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Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER IV.—(Cont'd.)

So successful had Ella been in inoculating her children with her own social views, that when plucked away unexpectedly before the accomplishment of her work, Julia and Albert proved themselves perfectly competent to carry it on.

Nor did the task tax their powers greatly; for in the victim thus carefully prepared for the marriage-market no resistance had yet been met. Ideas imbibed with the mother's milk are generally too perfectly assimilated to shock even the finest sensibilities, and the light of "Duty" once turned upon any particular course of action has a way of leaving even things that lie close by in a pitch-dark shadow. That she should make a "good" marriage appeared to Fenella herself almost as necessary a part of her life as that she should get up in the morning and go to bed at night. Nothing could be more congenial than the prospect, since the few glimpses she had had of the higher stratums of society had appeared to her not unlike glimpses of a sort of earthly paradise, filled with such things as beautiful rooms, wonderful pictures, cut flowers, and a hundred daintinesses which strongly appealed to something in her nature. That the man who would one day procure her all these delights should not only be rich but also "nice" had been a sort of accepted belief, too latent to have reached the stage of investigation. It had required yesterday's sight of Mr. Barrell, coupled with the thought of him as a possible husband, to disturb her instinctive optimism on this point. Until now, the future husband had remained purely abstract; yesterday, for the first time, he had threatened to become concrete, and she had scarcely yet recovered from the shock received. The manager's fortunate favoring of Julia filled her with an exulting sense of danger escaped. Decidedly she was glad that, for the moment, no other candidate loomed on the horizon; for might it not again be somebody whom Bertie approved of more than she did? And at the thought of a conflict with the virtual head of the family, and notwithstanding his liberal remarks about not wishing to force her inclinations, she inwardly quailed.

But what would the candidate need to be like of whom both she and Bertie approved? For the first time she began consciously to speculate upon the personality of that cloud-husband, and wandered so far in her speculations that when Julia abruptly observed: "It is quite eight hundred, with the perquisites nearer nine, I should say," she was reduced to asking blankly: "What is?"

"Mr. Berrell's income. Am I not right, Bertie?"

This to her brother, who, at that moment, cap and stick in hand, made one of his characteristically brisk entries. To see Albert M'Donnell either come into or go out of a room during business hours was to think of a well-oiled machine working at high pressure.

As the door opened, Fenella had looked up expectantly, then down again at her work with a slight contraction of the lips, which showed that her brother was not the person she had hoped to see. While he settled the question of Mr Berrell's income, there remained an expectant look upon her lowered face. It would almost seem as though she were listening for another step. But presently she found herself directly addressed.

"Morning, Fenella! I just stepped in to see what ravages last night's campaign has left. But you don't show much traces, I'm glad to say."

He looked at her approvingly as she sat there in the full light of the window Evidently his equanimity had not suffered from Fenella's comparative failure, so fortunately outweighed by Julia's unlooked-for success.

"A good thing to be able to stand late hours Satisfied with your first hop, eh?"

"Quite satisfied, and only sorry that there isn't a second in view. Why, it may be two years before these hawthorns come out of that box!"

"I doubt it, now that Balladrochit has grown alive again, more alive probably than it ever was in poor Mrs. Gordon's time. Somebody was saying yesterday that the new people are remarkably wide-awake."

"What do they consist of?"

"When are they expected?"

There was but one breath to the two questions, for the curiosity centring around the new possessors of Balladrachit was of many months' standing now. By the lingering end of Captain Gordon, who had taken three years to die of the wounds received in South Africa, and, dying, had dragged his tortured mother into the grave with him, the Balladrochit succession has fallen, not into any Scotch, but into intrinsically English hands—which was only next best to foreign ones. But even this blot could be overlooked for the sake of the lights which would once again shine in the solitary house across the water, and the smoking chimney-stacks, so long unused. In a spot of earth so thinly inhabited every house that is a house becomes a public benefaction. No one looked more eagerly for those lighted windows than the inmates of the Rectory—since to no one did an inhabited Balladrochit mean so many possibilities.

"They are expected on Wednesday, and they consist of mother and daughter. It is the daughter who is the heiress, and it seems that she intends to pitch her tent here for good. That means a good deal of liveliness in prospect, I fancy, since it isn't likely that an heiress of twenty-two will live the life of a hermit."

"What a lot you seem to have found out about them," observed Fenella, a trifle overcome by this abundance of information.

