The Free Press Short Story

THE CAPTAIN OF VASTI

LOUIS W. MCKELVEY

T the crack of the sun that heralded the end of the game, a plays I don't know." hoarsely cheering crowd of rooters surged over the restraining barriers and swept out onto the field. Some of them awarmed about the players; others joined in the hilarious crowd which was already weaving through the field like a

frantic thousand-legged centipede. Angrily ignoring the clamor and brushing aside the grasping hands that would have stayed him Miles Lehman, left half back of the victorious Vasti eleven, sprinted for the saftey of the showers. No hero stuff for him! Let Tiny Palmer and Captain Stuts revel in it. That was what they played the game for enyhow, the grand stands the newspaper headline and next year's

captaincy: Savagely. Miles stripped off his sodden togs and peeled the protective tape from | be." chance, not a single chance, to score Knox another lesson in football. I'm fight his way through, himself. But not Food is never just "warmed over." It flesh. The potatoes may be fed either all afternoon. Out in the middle of expecting at least one touchdown from How about a lateral pass to Tiny? Miles is made into a new dish and is garnished bolled or mashed, or raw and finely chopthe field be had been given the ball, or you to-morrow, Miles. It's a family thoughts boiled. Perhaps, by hanging on and served with all the fanfare of a ped and mixed with the ground grain potatoes grown in dry soll have comon first or second down. When only a tradition." yard or two were needed to make a first down, however, when the ball was with- understandingly. "I'll do my best," blame him, and he had an even chance the ball at the big moments, not because in uniform." he was the logical man or because strategy demanded it, but because he and them a little rough." Tiny were brothers of the same society. year's team. Touchdowns meant pub- away. licity. Publicity and acclaim meant

next year's captaincy. As Miles soaked under the shower, his the studium. bitter thoughts raced on. If this were the only chance that Tiny would have welf away and the big moment was finally over the line. to lead a team, why, that might make at hand. Stuts won the toss and elected . With a happy, exultant roar the crowd . a difference; but it was not. Already to receive. He and his teammates scatbeen captain of the baseball tered to their places. Already he had his letter in Why should he be so sel- referee, "Ready, Knox?" fish and greedy? Why should h-

"Hello, blg boy! Water hot to-night?" tain nodded. The referee's whistle At the greeting, Miles snapped back shrilled, and the game was on. to earth. "What?" he said. "Oh, hello Churb! Sure. The water's fine."

locker room now. . Tired, weary, and tensed for the catch. Vasti men swung bruised as they were, they filled the room into a rough wedge in front of him. The with a happy, noisy clamor. ". . . were instant the ball plunked into his arms, plenty tough, Y tell you! . . . Now's your the eager group drove straight down the the Vasti community hold a banquet for leg, Butch? . . . Yeah, that full back field. The foremost Knox men went the football team. was about as easy to stop as an army down like nine-pins. Soon, however, tank, had a stiff-arm like a pile driver a stocky Knox linesman managed to sift banquet was scheduled, the players gath-. . . And did 'Tiny smack 'em over? Why through the flying wedge. He nalled

through for that touchdown!" Miles wild-through the hubbub to his

now, his bitter thoughts slipped away Tiny?"

the weak ankle?"

"Not even stiff." 'Tine. You sure were knocking them over ahead of me to-day, old fellow." Miles flushed at this praise. "Had to" he said, " or you birds would have run Anybody heard yet how

Knox come out?" walkaway. Won 34 to 3."

Miles whistled. "Looks," he observed "as if the home-coming game next Sat- down. urday is going to be a humdinger."

Wallers, he found Lyle busily typing.

Lyle pushed up his eye shade. "Just were still about four minutes to play. killing time till you came." he said. "How" did the old war horse come through the fray? And some fray it was, too,

"Plenty tough," Miles nodded.

stand up?" asking about that ankle: It's been as l good as new all season. Everybody seems to think that because I broke it last year. I'm a permanent cripple."

Lyle grinned. "You broke it last year like a flash. and twice you've strained it this year. We ask about it because we want you perately now they took up the chase. with us during the Knox game."

