Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER IX.—(Cont'd.)

upon the bank might well serve as a pretext for business. The look in his scornful black eyes had spoken plainly enough. And just as his first hostility had began to melt; it was a pity, really, and would make her visits to Adam so much more difficult. They had grown so pleasant, these visits; and, with increasing familiarity, the rustic details had revealed such unexpected charms. She was quite intimate now with the inside of that hut which, at first sight, had given her such a shock of displeasure. Neither the flagstones of the floor, nor the hanging platform which represented the ceiling, nor even the underside of the thatch, plainly visible above, crossed by birchen branches with the bark still on, any longer offended her finer sensibilities; and this principally for the reason that, humble though it all was, she had gradually discovered that it was yet absolutely free of that offensive "messiness" which too often is the boon companion of such humility. The impression of cleanliness and order which had struck her on the first day grew steadily with each fresh visit. There were things that amused her—such as the display of empty biscuit-tins upon the mantelpiece— or the choice of prints upon the neatly papered walls. Her favorite among these was a certain very well fed Joseph, being sold by his brethren, one of whom was pinching the calves of his legs, something after the method of a farmer showing off the "points" of a prize; though this was closely run by an imposing array of personages in kilts, which, to judge from the uniform gloom of the wearers' countenances, must have been considerably too tight about the waist. But though some of the details made Fenella smile, none of them made her shudder. Whatever there was of metal shone ever with blinding brightness, what there was of crockery blinked immaculate. That distressing display of family linen which was the rule elsewhere seemed here unknown. So abnormal, in fact, did this state of things appear to Fenella—all the more abnormal in the absence of a housewife—that on one occasion she had interrogated Adam on the subject.

"Is it a neighbor who keeps your hut so tidy for you?" she once asked him, her eye being caught by some wonderful edging of pink paper fringing the crockery shelves, which had not been there at her last visit.

Adam laughed—a laugh that held both contempt and vanity.

"Are any of the neighbors' huts kept like ours is?"

From where he sat in the wooden arm-chair before the hearth he turned his still bandaged head from side to side, as though with his lost eyes he could see the familiar details.

"Tell me truly, Miss Fenella: have you seen anything as braw as this here room in all Ardloch—barring the Rectory, of course," he deferentially added.

"No, indeed, I haven't; and that's why I can't understand—"

"No more can I," chuckled Adam. "It won't enter into me how he finds time to keep things as straight as he does."

"He?" repeated Fenella, astonished at the use of the pronoun.

"Duncan, to be sure! And the trouble he takes over it!—more trouble than it's worth," added Adam, with a conviction which was proof even against vanity. "What do you think he does when he comes home dog-tired from the quarry? Take a rest, maybe? Not Duncan! It's down on his knees he is, the moment he's swallowed his supper, scrubbing at the flagstones as though he were bent on scrubbing the face off them—or maybe careering round with the broom after the cobwebs. And it's no that alone; he's no content with having things clean, he wants them smart too. Now, that paper edging to the shelves," and Adam waved a bandaged hand in the direction in which he knew the latest ornament to be—"you'll maybe no believe me when I tell you that he was up at four this morning to get them ready. 'What's that you're snippin' at?' I asks him, when I heard the scissors go. 'New fringes for the shelves, father,' he says, 'the old ones are getting ower shabby.' 'Duncan,' I whiles says to him, 'you're as bad as a woman, any day; if you don't look out you'll be growing as fussy as any old maid in the parish.'"

"How strange—I never would have thought that of Duncan. He—doesn't look like that, somehow."

Fenella glanced about her with frankly astonished eyes. The pink paper-fringes and the blindingly bright biscuit-tins were far from being isolated in their language, for in a pot upon the window-sill something seemed to be trying to grow—not over-successfully—while in a mug upon the table a branch of flowering hawthorn, evidently freshly gathered, mingled its scent with that of the hot oatmeal which, within these walls, seemed perennial. The symptoms struck her all the more because of their seeming incongruity with the alleged author of them. It was indeed difficult to connect pedantry and fussiness with the almost aggressive virility of Duncan's personality. Apparently there were discoveries to be made about this rustic cousin of hers. Nor was this the first of the discoveries; for a few days back, upon a little shelf in the darkest corner of the room, she had come upon a small collection of well-worn books, and not exactly the sort of books she would have expected to find in a quarryman's hut; for beside the inevitable "Scriptures" and a volume of Sunday at Home, she had been rather taken aback to read such titles as "Emerson's Essays," "Paradise Lost," as well as a condensed history of England, and a third or fourth hand copy of a work entitled, "Ten Years in Canada."

"Duncan's books," Adam had explained when questioned. "He's mighty fond o' readin'."

This, too, had been a revelation to Fenella, and had helped to explain the superior quality of his English compared to that of his father.

