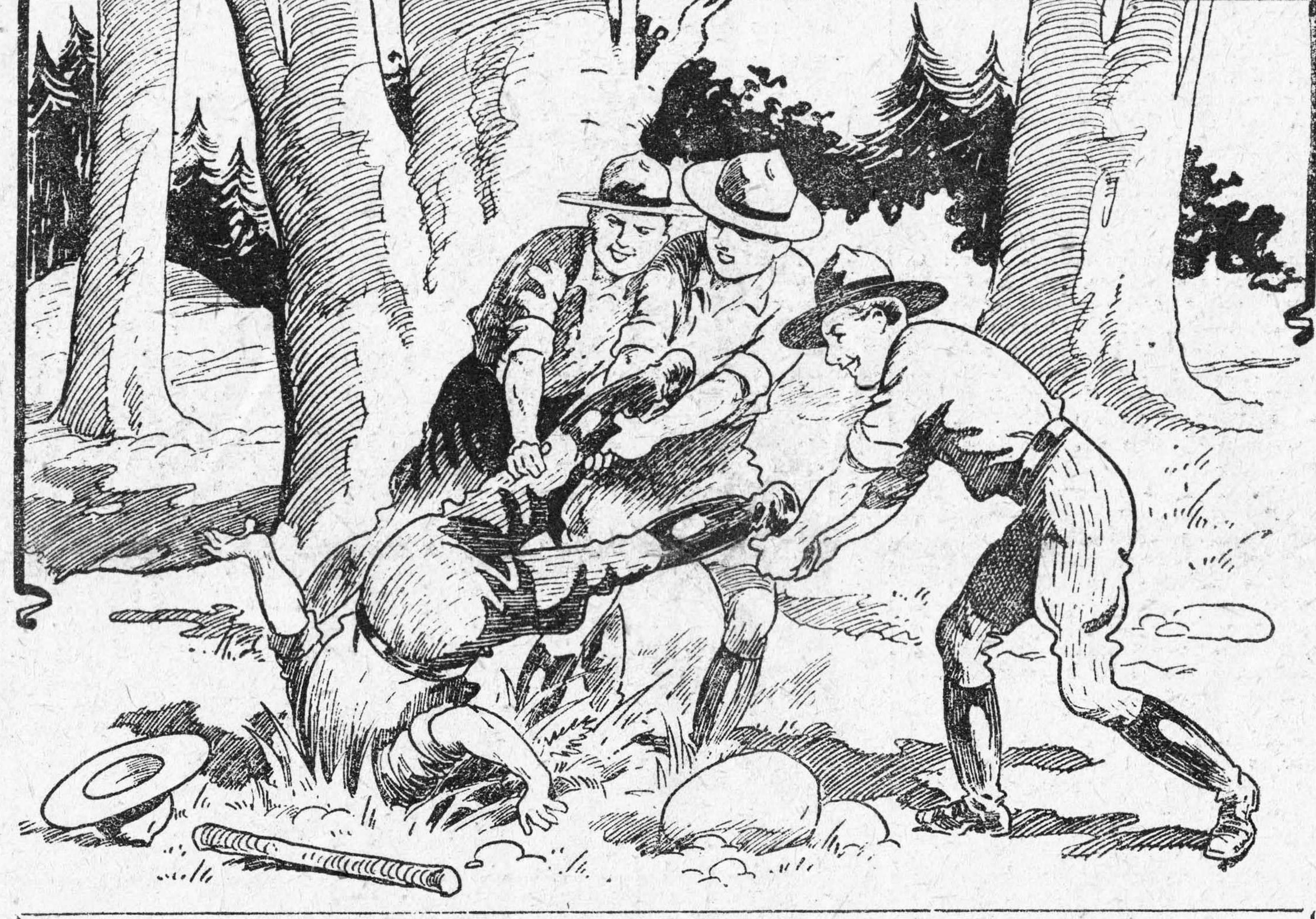
For a second Jimmy thought it was the end; but he set his teeth and held on to the only chance of life, as did feet at last, as the raft floated down his chums. The raft held together, and floated on, whirling and tossing. with the four juniors still upon it,

-in what seemed a slope of rushing. tearing, roaring waters.

