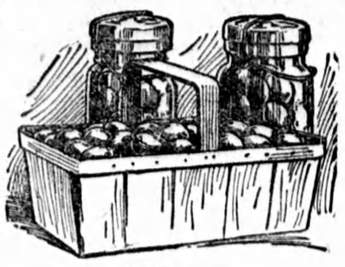

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Plums

have a spicy zest which makes them a favorite preserving fruit, and several excellent varieties are plentiful this year.

Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER V.—(Cont'd.)

"Won't all this be rather dangerous?" asked Fenella, a little alarmed by the look of the wrathful black eyes, and with her brother warning still fresh in her mind. "Will it not be bad for you to make an enemy of Mr. Berrell? He has so many ways of—of making himself unpleasant."

"Then it's just got to be bad for me! It can't be worse than bending for ever under another's man's will—crawling to his feet for fear of being kicked. I'm too big to crawl, and too clumsy. What! Isn't our lot hard enough, as it is? Is the skin we wear off our hands, winter and summer, too little yet? Don't we have to take our lives in our hands often enough at the end of those ropes, and upon those pegs that would barely seat a cat? The ordinary risks of the quarry are too little yet, it seems, since we're to be bullied into taking the by-ordinary ones too. The minister preaches patience, and of course it's his business to do so; but he shouldn't preach it beside father's bed—or not to me, anyway; for the bandages on father's face have a louder tongue, to my mind. Do you think I can look on that and stay quiet?"

He stared down at her with wrathful inquiry, but Fenella found no answer, being most genuinely taken aback. In growing astonishment she had listened to the vehement words which detached themselves so strangely from the peaceful rush of the unseen river, down at the back of the cottage. Her own indignation of a minute ago had been swept aside like a straw by this unlooked-for burst of something so very like rage. Really she had had no idea that this unknown cousin of theirs was so fiercely rebellious a character.

* * * * *

Within the darkened cottage-room John still sat by Adam's bed, listening to the broken whispers, which, with pauses of exhaustion, came from under the bandage.

The joy of a great relief still predominated over the merely physical pain.

"I don't so much mind now whether or not I've got to go. Bessie's doing all right now, and it's quite in order that I should make the trip to the island ahead of her. There's just one other thing I should like to have seen before they put me in the ground."

"Mind, you're not to worry," said John softly, as he paused. "These things are better in the hands they-re in than they could be in ours."

"I know—I know," whispered Adam, with the eagerness of latent fever; "but it will ease me to say it. It's about Duncan. If he had chosen a wife, I could die easy."

"He'll choose one yet; and, please God, you'll be there to see it."

"No, he'll no choose one, I tell you. It's these five years that I've been at him for it, but Duncan's got a head like a stone. He's taken up some idea against marrying; but it's contrary to nature for a man to be single at twenty-eight."

"Duncan is such a hard worker that he can't take the time to go courting."

"He needn't go courting. There's Elsie Robson ready to take him, if he would but lift his little finger. A bonny, stout lass, just the sort we should need about the house. And with a croft of her own, and two cows upon it. You won't believe it, but I can't get Duncan to look at her. I'm just wondering, John——"

The weak voice wavered, and for a few moments the man with the invisible face lay still, gathering strength.

"I'm just wondering whether a word from you might not bring him to his senses. Maybe if you could put the thing before him as a sort of duty—now that I'm as likely as not to go, and he to become the head of the family."

"Yes, I'll speak to him if you like, but only if you promise not to worry any further. Let us put that aside now. Maybe you'd like to have another word with Fenella before she goes, for she's got to be getting home. Shall I call her in?"

"Aye, to be sure—call her in," said Adam eagerly. "It's as grand as hearing an angel, that soft voice of hers. Oh, but it was good of you to bring her, John."

Presently Fenella stood again beside the cavernous bed, with more composure this time, already better able to bear the sight of those terribly suggestive bandages.

"You'll come again, Miss Fenella, won't you?" pleaded the injured man. "I don't know whether it'll be given to me to look on your bonny face again, but it's something to hear your voice. Ah, but it's no so unfortunate an accident, after all, if it brings me nearer to John's children."

"I'll come again," said Fenella, without hesitation, though only a few minutes ago, while smarting under Duncan's veiled reproaches, she had inwardly resolved that her first visit should be her last. To disappoint the entreaty in the voice of the sufferer was quite beyond her strength.

As alone she walked back down the glen she was thinking more deeply than she had ever done before. She had caught her first intimate glimpse into lives which yet lay so close to her own, and among the new impressions surging confusedly within her the only thing she was quite sure of was that she had got nearer to her father. At any rate, the secret of that zeal which devoured him no longer appeared so insoluble an enigma.

CHAPTER VI.

"Balladrochit,
"12th April, 1905.

"My Dear Ronald,—If you've got a heart in your body you'll board the next boat that comes our way!