So interested was she in her latest discovery that when Duncan had returned from the quarry that day she could not forbear a half-quizzical compliment, destined, perhaps, to provoke some explanation of the phenomenon. But here she succeeded ill.

'I've just found out that it's you who act the housemaid here," she had said smilingly, though with that touch of condescension which still lingered in her bearing towards the son, though no longer towards the father. "Do you know, I am quite astonished at your achievements!"

Duncan flushed hotly, more hotly than offended modesty seemed to demand.

"What is there to astonish you? A man doesn't need to be a gentleman, does he, in order not to be fond of living in a pig-sty?"

The brusqueness of the answer was so pronounced that Fenella hastily dropped a subject which, for some reason or other, seemed to be a sore one. But he was not always so unfriendly as this; and though he had never, in so many words, thanked her for her attentions to his father, Fenella yet, by innumerable small signs, by countless unspoken words, knew that he was not ungrateful.

And yet, to-day, as she walked up the hawthorn-scented glen, where the burns, swollen by yesterday's rain, seemed, as they leapt down the hillside, to be shouting to the bawling river below: "We come! we come!"—and where the sheep grazed among the boulders with their noses as persistently close to the ground as though they had been great white leeches

(To be continued.)

INVALID SOLDIERS' LEAGUE.

Convalescent Soldiers at Edmonton Form Model Organization

The Invalid Soldiers' Welfare League is a newly formed organization in the Edmonton Convalescent Home which promises to become a model for similar leagues in all the convalescent homes of the Military Hospitals Commission.

There are many phases of life to be carried on in the homes, and the patients here hit upon the idea of forming an organization which would provide machinery for promoting athletics, social life and maintaining a canteen, as well as a bond of interest common to all the men in the home.

The membership is constantly changing, of course, as cases are discharged and new ones come in, but every man while he stays belongs to the league. The aim is simple—"For the welfare of the men in the convalescent home and hospital"—and the appeal is direct. The returned Tommies like the idea.

There are three chief committees; one is in charge of athletics and arranges games, field days, and all sports; the social committee has charge of all the picnics, concerts and movies; and the canteen committee of the smokes, refreshments, etc.

The supreme proof of its usefulness comes when it lends money, to the amount of $400, to any man going out into civil life needing a lift, if he can give proper security, and every dollar loaned to date has been repaid.

This is a boon to the man who lived on a salary before he enlisted and whose family used up his small savings in his absence.

In the Edmonton Fair the boys cleared $2,000 on a show they staged. Each man who worked was paid $2 a day; and ten per cent. of the profits were turned over, as is their custom, to the widows and orphans fund of the Great War Veterans.

GAY HALLOWE'EN.

Among the wigwam shocks of corn,
I met the crisp October morn.
With pumpkins high I piled my load
And thought of children as I rode.
I saw instead of yellow piles,
A wagon-load of saw-tooth smiles,
With glowing eyes and fearsome flare,
And candles gleaming everywhere.
I saw a laughing, motley crowd,
With Jacks held high and shouting loud.
I heard the calls of girls and boys,
And smiled at thought of coming joys.
The jolliest crop of all the year,—
Gay Hallowe'en at last is here!

Rubber Comforts Dangerous.

The sale of rubber comforts is prohibited in France because they endanger the lives of infants. Regular feeding, frequent drinks of boiled water, and clean, dry clothing make a pacifier unnecessary. Better allow a child to cry if you cannot discover and remove the cause than allow him to form this filthy habit. Upset digestion, adenoids and crooked teeth are a few of the evils attributed to this one cause.

A factory in which radium is being produced has been opened in Scotland by a Scotch chemist,

An electric egg candler has been invented for use in public places where the freshness of an egg can be demonstrated.

PROTECT CROP SAVERS.

Our Insectivorous Birds Should Not Be Slaughtered.

On September 10, scare heads in the newspapers announced that frost had caused damage in the United States to the extent of probably $50,000,000, the grain markets became excited, and prices advanced. Why? Because it was unusual.

Every year in the United States, $800,000,000 loss occurs through the depredations of insects. This is a conservative estimate, made by experts. Such an announcement, however, creates no interest either in the grain market or newspapers. Canada suffers proportionately. It is but another of the enormous wastes which we are content to put up with, as we do with the heavy fire waste, and feel that, with our bountiful harvests and rich natural resources, we can afford to be extravagant.

If some means existed to overcome early frosts, no time would be lost in putting them into effect. Not so, however, with the continued loss by insects. Our insectivorous birds, far from receiving protection, have been promiscuously and continuously slaughtered, to the detriment of our field crops.