"I've found out another thing. I've found out what Lady Atterton was before her marriage."

"Nothing bad, surely?" asked Julia, with an alarmed look towards Fenella.

"Nothing bad at all, and nothing grand either: a governess."

There was a certain triumphant ring in the word which called for explanation.

"Isn't that rather disappointing?" asked Fenella, a little blankly.

"Disappointing? Say, rather exhilarating. A woman who has begun in the schoolroom, and who ends as a baronet's widow and the mother of an heiress to fifteen thousand a year, must certainly have something in her. One more example of what can be done with good luck and good management. I confess that I'm quite as curious to make the mother's acquaintance as the daughter's."

"Oh, I see," said Fenella, abruptly perceiving whither the moral was pointing.

"It's an engrossing subject, but it must stand over for the present; since I'm off to the loch-end. Don't expect me back before Saturday night. I've arrears to catch up, you know, and we hope to get the trace started this week. And, look here, Julia, mind you don't let father kill himself over this blasting business. It's extraordinary how he takes things to heart. Have you seen him to-day? Oh—speak of the devil!—Morning, father!"

"Father!" said Fenella, looking up quickly as the tall, frail figure appeared in the doorway; "tell me the truth, father; have you slept at all?"

"And tell me another truth: where are you off to? Surely not to Adam's hut again?"

Julia looked disapprovingly at the shabby hat in his hand.

"Yes, to Adam. I promised him. He is hanging between life and death, Julia, and it is to-day only that the doctor will be able to make a guess as to whether it is to be life or death."

(To be continued.)

HOW TO PREVENT ACID STOMACHS AND FOOD FERMENTATION

By a Stomach Specialist.

As a specialist who has spent many years in the study and treatment of stomach troubles, I have been forced to the conclusion that most people who complain of stomach trouble possess stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty, is acid in the stomach, usually due to, or aggravated by, food fermentation. Acid irritates the delicate lining of the stomach and food fermentation causes wind which distends the stomach abnormally, causing that full bloated feeling. Thus both acid and fermentation interfere with and retard the process of digestion. The stomach is usually healthy and normal, but irritated almost past endurance by these foreign elements—acid and wind. In all such cases—and they comprise over 90 per cent. of all stomach difficulties—the first and only step necessary is to neutralize the acid and stop the fermentation by taking in a little warm or cold water immediately after eating, from one to two teaspoonfuls of bisurated magnesia, which is doubtless the best and only really effective antacid and food corrective known. The acid will be neutralized and the fermentation stopped almost instantly, and your stomach will at once proceed to digest the food in a healthy, normal manner. Be sure to ask your druggist for the bisurated magnesia, as I have found other forms utterly lacking in its peculiarly valuable properties.—F. J. G.

The only camp fire in the woods that is "out" is one that is "dead out."

So far as possible relieve the dealer of delivery of goods. Ask him for a discount and take care of your own deliveries. If you cannot do it yourself, ask the children to help out.

DOMESTIC SCIENCE AT HOME.

Fourth Lesson—Incombustibles.

The mission of food in the body is to repair, build new tissue and to furnish heat and energy to the body for the daily labor.

The mysterious processes of digestion separate the food, so that we find portions of it are incombustible, that do not furnish material for repairing, building new tissues, heat or energy to the body. Upon close study we find that digestion starts in the mouth and stomach and finishes in the intestines.

The stomach and intestines are so constructed that they depend upon their contraction and expansion, as it were, for the performance of their duties, which consist of absorbing the nutriment of the food, discarding all that has yielded its goodness and eliminating all waste products from the body.

In order that these organs be kept in their usual working order, it is necessary that foods containing considerable bulk be eaten daily.

Vegetables, salads, whole grains contain valuable incombustibles in the form of cellulose, which are necessary for active elimination of waste and undigested foods from the body

Preserving Currants

The red, white and black currants are used for making jams and jellies.

For currant jelly wash the currants by placing them in a colander or in a sieve. Dip the colander in plenty of cold water and shake around. Drain and remove the currants from the stems, and measure them before placing them in the preserving kettle.

Three quarts of prepared currants, three cupfuls of water. Place currants and water in a preserving kettle and bring to a boil. Use a wooden potato masher to mash fruit while cooking. Boil for ten minutes and then place in a jelly bag or in a piece of cheesecloth. Then lay it in a colander to drain. Do not squeeze; this would cause the pulp to work through and make the jelly cloudy.