"Tiny-"

so does everybody else. Stuts ought to until the Knox man was lunging be shot, But he's overdoing it. Miles. the ten-yard line dki Miles leave The fellows gren't so dumb that they feet. He was utill too far away. don't know what is going on."

that I want to be captain. I'm not that the line. Touchdown! cheap a sport. But Tiny's no leader. He won't work with the fellows enough. And this favoritism of Stuts' is wrecking the half ended, the score was still Knox the team. That touchdown to-day, in 6, Vasti, 0. spite of its being flashy, was just plain luck. But we actually earned two touch- halves finally wore itself away and play downs and would have had them, too, was resumed. Knox received, if Stute would use anything but 'old kick went deep, and Vasti men downed Miles Lehman." number thirty-sly Flow can be event the red-and-black ball carrier almost

"I don't either. Beems like the coach would try to burn a little gumption into him. Maybe he will this week."

"His idea is to keep hands off when the team's out 'on the field," explained Miles, "and that gives Stuts his chance Oh. well, let's forget it. I'm hungry." As the next week passed, excitement

over the home-coming game swelled daily. The first of the old grads arrived on Thursday. On Friday the campus was swarming with them, Miles' father mother, and younger brother drove in at noon. Miles managed to get permission to drive in to see his folks.

"All set, Son? asked Mr. Lehman." "All set," replied Miles.

"Entirely okeh. At least it seems to

"And your ankle? How does it feel?"

in carrying distance of a goal, it was promised Miles, "to make them think of winning out. On the other had, he always Tiny who got it. Stuts fed him that old Arnie Lehman himself is back could pass to Tiny, block the tackler him-Mr. Lehman chuckled. "We did treat

Miles stepped into the roadster he had and because Tiny wanted to captain next borrowed for the trip, waved and drove

"Are you ready, Vasti," shouted the

Stuts waved an arm. The Knox can-

The kick-off was a beauty. End over end, the ball catapulted through the air Most of the team had rifted into the toward Tiny's corner. Tiny Palmer light.

they positively slashed when he bored Tiny on the Vasti thirty-yard line. "Pirst and ten!" roared the referee. locker and began to dress. Ordinarily feet by the excitement of the opening get going, fellows," he said. "You all he loved the camuraderle of the locker kick-off; they settled back into their know the purpose of this meeting. We're room after a game, the laughter, the seats now. With so much at stake, they here to elect a captain. swift give-and-take of the rough banter- felt certain that both teams would play - "A captain's job-is a hard-one at-bast To-night was no different from other plays that followed all through the first der with him, it's a hopeless one. There nights. As he listened to this chatter quarter proved this psychology correct. probably have been times during the from Miles almost at once. These were quarter sped away and left both teams thought I was crazy the way I ran the great fellows. It had been a great game, still scoreless. The tension mounted, team. Whatever you felt, though, you When Tiny, in passing, paused to give Schwartz, Vasti full back, was out-punt- never complained, not one of you. him a friendly slap on the back, he ing his opponent twenty or thirty yards appreciated that more than I can say," tightly and steam for 3 hours. looked up, grinning. "Some game, ch, on each exchange, so the ball was grad-"Sure was," rumbled Tiny. "How's Knox territory. Emboldened by this ably in his chair. Could Stute have been fact, Stuts finally called for a pass from left and escaped into the clear. Schwartz's heave was long. For a moment it looked as though the half back could not possibly snare it; but he did. hearty-breaking burst of speed, a leap

> pass, a short one this time, over the center of the line. This pass, too:

When Miles pushed open the door of completed. Vasti now had the ball the enemy's nineteen-yard line, and its "Too busy to go out to eat?" asked ifirst scoring opportunity of the day. The blg scoreboard indicated that there Rooters climbed to their feet now begging for a touchdown. . A thrust

through tackle netted two yards. A short end run brought two more. enough." Stuts was growling in the hud-"And now we're all get to send Knox | dle. "We'll try another pass. Old forty-

An instant later the ball was snapped. "All right. Why does everybody keen. The pass to Schwarts was high. He juggled it desperately. A tackler struck The ball bounced to the left. stright into the arms of an oncoming

Tiny and Miles had awang wide, Des-They cut down the runner's lead, but "I don't see why", grumbled Miles. he had a ten-foot start of them and as he crossed the VastFforty-yard line he "Does all the "scoring!" Interrupted was still six feet ahead. On the thirty-"I knew, old man, I know. And yard line Tiny tripped and fell. outstretched arms tripped the runner ."It gets my goat, though," confessed and sent him tumbling end over end, but

> The youl kick went wide. That was little soluce to Vasti, but not much. When

The twenty-minute rest period between

his tracks. Knox, determined to take HOW MUCH VARIETY IN MENUS no chances with her six-point lead, (By Barbara B. Breeks) punted on first down, and the ball sailed safely out of the danger mone.

