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Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER VIII.—(Cont'd.)

If to-day, as he made his hasty preparations, he was smiling to himself, it was because he thought he saw signs of a right path having been struck. The goal was a mere air-castle as yet, of which the foundations had been laid on the day of the visit to the Burial Island, and to which a few more layers had been added on the occasion of his last week-end at home. It was on that occasion, too, that the appointment had been made, in obedience to which he was quitting his work prematurely, for it was to-day that the slate-quarries were to be visited under his personal guidance, supplemented by that of the manager. As light-heartedly he closed his bag, it was not of Fenella alone and her possible chances that he was thinking. In his constitutionally sanguine mind there was a second air-castle building, yet more cloudy and far more undefined than the first—so improbable, in fact, of aspect that even his supreme self-confidence could not but smile at the fancy, without being able to smile it quite down. In flat defiance of his reason it was with a fairy-tale sort of feeling that he emerged from his humble quarters and, having given his orders to the shaggy foreman, stepped into one of the half-dozen boats which at high tide rode close to the rocky shore. The loch-end smiled on him to-day as it had never done before. The rough track of the future road, the smoking road-engine, brought hither in pieces, which had been fitted on the spot, the stone-heaps, the primitive smithy, the cabins for the workmen, they were all, in truth, so many blots upon the landscape; but to Albert personally the only features worthy of attention—weapons as they were of that battle with Nature, in which his bellicose soul could not but delight.

* * * * * *

"If I weren't myself," remarked Mabel Atterton, at about 4 p.m. on that same day, "I think I should like to be a slate-quarryman."

It was to Albert that the remark was addressed, as together they emerged from the gates of the grey amphitheatre whose inspection had just been concluded—but it was Mr. Berrell who replied.

"I don't think you'd like it for long, Miss Atterton; not unless you have a set of young ladies like yourself for fellow-workers. You wouldn't stand a week of such rough company as these fellows are."

"Rough?" Albert promptly took up the word. "Allow me to protest against the adjective. Hard work slate-quarrying may be, but not rough. It's too full of surprises for that. Why, every single bit asks for individual treatment: the grain of the stuff, its power of resistance, the thickness to which it will bear to be split, one has to judge of all that, and one has to be ready for emergencies. Did you notice that man with the single-handed hammer, how quickly and neatly he chiselled a drain to carry off the rain-water that was trickling into his bore-holes? That's typical of what I mean; and that's why I maintain that we've got no real boors here, since every slate-quarryman has got to use his brains quite as much as his hands, almost from the cradle upwards."

Albert spoke eagerly, bent on the persuasion of his hearers. That family origin which would not be concealed might yet gain by being invested with a certain intellectual glamour.

"I wonder you didn't go in for slate-quarrying yourself, if you're so keen over it?" remarked Mr. Berrell, with a coarse-grained laugh.

The new manager was a more striking than attractive person, whose physiognomy, perhaps owing to a pair of broad and over-conspicuous lips, or possibly to an aggressive gleam in the whites of his small black eyes, vaguely suggested the negro—a suggestion, however, in which his complexion, of a somewhat unwholesome pallor, played no part. Both in the rather grating voice, and in the lines about the broad, squat nose, there was an element of harshness. It was beside Julia M'Donnell that he had been walking during the inspection just concluded, and where difficult places made assistance advisable it was Julia who was favored by the support of his large, flabby hand. Ronald Macgilvray rendered precisely the same services to Fenella, while Albert successfully divided his attentions between Mabel Atterton and her mother, underterred by the fragmentary lectures on mineralogy and geology, for which the quarries furnished fatally convenient pretexts. The arriviste had upon his sympathy an especial claim which made for patience.

"Have you found it interesting?" asked Fenella of her attentive cavalier, with whom conversation somehow did not seem to grow easier as acquaintance advanced.

"Oh, just awfully," he replied, with a readiness to acquiesce which would doubtless have embraced more unpromising things than slate-quarries. Then, after a moment's reflection:

"But it must be deuced hard work, all the same."

"Yes, it is hard work," said Fenella, with a conviction born of recent revelations; "but I do think it must be fascinating. I have been hearing about it a good deal lately," she explained. "One of our—one of the quarrymen was injured by a blast, and I have been visiting him with father. I am afraid he will remain blind."

"That's hard luck. But anyway, he won't have to work any more."

This also was an afterthought, and spoken so seriously that Fenella could not help laughing.

"Would that be a compensation to you?"

