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The Bride's Name;

Or, The Adventures of Captain Fraser

CHAPTER XVII.—(Cont'd.)

Poppy presided over that meal, and it, and the subsequent walk to discover lodgings, are among Fraser's memories. He trod on air through the quiet roads by her side, and the apartments having been obtained, sat on the arm of the armchair—the most comfortable part—and listened to her plans.

"And you won't go away without letting me know?" he said, as he rose to depart.

Miss Tyrrell shook her head, and her eyes smiled at him. "You know I won't," she said, softly. "I don't want to."

She saw him to the door, and until he had quit the gate, kept it hospitably open. Fraser, with his hand in a whirl, went back to the Swallow.

CHAPTER XVIII.

The prime result of Mrs. Banks' nocturnal ramble with Mr. William Green was a feeling of great bitterness against her old friend, Captain John Barber. Mr. Green, despite her protests, was still a member of the crew of the Foam, and walked about Sentoridge in broad daylight, while she crept forth only after sundown, and saw a hidden meaning in "Fine evening, Mrs. Banks," which met her.

She pointed out to Captain Barber that his refusal to dismiss Mr. Green was a reflection upon her veracity, and there was a strange hardening of her eyes and a strange hardening of her mouth as the old man said that he complied with her request would be to reflect upon the polite seaman's veracity.

Her discomfiture was not lessened by the unbecoming behaviour of her daughter, who, in some subtle manner, managed to convey that her acceptance of her mother's version of the incident depended upon the way she treated Mr. Frank Gibson. It was a hard matter to a woman of spirit, and a harder thing still, that those of her neighbors who listened to her account of the affair were firmly persuaded that she was setting her cap at Captain Barber.

To clear her character from this imputation, and at the same time to mark her sense of the captain's treatment of her, Mrs. Banks effected a remarkable change of front, and, disregarding his slightest warning, set herself to help along his marriage to Mrs. Church.

She bantered him upon the subject regarding his strength of spirit, and accused him in a love-knot of wearing a green tie in a love-knot. The conversation ended here, the turtle-dove, and cooling with indignation.

Humbled by the errors of his position, the proud shipowner turned more than ever to Captain Nibletts for comfort and sympathy, and it is due to him that he could have done his best. He spent much of his greatest leisure time in devising means for his rescue, all of which the old man listened to with indifference and rejected with contempt.

"It's no good, Nibletts," he said, as

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they sat in the subdued light of the cabin one evening. "Nothing can be done. If anything could be done, it should have thought of it."

"Yes, that's what struck me," said the little skipper, dutifully.

"I've won that woman's art," said Captain Barber, miserably, "in 'er nature's changed. There's something she wouldn't do to make sure of me."

"It's understandable," said Nibletts.

"It's understandable," agreed Captain Barber, "but it's the orkard. Instead of being a mild, amiable sort of woman, all smiles, the fear of losing her man has changed her into a determined, jealous woman. She told me herself she was in love with me as 'ad changed her."

"You ain't written to her, I suppose?" asked Nibletts, twisting his features into an expression of great cunning.

Captain Barber shook his head. "If you'd think about speaking, Nibletts, I'd say severely, 'you'd know as people don't write to each other when they're in the same house.'"

The skipper apologized. "What I mean to say is this," he said, softly, "she hasn't got your promise in writing, and she's done all the talking about it. I'm the only one you've spoken to about it, I s'pose?"

"Well, forget all about it," said Nibletts, in an excited whisper.

"Captain Barber looked at him pityingly.

"What good'll that do?" he asked.

"Forget everything—forget everything before he went. People soon see, as you're strange in your manner, and I'll put the news about as you've been so affected by the affair that your memory's gone."

"I was thinking of doing that the other day myself," said Captain Barber, slowly and untruthfully.

"I thought you was, from something you said," replied Nibletts.

"I think I spoke of it, or I was going to," said Barber.

"You did say something," said Nibletts.

"I wonder what would be the best way to begin," said Barber, regarding him attentively.

"Captain Nibletts's nerve failed him at the responsibility.

"It's your plan, Captain Barber," he said, impressively, "and nobody can tell a man like you how it should be done. It wants acting, and you've got to have a good memory to remember that you haven't got a memory."

"Say that again," said Captain Barber, breathing thickly.

Captain Nibletts repeated it, and Captain Barber, after clearing his head with a glass of spirits, bade him slowly to his home. The door was opened by Mrs. Church, and a hum of voices from the front room indicated his hat on a peg, entered the room to discover Mr. Gibson and slaughter, attended by Mr. Gibson.

"Where's Fred?" he asked slowly, as he took a seat.

"Who?" said Miss Banks, with a lit-tle scream.

"Lark-a-mussy, bless the man," said her mother. "I never did."

"Not come in yet?" asked Barber, looking round with a frightful stare.

"The dam's up."

The company exchanged glances of consternation.

"Why is he alive?" inquired Mrs. Church, sharply.

"Alive?" repeated Captain Barber, yesterday, wasn't he? He was alive. There was a dead silence, and then Captain Barber from beneath his shaggy eyebrows observed with delight that Gibson, tapping his forehead significantly, gave a warning glance to the others, while all four the first signs of acute mania.

"I expected he's gone round after you, my dear," said the wily Barber to Miss Banks.

In the circumstances this was certainly cruel, and Gibson coughed confusedly.

"I'll go and see," said Miss Banks, hurriedly, "come along, mother."

The two ladies followed by Mr. Gibson, and then Mrs. Church, in tones of tender reproach; "two hours ago I was Laura. Have you been to the 'Thorn Inn,'" said Mrs. Church, impatiently.

"Where is it?" inquired Captain Barber, indignantly.

