

# The Road to Understanding

—BY—  
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CHAP. XI.—(Cont'd.)  
"Mrs. Denby!" he gasped. But instantly he fell back for the young woman, for all the world like a ten-penny-dreadful stage heroine, hissed out a terrific "Sh-h!" I don't want anybody to know my name!" with a cautious glance toward the none-too-rapidly disappearing Hawkins.  
"But what does this mean?" demanded Frank Gleason, when he could find words. "Where's Burke?"  
"He's left me."  
"Left you? Impossible!"  
"Yes." She drew in her breath convulsively. "He says it's only to Alaska with his father; but that's just to let me down easy."  
"Oh, but, Mrs. Denby—"  
"You needn't try to make me think any different," she interposed, sinking wearily into the chair the doctor placed for her. "Cause you can't. I've been over everything you could say. All the way down here I didn't have anything to do only just to think and think. And I see now—such lots of things that I never saw before."  
"But, why—how do you know—what made you think he has—left you?" stammered the doctor.  
"Because he's ashamed of me; and—"  
"Oh, Mrs. Denby!"  
"You don't have to say anything about that, either," said Mrs. Denby very quietly. And before the dumb penny in the eyes turned full upon him he fell silent.  
"There ain't any question as to what has been done; it's just what I'm going to do," she went on wearily again. "He sent me ten thousand dollars—Burke's father did; and—"  
"John Denby sent you ten thousand dollars?" exploded the doctor, sitting erect.  
"Yes, a check. I've got it here. It's sent for a holiday, you know," said Mrs. Denby, shifting the weight of the bag in her arms. "And—and that's why I came to you."  
"To—me?" stammered the doctor, growing suddenly alertly miserable and nervous again. "A—a playday! But I—I—that is—how—"  
"Oh, I'm not going to take the playday. I couldn't even think playday," she burst out. "It's—"  
Then in a breathless rush it came. "Doctor, you can—you will help me, won't you?—to learn to stand and walk and talk and eat soup and wear the right clothes and finger nails and hair, you know, and not say the wrong things, and everything the way Burke's friends do—you and all the rest of them—you know, so I can be swell and grand, too, and he won't be ashamed of me! And is ten thousand dollars enough to pay—for learning all that?"  
From sheer inability to speak, the man could only fall back in his chair and stare dumbly.  
"Please, please don't look at me like that," besought the young woman frenziedly. "It's just as if you said you couldn't help me. But you can! I know you can. And I can do it. I know that, too. I read it in a book, once about a girl who—who was like me. And she went away and got perfectly grand clothes and hair, and all; and then she came back; and he—he didn't know her at first—her husband, and he fell in love with her all over again. And she didn't have near so much money as I've got. Doctor, you will help me?"  
The doctor, with his shocked, amazed eyes on the pitifully pleading face, appetite, threw up his hands in despair.  
"But I—you—Burke—Oh, Heavens, my dear lady! How utterly, utterly impossible this all is. Come, come, what am I thinking of?—and you with not even your hat off yet! And that child! I'll call Hawkins at once. He and his wife are all there are left here just now—my sisters at the beach. But they'll make you and little Miss Dorothy Elizabeth here comfortable for the night. Then, to-morrow, after a good sleep, we'll—well, fix it all up. I'll get Burke on the long distance, and—"  
"Dr. Gleason," interrupted Helen Denby, with a calmness that would have deceived him had he not seen her eyes. "My husband isn't worrying about me. He thinks I'm at home now. When he finds I'm not, he'll think I've gone to my old home town where he told me to go for a visit. He won't worry then. So that's all right. Don't you see? He's sent me away—sent me. If you tell him now that I am here, I will walk right straight out of that door, and neither you nor him nor anybody else I know shall ever see me again."  
"Oh, come, come," protested the doctor, again helplessly.  
"Once more Helen interrupted. "Doctor, why can't you be straight with me?" she pleaded. "I had to come to you. There wasn't anybody else I could go to. And there isn't any other way out of it—but this. I tell you I've been doing some thinking. All the way down here it's been just think, think, think."  
The doctor wet his lips.  
"But, if—Burke knew—"  
"Look-a-bera," cut in Helen reso-

lute, "you've been to our house quite a lot since Burke and me was married. You think I made Burke real happy, don't you?"  
There was no answer.  
"You might as well say the words with your lips, Doctor. Your face has said them," observed Helen, a little dryly.  
"Well—no, then—but I feel like a brute to say it."  
"You needn't. I made you. Besides, I'm glad to have you say it. We're right out in the open, now, and maybe we can get somewhere. Look a-bera, do you know?"—for the first time in my life to-day I was sorry for John Denby. I was. I got to thinking, with Dorothy Elizabeth all safe and snug in my arms, how, by and by, she'd be a little girl, and then a young lady. And she was so sweet and pretty, and—and I loved her so! And I got to thinking how I'd feel if some body took her away from me the way I took Burke away from his father, and married her when I didn't want her, to any more'n Burke's father wanted him to; and I—I could see then how he must have felt, worshipping