"Well, no, really, I don't mean that, Miss Fenella! But, you know, it must be an awful business having to be here at eight o'clock every morning; and hammering and boring away at that confounded rock, and putting the pieces on to the trucks, and all that sort of thing. How glad the fellows must be when Saturday comes! And on Sunday morning I'd bet even odds that they lie in bed till eleven o'clock. Just fancy having to be here by eight!"

It was evident that this point in the quarryman's day appealed most deeply to his personal sympathy.

"Do you never get up before eight o'clock?"

"Rather! I've known myself get up at six—once for a big shoot in Irelalnd, for instance, or on hunting days with a meet twenty miles off. But there was an inducement, you see. I don't think I could do it for the sake of chipping slates. And even then," he added, with a pleasantly boyish laugh, "didn't I just take it out next day! You bet!"

"Perhaps if your breakfast depended upon the chipping, and you were very hungry for it, that might be an inducement too," mused Fenella. "But then, of course, you don't know what it is to be hungry."

"Don't I, though! I don't think any fellow could feel hungrier than I have felt after a hard day on the moors, with an east wind in one's face, and all the sandwiches gone."

"Oh, yes; but that's different," said Fenella, and for an instant contemplated propounding this difference, but quickly dropped the project, as holding out but slender prospects of mutual understanding.

They had crossed the road, and, between the rails of the miniature line, were making their way on to the "bank," where the sheds stood in a close row. Here the final shaping of the slates took place, and here also they were stacked in neat, beautifully-packed black piles, ready to be shipped.

Mr. Berrell self-consciously played the cicerone.

"Each crew—of six men, generally—tells off two of its best workmen for the finishing work. It's as good as a play to see the court that's paid to an extra good workman, in order to lure him into a crew. Why, the best hands at the double-handed hammer are positively made love to."

(To be continued.)

HOW TO WIN SUCCESS.

Have Confidence in Yourself and Do Not Lean Upon Others.

Power is the goal of every worthy ambition, and only weakness comes from imitation or dependence on others. Power is self developed, self generated. We cannot increase the strength of our muscles by sitting in a gymnasium and letting another exercise for us.

Nothing else so destroys the power to stand alone as the habit of leaning upon others. If you lean you will never be strong or original. Stand alone or bury your ambition to be somebody in the world.

The man who tries to give his children a start in the world so that they will not have so hard a time as he had is unknowingly bringing disaster upon them. What he calls giving them a start will probably give them a setback in the world. Young people need all the motive power they can get. They are naturally leaners, imitaors, copiers, and it is easy for them to develop into echoes or imitations. They will not walk alone while you furnish crutches; they will lean upon you just as long as you will let them.

One of the greatest delusions that a human being could ever have is that he is permanently benefited by continued assistance from others.

If your grain contains a large percentage of foreign material, clean it. It keeps better. Feed low grades and screenings on the farm.

Near the town of Tsingyuan, China, a large irrigation project is being carried out. Canals have been dug running for 25 or 30 miles into the neighboring districts, and a temporary dam has been thrown across the Fen river, which has been wholly diverted into the irrigating ditches.

DOMESTIC SCIENCE AT HOME

Thirteenth Lesson—Bread.

When making bread use a thermometer and scale for accuracy, so that you will have a positive knowledge of how and what you are doing. Modern inventors have made it possible for the baker to manufacture bread of a uniform quality.

The housewife's lack of knowledge of this most important part of the home cooking has resulted in the numerous large baking plants that are a feature of all large cities. Theory has caused many failures; few women really understand the underlying principles of fermentation.

History tells us that the Egyptians were probably the originators of bread. The following fable illustrates the discovery of the method of converting grain into bread.

The story goes that a slave, while grinding the grain one day between two stones, a sudden shower wet the meal. The slave fled from the storm, forgetting in his haste about the meal. When the storm was over and the sun had come out he returned to his grinding. He found that the sodden mass that was the grain before the storm had come was now a dry hard cake. This was the first production of unleavened bread.

Modern breadmaking dates back from the Romans, who derived the art from their Greek and Egyptian captives of war. Historians state that the Romans made unleavened bread in 200 B. C.

In many portions of the Old World this style of bread is still made. In this country unleavened bread is made into biscuits and crackers, sometimes called beaten biscuit. It depends upon the amount of air that is beaten or incorporated into the dough to give it its lightness.

Flour.

A knowledge of flour is necessary for successful baking. There are two distinct kinds. One is known as spring and the other as winter wheat. Spring wheat flour contains the largest percentage of gluten. This spring wheat is ground into two distinct varieties, known as soft spring wheat, and hard spring wheat.