"Being a Highland landowner is quite too delightful for words, but not so simple a matter as in the innocence of my heart I had imagined. The amount of knowledge expected of me is appalling. Keepers and factors and chrofters and other strange creatures demand audience at all hours of the day, and lay before me problems which I'm expected to settle off-hand: about repairs, and renewals of leases, and sheep drives—whatever that may mean—and hundreds of other dark things. Since we got here on Wednesday I've been chiefly occupied in veiling my ignorance. Yesterday my dignity had a narrow shave; for when I asked the headkeeper where the deer-forest was, and he pointed to a bare hill-side opposite, I only just stopped myself from asking what had become of the trees. Luckily, I remembered in time that a Scotch forest isn't a forest at all. But this is only one among the pitfalls that gape around me, and from which I expect your superior experience to preserve me. Mamma is no good at all, though she does all that a Queen-Mother can be expected to do. In spite of twenty-three years' experience, she's remained far too governessy to rule a house; and for all her majestic presence, she's a mere toy in the hands of either under or upper bailiffs. How do you think she's been spending her evenings since we came her? In rubbing up her knowledge of Scotch history! As if it did not shine already with a perfectly blinding brightness! It's in vain I keep repeating to her that it's anything but good form to be so dreadfully well-informed; old habits are too strong for her. She's got all the details of a certain Massacre—with a big M—which it appears took place here once upon a time, and all the dates pat, and shows a strong inclination to treat it as an examination paper—efforts which, needless to say, I steadily ignore.

(To be continued.)

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DOMESTIC SCIENCE AT HOME

Eighth Lesson—Proteins.

Proteins are necessary for body building and repairing waste tissue. They are a very important constituent of our food, differing from all other compounds in their composition, owing to the presence of nitrogen. The human body is composed of eighteen per cent. protein.

Eggs, meat, milk, cereals, peas, beans, lentils are all protein foods. Protein coagulates upon the application of heat, acid or ferment. Some proteins are entirely soluble in cold water. The compounds of protein are divided into three distinct classes, namely: Albumens, gelatinoids, extractives.

The white of an egg is the purest for of albumen. It is found in the form of a thick, white, viscuous liquid. Albumen is also found in meat, as casein in milk. It is in the form of gluten in wheat and cereals and as legumin in peas, beans and lentils. It dissolves readily in cold water and coagulates upon the application of heat.

Gelatinoids.

The second class of protein compounds are the gelatinoids. Gelatin is found in the connective tissues, which are their leading constituent. It is also found in meat; tendons, cartilage and bone; also existing in all bodily tissues. They are a very important element in the body. The entire wall cells contain large proportions of gelatin. It is very important that the manner of cooking food be of such a nature that every particle of this valuable substance be retained in the food.

Extractives.

The third class of proteins is extractives. This extract is the flavoring which is found in foods. Great care must be taken while cooking foods that nothing impairs this flavor or destroys its value as an important element of nourishment. Extracts are soluble in cold water.

Protein is soluble in cold water and coagulates upon the application of heat, so that care and judgment should be used when cooking various protein foods.

Meats.

Two methods are employed to cook meat for food.

First, where it is the object to extract all the nutriment of the meat into the liquid or broth, as in soups, meat teas and broths. The meat is cut into small pieces or chopped fine, added to the cold water and brought slowly to boiling point. Then it is placed in a position where it will simmer or cook at a temperature of 165 degrees Fahr. This method extracts all the nutriment from the meat.

Second, searing or coagulating the surface of the meat. The meat is put to cook in boiling water or steam from five to ten minutes and then processed at a simmering temperature, or the surface of the meat is brought in contact with intense heat for the same purpose, coagulation, or searing the entire surface. It is then processed as directed in the preceding recipe.

The second method preserves all the nutritious elements in the meat.

Canning Peaches.

Freestone peaches give the best results. Albertas and Crawfords are the first choice.

Make a syrup of two pounds of sugar and five pints of water. Boil this for five minutes, then cool. Split the peaches in half and remove the stones. Peel the peaches and drop them into the syrup.

This method prevents the delicate pulp of the peach from becoming bruised while removing the stones. Dropping the peeled peach into the prepared syrup prevents discoloration. When a sufficient number of peaches are prepared fill into sterilized jars, packing them closely together as possible. Fill the jar to overflowing with boiling hot syrup, made by placing in a saucepan and boiling for ten minutes, six cups of sugar, six pints of water. Now place the sterilized rubber and lid in position and partially tighten. Put into a hot-water bath and process for thirty minutes after the water starts boiling. At the end of this time remove the jars from the bath, fasten the lids as securely as possible, test for leaks and then store in a cool, dry place.

Spiced Peaches.—Prepare and peel the peaches just the same as for canning. Let them stand in the stock syrup while preparing the spiced syrup.