"So this is shooting the rapids!" he could not utter. He had to keep

ing as well as they could with the sometimes "shoot the rapids" in a canoe; but even in a canoe skill and The raft was worked out of mid- iron nerve are needed to come stream, and slowly approached the through safe. Shooting the rapids southern bank. The hopes of the on a roughly constructed raft was a country to the ranch was infinitely | hand on the Canadian rivers would

(Continued on page 620.)



Seizing Lovell's legs, Jimmy Silver, Raby, and Newcome pulled together and dragged the hapless Rookwooder out of the hollow into which he had fallen head first!

their coats. "We'll build up a jolly big fire, and snooze round it like jolly old Indians," said Lovell. "We can stand it, Jimmy."

mean to leave us here—" Looks as if we shall have to," said He broke off. It was only too clear | Newcome. "Well, we came to Canada to rough it. Here's our raft. That's the idea."

chance." "The grub will run out to-day," remarked Lovell; "but you fellows can rely on me to knock over some

rabbits, you know." The juniors did not even smile; the situation was too serious for that. Jimmy Silver was thinking hard.

"We can't swim ashore—all of us," he said. "If we did, it's a tramp of four miles down the river to the ranch. We can rough it for to-night -though it will be rather hard

It was still hours to sundown; they | cheese. But-Mr. Smedley will be | for us-and they'll most likely find it-what will he think?"

Arthur Edward Lovell whistled. "He will think we capsized, and that we're all drowned," he said. "Sure to!" said Raby, looking very grave.

"That's it!" said Jimmy. "I-I Jimmy Silver & Co. debated the | don't want to worry Mr. Smedley

"Oh, my hat!" said Lovell. The juniors looked very grave looked at it again, and shook his indeed now. Apart from the alarm Mr. Smedley would feel, which was | floating logs for the raft. Many of | shooting the rapids on their frail craft. | wild moment of peril, Jimmy could might have tackled the crossing | serious enough, there was the them. rolling down stream, bumped! But it was not to be.

"We've got to get out," said | the wood, to serve as oars, or, rather, | head nearer. Jimmy quietly. "You fellows are game to take a risky chance?" "You bet!"

Jimmy pointed to the river, wide and shining in the sun.

"If we could get together a stack of those drift-logs we could make a "Phew!"

"I know it's frightfully risky," said Jimmy. "We couldn't steer a clumsy raft ashore in this current. I'm afraid. We shall have to go down the rapids in it-shooting the rapids, as the Canadians call it. I know it's risky."

"The verdict at the inquest was 'Found drowned!'" said Lovell in a thoughtful sort of way. "But, as the novelists say, we must not antici-

"Oh, don't be an ass, old chap!" said Raby uneasily.

"I know it's risky," said Jimmy. found--"

"Rot!" "Or one of us could chance it, and send help, if he got through all right," said Jimmy slowly.

"Little me," said Lovell. "Fathead & Me, of course!" "Ass!" said Lovell. "All or none," said Newcome.

"Sink or swim together." And so it was settled. It was a desperate expedient, and the chums of Rookwood well understood the risk they were taking. But it was settled;

plan into execution.

as sweeps. All the camping materials i were left on the island, to be fetched away on another occasion.

"Ready?" said Jimmy at last. "Go it!" said Lovell.

The four juniors stood on the rocking raft, at which the current was plucking greedily. Jimmy Silver drew a deep breath, and cast off.

In a moment the raft was whirled out into the stream, escillating so violently that the juniors were thrown over instantly But they clung on the | The raft was gathering more and logs—the stumps of broken branches gave plenty of hold for the hands. Kneeling on the raft, holding on, they floated down the middle of the Windy River.

The 6th Chapter. Shooting the Papids!

Jimmy Silver rose cautiously to his midstream with a more level motion. "If you fellows would rather rough it | So far, there was little danger, so here, and take the chance of being long as the voyagers were careful. | panting for breath. Holding his long branch in both They were going down now-down. hands, Jimmy swept it through the water, striving to steer the raft! towards the southern shore. There was not much chance of making a was Jimmy Silver's thought, which successful landing on the high, rocky bank, but Jimmy would not leave a | his mouth closed against the splashing. chance untried. His chums, as they | dashing water, that flooded the raft. saw his object, backed him up, steer- Jimmy knew that the Indians branches.

and they lost no time in putting the Rookwooders rose. A tramp across new thing-which probably no old It was not a difficult task to gather | preferable to the terrible peril of | have thought of attempting. In that

On The Way—Another Great Gordon Wallace Special—Look out for it!