Vasti now opened up with everything she had in the bag. Trick formations followed one another in bewildering succession. Long and short passes were tossed from almost every angle.

The break came with dramatic suddenness. Knox had the ball on Vastl's thirtyyard line. When a play which appeared to be a right end run had drawn, the over-eager Vasti defense out of position, when the Knox left end had out across long pass was shot far to the left. Even to the right. Miles had not been stampeded out of position; as a result he was right on the job when a Knox receiver went scooting to the left. The pass was low. Miles, charging furiously, hunged into its line of flight and matched the

Before the Knox man could realize all that had happened. Miles was ten yards beyond 'him. With Tiny thundering along five yards in the rear and trying desperately to get near enough to run nterference for him, Miles shot down the field. Lawrence, the Knox half back who had heaved the pass, raced across to intercept him. .. Miles saw the other coming. Desperately he tried to lengthen his stride. Just one man between

saw Tiny. Tiny was too far behind him "Fine. Then we're all ready to give to clock the tackler. He would have to to the ball, Miles could crash through chef's special. Here again it is the little and milk. Father and son smiled at one another and win the game himself. Nobody could thing that does the trick-perhaps someself, and make a touchdown certain.

it. He must!

Ball's coming at you!" Tiny, grasping the idea instantly- add to your collection. veered to the right. When he was to full five yards away. Miles tossed the An ideal foootball day was the mant- ball across to him. Swerving, he crashed mous verdict of the thousands who filled into the knees of the oncoming tackler. As he and the Knox man went down. The last half hour gradually were it- Tiny, the ball locked in his arms, plunged

> freed its blue-and-gold balloons, "Tiny!" it bellowed.

In less than a minute Schwartz booted the ball over the crossbar for the win-The final whistle blew four minutes after play was resumed. No -further scoring had taken place. Vasti had won, and Tiny was again in the spot-

Each year, shortly after the end of the football season, the business men of

On the Priday night for which the a golden brown color. ered in the designated antercom. As retiring captain, Stuts presided, Promptly at seven-thirty he called the meet-The crowd had been swept to their ing to order. "I guess we had better

warlly and wait for the breaks. The Unless the team pulk shoulder to shoul-Minute after minute of the second season just past when you fellows

For a moment or two there was comually worked deeper and deeper into plete silence. Miles shifted uncomfortpunt formation. Miles ran wide to the team after all? Could he? No one who had heard his little speech could

Tiny now broke the silence, A ! Chairman!" he called . Stuts nooded him recognition, and Tiny, flushed and high into the air, and he had succeeded uncomfortable, climbed to his feet. "You A dozen voices answered him. "A in doing the impossible. Not until he fellows know," he said, clearing his throat, unnecessarily, "just how much had reached their thirty-yard line did Knox tacklers succeed in bringing him of a speech maker I am. I want to make a nomination, though, just the same. On the next play Stuts tried another want to nominate for captain a fellow who did as much to make us a champtonship outfit as anyone in the room. He's a plugger, a fellow who is always probably guessed the man I have in mind. For next year's captain I nominate my running mate-Miles Lehman!" Miles had been slouched far down in

> jumped as though pricked by a needle. What? Tiny nominating him? surprised Miles," he was (saying, that's typical of him. Gives his head weather conditions. Delicately fragrant and is susprised when anyone notices, it enhances the most finished appearance.

his chair. At mention of his name

"I wonder if you fellows ever won-Knox tackler. Of course he was away dered why Stutsy didn't have Miles carry the ball more? In justice to Stutsy I think you ought to be told, now that the need for secreey is over. Miles was of brown sugah." a pretty important man to the team. Without him running interference Schwartz and I could have gotten nowhere. Without him backing up the left side of the line on defence, we would have been | Schwartz immediately, seriously weakened, to say the least. And as all of us know. Miles has had a weak unkle all season. Coach didn't want to take any more chances with that unkle than was altogether necessary. He Motion carried. And that, of course, Miles. "Honestly, Lyle, it isn't so much the fellow's momentum carried him over couldn't tell old Miles to take things means that Miles is ununimously elected easy, because Miles, being the fighter our next year's leader. Speech Miles!" he is, would have scorned this well-meant suggestion. So he told Stuts-and or-I groped for the back of the chair in front ered Stuts to save him all he could. It of him and pulled himself to his feet, was plenty tough on Miles, but the plan | Coach's orders-Stuts and Tiny had been worked. We managed to keep him with protecting him. All the time he had us all season in spite of his bum ankle. been disliking them, they had been wor-

"Second the numbration!" boomed had been!