Spiced Syrup.—Six sups of sugar, five cups of water, juice of one lemon, Place in a saucepan and stir well until dissolved. Now add the following spices, tied in a piece of cheesecloth: one tablespoonful of whole cloves, one tablespoonful of allspice, two sticks of cinnamon, one tablespoonful of blade mace, two roots of ginger. Add to the syrup and then boil for ten minutes. Now pack the peaches into the jars. Pour the spiced syrup to overflowing in the jars. Place the sterilized rubber and lid in position and then partially tighten. Process the jars for thirty minutes in a hot water bath, after the water starts boiling. Remove from the bath, tighten the lids as securely as possible and then test for leaks. Store in a cool, dry place.

To use the stock syrup left after the peaches are all in jars: Place all the peach peelings in a large preserving kettle and add the stock syrup (the syrup used to lay peaches in while peeling them). Place this on the fire to cook until the pomace is very soft. Stir frequently to prevent scorching. Strain and bottle the same as for fruit juice. Or, to four quarts of this juice add quarter peck of apples, washed and cut into small pieces. Do not peel or core the apples. Cook until the mixture is soft and then drain as for jelly. Measure the juice and then return it to the kettle. Bring it to a boil and then cook fo five minutes. Add an equal measure of sugar. Stir until well dissolved, then boil for eight minutes. Pour into glasses and store as for jellies.

Note.—A safe and reliable method of cooking jellies is to use a thermometer. Cook to 222 degrees Fahrenheit.

If Stomach Hurts Drink Hot Water

"If dyspeptics, sufferers from gas, wind or flatulence, stomach acidity or sourness, gastric catarrh, heartburn, etc., would take a teaspoonful of pure bisurated magnesia in half a glass of hot water immediately after eating, they would soon forget they were ever afflicted with stomach trouble, and doctors would have to look elsewhere for patients." In explanation of these words a well known New York physician stated that most forms of stomach trouble are due to stomach acidity and fermentation of the food contents of the stomach combined with an insufficient blood supply to the stomach. Hot water increases the blood supply and bisurated magnesia instantly neutralizes the excessive stomach acid and stops food fermentation, the combination of the two, therefore, being marvelously successful and decidedly preferable to the use of artificial digestants, stimulants or medicines for indigestion.

Thumb Tacks.

A writer in a fashion paper draws attention to the thumb tack and its toilet uses. Wherever she travels she says she takes large corks filled with these tacks, two of which will hold her skirts against the wall of the room or closet and the necessity for carrying about a regiment of hangers is thus obviated. She also sticks thumb tacks through her veils and hair nets, affixing "these pesky belongings," as she terms them, to the bottom of the drawer. Another use for the tack is to stick it, or several of it, into the bottom of skirts to hold them stretched and firm against the wall.

September is a good time to look for a special egg market. It is the time when consumers are coming back to the city and are looking for new-laid eggs. It is also the time when new-laid eggs are the scarcest. If you are so situated that you can ship direct to consumers, see about this trade.

Vegetable Soup.

Three quarts water, one quart shredded cabbage, one-half pint mixed carrot, one pint sliced potato, one-half pint minced turnip, one-half pint minced onion, one leek, two tomatoes, two tablespoons minced celery, two tablespoons butter or drippings, two tablespoons green pepper, three teaspoons salt, one-half teaspoon pepper.

Have the water boliing hard in a stewpan and add all the vegetables except the potatoes and tomatoes. Boil rapidly for ten minutes, then draw back where it will boil gently for one hour. At the end of this time add the other ingredients and cook one hour longer. Have the cover partially off the stewpan during the entire cooking.

The man who starts the plow as soon as he has a field cleared will be in the best position for the necessary big crop in 1918.

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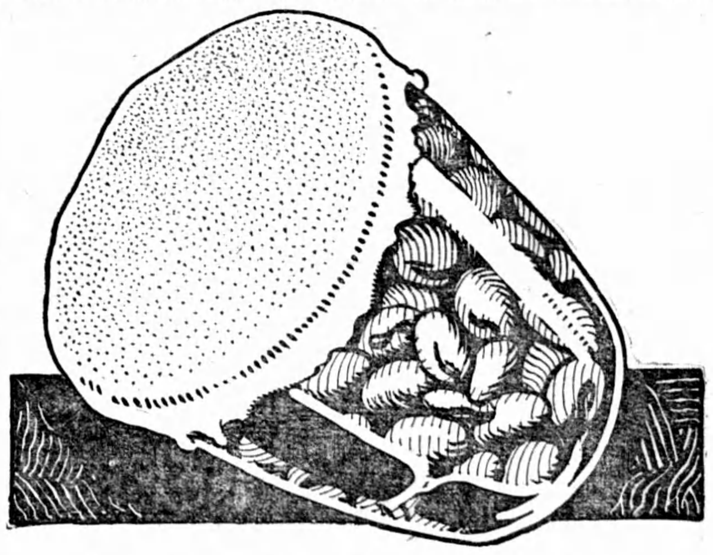

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