Every Monday

(Continued from page 611.)

Raby, with a shiver. "But if any-

in the eye! That's a tip, Jimmy."

feeling more like himself now, and

round in the hope of catching up some

floating branch to steer the raft shore-

"Send us a rope!" Jimmy shouted

The ranch foreman threw his

lasso, and Jimmy caught it, and

with both hands, and rapidly drew

Gladly enough Jimmy Silver & Co.

scrambled off the raft to the safety

his lasso, and then turned to the

"Upset the canoe?" he asked.

The ranch foreman jumped.

"Somebody roped it away from the

island, and left us stranded there,"

"The island-above the rapids?"

"You've shot the rapids on that

started at a run for the ranch. They

wanted to get out of their wet clothes ...

Pete Peters followed them, still in

went floating on towards the distant !

town of Mosquito, on the lower

the juniors as they came up.

guess. I reckon the boss will be

s'arching for them down to Mosquito.

The juniors paused.

drawled Skitter Dick.

reaches of the Windy River.

back, waving his hand.

"Stand by!"

raft to get away."

raft!" roared Peters.

ejaculated the foreman.

"Looks like it."

"Yes."

"Hi!"

"All's well that ends well," said



a case of fools rushing in where the wide, calm river two miles below he was talking in this strain to give angels feared to tread. But it was too | the rapids, it was easy enough to | a false impression to the cowpunchers | late now to think of the recklessness | reach the bank, where the level | -and also, probably, to keep the of the attempt.

The raft rushed on, downward to the lower stream, in a wild, whirling of waters.

Crash again, and crash as it collided with floating logs, and whirled and shivered in the shock. The water was | ward. There was a shout from the weighing him down under a weight of Pete Peters showed up in the sun- them, or heard them. He grinned that seemed hundreds of tons.

Was it the end? Instinctively, for thought was impossible in those dizzy moments, he clung on to the whirling raft, choked, blinded, almost senseless.

The water cleared. Panting, almost suffocated, dazed and dizzy. Jimmy Silver raised his head. The raft was rushing on, whirling among driftwood, flooded them shoreward. with water-but the roar of the

rapids was behind now. Behind-and decreasing in volume of terra firma. Pete Peters recovered every moment. The current was still | madly swift, and the raft rushed before it-but the rapids were passed. | squeezing the water from their Jimmy Silver stared round him dazedly under the red glow of the dying sunset. His first thought was for his chums.

Three almost senseless figures lay said Jimmy. "We had to build the clinging on the logs round him. Jimmy panted with relief.

"We're through!" He tried to shout the words; but only a husky whisper came, from his throat. He lay back on the logs, waiting for his strength to return, while the raft, with lessening speed,

floafed on into calm water. Arthur Edward: Lovell raised his head at last, and looked feebly round him. Then he dragged himself into

a sitting position. "Oh crumbs!" was Lovell's

remark. Raby and Newcome stirred. By this time the motion of the raft was slower, and growing steady. The widened river was calm, a mile below ! the rapids.

Jimmy Silver stood up at last. "We've come through!" he said. "You ass, Jimmy!" gasped Lovell. "What?"

"You ass, to talk about shooting the rapids on a dashed raft! We jolly well deserved to be drowned!"

Jimmy grinned. "I rather agree," he assented. Greenhorns like them thinking they "Still, we've done it. We shall be in | could handle a canoe-" all right for supper."

"Blow supper! I've swallowed a "What's happened to the kids?" ton of water!"

"Ask me another!" grinned Kentuck. "Red Alf picked up their canoe a mile below the rapids an hour ago. I guess they didn't even know enough to make their portage-1 reckon they rowed into the

THE BOYS' FRIEND

"Holy smoke!" said Skitter Dick. "Even tenderfoot duffers wouldn't be sich fools as that!"

"Well, Red Alf's picked up the canoe, and he's got to report to the boss, when Mr. Smedley comes in. I reckon about four dead tenderfeet are floating down to Mosquito this time."

