

The Road to Understanding

—BY—
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Published by special
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Thos. Allen,
Toronto.

CHAPTER X.

Helen Denby received the letter from her husband at two o'clock by a special messenger.

Helen had passed a sleepless night and an unhappy morning. The surge of bitter anger which at first, like the ink, had blackened everything it touched, soon spent itself, and left her weak and trembling. Dorothy Elizabeth, after her somewhat upsetting day, sank into an unusually sound slumber; but her mother, all through the long night watches, lay with sleepless eyes staring into the dark, thinking.

Helen was very angry with Burke. There was no gaining that. She was a little frightened, too, at what she herself had said. In a sober moment she would not have spoken quite like that, certainly. But it had been so hateful—his asking if she called that a happy home! As if she did not want a happy home as much as he ever could!

To Helen, then, came her old vision of the daintily gowned wife welcoming her husband to the well-kept home; and all in the dark her cheek flushed hot.

How far short, indeed, of that ideal had she fallen! And she was going to be such a help to Burke; such an inspiration; such a guide, counselor, and friend! (Swiftly the words came galloping out of the long-forgotten hazy-moon.) Had she helped him? Had she been an inspiration, and a guide and a counselor, and a friend? Peter Burke! He had given up a good deal for her sake. (With the consciousness of that vacant pillow by her side, a wave of remorseful tenderness swept over her.) And of course it must have been hard for him. They had told him not to marry her, too. They had warned him that she was not suited to him, that she would drag him—

With a low cry Helen sat up in bed suddenly.

"Drag him down!" Had she dragged him down? No, no, not that—never that! She had been careless and thoughtless. She had not been a good housekeeper; and maybe sometimes she had been fretful and fault-finding, and—and horrid. But she loved him dearly. She had always loved him. It only needed something like this to show her how much she loved him. Why, he was Burke, her husband—Burke's father! As if ever she could let it be said that she had dragged him down!

Quivering, shaken with sobs, she fell back on the pillow. For a few moments she cried on convulsively. Then, with a tremulous indrawn breath, she opened her eyes and stared into the dark again. A new thought had come to her.

But there was time yet. Nothing dreadful had happened. She would show Burke, his friends, everybody, that she had not dragged him down. From now on she would try. Oh, how she would try! He should see. He should find a happy home when he came at night. She knew more, now, than she did, about housekeeping. Besides, there was more money now,—a little more,—and she had some one to help her with the work. Bridget was really doing very well. And there was Mrs. Cobb, so kind and helpful. She would go to her for advice always. Never again should Burke come home and find such a looking place. Baby should be washed and dressed. She herself would be dressed and waiting. Dinner, too, even on Bridget's day out, should be all ready and waiting. As if ever again she would run the risk of Burke's having to flee from his own home because he could not stand it! He should see!

It was in this softened, exalted state of mind that Helen rose the next morning and proceeded to begin the carrying-out of her vows, by essaying the almost hopeless task (with Bridget's not overcheerful assistance) of putting into spotless order the entire apartment.

At two o'clock, when Burke's letter came, she was utterly weary and almost sick; but she was still in the softened exalted state of the early morning.

With a wondering, half-frightened little cry at sight of the familiar writing, she began to read. John Denby's check for ten thousand dollars had fallen into her lap unnoticed. My dear Helen (she read): First let me apologize for flying off the handle the way I did last night. I shouldn't have done it. But do you know? I believe I'm glad I did—for it's taught me something. Maybe you've discovered it, too. It's this: you and I have been getting on each other's nerves lately. We need a rest from each other.

Now, don't bristle up and take it wrong, my dear. Just be sensible and think. How many times a day do we snap and snarl at each other? You're tired and half sick with the work and the baby. I'm tired and half sick with my work, and we're always rubbing each other the wrong way. That's why I think we need a vacation from each other. And I had made it possible for us to take one. He wants me to go to Alaska with him on a little

trip. I want to go, of course. Then, too, I think I ought to go. Dad needs me. Not that he is old, but he is just getting over an illness, and his head bothers him a lot. I can be of real use to him.

At his own suggestion he is sending you the enclosed check. He wants you to accept it with his best wishes for a pleasant vacation. He suggests—and I echo him—that it would be a fine idea if you should take the baby and go back to your home town for a visit. I know your father and mother are not living; but there must be some one there whom you would like to visit. Or, better yet, now that you have the means, you would probably prefer a good hotel for headquarters, and then make short visits to all your friends. It would do you worlds of good, and Baby, too.

And now—I'm writing this instead of coming to tell it face to face, because I believe it's the best way. I'll be frank. After last night, we might say things when we first met that we'd be sorry for. And I don't want that to happen. So I'm going to stay up here for a day or two.

Let me see—to-day is Friday. We are due to leave next Wednesday. I'll be down the first of the week to say good-bye and pick up my traps. Meanwhile, chicken, you'll be all right with Bridget there; and just you put your wits to work and go to planning out that vacation of yours, and how you're going to spend the money. Then you can be ready to tell me all about it when I come down.

Your affectionate husband, Burke.

Helen's first feeling, upon finishing the note, was one of utter stupefaction. With a dazed frown and a low ejaculation she turned the letter over and began to read it again—more slowly. This time she understood. But her thoughts were still in a whirl of surprised disbelief. Then, gradually, came a measure of conviction.

(To be continued.)

ELECTRIC POWER IN CANADA.

Many Resources Can Only be Developed Through Use of Hydro-Electric Energy.

