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TOMMY

By Joseph Hocking

Author of "All for a Scrap of Paper," "Dearer Than Life," etc. Published by Hodder & Stoughton, Limited, London and Toronto

CHAPTER III.—(Cont'd.)

"By gum!" said Tom, "I didn't know that."

"That's because you have been making an ass of yourself. While the other fellows have been improving themselves you have been loafing around public-houses. Good night," and Penrose left him alone.

Tom felt rather miserable; he was somewhat angered too. He didn't like the way Penrose had spoken to him. In the old days he had been proud of his respectability, and before he had made Polly Powell's acquaintance, and when Alice Lister had shown a preference for him, Tom was very ambitious. Now he knew he had not only sunk in the social scale, but he had less self-respect than formerly. "After all," he argued to himself presently, "I didn't join the Army to go to Sunday School, I joined to lick the blooming Germans."

Still he could not help recalling the feelings which possessed him on the night he came out of the great hall at the Mechanics' Institute. He had felt stirred then; felt indeed as though he had heard the call of some higher power. Hitherto he had looked upon wearing the King's uniform as something ignoble; then it had appeared to him almost as a religious act. The speaker had called upon him to fight against brutality, butchery, devilry, and his heart had burned at the thought of it. Something which he felt was holy made him leap to his feet and give his name, yet now he found his chief delights in coarse associations debasing habits.

He was still fond of Polly Powell. The girl's coarse beauty made a strong appeal to him, but he remembered Alice Lister; remembered the things which she had said to him, and he could not help sighing.

"Eh, Tom, is that you?"

Tom turned and saw a tall raw-boned fellow in kilts.

"Ay, Alec; wher't' baan?"

"There's a wee lassie I promised to meet to-night," replied the other.

Alec McPhail belonged to the Black Watch, a battalion of which was stationed in the town, and Tom and Alec had become friends.

"What's thy lass's name?" asked Tom.

"I dinna ken reightly, except that they ca' her Alice. Come wi' me, Tom; mebbe she has a friend."

"Nay," replied Tom. "I doan't feel like sky-larking with the lasses to-night."

"Weel, I'm not ower particular mysel', but I have not much siller. Three bawbees will have to last me till Saturday, otherwise I'd be asking ye to come and have a drop of whiskey wi' me."

"I am stony-broke too," said Tom. "I expect I have been a fool."

"Nay, man, nae man's a fool who spends his siller on good whisky."

By this time they were walking together towards the outskirts of the town.

"What is this lass o' yourn?" asked Tom after a silence.

"I think she's a wee bit servant lassie," replied the Scotchman: "she's a bonny wee thing too, and fairly enamoured wi' a kilt."

Tom still walked on aimlessly; the thought of going to meet a girl who might never come did not have much attraction for him; still he didn't know where to go.

"I don't think I'll come any further," he said presently.

"Nay, what makes ye alter your mind, Tom?"

"I think I'll go back to the Black Cow," replied Tom, "'appen there's some chaps there who'll stand a treat. After all, Penrose wur right when he called me an ass."

"Penrose is what you call a gentleman ranker, I'm thinking."

"Summat o' that sort," replied Tom.

"What did he call you an ass for?"

"Well, you see I've been a bit of a fool; I've spent all my brass, and I've took up wi' a lot o' lads as is no use to me. Penrose is gone to the Y.M.C.A. You wouldn't think it perhaps, McPhail, but I wur a bit in the religious line myself once. I wur educating myself too, and I had as nice a lass as there was i' Brunford, but I took up wi' the daughter of a man as kept a public-house, and—well, there you are."

"And you have chucked releegion?" asked McPhail.

"Ay, there's nowt in it, and it keeps a chap from having a good time—but I doan't know," and Tom sighed.

"I am a wee bit of a philosopher mysel'," replied McPhail, "and I have reasoned it all out very carefully. My mither, now, is what you might call a godly woman; my father was an elder in the old U. P. Kirk, and I was brought up in a godly fashion. But, as I said, I reasoned it out. I read Colonel Ingersoll's Lectures, and he proved to me that Moses made a lot of mistakes. So, weel, presently I got fond of whisky, and I came to the conclusion that releegion was not logical."

"I reckon as you're none too logical," replied Tom.

"Ay, man, but I was well groonded in the fundamentals! I could say the Shorter Catechism when I was a wee kiddie of seven years old! How am I no logical?"

"After all," replied Tom, "it's noan logical to give up religion because of Colonel Ingersoll's Lectures. The religion my Alice had went deeper nor that. Ay, but there, I am a fool to be talking about it. Good night, McPhail, I will go back now." And Tom went back towards the town alone.