Then measure the jelly and allow one cupful of sugar for each cupful of the currant juice. Return the juice to the kettle and bring to a boil. Boil for eight minutes, then add sugar. Stir with wooden spoon until sugar is dissolved and the mixture comes to a boil. Cook for ten minutes. Pour into sterilized glasses, cover and store in usual manner for jellies.

Spiced Currants.—Three pounds of sugar, one pint of water. Place in a preserving kettle. Bring to boil and cook for ten minutes, watching carefully. Do not stir the sugar after boiling has begun, then add spice bag, four quarts of prepared currants. Cook slowly for three-quarters of an hour, stirring constantly with wooden spoon to prevent scorching. Fill into sterilized pint jars, seal at once. For the spice bag take four blades of mace, one stick of cinnamon, broken in bits, two pieces of ginger, one-half teaspoonful of whole cloves. Tie in a piece of cheesecloth. This bag must be removed before storing the currants. Prepare the currant as directed for jelly.

To Store Currant Juice.—The juice of the currants may be prepared, bottled and stored up for future use, when it may be made into jelly, used for sauces or with carbonated water as a thirst quencher.

Currant Juice.—Six quarts of prepared currants, two quarts of water. Place in a preserving kettle, bring to a boil and boil for twenty minutes. Fill this juice into sterilized bottles. Then place the bottles in a hot-water bath and process twenty minutes after boiling begins, for quart size. Cork and then cool, dip the tops of the bottles in hot sealing wax.

Spiced Currant Jam.—Rub the pulp of the currants used in making currant juice through a fine sieve. Measure and add three-quarters of a cupful of sugar to each cup of this pulp. Place in a kettle and stir to dissolve the sugar. Then add the spice bag. Bring to a boil and cook slowly until thick like jam. Pour into sterilized glasses or other containers that may be sealed by covering with hot paraffin wax. For the spice bag take two tablespoonfuls of cinnamon, one teaspoonful of nutmeg, one teaspoonful of cloves, one teaspoonful of alspice. Tie securely in a piece of cheesecloth. This spice bag must be removed before the jam is stored. This jam is delicious on cold meat.

Simple Remedies.

I have found several drugs indispensable in the home, which, under trade names, cost several times as much. It is very often possible to buy antiseptics and water softeners at a great saving in this way.

For instance, boric, or boracic, acid as a drug is inexpensive, yet I have had to pay several times as much for it when purchasing under a trade name. This acid is one of the most widely used eye remedies, and is the principal ingredient in most of them. The same is true of most foot powders.

For an eye wash I use a saturated solution. This same solution is also a splendid antiseptic, and I keep a small quantity made up for this purpose. It may be used on open wounds without pain. This is very effective, and is also non-poisonous.

As a foot powder the acid is used in the powdered form. One or two spoonfuls to a shoe relieves tired, aching, and sweaty feet, and also removes all odors.

I keep a bottle containing a saturated solution of borax for use in my sink. A few spoonfuls of this softens the water and brightens aluminum ware. A mixture of half borax and half sugar is an excellent ant poison.

THE HOUSE OF WINDSOR

King George Has Changed the Appellation of British Royal Family.

The Royal family of Britain is of the House of Saxe-Coburg-Gotha. The Hanoverian line ended with the marriage of Queen Victoria and Albert, Prince of Saxe-Coburg-Gotha.

George V. lives up to the conception of a "Patriot King." He has now struck out the German names used in the description of the British Royal family. Several weeks ago German titles held by connections of the Royal family, such as the Tecks and Battenburgs, were abolished, and new British appellations found for them. Saxe-Coburg-Gotha is now dropped as the name of the reigning dynasty. Henceforward it is to be the House of Windsor. That is a fine old historic English name, after the castle which has for so many centuries been one of the chief abodes of Royalty. The change will be welcomed by the British people, at home and in the outer parts of the Empire.

Windsor is a parliamentary and municipal borough and market town in Berkshire, on the Thames, 22 miles west of London. The village of Old Windsor is about two miles to the east, where was situated the royal residence, granted with the town by Edward the Confessor to the monks of Westminster. William the Conqueror regained possession of it and occasionally resided there. Windsor Castle, the chief royal palace of England, stands on an eminence near the Thames, and the buildings and immediate gardens cover twelve acres, while there is a park of 1,800 acres. Henry I. made extensive additions to the fortress constructed by William the Conqueror and the fortress became a palace. Edward III. was born there and after his accession he rebuilt and enlarged the palace. James II. and William of Orange added fine collections of paintings. During the reigns of George III. and George IV., more than $5,000,000 of public money was spent on the castle.