"That ain't a joke, if it's true, Kenbody talks to me about shooting the tuck," said Spike Thompson gruffly. Kentuck laughed, and shrugged his rapids again, I'm going to dot him shoulders. Jimmy Silver & Co. had

Jimmy Silver laughed. He was stopped, and they looked at one another. They were quite convinced he stood on the raft, watching the that it was Kentuck who had not help saying to himself that it was | bank for the ranch landing-place. In | stranded them on the island; and that grasslands were little above the search away from the vicinity of the water. The branches the juniors had | island if he could, in order to leave the tenderfeet stranded there as long brought on board had been swept |

away; and Jimmy Silver looked as possible. Jimmy Silver tiptoed towards the Kentuckian.

over Jimmy Silver's head-it was bank; the raft was almost opposite saw him, and grinned. Kentuck, with the weak one. smothering him-drowning him- the ranch now. The tall, lanky figure his back to the juniors, had not seen

found alive, the boss had better get a lady governess up from Calgary to look arter them," he said. "I do | play thus. calculate they've got wet this time. I guess I sha'n't worry if we don't see them around this hyer ranch aginhooked the noose to a stump on the and as for young Silver-" raft. Pete Peters grasped the rope

"Well, what about young Silver?" asked a quiet voice in Kentuck's ear. "Wha-a-at---"

The Kentuckian spun round. He stared blankly at the four Rookwooders, as if unable to believe his juniors, who were shaking and

"You!" he stuttered. "Little us!" said Jimmy coolly. "Quite a surprise—what?-after you stranded us on Woody Island, and

stole our canoe, you rascal!" helplessly. He was so taken by sur- sistance. prise at the sudden appearance of the juniors that he hardly knew what he was saying. Their ghosis could scarcely have startled him more. "I-

I never roped in any canoe--'' "Who said anything about roping it?" said Jimmy at once. "I said "Well, carry me home to die!" stole, myself. How do you know it Jimmy Silver & Co. grinned, and

was roped?" "I-I guess-"

"Pretty clear now," said Jimmy quietly. "You'll hear from me about a state of amazement; while the raft this, Kentuck. This is the second time you've played a dirty trick on i me, and it's going to be the last. Come on, you fellows!"

The Rookwood chums trotted on Jimmy Silver and his comrades towards the ranch-house. Kentuck came at a brisk trot round the corner stared after them blankly, still amazed of the bunkhouse, heading for the and confused. He muttered an exranch. Three or four cowpunchers, in from the ranges, were standing there, and among them was Kentuck. The latter was speaking, his back to Spike Thompson, with cool deliberation, turned their backs on him, and "Them tenderfeet is in trouble, I | walked away.

THE END. (" Jimmy Silver's Enemy!" is the title of next Monday's stunning story of the Rookwood Chums out West. On no account must you miss it. Order your Boys' FRIEND in advance!)

## SPORT! Conducted by PERCY LONGHURST.

If you are in need of any information concerning health, sport or general fitness, write to Mr. Percy Longhurst, c/o The Editor, THE BOYS' FRIEND, The Fleetway House, Farringdon Street, London, E.C. 4, enclosing a stamped addressed envelope for a reply. All queries are a confidence between Mr. Longhurst and the sender, and are always answered by a personal letter and never in these columns. The information is entirely free, and is the best obtainable.

shoulder.

formance.

above.

## Fesistance Exercises.

A reader has asked me if I will give some particulars of resistance exercises, not only for his benefit, but also for that of others who are interested in this most excellent method of giving increased strength, toughness, and endurance to the muscles.

I can best explain these exercises, which, by the way, are the foundation of ju-jitsu athletic training by saying that the performance of them means the working of one set of muscles against another. The muscles being under one's own control, the resistance offered must be likewise just what the individual exerciser likes to make it. Thus it is a system of muscular training which is just as well fitted for the very powerful as Spike Thompson and Skitter Dick it is for the average fellow or even

I am not going to tell you that these movements may be applied to head. Bending at hips but not at "I guess if those tenderfeet are ever | every part of the body, but it is astonishing how many muscles and groups of muscles can be brought into

#### The Neck.

Exercise 1 .- Sit or stand erect. Place both hands on back of head, one over the other, and press forward. Against this pressure force head back as far as it will go.

