Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER V.—(Cont'd).

mered Fenella, much embarrassed by her new role, and utterly unable to express the real sympathy which at sight of the sufferer had welled up from some unplumbed depth.

"You're a bit easier now, Adam, aren't you?" asked John, bending yet lower. "What is it you are feeling?"

"It's joy and gladness I'm feeling, John. Since the morning I jaist lie here and am thanfu'."

Fenella looked at her father with a startled question in her eyes. Clearly Adam's mind was wandering. Was this the final delirium?

"Have you not heard yet?" said the crippled man, with a momentary strength in his whisper. "Bessie's safe, and the boy's a fine one. Ah, but the Almighty is good!"

To Fenella's consternation, she abruptly became aware of the sting of tears in her eyelids. She was too new to the moral atmosphere of sickrooms to be able to bear with equanimity the sight of genuine resignation, or not to stagger at the sound of God's praises spoken by those maimed and invisible lips. The quite new set of sensations which, from her first step into this room, had claimed her, threatened for a moment to break down her self-control. John, hearing a suppressed sob, looked at her in alarm, and seeing her discomposure, concluded that her nerves were not equal to the task set them.

"You're feeling the closeness, maybe," he said quickly. "You can look in again presently, but meanwhile you'll be the better for a mouthful of air, I'm thinking. Duncan will take you out."

At that Fenella drew her fingers away from the bed, and, a little dazed, followed the broad-shouldered figure which moved before her towards the door. Her eyes, grown used to the half-light, vaguely took in another figure—that of some old female relative of the house, acting as a scratch sicknurse, and stirring something in a bowl, as well as a few of the rustic details of the room; the small bits of carpet upon the uneven flagstones, the plain deal chairs and dressers. Also, she took with her an undecided impression of a good deal of bright crockery, and a more pronounced one of that same methodical tidiness which had struck her outside.

Upon a broad slab of slate-stone, which flanked the door in guise of a seat, she sat down with a deep-drawn breath. It took her some moments to become quite calm again, and during those moments she forgot that she was not alone; or rather the presence of Duncan alongside, silent and immovable, did not seem to her important enough to rank as an intrusion.

Having mopped her eyes and restored her pocket-handkerchief, she was somewhat taken aback, on raising her head, to find that he was looking at her with an expression that was not in the sympathetic; in fact, barely friendly. At the same moment, she caught sight of the sling in which his left arm rested and of the rags tied round several fingers of his right hand, and abruptly remembered that he too was a sufferer, though a minor one.

"I haven't inquired about your hands yet," she began, with none of the emotion she had felt when speaking to Adam, and with a point of condescension discernible in her tone: for she was, by this time, composed enough to remember the part she had meant to play. "Do they hurt you much?"

Duncan uttered the fragment of a not very pleasant laugh.

"What necessity is there to inquire about my hands? Is it not enough that you should have been so gracious to stand for two minutes beside your father's cousin's bed?—for he is that, you know."

Fenella met his openly defiant glance with one of hurt astonishment. This address was not at all what she had expected. She had indeed guessed that Duncan was not a particularly amiable character, a fact she deduced principally from the almost churlish salutations he was wont to bestow upon Julia and herself when they met in the road; for though there had never been a time when she did not know him by sight, the words exchanged with him had hitherto been pretty well confined to "good morning" and "good evenings." In her ignorance of the real man, she had unavoidably expected him to be both pleased and flattered by her errand of to-day. The astonishment at perceiving that this was apparently not the case caused her to look at him for the first time attentively. Looking thus, she discovered, firstly, that he was very big, quite as tall as Bertie or her father, only with ever so many more inches to his shoulders. She also supposed that he ought to be considered good-looking, or, with a pleasanter expression on his face, had some chances of being so, for his black eyes, even filled as they now were with gloom, showed finely under his level brows, and his white teeth flashed out in brilliant contrast to the short, dark beard, whose brown smouldered at the fringes into a rudder tint.

"Did you not knock your head against the door-beam?" he asked, with that same flavor of bitterness which she had noted in his first whisper.

"What do you mean?"

"I mean that I never expected to see Miss Fenella stoop so low as to bend her head beneath our humble door. It's when we're supposed to be on our death-beds that we become worth taking notice of, is it not?"

"It's then that my duty seems to point the way," answered Fenella, grown cool from the strength of sheer indignation.

Was this bear actually daring to call her to account, presuming, maybe, on the strength of their relationship—that relationship which even the red threads in his brown beard, so alike in tint to her own heavy plaits, inconveniently proclaimed? At the thought her head instinctively went up.