Winter wheat is divided into two varieties similar to that of the spring wheat flour, namely, red winter flour, which is the hard winter wheat flour, and the soft winter wheat flour. The last-named flour contains a large percentage of starch. It is used for pastry and cakes.

To get successful results the flour must be blended. The fancy patent flours that are on the market are especially prepared for all-around family baking purposes.

Pastry flour, or soft winter wheat flour, will not make good bread, owing to the low percentage of gluten. The flour should be kept or stored in a room that averages about 70 degrees Fahrenheit and in a container that may be kept closed and away from all foods that have a strong odor. For successful results the home baker must have:

Good flour of a reliable brand.
Good, active fermentation.
Yeast food.
The proper amount of salt.
The proper temperature.
The proper manipulation.
The proper baking.

When starting to make bread select a reliable brand of flour. Store it in a proper container in a place that has the right temperature. Sift the flour before using. The use of compressed yeast eliminates all doubt and uncertainty of the old style liquid and dry yeast.

For successful results it is necessary to supply the yeast with a food for active development. This food is not found in the flour, therefore it must be supplied. The food necessary for the active development of the yeast is sugar. Sugar supplies the carbon which is a necessary principle of the process of fermentation.

Salt is added to the bread for two purposes—first, to flavor the bread and make it palatable, and also to supply one of the mineral elements essential to the human body. Second, to control the process of fermentation. If too little salt is used the bread will lack flavor and be of a coarse, rough texture, while if too much is used the action of the yeast will be retarded and the bread will show a loss of volume.

Temperature is the controlling factor in successful bread-making. The room in which the bread is made must be free from all drafts. The proper temperature is 78 degrees Fahrenheit in summer and 80 degrees in winter. Use a thermometer and eliminate the guesswork.

By this is meant that the dough must be worked sufficiently by rolling and knealing, if made by hand. If a breadmixer is used the bread must be worked for the period of time as per instructions as supplied with the machine.

Time for hand manipulation is from fifteen to twenty minutes and from five to ten minutes when using the mixer.

Baking.

The baking of the bread will require care. It must not be placed in an oven of uncertain temperature, then the door closed and the bread left to luck. The oven should register 325 degrees Fahrenheit when the bread is placed in it. The bread should be watched carefully and if the heat of the oven is not evenly distributed (that is, if one part of the break bakes faster than the other), the bread must be moved or turned.

Remember that while the oven registers a high degree of heat, if you were to place a thermometer in the center of the loaf of bread you would find that it requires nearly fifteen minutes for the heat to reach the center of the dough to heat it to the boiling point or 212 degrees Fahrenheit. For this reason sufficient time must be given after the bread is well colored for the interior of the bread to be well baked.

The time allowance should be from thirty-five to forty minutes for medium-sized loaves, weighing about sixteen to eighteen ounces before baking; from forty to sixty minutes for loaves weighing from eighteen to twenty-six ounces.

Shortening is used to make the bread render and to neutralize the acid in the flour; it also furnishes fat to the food value of the bread.

Two methods are employed for the making of bread.

First, the sponge method. This calls for a sponge of light batter. The mixture is set to rise and then the remainder of the flour, salt and shortening is added. The dough is then worked for fifteen minutes. After this it is allowed to rise for the second time. Now it is molded into loaves, given a short proof and then baked.

Second, the straight dough method. In using this method the salt, shortening, sugar and flour are mixed with the liquid and yeast into a stiff dough that can be worked without sticking to the hands. This method is quicker, because it is possible to have the bread finished in about four and three-quarters hours. This method gives very satisfactory results.

Milk, part water and part milk, or all water may be used in making bread. One medium-sized potato may be added when the water is used. Milk increases the food value of the bread. The milk must always be scalded and cooled before using.

The Sponge Method.

Sift the flour and then set it in a place where it will have a temperature of 80 degrees. Now to prepare the sponge. Heat the utensil in which the sponge is to be made by filling it with hot water. Let the water stand in the utensil until it is heated thoroughly; then empty out the water and dry the vessel.

Then place in a bowl three cupfuls of liquid, testing it with a thermometer to see if it is exactly 80 degrees Fahrenheit. Crumble in the yeast cake and add two tablespoonfuls of sugar and three cupfuls of sifted flour. Beat with a spoon for five minutes. Cover and set in a place free from all drafts for one and one-half hours. Then add six cupfuls of flour, one and one-half tablespoonfuls of shortening and two teaspoonfuls of salt.

Knead for fifteen minutes, then put the dough in a greased bowl; now turn it over. This will grease the dough and prevent it forming a crust while rising. Cover and let rise for two hours.

