Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER V.

A year later the question of how they would "pull together" was being partially answered. During this year a good many prosaic facts had poked their plain faces right through the rose-colored veils of illusion hitherto shrouding them.

Things had not turned out just as Ella expected. John's social education, in particular, dragged sadly. Curiously enough, he had not yet begun to grasp the extent of his duties both towards herself and towards his own position. It was all right, of course, his devoting himself to his ministry; but did his duty demand of him to be at the beck and call of every rheumatic old woman for miles around, who was too stiff on her legs to come and fetch the spiritual consolation she imagined herself in need of? What strength could he have remaining for the real, urgent calls, if he exhausted himself in those purely optional ones—for this was a parish of widely scattered crofts, and many a mile of rough walking was entailed? It was for the sake of his work itself that she protested, she assured him. As for her own claims, she did not wish to put them forward, though it was rather lonely sometimes of an evening, and tiresome too, to have to wait dinner at least four times a week. Once or twice she had hazarded a gently reproachful remark in which the word "neglect" had been playfully interpolated; but he had looked at her with so naive an astonishment that perforce she held her tongue. And this blindness of his held good with regard to others of her wishes. Theoretically, she had of course been aware of the existence of all these humbly situated blood relations, but had not doubted that they could be "kept in their place" by judicious treatment. And so they could have been, if only John would hear reason. As matters stood, they acted as a dead-weight to the soarings of social aspirations. The neighborhood of the quarries was in itself a grievous trial. What was the good of carefully avoiding every reference to them, when John on all possible occasions plumped out with some reminscence of his own working days? And that ubiquitous slate-stone, from which there was no getting away, in the shape of door-steps and seats, and even queer, irregular palings, just as though it took a special pleasure in provoking Ella by reminders of the sore subject!

If John, on his side, was only indistinctly aware of something in his marriage which fell short of his expectations, it was principally because the marriage itself had never been to him the event which it had been to Ella. If gradually he dropped out of the habit of discussing his work with his wife, whom he found generally too much occupied with domestic "improvements" to lend him an undivided attention, this was no great sacrifice. Reticence was far more natural to him than expansion, which had, in fact, been only a passing phase, artifically provoked. With scarcely a pang he returned to his former exclusive self-communions.

Occasionally, aas he viewed the "improvements" Ella ssured him were essential, a mild bewilderment would come over him. The white cap and apron which the maid-of-all-work was rigorously compelled to don before opening the door, the dessert plates and the finger-bowls (out of which he had began by trying to drink)—there were things so strange to him as to be almost disquieting. Gently, but firmly, he had been trained to change his coat every evening, and had got used to the silk blouse in which Ella sat opposite to him as she dispensed the roast mutton, without quite realising that the increased smartness of her appearance belonged to the process known as "dressing for dinner." Though unable to see the necessity of these things—and even at moments uneasily aware of something that jarred between them with his private conception of his life-task—he never actively resisted them, partly because they did not seem to him of enough importance, and partly because rebellion would have appeared to him ungrateful. Could he, in justice, reproach Ella with wanting to beautify her home and his—with striving to minister to what she took to be his bodily wants? Because, personally, he happened to be a born ascetic, supremely independent of creature comforts, could he therefore fail to be touched by her efforts to do things which she evidently considered ought to please him?

At the end of that year the situation might have been summed up as a mutual but not yet acute disappointment, conscious on one side, subconscious on the other, and here still veiled by the concentration of mind on what had remained the chief object right through the episode of marriage. To say that Ella had entirely cooled towards her husband would be unfair. Her admiration for his person persisted, but of her enthusiasm for his work there remained but the ashes. The social drawbacks of her surroundings hopelessly outweighed the delights she had expected to draw from their picturesque elements. The very picturesqueness was not of the sort which appealed to her, except in theory. All that rugged grandeur was too high and broad—in one word, too big for her personality, whether of mind or body.

The peevish twitch of the lips began to predominate, betraying a growing fretfulness. The excursions in the mental balloon afore-mentioned had likewise been resumed. The picture she saw from there was extremely touching: a young wife, living a life almost forlorn, cut off by her present delicate state of health from any assistance she might otherwise have given her husband, and thus virtually shut out from his life. Or, from another point of view, a woman of education and "aspirations," exiled in a land of semi-barbarians, and tied to a man who would not understand her real wants. The vision caused more than one flood of tears to rise to her eyes during those idle days spent perforce upon the sofa in the much-improved sitting—no, drawing-room.

That even the prospect of becoming a father should have changed John so little was, in Ella's opinion, the worst symptom of all. True, he had beamed at the first intelligence, and thanked God upon his knees for the favor; but his remarks upon the coming event only too clearly betrayed the subjective place it took in his mind.

"If it were a boy, Ella—oh, if it were a boy!" had been almost his first words. "What happiness to think that perhaps some day he may be able to take up the work I shall be forced to lay down!"

Upon which Ella had only smiled a little faintly, while inwardly registering the wish that it should not be a boy. A daughter would be in many ways preferable, if only because she would be more exclusively given into her own hands to be trained up in the way she would consider fit.

It was in favor of her wish that the balance of Fate inclined.

The news met John six miles from home, and under circumstances which remained in his mind for many a day to come.

He had been out of the house for twenty-four hours, summoned to a dying woman in the wildest part of the hills. His task had been done ere nightfall, but a violent thunderstorm had kept him prisoner all night in the distant croft. Even by daylight the smaller burns, the slippery rocks made progress slow and difficult. As he tramped through the wet heather beaten all away by the violence of the past downpour, he was thinking a good deal of Ella, and hoping that his absence would not have distressed her; but he was also thinking a good deal of the old woman whose eyes he had closed last night and of the marvellous way in which the lines of care, drawn by eighty years, had been smoothed out in a few minutes by the hand of Death.