Mrs. Church looked at him with deep consideration. "Why, at the end of the cottages, opposite the 'Swan.'"

the five principal elements of food necessary to maintain health are Proteins, Carbohydrates, Fats, Minerals, Salts, and Water.

The source of proteins are meat, milk, cheese, butter, eggs, fish, grains and legumes. Their chief use is tissue building, repairing waste, and making muscle. They also supply the same amount of heat as starches.

The source of carbohydrates is in found chiefly in green vegetables, supply energy or power to do work. To a small extent they build tissue.

The source of fats is in beef, lamb, chicken, and in olives, corn, peanut and cotton seed oil. Fats in the body furnish a greater amount of heat than starches. They are also used for building tissue.

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Water is the most necessary of all.

"What 'Swan'?" inquired Captain Barber.

"The 'Swan Inn,'" said Mrs. Church, restraining her temper, but with difficulty.

"Where is it?" said Uncle Barber, with breezy freshness.

"Opposite the 'Thorn,' at the end of the row," said Mrs. Church, slowly.

"Well, what about it?" inquired Captain Barber.

"Nothing," said Mrs. Church, sharply, and proceeded to set supper.

Captain Barber, hugging himself over his scheme watched her eagerly, evincing a little bewilderment as she brought on a small, unappetizing rind of cheese, bread, two glasses, and a jug of water. He checked himself just in time from asking for the cold fowl and bacon left from dinner, and drawing his chair to the table, eyed the contents closely.

"Only bread and cheese?" he said, contentedly peevishly.

"That's all," said Mrs. Church, smiling, "bread and cheese and kassas."

Captain Barber tapped his forehead. "What did we have for dinner?" he asked, suddenly.

"Cassas," replied Mrs. Church, blandly, "and them all."

A piece of Captain Barber's cheese went the wrong way, and he poured himself out some water and drank it hurriedly. "Where's the beer?" he demanded.

"You've got the key of the cask," said the housekeeper.

"Captain Barber, whose temper was rising, denied it.

"I gave it to you this morning," said something to it, "don't you know?"

"I don't remember," said Uncle Barber, surlily.

(To be continued).

About the House

Spring Cleaning.

Housecleaning time looms up again and the housewife has visions of change and improvement in the home. Before the cleaning campaign begins it is well to take stock and see just what are the resources and possibilities of the home and its furnishings; and right here we would advise the housewife to begin at the front door or, better still, the front gate, and look her home over as if it belonged to another family. We grow so accustomed to our own things that we often fail to see their defects; but not so with the belongings of our neighbor—dear me, no! We enter the other person's home with a critical eye and are ready to condemn or approve, to deride or become envious, according to our disposition and the circumstances. A tour of inspection undertaken in an entirely impersonal mood is sure to bring out some items of interest, and the progressive housewife will take note of these, talk them over with her family and make the changes. Sometimes a room is improved by rearrangement of the furniture. Sometimes there is much to be gained by changing the purpose of the room.

Value of Fish as Food.

For working people of all classes—those who work with their heads as well as those who work with their hands—fish is an economical source of energy to enable them to carry on their work, and for children and young persons it furnishes the very materials that are needed to enable them to grow healthy and strong.

Another very important reason why fish should be generally used is its easy digestibility. In this connection, however, it is important to note that, as in other foods, the digestibility and nutritive value of fish largely depends on the cooking.

In buying fresh fish, see that the eyes are bright and prominent, and the flesh firm, not flabby.

Fish may be divided into two classes, oily and non-oily. Of the two, oily fish are the most nutritious; they comprise such kinds as salmon, trout, mackerel, herring, and cod, and have the oil mingled through the flesh. Haddock, halibut, pollock, and halibut, etc., are non-oily fish; that is, the oil is contained in the liver and is removed when the fish is dressed for cooking. They are thus more suitable for invalids, and people of weak digestion, than the oily kinds.

Hints on Preparing Fish.

There are three ways of preparing fish for frying, 1st, dipping it in milk and flour; 2nd, coating it with prepared batter; 3rd, egg and crumbing.

Dripping, lard, or oil can be used and should be smoking hot before the fish is put in, so as to harden the outside, thus preventing the fat from entering into the fish, which would spoil the flavor and make it indigestible. Only a small quantity should be fried at a time. As soon as it is brown on both sides, drain on paper and place on a hot dish. Allow the fat to cool a little, strain, and put it away for future use.

Clean and Wash in Plenty of Cold Water.

Add a little salt to the water; this will help to clean it, and keep the fish firm. Cod, haddock, mackerel, salmon, etc., are best suited for boiling. Put the fish into warm water with a little salt and vinegar. Allow ten minutes for each fish, and fifteen minutes for larger fish. When cooked it should have a creamy appearance, and come easily from the bone. Lay out carefully, let drain, and place on a hot dish. Serve with melted butter, parsley, caper or anchovy sauce.

Melted Butter Sauce.

One and a half ounces of butter melted in a saucepan, stir in one ounce of flour, and gradually 1 pint fish stock, stirring gently to a boil. Add a pinch of salt and grated nutmeg.

Teacher—How is typhoid fever prevented? Pupil—It is prevented by

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YOUNG FOLKS

Things As They Are.

"You know," Clotilda gave warning, "I say dreadful things sometimes."

"I think I can stand the shock," Miss Sheldon replied. "Are you wanting to say some dreadful things to me?"

"That's just it," Clotilda replied. "I'm afraid my brooms perplexity."

"I never sound dreadful at all," she said. "I only sound dreadful to you."

"I'm glad to hear that," Miss Sheldon replied. "I'm glad to hear that."

THEY FATHERS' FRIENDS

True Friend Is Most Valuable

All Earthly Possessions

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