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Burke as he did. I know—I used to see them together, when I was nurse there with Mrs. Allen's children. I never saw a father and son so much like—chums. He doted on Burke. I know now how he felt. And—and it's turned out the way he said. I haven't been the one for Burke at all. I've—I've dragged him down."  
"Mrs. Denby, please—" begged the doctor.  
But she paused only long enough to shake her head.

"Yes, I have. I know. I've been thinking it all over—the life we've led together, and what he might have had, if he hadn't had—if it hadn't been for me. And that's why, now, I want to see if—I can't learn how to—to make him not ashamed of me. And it isn't for me, only, it's for Dorothy Elizabeth. I want to teach her. It's had enough to have him ashamed of me; but I—I just couldn't stand it if he should ever be—as ashamed of—her. And now—won't you help me, please? Remember, Burke doesn't want me at home, now, so I'm not displeasing him. Won't you help me? It's my only—chance!"  
(To be continued.)



## Woman's Interests

### Taking Care of Fly Screens.

Now that we have come to realize how important it is to keep flies and insects out of the house, fly screens are as necessary as a front door or a refrigerator.

In the very nature of things, fly screens are exposed to the air so constantly that unless they are taken proper care of, they soon deteriorate and have to be replaced. The materials of which they are made and the labor to make them have all increased in price since the war began, and so it stands us in hand to take care of the fly screens we have in order to save the expense of new ones.

After screens have been up for a season the moisture, smoke and dust make them look shabby in the extreme. Many times they begin to show actual signs of rust and breaking away. Several times during the season the screens should be gone over and freshened up. The best way to do is to take them right out and turn the hose on them, although if this is inconvenient, they can be washed with an old black cloth (a stocking leg is excellent), warm water and a little soap dissolved in the water. Allow them to dry, then go over the screens inside and out with a mixture made of equal parts of kerosene and boiled linseed oil. This will improve their appearance materially. The kerosene will soon evaporate and as insects do not like the odor, it will keep the tiny moths and mosquitoes away which sometimes slip through the meshes.

When fall comes the screens should be cleaned, and if they require repainting or painting, this should be done, after which they should be stored in a dry, dustless place until spring. If they do not require painting, oil them with a mixture of two-thirds of boiled linseed oil and one-third kerosene. This will protect them from rust. A cloth or a brush will do to apply it with.

If the frames show signs of parting at the corners repairs should be made. Very small breaks in the wire meshing may be mended in several ways. One is to take a small piece of wire netting a little larger than the break, and to stitch it in place neatly with either a fine black linen thread or piece of fine wire. Even a piece of black mosquito netting neatly applied is better than a hole. When screens become quite badly rusted, fresh wire can be put on them, they can be painted and made as good as new.

When the screens are put away in the fall all fixtures, hinges and screws should be tied in stout pieces of cloth and fastened to the screen door to which they belong so that when spring comes there will be no delay or inconvenience in putting the screens up. It is often found in screening a house that there is a slight difference in the size of the windows, making it necessary that every screen go into its own window in order to fit perfectly. It is a tiresome and unsatisfactory job to do this either by guess or by testing them all out. It is much easier in the fall to label each screen properly. A little slip of paper may be pasted in an inconspicuous place inside and the details written thereon with pen or typewriter, thus:

Left-hand dining room window.  
Middle dining room window.  
Right-hand dining room window.  
This will show where each screen goes, and if the work has to be hired, will save time and money.

A well screened house is sure to be a comfortable one, for it is possible to have a free circulation of air night and day, and fresh air is one of the essentials of good health. Take good

care of your screens. It is worth while.