"You have not told me yet whether your hands hurt you?" she resumed quickly and a little loftily, more anxious than ever to keep the real object of her visit well in view.

"Maybe they do, but I've no room in me to feel the pain; it's all filled up with the anger against those who are at fault."

"And who is at fault?"

"Mr. Berrell, in the first line; and next to him, the whole Company as it stands."

The deepening of his frown made it evident that a fiercer anger had chased away the lesser one.

"You mean about the tools?"

"I mean about the godless want of conscience. The iron has been contrary to the law for years, but because the steel and the copper costs some shillings more, men's lives are allowed to take their chance. And what for? In order that these gentlemen who call themselves directors should be able to put two horses to their carriage instead of one, and their missis' have six silk gowns instead of five. But it will not go on like that. This thing's a famous handle."

"Then your father is going to——"

"Father is going to do nothing; he's a great one for keeping quiet, but I'm not made that way. As sure as I'm a Christian, I'm going to have a try at the law. I'm mighty curious to see whether it's made for the poor folk as well as for the rich. I'll not be content with a mere compensation—should they grant it—I'll have no peace till the iron tools are gone. There's a whisper abroad that Mr. Berrell means to advise the Company to refuse compensation, on the ground of culpable carelessness—but I shouldn't just counsel him to try that trick."

(To be continued.)

SHIPBUILDING IN CANADA.

50 Wooden Steamers Will Be in Service Within Year.

Fifty wooden steamers of a uniform size of twenty-five hundred tons will be added to the ocean-going tonnage of Canada within the next twelve months. The first of them will be launched this fall and on the others good progress is reported.

The ships are those which are being built for the British Government through the agency of the Imperial Munitions Board. About thirty are in yards on the Pacific coast, and the others at Atlantic or lake ports. From five to nine months is the time required for completion. Simultaneously with ships of steel construction the various ship building plants are stocked with orders to their full capacity for the coming year.

DOMESTIC SCIENCE AT HOME

Seventh Lesson—Fats and Oils.

Fats and oils form the second class of heat and energy giving foods. One of their functions is to lubricate the intestinal tract.

They produce twice as much energy as carbohydrates, and for this reason the people in cold climates consume from two and one-half to three times the amount of fat that persons in warm climates would consume.

Fats are classified or separated into two distinct classes—fixed and volatile oils. All fats used in the preparation and cooking of food are called fixed oils. By this term is meant that little or no evaporation takes place during the process of heating and cooking with the fat. Fixed oils, while they do not evaporate when heated to a high temperature, become dissociated or decomposed; that is, their chemical construction breaks down or separates after the boiling point is reached.

Volatile Oils.

Volatile oils, upon reaching the boiling point, are transformed into a gas or vapor. For instance, if the essential oil of turpentine is heated in a proper vessel by chemists to 300 degrees Fahr., it ceases to be a liquid and becomes a gas, which, upon cooling, returns to the liquid form without loss of volume or weight.

This experiment is dangerous and should be performed only by laboratory experts and chemists. It is given here only as an example for a proper explanation.

Oil of cloves, cinnamon, bitter almonds, lemon, patchouli and bergamot are a few of the best known of the volatile oils.

Composition of Fat.

Fats are called hydrocarbons, composed of carbon united with oxygen and hydrogen. They contain in their composition various fatty acids and glycerine. From decomposed fats the commercial glycerine is obtained.

Milk Fats.

The minute globules of fat that are suspended in milk give it its clean white color. The proportion of fat in milk varies from two and eight-tenths to eight per cent. This variation is due to the age, condition and feeding of the cows from which the milk is obtained.

Milk taken directly from the cow and permitted to stand for a period of time has fat globules on the top. These globules, which are lighter than water, rise to the top and form what is called cream. Cream is wholesome and palatable for the fat it contains.

Butter is made from cream by the process of beating or churning. This action causes the little fat globules to break and then to coagulate into a solid mass.

Animal Fats.

Animal fats heated to the boiling point burn or carbonize, thereby showing numerous particles (black) in the fat. This is unfit to use as a cooking agent for food.

Olive Oil.

Olive oil is the most palatable and easiest of all the oils to digest. The genuine olive oil is almost without flavor. The oil is made in four grades. The first pressing from the olives is called virgin oil. The second grade is good and the third fair; the fourth is sometimes known as refuse oil. Nothing can equal olive oil as a cooking medium.

Cottonseed Oil.

Cottonseed oil to-day is a great improvement upon the oil of a few years ago. The processes are now perfected whereby the oil is produced absolutely colorless and tasteless. It is an ideal medium for frying or shortening, and it is much preferred to the various kinds of animal fat.

Classification of Animal Fats.