We can't go very far into the subject of making menus without coming to the matter of variety. Women looking for help in meal planning, usually ask for suggestions for variety in their everyday menus. In fact, variety seems to be a word that covers a multitude of conditions, and many sins. Nearly all of us justify a poor menu now and then with the excuse that we do not have much

variety from which to choose. When we come right down to the the crop will consist largely of breeding matter of eating, just how much variety do we want? People who regularly eat restaurants where there is a wide selection of food, eat pretty much the same meals day after day. Every home has Its traditions in cooking. Too many new ways and strange foods will be as upsetting in the home as they are un-

profitable in the restaurant. But, meals do become monotonous and there must be something different in buckwheat acreenings or standard re the restauranteurs who make a business buckwheat and broken wheat with of the "little things" are hot breads, par- ments that small unmarketable potatoes him and a touchdown! He must make ticularly the dark, fruity ones; garnishes may be used to advantage in crate feed-

thing to simple as a topping of buttered corn flakes for a casserole of scalloped

left-over vegetables and meat. Those dark, fruity breads that every-"Tiny!" he gasped. "To the right! one likes, can be in the form of murins buns or loaves. Here are a few recipes to

HONEY CURRANT BUNS

14 cup prepared bran

% cup milk

14 cup currants 11 cup honey

2 cups flour 4 tablespoops baking powder

. 1 tablespoon salt 11 cup shortening Combine bran, currants, milk honey. Sift together the dry ingredients and cut in the shortening. Add to the first mixture and combine. Turn onto floured board and shape in a long roll. Divide into twelve equal pieces. Roll each into a ball and flatten out to 14 inch

bake in a hot oven (425 degrees P.) about 25 minutes. Yield: 12 hunz 214 globules. inches in diameter. Note: If desired, buns may be glazed with a mixture of honey and melted butter before baking. This gives them

thickness. Place on greated pan and

STEAMED PRUNE BREAD 1 cup prepared bran

1 cup sour milk 15 cup prunes (soaked several hours

stoned, drained and chopped) 1 tablespoon molasses

14 cup sugar 1 cup flour

14 tenspoon soda 1 teaspoon baking powder

li tenspoon salt Mix together the bran, bour milk, molasses and prunes. Add the sugar, then he flour which has been sifted with the soda, baking powder and salt. Put the batter into a greased can: Cover

Yield: 1 loaf, 8 servings. BRAN DATE BREAD I'i cups boiling water

112 cups dates (cut fine) 115 cups prepared bran

2 tablespoons melted shortening 1 egg (slightly beaten)

1 teaspoon vanilla extract 112 cups flour

'a cup sugar

1 teaspoon soda

1 tempoon salt I teaspoon baking powder

% cup nutmeats (chopped Pour boiling water over dates and cool. Add bran, egg, shortening and vanilla. Sift dry ingredients and add nuts. Add try ingredients to first mixture and atir only until smooth. Bake in greased-foat n-tu-n-maderata-aven-till-damen-li

Yield: 1 loaf 312 x 8 inches.

on the skin. There is nothing like it for creating and preserving a lovely com-"You see how much the nomination plexion. Cooling, careasing, it soothes and refleves all roughness caused by You fellows know how he passed up Makes the skin rose-leaf in texture. his chance for a touchdown in the Knox Truly a peerless tollet requisite for every discerning woman.

SWEET REMINDER

"How come, Sam?"

"You am so sweet and so unrefined."

Little Ward Chalmers ulid to his feet. "Mr. Chairman," he called, "I move that

nominations to closed!" "All in favor gay 'aye."