### The Up-to-Date Kitchen.

Health and time-saving are the main thoughts in its furnishings. The desk is the big, glass-topped kitchen table, so placed that the worker, seated at it, has a quick view of the shelves with glass doors that line the walls. It has no dark cupboards for storing food and germs. The kitchen of to-day has a complete filing and storing system. Recipes and menus that have been tested for their food values, economy, and practicability are copied or pasted on cards that are arranged alphabetically in a compact box for card filing. Another such file contains suggestions for cleaning and renovating, a grocery list that certain commodities may best be purchased, and announcements of new household devices and labor-saving appliances that may be purchased later when the family budget allows of such expenditure. Glass jars of graduated sizes contain the raw foods, spices and other condiments necessary for cooking, and a glance at the shelves which need replenishing. Old fashioned utensils of tin and iron foundation are replaced by the newer materials, aluminum, porcelain and glass.

### A Wedding on the Lawn.

A girl who lived in a small town and had a big lawn chose to be married outdoors in the latter part of August. The blossoming hydrangea hedge in front of the house was made thicker with small evergreen branches stuck down into the ground. One corner of the yard, where there was a natural alcove curving in among the shrubs, she picked out for the wedding itself. The veranda was decorated with Japanese lanterns and flowers, and beforehand the guests gathered in groups there or on the lawn.

When it was time for the ceremony, some girl friends of the bride marshaled the guests to the chosen place, and then returned to the house to act as ribbon girls. There were about a dozen of them in light summer dresses, and the first couple, holding the ends of long white ribbons, preceded the bridegroom, roping off an aisle across the lawn and among the spectators.

A chorus of young musical friends came first, singing the words and music of "Lohengrin." Following them came a flock of flower children, tiny girls and boys, scattering flower petals from the high-handled baskets swinging in the chubby little hands. Last of all, four abreast, came the bride and bridegroom, the bride's mother, who gave her away, on the right of the bride, and the best man on the left of the bridegroom. The ribbon girls had accompanied the procession at the proper intervals, holding the aisle ribbon, and the last two brought up the rear, winding up the ribbon as they came.

The reception took place immediately afterward on the lawn, and the guests were served with ice cream and cake wherever they chanced to be, by the attentive ribbon girls.

In the back yard, at a long table, a caterer superintended the serving of the refreshments.

Altogether it was a most successful wedding and at the same time was easy one to plan, since there was no question of overcrowding in the house, although in case of rain it could have been managed there.

### Quick Desserts.

In summer we should eat less of the heavy foods. A sensible dessert is a help toward a satisfactory

meal. There may be some new combinations in the recipes given here.

Custard Sponge—1 pint, milk, ½ tablespoonful cornstarch, 2 tablespoonfuls sugar, 1 egg yolk, pinch salt, ½ teaspoonful vanilla, ½ cupful almond, sponge cake, cream. Make a custard as follows: Heat the milk until scalded; mix cornstarch, sugar and salt; beat the yolk slightly, add dry ingredients, pour the scalded milk on slowly, return to double boiler and cook three or four minutes. Remove from fire, flavor with vanilla. When cold, stir in the blanched chopped almonds. Line glasses with one-day-old sponge cake, which has been soaked in cream. Fill up the glasses with the custard and serve immediately.

Lemon Syrup—2 tablespoonfuls lemon juice, 1 cupful sugar, ½ cupful water. Boil sugar and water until it spins a thread when dropped from the tip of the spoon. Remove from fire, add lemon juice and cool.

Date Pudding—2 cupfuls milk, 1 cupful stoned dates, ¼ cupful sugar, 2 tablespoonfuls cornstarch, 1 egg, ½ teaspoonful salt. Mix the cornstarch with a little cold milk. Heat the rest of the milk to boiling, then add the cornstarch. Add the sugar, salt and egg well beaten. Cook together five minutes. Wash, stone and cut dates in pieces, put in serving dish and pour the custard over them. Reserve a few slices of dates for the top.

Coconut and Orange Cup—3 oranges, ½ cupful powdered sugar, ½ cupful grated coconut, whipped cream. Slice the peeled oranges and put a layer in a glass serving dish, cover with powdered sugar and a layer of coconut. Add another layer of oranges, sugar and coconut. Serve at table in individual dishes.

### A Few Facts.

By using less material in Army kilts Britain saved \$115,000 a year.  
During the war forty and a half million jackets were supplied to all forces.  
Moths have been caught in mid-ocean 1,200 miles from the nearest land.

The 1919 harvest will be the most costly in the history of British farming.