Beef fat is known as suet. Sheep fat is called tallow. Pig or hog fat is commonly known as lard. Uncooked fats are called suets. Fat that comes from the cooking of meat, such as roasting or boiling, is called drippings.

Vegetable Fats.

These embody oils produced from vegetables, such as corn oil or peanut oil. Corn or peanut oils are particularly desirable for cooking purposes because they give a delightful flavor and texture to the cooked food. Other vegetable oils are bayberry, tallow from the bayberry, also penny tallow and oil from different grains.

The Ideal Meal.

Variety in the making of a menu is as necessary as the food itself. One would soon tire of beef and be unable to partake of a sufficient amount for nutriment if it were the only protein furnished for thirty days.

Beef, lamb, veal, pork, poultry, fish, cheese and the legumes give one a wide scope when planning the daily balanced menu. Potatoes, rice, hominy and barley furnish carbohydrates or starches.

Fat from the meat, cream in the milk and butter eaten upon bread also perform their mission in the body and are necessary for its upkeep in supplying energy and lubrication.

Sugar and sugars such as are found in the fresh and dried fruits are classed as carbohydrates. Succulent vegetables and salads supply the necessary mineral salts.

Therefore a portion of meat or a substitute for it, potatoes or their equivalent and one green vegetable, salad, bread and butter and a dessert supply an ideal meal.

Three Good Recipes.

Peach Popovers.—One egg, fill cup with milk, one cupful of flour, one-fourth teaspoonful of salt. Place in a deep bowl and beat for five minutes with a Dover egg beater. Then pour into hot popover pans. Bake in a moderate oven for thirty-five minutes, and fill with crushed and sweetened peaches or other fruit.

Cucumber Salad.—Peel and cut in thin slices one medium-sized cucumber. Sprinkle with salt and then put in a cool place for one hour. Rinse and cover with chopped ice to make it crisp. Lay on shredded lettuce and serve with the following: One teaspoonful of sugar, one-half teaspoonful of salt, one-half teaspoonful of mustard, one-half teaspoonful of paprika, two tablespoonfuls of vinegar. Blend to a smooth paste and stir in six tablespoonfuls of sour cream. Serve.

Corn Pudding.—One cupful of corn scraped from cob, one cupful of milk, eight tablespoonfuls of flour. Place in a saucepan and blend the corn milk and flour. Bring to a boil and cook for one minute. Cool and add one teaspoonful of salt, one teaspoonful of finely cut parsley, one-quarter teaspoonful of paprika, one-half teaspoonful of grated onion, yolk of one egg. Mix thoroughly and fold in the stiffly beaten white of one egg and one teaspoonful of baking powder. Pour into a thoroughly greased baking dish and set in a pan of warm water. Bake for twenty-five minutes. Serve from the dish with cream sauce.

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WESTERN FARMERS CALL FOR LABOR

GRAIN RIPENING RAPIDLY BUT MEN ARE SCARCE.

Cutting Will Commence About August 20—Patriotism Demands Conservation of Crop

The gravity of the situation in regard to the harvesting of Ontario's crops serves but to illustrate more clearly the seriousness of the call of the farmers of the western prairies for some 30,000 men from the eastern provinces to help garner the grain in Manitoba, Saskatchewan and Alberta this season.

The Canadian Northern Railway whose 6,000 miles of line in the three prairie provinces serve the most productive areas, have already announced that the help of 25,000 men would be required to assist the farmers along its lines this year. Since then representatives of the Federal government, the three provincial governments and the leading railways, have conferred at Winnipeg, and announced that 31,000 harvesters from Ontario and the other eastern provinces would be welcomed in the west this year.

As everyone knows, agriculture is at the base of our Canadian prosperity, and if only for this domestic reason, the harvest should be assured. But this year the wheatless millions throughout the world look to the North American continent and especially Canada, for their supply. The North American wheat crop this year belongs to all the world with the exception of the Teutons and their allies, and because of this it is imperative that the grain yield be conserved.

STOMACH MEDICINES ARE DANGEROUS

DOCTORS NOW ADVISE MAGNESIA

Just how dangerous it is to indiscriminately dose the stomach with drugs and medicines is often not realized until too late. It seems so simple to swallow a dose of some special mixture or take tablets of soda, pepsin, bismuth, etc., after meals, and the folly of this drugging is not apparent until, perhaps years afterward, when it is found that gastric ulcers have almost eaten their way through the stomach walls. Regrets are then unavailing; it is in the early stages when indigestion, dyspepsia, heartburn, flatulence, etc., indicate excessive acidity of the stomach and fermentation of food contents that precaution should be taken. Drugs and medicines are unsuitable and often dangerous—they have little or no influence upon the harmful acid, and that is why doctors are discarding them and advising sufferers from indigestion and stomach trouble to get rid of the dangerous acid and keep the food contents bland and sweet by taking a little pure bisurated magnesia instead. Bisurated Magnesia is an absolutely pure anti-acid which can be readily obtained from any drug store. It is absolutely harmless, is practically tasteless and a teaspoonful taken in a little warm or cold water after meals, will usually be found quite sufficient to instantly neutralize excessive acidity of the stomach and prevent all possibility of the food fermenting.