As the principal Royal house in the Entente, the Windsors' course will no doubt have direct influence upon other monarchs, such as King Albert of Belgium, who is of the House of Saxe-Coburg-Gotha. Thus another step is taken in the isolating and discrediting of Teuton royalty.

TO SWEEP GARDEN WITH

Princess Mary Wanted Nice Hard Broom For Young Prince.

Princess Mary likes an open-air life, and has been often seen riding with the King during his Majesty's early morning rides, both in London and at Windsor. She made her debut in the hunting field when she was only eleven, attending a meet of the West Norfolk Foxhounds on her chestnut cob.

As the only daughter in a family with five boys, the Princess has shared her brothers' games and recreations. She enjoys shopping, and takes great trouble to obtain the particular presents which she sets her heart on. For instance, she once asked in a London shop for a small hard broom. They had not one.

"I want a nice little hard broom for my brother to sweep garden paths with," said the Princess.

Since the war Princess Mary has made a quantity of things for sale and distribution on behalf of war funds.

SPEED UP FREIGHT MOVEMENT

In order to facilitate train movements and release passenger train crews for other work, the railways of the United States are making drastic reductions compared to which those in Canada early this year appear mild. Thus, for instance, the Pennsylvania Railroad merely on its lines east of Pittsburg has eliminated no less than 102 trains, or more than double the number taken off the whole of the Canadian railways. This will cut down the passenger movement by an amount equivalent to 2,268,000 train miles per annum or over 6,500 train miles every week day. A number of parlor cars, restaurant cars and observation cars are being discontinued. The Boston and Maine has taken off no less than 255 trains, or more than five times the number taken off in Canada, saving approximately 41,000 train miles per week. Strenuous efforts are also being made to increase the carload and to impress on merchants the importance of rapid unloading so that the freight equipment shall be kept busy to its utmost capacity, and terminals should be kept clear. The American railroads realize that speed in freight movement is one of the greatest aids they can give to help win the war and according to all reports are achieving remarkable results. It is up to Canadians to see that Canada is not left behind in this patriotic race.

"Frozen" Troops.

All soldiers are now instructed what to do when a hostile scouting aeroplane is sighted by troops on the march. On the warning "Aeroplane!" every man drops on his right knee, with his head bent well over the muzzle of his rifle—to look up is fatal, for it creates a "sea" of white faces—which is held in a sloping position in front of the body. All ranks then remain as motionless as they possibly can until the aeroplane has passed over them. In fact, they may be said to "freeze,' as wild animals froze when seeking to evade observation.

Cut away the fading flowers on all plants. If allowed to ripen seeds the plants will not flower freely.

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WORDS WE WANT.

The English Language is Constantly Being Enriched by New Terms.

The war is enlarging our dictionary, and we are growing accustomed to many terms which, in pre-war days, rarely or never fell upon our ears. Blighty, flag-day, strafe, "little bit," summer-time, are examples. The latter word, in all its war-paint, actually appears in the latest volume of the new English Dictionary.

But some words are still required, so get busy and see whether you can find them!

To start with, can you think of a good term for allotment-holder? "Allotter" and "alloteer" have been suggested by a contemporary, but they lack snap. Got anything better?

A decent name for our airmen is also on the waiting-list—something to go with Tommy and Jack. No money will be paid to the inventor; but think of the glory of having produced a term that will be handed down to your great-grandchildren!

Then, what shall we call the man who has been re-rejected? And the woman voter? And can you find something snappy for a tobacco-hoarder, a man over sixty-one, and a meal that is only half a meal?

HELP WIN THE WAR

It is the duty of every subject of the Allies to help win the **WAR**, and they can best do it by preventing **WASTE** and storing up for the **COMING WINTER** all food products, especially those perishable foods such as fruits and vegetables.

This can be accomplished easily by using one of the **NATIONAL CANNING OUTFITS.** With the aid of one of these all kinds of fruits, corn, peas, tomatoes and beans can be cooked, which will keep indefinitely when properly prepared.

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