Exercise 2.—From this position force head forward until chin is on chest, neck strongly resisting.

Exercise 3 .-- As before, but hands on forehead and pressing back. Against the pressure, force head forward until chin touches chest.

ward, arms fully extended, knuckles up, stick a little higher than crown of knees, and working as though you were actually trying to force the stick downwards against a strong resistance. Carry the stick as low as you Exercise 2.—From finish of last movement, return the stick to starting point, working as if a heavy weight were hanging from the stick. Sideways bending of body, also backwards, may be done in exactly the same manner, always remembering to work as though you were over-

Exercise 5 .- Head upright, place

left hand on side of head and push

towards right. Against this pressure

force head over sideways to left

Exercise 6.—Réverse movement as

Exercise 7 .-- Force head to right

Exercise 8 .- Reverse movement as

Note.--Breath must not be held

during the movements, and two of

each exercise will be quite enough for

learners to begin with. A weak neck

may very speedily be converted into

a strong, muscular one by regular per-

The Back.

or stout walking-stick, hold it for-

Exercise 1.—Obtain a broomhandle

against pressure of right hand.

coming a strong resistance. Do not hold breath during the movements, but take a very full breath in and out between each separate movement, which rule applies to all resistance exercises. Be Exercise 4.—From this position satisfied with two or four movements "I-I-I" Kentuck stammered force head back, making stout re- to begin with, and until the muscles are accustomed to the work, do not make the resistance too severe. Work well within your strength.

## The Thighs.

Exercise 1.—Sit forward on a chair with the legs bent and upright, and with fect close together and firmly on ground knees together, hands on outside of knecs and pressing strongly inwards. Against this pressure force the knees as widely apart as you can get them.

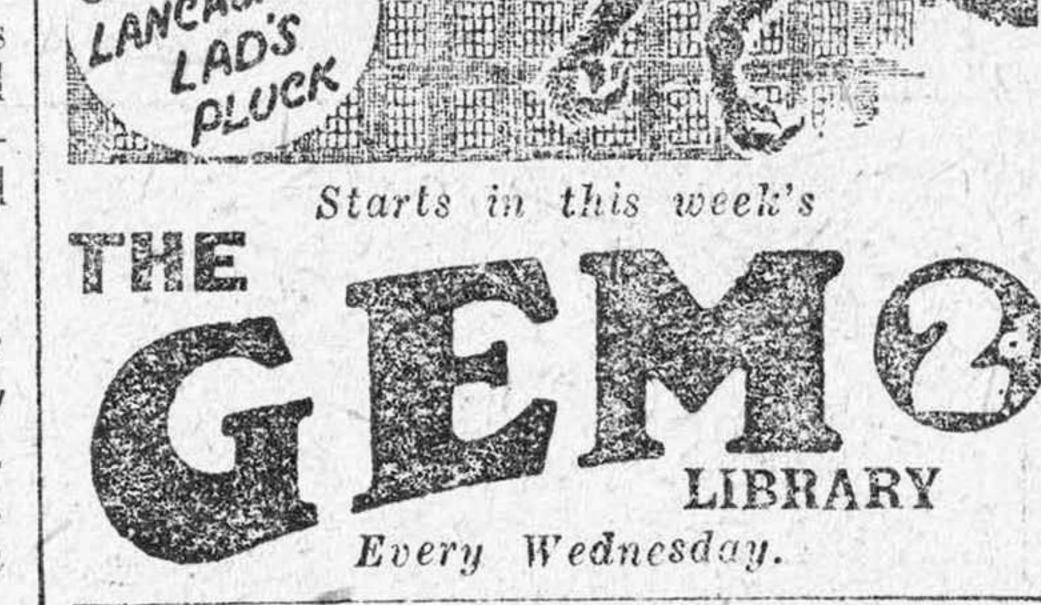
Exercise 2.-Return movement. Force knees together by pressure of the hands, making strong resistance with thigh muscles. Those on outside of thigh are affected.

Exercise 3.—Position as before, but hands on inside of knees, which are to be well apart. Press outwards with hands, and against such pressure, force thighs inwards until knees

Exercise 4.--Return movement from finish of exercise 3. Muscles inside thigh resist the outward pressure of hands.

Later on I will give further examples of these exercises.

(Look out for another helpful article.)



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