(To be continued.)

What the Doctor Orders.

Often the doctor will say, "Give the baby barley water. Easily said, thinks the mother, but how does one make it? Or, worse still, she doesn't think at all and hurries home to cook up something that is far from the healthful thing the doctor intended. Here are a few recipes for foods frequently used in caring for the children.

Barley Water.—Two tablespoonfuls of pearl barley, one quart of water. Boil continuously for six hours; as the water boils away, add more, keeping the quantity one quart. Strain through coarse muslin. It is well to soak the barley before cooking it.

Barley Water with Prepared Flour.—One tablespoonful of prepared barley flour, twelve ounces (one and one-half cupfuls) of water. Boil twenty minutes.

Oatmeal Water.—One tablespoonful of oatmeal blended with one tablespoonful of cold water. Add speck of salt. Stir in one quart of boiling water. Boil three hours, adding water as it boils away. Strain through fine sieve or cheese-cloth. After the sixth month, either barley or oatmeal water may be used in preparing the infant's food, instead of plain water. Barley water is to be used when there is looseness of the bowels, and the oatmeal when the tendency is toward constipation.

Barley Gruel.—Blend two table spoonfuls of barley flour with a little cold milk, and stir into one quart of scalded milk. Cook in double boiler two hours. Add a little salt and sugar. Strain.

Oatmeal Gruel.—To three cupfuls of boiling water add one-half cupful of coarse oatmeal and one-half teaspoonful of salt. Cook five hours in double boiler. Dilute with hot milk, and strain.

Farina Gruel.—One tablespoonful of farina, one pint of water, one teaspoonful of sugar, one-half teaspoonful of salt. Put into one pint of boiling water the salt and farina; cook for twenty minutes; strain, and add sufficient milk to obtain the desired consistency.

Rice Water.—Wash two tablespoonfuls of rice. Add one pint of cold water and a little salt. Cook one hour. Dilute with boiling water, and strain.

Toast Water.—Toast sufficient bread to make, when broken into small pieces, two cupfuls. Add to this one pint of boiling water, and let stand one hour. Strain through cheese-cloth. Serve hot or cold.

Flaxseed Tea.—Wash carefully two tablespoonfuls of whole flaxseed. Add four cupfuls of cold water (one quart). Cook slowly one hour. Add a little lemon-juice and sugar. Dilute with hot water, if necessary, and strain.

Plain Tapioca.—Add to one cupful of scalded milk, in double boiler, one ane one-half tablespoonfuls of granulated tapioca, two teaspoonfuls of sugar, a little salt, and a dash of nutmeg. Cook for fifteen minutes.

Plain Bread Pudding.—Scald one cupful of milk. To a beaten egg add one tablespoonful of sugar and a pinch of salt. Pour on this mixture gradually the scalding milk. Add one cupful of stale bread cut into half-inch cubes. Bake in buttered pudding-dish, in moderate oven, until custard is set. Serve with milk.

Albuminized Milk.—Beat up the white of an egg till light; add a good-sized pinch of salt, four ounces of fresh sterilized milk, and sugar if desired.

Beef-Juice.—Chop and broil slightly lean meat from the round. Squeeze by means of small hand-press or lemon-squeezer into a warm cup. Salt and serve immediately. One pound of round steak usually yields from two to three ounces of juice.

Beef Tea.—Cut in small pieces one pound of round steak from which all fat has been removed; cover with one pint of cold water; let soak one-half hour; put into a preserve-jar, and cover closely. The jar is placed in another vessel containing cold water. Heat this slowly. Cook for two or three hours, strain and season.

Value of Cheese in Your Diet.

Canadian women have long regarded cheese merely as an accessory to the diet, and not as a staple supplying real food value. In fact, most women believe cheese, when used in large quantities is indigestible and harmful.

Experts of the Department of Agriculture have found that cheese is seldom a cause of physiological disturbances, and may easily be used as the chief source of nitrogeneous food.

When cheese is served as a substitute for meat or other staple—and this has been done very successfully—housekeepers should regulate carefully the other part of the same menu as they now select vegetables according to the meat they intend to have, as green peas with lamb. With cheese crisp, fresh vegetables, as lettuce, celery and water cress, should be used, with or without dressing. Fruits, plain or in salad form, are also very good.

It is not generally known that cheese has nearly twice as much protein, weight for weight, as beef, and that its food value is more than twice as great. It contains 25 per cent. more protein than the same weight of porterhouse steak as purchased, and nearly twice as much fat.

Biscuits.

Things to remember in biscuit making:

Select the best flour.

Have flour thoroughly sifted.

Have liquid chilled.

Have shortening just soft enough to rub in with tips of fingers.

After adding liquid, handle as little and as lightly as possible.

Baking Powder Biscuits.—2 cups flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 cup milk and water (half each), 1 tablespoon butter, 1 tablespoon lard.

Sift the flour, salt and baking powder together, twice. Cream butter and lard together, and add to the dry ingredients, using the tips of fingers. Then add the liquid, mixing with a knife until you have a very soft dough. Place on a mixing board and pat out lightly until three-quarters of an inch thick. Cut out and bake in a hot oven for 15 minutes. This will make 2 dozen biscuits.

Cheese can be combined with many more vegetables than is generally supposed.

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City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100%. I have since verified the efficacy of this treatment in a number of cases and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious opthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative treatment I prescribed Bon-Opto and in 24 hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your collyrium. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. I always instil Bon-Opto after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. By cleansing the lids of secretions and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Conner says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopical research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblyn and T. Eaton & Co., Toronto.

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