The following Saturday night Tom was again drunk and disorderly. This time he did not escape punishment. Tom never felt so degraded in his life as when he was undergoing that punishment. He had joined the Army under the influence of a noble impulse. He had felt that he was doing a noble thing. Not that he was proud of it, because in reality he could do nothing else; when he came to think of it afterwards he knew that he was doing nothing but his duty. All the same he was elated by his action. It had made him hold his head higher, and made his heart beat fast; now, after a little more than three months' training, he had actually been called before his officers for being a disgrace to his company. The colonel, who was a stern soldier, was also a kindly gentleman. He recognised at a glance that Tom was not a gutter lad; saw, too, that he had the making of a man in him. That was the reason perhaps why he used stronger language than usual, and for meting out a heavier punishment.

"What excuse have you for yourself?" asked the colonel. "You have evidently had some education and were meant for better things. Why did you make a beast of yourself?" His words cut Tom like a knife. "Make a beast of myself," he thought, "has Tom Pollard come to that?"

"Where is there to go, sir, when one's day's work is over?" he asked almost sulkily.

"Go?" replied the colonel, a little nonplussed; "go?" And then remembering a visitor who came to him the previous day, he said: "There's the Y.M.C.A. hall; they teach you something useful there."

After his punishment was over Tom could not help seeing that the better class of fellows somewhat shunned him. He could not say he was boycotted, but they showed no inclination to be in his company. This touched his pride. "I am as good as they are," he said to himself, "and a bit better nor some on 'em!" He was delighted, however, to notice that Penrose acted differently from the rest, although he was by no means flattering.

"I told you you were an ass," he said. "If you go on in this way, you'll end by being kicked out of the Army."

(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 cups 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 for 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.

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 boiling 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.

In handling milk in the home, do not pour it from one receptacle to another until just before using.

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.

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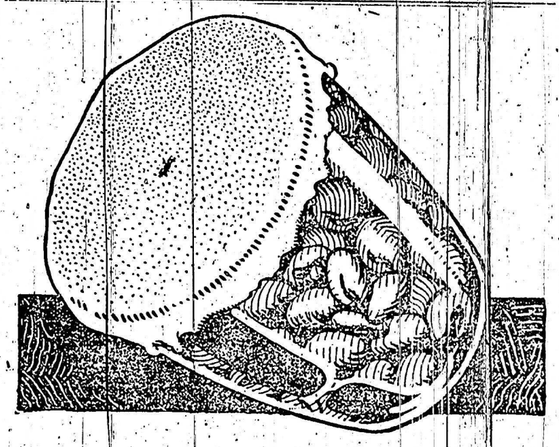

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THE SALVAGE OF THE BATTLEFIELD

WRECKAGE OF WAR RESTORED TO USEFULNESS.

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Few people at home, writes a correspondent, have any idea of the amazing work of salving the wreckage of battle that is going on in France—work that is saving millions of dollars a year and yet there are few things in the conduct of the war more wonderful.

"Only a few days ago," he says, I visited a French town some distance behind our front, one of several in which this work is proceeding rapidly and on a vast scale. The French women folk are highly employed on it, and I confess I simply gasped at what I saw.

"To this city of industry all the broken or battle-torn bicycles, all the boots and shoes and all the clothing of the allies are sent. Here, as I have said, the women folk are employed. I saw one place I visited, for instance, where there were rows upon rows of them in a room like a great workshop. Some were cutting the leather uppers of boots and shoes, others were sewing the soles on, others were fitting the heels, and others were polishing the finished boots and shoes. Not so long ago, I understand, all the boots and shoes of former years would have been consigned to the rubbish heap as utterly worthless. Not so now.

Look Like New Again.

"Stage after stage I saw the shoes, thus in the war worn and battered condition, soft and again made strong. I felt that these women in industrious France, which women seldom are in some parts of the world, are as good as any men at a job like this. I passed them on from hand to hand until the leather was as pliable as it ever was. They were then sewed, rubbed and polished, and lo! they were put into a room where repaired boots were piled in the next room in a bath of [illegible] oil, straightened and shaped; and when the last process was finished I assure you, you would scarcely have recognized them as the shoes we had left behind. This repaired shop turns out 2,000 pairs every day, and I was told the output soon will be 5,000 pairs.

"In other places worn khaki uniforms, tarnished, ragged and some of them bloodstained, are carefully made good as new. After passing through a bath of hot water, they are dried, and nothing else is handed to the women, who, with the sound leather with sharp knives. These farmers' sons are then washed in a disinfecting fluid, and wherever they are made by hand by a small army of tailors, with wonderful dexterity, remade into new clothes, and they are then turned to the army ready for service again.

For Wounded Cannon.

"A few [illegible] walk down the hospital [illegible] wounded cannon, where [illegible] machine [illegible] blaze away [illegible] work and a [illegible] roar. Here [illegible] rifles to be given [illegible] parts, and [illegible] damaged parts are replaced by new ones. [illegible] up, and these [illegible] brand new [illegible] poses, [illegible] trenches.

"Close [illegible] of broken iron to be repaired [illegible] at work [illegible] rapidity [illegible] broke [illegible] machine [illegible] again [illegible]

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