Canada and the United States have recently passed enabling acts giving effect to the Migratory Bird Treaty for the protection of insectivorous birds. To many this protection is looked upon as a curtailment of liberty. In reality, however, it is a means of putting money into each citizen's pocket, and everyone, both by example and influence, should do everything possible to protect our feathered friends.

Dairying with hogs on the side is now, and is likely to be for some time, one of the most profitable lines in Ontario farming.

DOMESTIC SCIENCE AT HOME

Fifteenth Lesson—Rye, Graham and Health Breads.

Nature provided man with grains containing valuable nutriment necessary to maintain life. Man, craving luxury, discovered a process of milling or refining the meal which is made from the grains. By grinding grain into white flour, which is a process of refining, much of the vital element is removed.

The vitamines and mineral elements so very necessary for human structure of teeth and bones and bodily welfare are lost.

The human body requires sixteen elements for its daily well-being. These elements are found in mother nature, the earth, the grains and the vegetables. The loss of any one of these plays havoc with the body; by discarding several more, their loss is plainly seen.

Now is the acceptable time to return to the foods of our granddads, namely, to eat whole meals. Bread made from whole wheat forms an ideal ration; it furnishes protein, carbohydrates, some fats and mineral salts, and a portion of the bulk that has an exceedingly good effect upon the intestines.

The absorbent qaulities of whole wheat make it necessary to lessen the flour when making bread.

Rye flour contains slightly less gluten than wheat flour; this gluten is of a tough character. A portion of wheat flour is necessary to produce a good loaf. In many parts of Europe it is the necessary staff of life, and is known as black bread. In the old country the bread is frequently baked in batches sufficiently large enough to last a family from six to eight or from eight to ten weeks.

Graham flour is flour made from whole wheat. The outer coat and some of the bran are removed. It finds favor with many persons who dislike entire wheat bread.

Gluten bread is made from whole-wheat flour. The starch is removed by washing. The residue is then dried and it is finally prepared into flour. It is used in special cases of diabetes, kidney, liver and intestinal troubles.

Whole-Wheat Bread

Two cups of water, one tablespoonful of sugar, one teaspoonfuls of salt, two tablespoonfuls of shortening, one yeast cake, five cupfuls of whole-wheat flour. Dissolve the sugar and shortening in boiling water. Cool to eighty degrees Fahrenheit, then add the salt, yeast cake and flour. Knead for fifteen minutes. Put in greased bowl to rise for three hours, in a warm place, free from all drafts, about eighty degees Fahrenheit in temperature. Now mold into two loaves. Place in well-greased pans and return to place to rise for one hour. Bake in an oven of 325 degrees Fahrenheit for fifty minutes. Remove from oven. Brush the tops of bread with melted butter, then lay on a rack to cool.

Rye Bread

Two and one-half cupfuls of water, two medium-sized potatoes. Peel the potatoes, then cut in thin slices and boil until soft. Rub through fine sieve. Now cool to eighty degrees Fahrenheit. This amount should measure two cupfuls. Place in a bowl and add: two tablespoonfuls of sugar, two teaspoonfuls of salt, two tablespoonfuls of metled shortening, one yeast cake, two cupfuls of white flour, one and one-half cupfuls of cornmeal. Place the ingredients in bowl in the order given. Beat well, to mix. Set sponge to rise for one and a half hours in a place about eighty degrees Fahrenheit. Then add three cupfuls of rye flour. Knead well for fifteen minutes. Return to place and let rise for two hours. Mold into loaves and let rise for forty-five minutes. Bake in a moderate oven for fifty minutes. Caraway seeds may be added if desired

Gluten Bread

One cupful of water, eighty degrees Fahrenheit, one tablespoonful of sugar, one teaspoonful of salt, one-half of yeast cake. Mix in the order given. Crumble in the yeast cake and add sufficient gluten flour to form a thick batter that will drop from the spoon. Beat well for ten minutes, then set to place of eighty degrees Fahrenheit for one and one-half hours. Beat for five minutes with spoon. Pour in well-greased pans. Set to rise for one and one-quarter hours. Bake in hot oven, 350 degrees Fahrenheit, for forty minutes, reducing the heat to 300 degrees during the last twenty minutes.

Milk may be used in place of water in the above recipes.

In northern Europe barley flour is used in making bread. Try using one and one-half cupfuls of barley flour in place of all-white flour. The bread has a delicious nutty flavor and is particularity healthful bread for children. If unable to obtain the barley flour or meal, use the cream of barley cereal; first cook it into a stiff mush. Add two cupfuls of this to the bread sponge.

How To Save The Fats.

From now on the menu will require much care and forethought to have it properly balanced, if one is to keep down expences and eliminate waste.

Fats, at this season of the year, are among the most valuable food units. They furnish heat and energy to the body. But fats are also scarce in the markets and cost the housewife a proportionally high price.