Mold into loaves, place in well greased pan, and set away to rise for one hour. At the end of this time bake the loaves in an oven registering 325 degrees Fahrenheit for forty-five minutes.

Use a scale when ready to mold the loaves. Weigh twenty ounces to each loaf. Divide the balance of the dough into rolls, weighing two ounces each. This recipe will make two loaves of bread, weighing, after baking, about seventeen and one-half ounces apiece, and ten rolls.

Straight Dough Method.

Two cupfuls of water, 80 degrees Fahrenheit, one ond one-half tablespoonfuls of sugar, one and one-half tablespoonfuls of shortening, one and one-half teaspoonfuls of salt. Mix well. Crumble in one yeast cake, stir until dissolved; now add six cupfuls of flour. Work to dough and then knead well for fifteen minutes. It must now be smooth and elastic. Put in a greased bowl and set to rise in a place free from all drafts, with a temperature of 80 degrees Fohrenheit for three hours. At the end of this time mold into two loaves. Put in greased pans and let rise again for fifty minutes. Now, bake in an oven of 325 degrees Fahrenheit for thirty-five minutes.

This amount of dough makes two loaves of bread, that will average about fourteen ounces apiece, or one loaf and eight rolls, weighing two ounces each.

Points to Remember.

Use good flour.
Sift the flour.
Scald and cool all milk or water used in making bread.
The temperature for success must be 78 degrees in summer and 80 degrees in winter; also the room must be free from all drafts.
Thorough manipulation.

Follow the recipe closely. Remember that judgment must be used. It is impossible to gauge the accurate amount of flour to any given amount of liquor. Flours vary in the amount of moisture they absorb; for this reason it easily will be seen that one brand of flour will require a little more or a little less moisture than another. When the amount of liquid is known, it is a very easy matter to withhold one or two tablespoonfuls of flour or to add the same amount.

The yeast must be fresh. By this is meant that it must have good color, a pleasant yeasty odor and be firm to the touch. The compressed yeast is the best kind to use.

Brush the top of the loaves of bread, when taken from the oven, with melted butter.

Place a pan of boiling water on the floor of the gas oven while the bread is baking.

Use a thermometer first, last and always. Don't guess at your work. Know what you are doing. This is the baker's greatest tool. He takes no chances; he knows, and in knowing lies the secret of his success. Any thermometer will do that will register from the freezing point to 100 degrees Fahrenheit, when preparing the bread, but do not use this thermometer in the oven. A regular oven thermometer can be purchased at a very reasonable price. It will save its cost in three months. The assurance that the oven temperature is of the right degree conveys to you a peace of mind that is above money value.

It is hard to break the chains of habit. It took one man six months to stop saying "Gee Whiz."

Perhaps habit has kept you ordering "the same tea as before" when you had intended to buy Red Rose.

This will be a reminder. So next time you will order Red Rose. You will be pleased, we are sure.

Kept Good by the Sealed Package

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LONG-LIVED SEEDS

Some Have Germinated After a Century Has Gone By

There are few questions more hotly argued by gardeners than the life of seeds.

Some people are prepared to swear that wheat and pea seeds taken from mummy cases thousands of years old have germinated. On the other hand, scientific farmers will assure you that the seed of wheat loses its life within, at most, ten years.

A good deal of evidence undoubtedly exists to support the theory that many seeds are exceedingly long-lived. Some years ago a grass lawn at Culmstock, in Devonshire, was broken up and turned into a risery. The following spring the whole of the ground was covered with most exquisite pansies! This lawn had not been disturbed for fully a century, and no pansy seed had been sown anywhere near. In any case, the pansies that have come up did not resemble those in any neighboring garden.

The only possible solution seems to be that the seed had lain buried in the ground, awaiting its chance to germinate.

The longest known survival of any seed is that of a certain Egyptian lily. A dried seed-pot kept in the South Kensington Museum contained seed which was tested and found to grow after a period of ninety-five years.

Melon seed has grown after being kept for forty years. Turnips will last eight or ten years. It is asserted that haricot beans have germinated after lying by for a century.

Mary: "Has your sweetheart been ordered to camp?" Jane: "Yes; now I must fall back on my reserves."

Our best friends may be those who tell us of our faults and show us how to correct them; but we never quite appreciate those friends.

Forgetful.

Uncle Ezra—I hear your boy has joined the aviation corps.

Uncle Eben—Yes, and I'm afraid he won't make good.

Uncle Ezra—What makes you think so?

Uncle Eben—He's so forgetful that he's liable to take the machine up and come down without it.

Those who take up the study of the bee have need to handle the subject gently.

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