Plushed, his eves smarting. Miles And that's that. Pellows, I nominate rying about his unkie! What good fellows they were! What a simpleton he DOMESTICON EXPERIMENTAL

Weekly News Letter

Cenreal Greenhouses New Ready for the Whater's Crop Preparations for seeding the winter's

grop of grain in the greenhouses of the Ocreal Division, Experimental Farm, Ottawa, have just been completed and seeding will proceed shortly. As usual material which is either to be increased

used for hybridization purposes. The use of greenhouses in this work greatly accelerates it by reducing the time required to reach the desired ob-Cheap Foods for Pinishing Poultry

In experiments in crate finishing of poultry conducted on the Dominion Experimental Parms it has been found that menus to make them interesting. We cleaned screening, a by-product from the can do no better than take a tip from grain elevators consisting largely of wild of planning interesting meals. Nearly all small admixture of wild oats, flaxseed success is good home-cooked food with and other weed seeds, give excellent relittle extra touches to give variety. Some sults both as to quantity and quality of of them will tell you that the secret of flesh. It was also shown in these experithat can be eaten, such as carrot straws, ing. Fed in conjunction with home-Out of the corner of his eye, then, he raddish roses, celery curis, pickles, jelly, grown grains these potatoes gave as The smart restaurant chef knows economical gains as corn and produced something about using left-overs, too. better color and finer quality in skin and dry soil. Potatoes produced under such

ELECTRICITY IN CREAM

Each fat globule in cream carries an electric charge, investigators in the dairy Wisconsin have discovered in an investigation into the time it takes to make time varied with the degree of acidity of the cream, and that the amount of it gave them a means of controlling the the tubers are picked and hauled to the fat losses and in reducing the time re- cellar. It has been determined experiquired to make butter. The less actd mentally that tubers are injured but very the cream the less negative was the slightly when poured from a basket into charge, and finally a point was reached a sack from a height of 12 inches; when at which the decreasing addity resulted poured from a height of 30 inches, how-

He-"What's the name of the selection the orchestra is playing?" She-"Go Feather Your Nest."

you a civil question."

MCCHANICAL INJURIES TO POTATO

The most serious loss resulting from mechanical injuries to potatoes is dut to the destructive rot caused by fungi and bacteris which enter the tubers

through the injured timus. These organisms are known as wound parasites and occur in every potato growing section of Canada. Since they became important after harvest it is natural to assume that the rough handling of potatoes during this period may be followed by serious consequences.

brulses, shrinking and crecks. Cuts are usually the most conspicuous and while bruises and cracks are known to be more serious, it should be clearly understood that all injuries which do not heal quickly may lead to considerable loss and inconvenience. Where bealing takes place without delay, the offending organisms are shut out and the tubers. thus protected, may remain free from rot. On the other hand conditions may more favorable for the organisms han for the healing process so that rot

sets in, the amount of injury depending

By mechanical injuries are meant cuts,

upon the temperature and ventilation conditions of the storage house. Observations made at the Dominion Laboratory of Plant Pathology, Charlottown, demonstrated convincingly that potatoes produced on wet land develop a tender skin and are more subject to injury when dug than those produced in conditions, therefore, should be handled very carefully. While it is true that reason are less liable to injury, never-

the less, they are very often injured through the fact that this type of soll is not carried over the digger. To compensate this disadvantage, when elevator diegers used, suntitient soil should be industry department of the University of taken up to prevent the tubers coming into direct contact with the moving parts of the machine. Authorities agree butter out of cream. They found this that diggers should be at least 24 inches wide and the spade operated deep enough to avoid cutting the tubers. The careful electricity also varied with this factor. farmer pads, not only the digger chain, There is no danger of getting an electric but also all hard and solid parts of the shock from drinking a glass of milk or muchine with which potatoes may come from the more concentrated charges in in contact. While the digger is the a pat of butter, as experience has chief offender in causing mechanical shown. They found that the observa- injuries, it is acknowledged also that tions were useful, nevertheless, because considerable damage is inflicted when

in an increasing positive charge on the ever, injury by cracking and bruising is very severe. Potatoes, therefore, should be rolled or poured carefully from baskets into the bags. Further precautions against such injuries are as follows: Leave the potatoes expected to the sun and the air for two or three hours; do not drop the filled sacks on the floor He-"Go jump in the lake. I asked of the barn or cellar; pad the picking baskets with at least one layer of burlap

DOCTOR SAID SHE

HER CONSTIPATION

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