Ways to Utilize

Carefully trim off all pieces of fat that accompany meat. Cut fat into small pieces or put it through the food chopper. Place in a saucepan containing sufficient cold water to cover and cook slowly until the fat, when pressed in a sieve, will yield no moisture. Strain and stand the liquid aside to cool. When cold remove the cake of hard white fat on top. This fat may be used in place of butter for cake and cooky making and also for frying. Beef fat may be combined with other fats in proportion of one part of beef fat to one part each of mutton and pork. Melt it and then strain. This can be used for frying, etc.

Do not waste a single bit of fat. Personally oversee the food before it is stored away. Remove all the surplus fat. Persistantly drain all fat from the pans used for sauteing (frying). Use a spatula to remove it as much as possible.

Set aside the saucepan and kettle containing the water in which meats were cooked. Let the water cool and then remove all the fat. Clarify it by placing it in a saucepan containing an equal amount of water and one-quarter teaspoonful of bicarbonate of soda. Let this come to a boil. Boil for five minutes and then strain and cook. Lift the cake of fat from the water and put it in a cool place until needed. This fat may be used for pastry, cookies and frying.

Eliminate the use of butter in sauce. Butter is a fat that is not suitable for cooking purposes. This is because the butter, when heated to a temperature that will cook food, burns, thus setting up a decomposition in the fatty particles, which renders it unfit for food purposes, and if it is used it will frequently products intestinal disturbances.

Butter is not necessary in the making of sauces. In July, 1914, the Culinary Society of Paris decided that it would be a wholesome economy and a scientific advancement to prepare all cream sauces without the use of butter.

In order to thoroughly explain this method, it will first be necessary to classify cream sauces as follows:

Thin cream sauce, such as is used in cream soups, purees, au gratins, etc.

Medium cream sauce, such as is used for vegetables, fancy sauces, ets.

Heavy cream sauce, such as is used for molds, cutlets, etc.

The Proportions

It should not be necessary for the housewife to turn to a cook book or a recipe each time that she wishes to prepare a sauce, if she will place this recipe on her kitchen cabinet door, next to the flour bin.

One and one-half level tablespoonfuls of flour for thin cream sauce.

Two and one-half level teaspoonfuls of flour for medium cream sauce.

Five level tablespoonfuls of flour for heavy cream sauce.

to each half-pint cupful of milk or water.

How to Prepare the Sauce

Use a saucepan that is absolutely clean for making sauces. The outside of the pan is as important as is the inside, for if heat or scorch marks are apparent on the outer surface of the pan this will have a tendency to scorch the milk, when large quantities are cooked.

Place the flour and cold milk in the saucepan and now take a wire beater or egg whip and beat the milk and flour smooth. Place on the fire and bring quickly to the boiling point, beating hard all the time that the sauce is cooking. Cook for three minutes after the boiling point is reached at a very low temperature; that is, if using the gas, turn it off and let the sauce cook on the hot burner for this length of time.

Now the constant beating has blended the flour and milk into a rich creamy sauce that would be impossible to obtain under the old method of using butter, flour and milk, and then just stirring it until cooked. Remember that the secret is the constant beating.

Try this method and eliminate all the fats from sauces and gravies. By this you are doing your bit in helping to conserve the food element, which is important to our nation as are our soldiers, our sailors and our guns.

Old Tea Looks All Right

Old tea and fresh tea, poor tea and good tea, all look alike. No wonder a woman often gets a bulk tea she doesn't like.

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Kept Good by the Sealed Package

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DREAM UNFULFILLED.

Though Germany Has Gained Much She Has Lost Still More.

Three years ago Germany began this war for the conquest of Middle Europe. What has she gained? What has this gain cost her?

She has gained by her arms the territories of Belgium, Luxemberg, Serbia, a small but rich section of northern France and parts of Lithuania, Poland and Rumania—a total of a little less than 204,000 square miles.

She has lost:

Except for an insignificant corner in southern Africa, all her colonies, over a million square miles.

Virtually all her shipping not bottled up in Bremen and Hamburg, a loss estimated in tonnage at 3,600,000.

Of the flower of her youth, more than 2,000,000.

In cash, nearly $20,000,000,000 to be added to her national debt.

Before the war, though unpopular as a people, Germany was honored among all nations for her intellectual scholarship and her industrial scholarship and her industrial efficiency. She has lost irretrievably this respect and won in its place the mingled hatred and contempt of the civilized world. Scarcely a considerable neutral nation is left except those whose safety compels their neutrality.

No one thinks Germany can retain her gains. No one imagines that she can recover her losses. It is not strange that some of the German people are seriously discussing among themselves the question whether it is not time to change their business managers.

We have two classes of unfortunates in this old vale of tears and laughter, those who can's get their minds on their work and those who can't get theirs off it.

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