On board a steamer, 130 miles off the coast of Brazil, 64 specimens of moth were taken.

Plague, which is carried largely by rats, has, altogether, caused six million deaths in India.

Canaries in their wild state are of a striped greenish color. The yellow canary is due to breeding.

The next airships to be built in England are to be 694 feet in length, with a lifting power of 82.7 tons.

Certain landholders in Scotland are bound, under monetary penalties, to carry out the King's command.

The increase in the cost of living in Great Britain since 1914 is 160 per cent, and in France 292 per cent.

Wasps are influenced by colors and smells. They favor yellow, black, red, blue, and white, in the above order.

Most of the rats in England are descended from the few that arrived from Asia in an English ship about the year 1729.

### Have and Old Contemptibles.

I understand, says a writer in the "Pall Mall Gazette," that the inhabitants of Havre, where the first of the old, gallant "Contemptibles" landed to erect a suitable monument at the entrance to the harbor to their memory. The Havrais more than any other section of French people seemed to have imbibed British manners, and I should say at least 20 per cent. of the population can speak English more or less fluently. I am told that over 2,000 of the young ladies of Havre have married British soldiers.

### Typical.

A man from the Rhine told me, says a writer in the London Evening News, of a British officer getting up in a Cologne tram to offer his seat to a German girl. The fraulein was so startled that she did not sit down, but allowed the Hun who was with her to take a seat.

"And what happened next?" I asked. "He was lifted out by the scuff of his heel, of course."

### Minard's Liniment Cures Diphtheria.



## Cool Comfort

It's Sunday morning—blazing hot, and pretty near a whole day before you for rest and recreation.

First, then—a shave. Whether you are going for a spin in the car, taking the family to church or visiting a neighbour, you cannot go with a day's growth of beard on your chin.

The thought of shaving won't be irksome if you own a Gillette Safety Razor—rather, you think of five minutes' cool comfort with the highest type of shaving edge ever developed. No man in the world can command a keener blade than the one you slip into your Gillette.

And if Gillette shaving gives you an added joy to your Sunday, why not take five minutes every morning for a clean shave as the start for a better day's work.

For \$5.00—the price of the Gillette Safety Razor—you have your choice of the Standard Gillette sets, the Pocket Edition sets (just as perfect, but more compact), and the Bulldog Gillette with the stocky grip. Ask to see them TODAY at the jewellers', druggists' or hardware dealers.

## Gillette Safety Razor



### Who Makes Most Money?

Mr. Booth Tarrington, the writer of "Monsieur Beaucaire," is one of the wealthiest authors. It was stated a few years ago that he had made \$1,000,000 out of his writings.

When success arrives, the pen is a mighty producer of wealth. It is not, however, more lucrative than cinema acting. Charlie Chaplin's annual earnings have been estimated at a quarter of a million, and Mary Pickford, who has just declared her intention of retiring, will relinquish \$1,500,000 a year when she ceases acting for the screen.

Opera singers like Caruso, coin thousands of dollars in a few minutes. So do prize-winners in big competitions. But perhaps boxing brings in the biggest sums per minute, if we exclude speculators, and as an instance, the recent contest between Dempsey and Willard may be quoted. Dempsey won in ten minutes and secured \$100,000, or \$10,000 per minute.

### Maples on Vimy Ridge.

Two hundred young maple saplings, a gift from Toronto, have been planted on Vimy Ridge in commemoration of the exploits of Canadian battalions during the war. No living trees break the monotony of the tortured Somme country, while in the Salient the shattered trunks have long since disappeared in the all pervading mud. To the east of Noyon every tree was felled by the retreating enemy, and around Arras waving branches are the exception rather than the rule.

### Minard's Liniment Cures Gargat in Cows

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## About Beans

### Home-Cooked Baked Beans Are Delicious—

but how seldom the beans are cooked right. Sometimes hard, sometimes mushy, sometimes too wet—or perhaps done to a crisp.

And the hours of cooking they require and consequent waste of expensive fuel.

Next time get "Clark's" Pork and Beans. They are always ready—just heat and serve, and note: Every bean of uniform size—every bean whole—yet every one cooked to perfection.

They are sold with three kinds of sauce. Tomato, Chili, Plain. Buy the kind you like best, they are all delicious.

"Clark's" will be appreciated by all the family, are most economical—and save the housekeeper work and worry.

The Government legend on every can of "Clark's" Pork and Beans and other good things guarantees their absolute purity.