NO LONGER OBSOLETE.

Things That Were Thought Out-of-Date Are Being Revived.

In spite of the fact that this is a machine and petrol war, it is remarkable how old things that seemed obsolete keep bobbing up. Who, for instance, would have thought that the seeming outworn weapon, the grenade, after which the British Grenadiers were named, would be one of the successes of the war? Or that the old bayonet would be much use against machine-gun fire?

One must go still further back for armor; yet there has been a distinct movement in favor of a return to it. And it is a fact that the steel caps our men have been provided with have saved tens of thousands of lives.

Then the sword was supposed to be obsolete. Yet we not only read of a naval fight where there was boarding, but it was followed by a cutlass fight, for all the world as in Nelson's Fleet in the brave days of old.

After all, it does not do to scrap things too soon. They may come in very serviceable by-and-by, and even save the situation. And, in spite of machines and general frightfulness, the man himself is the most important instrument, both of war and peace.

Increasing the fertility of the soil is the most important problem before the majority of farmers to-day.

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ELECTRICAL HOME LIFE.

Idyllic Conditions Which Prevail in the Homes of Sweden.

It is a generally acknowledged fact that we have never made proper use of electricity in this country. In The World's Work, for July, Mr. James Armstrong predicts the early dawn of the British electric age. He cites Sweden as an example of the part which electricity is playing in the destiny of the world.

The city of Stockholm is as cold a city in winter as one could wish to find; but although Sweden produces not an ounce of coal its citizens are as warm and snug as if they lived in the tropics. Electricity supplies the solution of the problem. The Stockholm householder does not burn coal in the grate of his room, and strive to profit from a modicum of heat which is radiated into the room, while most of it escapes up the chimney. Neither does he dive into the depths of the cellar to stoke up the furnace. His last duty on retiring for the night is to move a small handle or switch — button if you like—which sends a current of electricity circulating through the wire coil enclosing a cold water tank. As the water becomes heated, up it is sent coursing through the pipes laid throughout the house, and the constant circulation preserves an equable temperature from hall to roof. Upon rising in the morning the householder shuts off the current — the water has been heated sufficiently to last the house during the daytime when the energy is required for a thousand and one other purposes for the benefit of the community.

How is such a system possible? The Swedish engineers have been busy. The torrential rivers and mountain streams have been harnessed to turn huge turbines linked up with ponderous generators which, in their rapid revolution, turn out current as readily and as copiously as water flows from the tap. The energy thus obtained so readily is conveyed from the lonely power-house, maybe for scores of miles, to the city to be distributed among the residents, who are called upon merely to move a small switch in their homes in order to receive the full benefits which the "juice" can extend.

Meals can be quickly and conveniently cooked, the house brilliantly lighted, and as much heat as desired obtained—all by pressing a button. And the cost, owing to the extensive scale upon which current is generated, is but a fraction of the expense which would be entailed were coal or any of the other familiar mediums, gaseous and solid, employed for such purposes.

Proper Methods of Buttermaking.

Few people trouble themselves about the reason that creamery butter is to be preferred to dairy butter, but by way of introduction to Bulletin No. 53 of the Dairy and Cold Storage Branch, Ottawa, Dairy Commissioner Ruddick furnishes an explanation. Incidentally he also points out that a good deal of damage is done to the trade by inferior dairy butter. The bulletin for which Mr. George H. Barr, Chief of the Dairy Division, is responsible, in concise terms describes the whole process of butter making, tells the utensils that should be used and how they should be used, gives the results of experiments with the separator as regards temperature and variations in speed, deals with the care of cream in cooling and preparing for churning and in pasteurizing, gives expert counsel as to salting and working and points to the advisability of attractive packing in parchment paper. He also points out the requirements of the law in branding or marking and supplies practical hints on care of the utensils. Finally, he tells in terse terms how to get the best results in farm dairy work. Both the bulletin and a blue print of the plan for a dairy that is given can be had free by application to the Dairy Commissioner or to the Publications Branch, Department of Agriculture, Ottawa.

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