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## BENSON'S CORN STARCH



Ask your Grocer for BENSON'S To-day!

HOUSEWIVES are finding new and delicious uses for Corn Starch every day—in fact, for every meal.

Not alone smooth, creamy gravies and sauces, and simple puddings—but crisp, delicate pastries; flaky rolls, bread and biscuits; rich tender cakes and pie fillings; and desserts such as you never thought it possible to make in your own kitchen.

Insist on BENSON'S—no other Corn Starch can guarantee such Purity and Delicacy. Recipes on the package.

## IMPURE GLUTEN FLOUR.

Diabetics Misled as to Purity of the Food They Buy.

Gluten flour, used by those suffering from diabetes, has been proven to be below standard quality, according to the following facts as given by "Conservation of Life."

The attention of the Senate of Canada was recently directed by Hon. Dr. DeVeber to a condition which exists in this country in respect to the quality of the gluten flour, so-called, manufactured in Canada.

An analysis of flour is put up and advertised for the special use of diabetics, whose very existence depends upon a strict dietary of protein substances and particularly the use of bread made from a bona fide gluten flour, we consider the sale of any camouflaged flour for this purpose is criminal in the highest degree.

The diabetic can only take a very limited quantity of carbohydrates, i.e., food containing starch, and the manufacture or sale of any brand of gluten flour that is not up to the standard of quality places many persons' lives in great jeopardy. No Government is warranted in permitting a continuance of this most unsatisfactory practice.

Senator DeVeber quoted the report of Dr. A. McGill, chief analyst of the Department of Inland Revenue, as stating that of eighteen samples of gluten flour examined by him, only five, or 27.5 per cent, were of standard quality, and these were not manufactured in this country. The remaining 13, or 72.5 per cent, were all made in Canada but were below standard.

We have, therefore, the fact before us that some thirteen different Canadian manufacturers of so-called gluten flour are selling a commodity which is specifically for the use of those unfortunately suffering from diabetes and upon which they, in the main, depend for their very existence, and yet not a single sample is considered a standard article by the chief analyst.

The chief analyst further stated that "Gluten flour in contradistinction to normal flour is required to contain not more than five and six-tenths per cent. of organic nitrogen not more than ten per cent. of moisture and not more than fifty per cent. of starch. Dealers in this article were perhaps not aware that a standard existed for it."

"We define gluten flour, and that is the only definition we have in our act. In the United States Food Inspection Decision No. 160, not only is gluten flour defined, but ground gluten, self-raising gluten flour and diabetic food. We have not yet defined these terms."

"There is a standard for gluten flour, but that is all; there is not for bread."

"As a matter of commercial prudence, I would think any manufacturer would insist upon knowing what he was uttering as gluten bread or gluten flour, or diabetic food, because he knows quite well that sooner or later he is going to be penalized."

The situation demands that the "made in Canada" gluten flour should be of standard quality, or should be prohibited from being sold under that name. Severe punishment should be meted out to the vendor of any such article when he sells to the unsuspecting sufferer a food which is nothing less than a danger to his life. The act is all the more criminal owing to the fact that it is sold for his special use and for the purpose of prolonging his life.—C.A.H.

## Homeless.

The sea will give up her drifting men. The soldiers will win to their homes again.

And pass through their doors again; But what will become of the forest folk,

Robbed of their roofs of elm and oak And the towers from which their music broke

And their painted splendor shown? The squirrel is robbed of his winter's keep,

The banks are torn where the dormice sleep And the glades where the badgers roll.

The thrush is reft of his first-top throne, The croon of the dove is no more known.

From the ravished glen is the brown owl flown With the cry of an outcast soul.

The homes of men shall be built anew, Our corn shall grow where of old it grew.

And our keels re-cross the main, But the fallen homes of the woodland folk,

Larch and fir and elm and oak, Roof and wall that the war years broke—

Who shall build them again?

Always rinse the milk tumblers in cold water before washing them in hot water. If they are put in hot water first the heat drives the milk and gives the glass a cloudy appearance which cannot be renewed.

The triplane, making a twelve-hour journey from London to Hong Kong, had got into difficulties among the stars. Something was wrong with the engine, for the customary speed of the triplane had considerably slackened. "Good heavens," cried the skipper, "we shall be half a minute late! What makes her go so slow?" "Why, sir," said the engineer, "we're passing through the Milky Way, and the propeller's full of butter."