Few realize the important relation which Canada's wealth in water power bears towards the full benefit of her numerous other natural resources. It is true that these other resources would not otherwise be entirely lost to the country, but would have to be exported as raw material in its most primary state with a minimum return to us. The presence of cheap power which is almost invariably found side by side with these other resources, facilitates their development, while their full industrial value is retained in being able to deliver them as a fully manufactured product.

It may be even permitted to predict that this cheap power will soon attract raw material from other countries. For instance, the United States side of Niagara Falls is operating largely from hydro-electric energy exported from Canada. Had it been physically or economically impossible to export this energy, as the question of power is of utmost importance, these works would have doubtless been attracted to use it on the Canadian side.

In Canada, the pulp and paper industry has been greatly expanded through the proximity of abundant water power to our forest resources. A recent census bulletin on this industry shows that there is a total of 524,252 h.p. installed to operate pulp and paper mills in Canada. From other figures given it is fair to estimate that at least 475,000 h.p. of this is derived directly or indirectly from water power.

If we consider pulp mills alone the figures from the bulletin also demonstrate the important part which power holds in connection with this industry. The Canadian mills producing pulp exclusively are stated to have a yearly output of 490,615 tons, for which it is necessary to use 95,463 h.p. In other words one horse-power will produce approximately five tons of pulp yearly.

This one horse-power usually costs from \$8 to \$10 with water power, while, if other sources of energy had to be used, the corresponding cost might be from \$30 to \$50. This would mean an increase in cost of at least \$4 per ton, or, in all probability, if the water power had not been available, the pulp would not have been manufactured.

Barn Fires.

During the past two hay-making seasons many fires have occurred in barns, and these have been traced directly to the storing of hay in the barns before it has been thoroughly dried. The moisture in the hay has caused a fermentation and heating which has resulted in spontaneous combustion, and the loss of the hay crop and the buildings.

Hay should be properly cured before being stored. It may take a little longer and may sometimes be done at the risk of unfavorable weather, but it is much better to be sure than sorry.

REGENERATION OF WASTE PAPER

How the Saving of Paper Can Relieve the Heavy Drain Upon Our Forests.

During the war, in many places in Canada, organizations of patriotic workers undertook the collection of waste-paper, with a two-fold object, namely, the revenue derived therefrom and relieving the shortage of raw material.

It would be difficult to secure an estimate of the value of waste paper collected, but it amounted to many thousands of tons.

As a forest conservation measure, this work was a tremendous success. Every ton of waste paper sold relieved the forest of supplying raw material to take its place. Eight trees of 9-inch butt are required to make one cord of pulpwood, and one cord of pulpwood makes one ton of pulp. We are proud of our rapidly growing pulp and paper industry, but few realize what a drain this means to the forest.

Dr. C. D. Howe, in reporting on the Commission survey of forest regeneration at the last annual meeting of the Commission of Conservation, said:

"The studies of the past summer corroborate the results of the previous summer, namely, that the young balsam and spruce under the cover of the hardwoods grow very slowly. For example, the average 4-inch balsam was found to be 55 years old, the average 3-inch tree 70 years old, and it was 80 years old at 10 inches in diameter breast-high. This statement is based on the growth analysis of about 300 trees. The spruce grows even more slowly. At 4 inches in diameter breast-high, the average tree was found to be 80 years old, at 5 inches in diameter, 120 years old, and at 12 inches in diameter, 165 years old."

Thus, to supply the raw material for one ton of pulp will require eight balsam trees of 75 years growth, or eight spruce trees of 130 years growth, or 600 or 1,040 years, respectively, of tree growth.

Today, the market price of waste paper is somewhat lower than during the war, but there is a steady demand for it, and by organized gathering, a good revenue may be derived, the drain on our forests may be partially relieved and, in a measure, the reputation of Canadians as a nation of wasters may be discredited.

ELECTRICITY AND CIVILIZATION.

Harnessing of Her Water Power is of Vital Interest to Canada.

The subject of water power is one of great interest in Canada. The benefits which we have a right to anticipate from our wealth in this valuable resource are being more and more truly appreciated in this country.

In connection with the value of water powers, the Electrical World, commenting on remarks by Dr. George Otis Smith, Director of the United States Geological Survey, states that, in the long run, the utilization of water power means the saving of human energy for purposes to which power-driven machinery is not yet adapted. The mere change from steam power to water power is not only significant of lower costs in manufacturing and of the saving of the earth's stored fuel for its more important uses, but it relieves the labor necessary in mining the coal and the still greater burden of transporting it. Every water power harnessed and displacing steam power implies, therefore, a great band of laborers in the mine and on the railways freed from this particular necessity of toil for other and more useful work. Now that the price of labor has risen beyond the wildest dreams of a few years ago, we are approaching an era when, wherever possible, human energy will be replaced by mechanical or electrical power.

If we are to attain a condition of production that will give us a chance of successful competition in the world's market, it must be through the most determined efforts at cheap power production and all possible saving in the field of human labor. The great power enterprises of the present day give opportunities such as have not yet been realized.

EMPTY PIGEON LOFTS.

French and Belgians Miss the Soft Coaling of Favorite Birds.

The enterprising pigeon fancier who would like to turn his fancy stock to Belgium and France.

In all the territory occupied by the Germans these birds have entirely disappeared. They were either eaten or stolen by the rapacious Hun.

As high as \$90 a pair is being paid for extra fine birds, but even at such rates the lofts are being filled.

It has been said a good many times that the Germans overlooked nothing which could be destroyed or stolen, and the empty pigeon lofts bear witness to another detail of their greed.

A good many fine birds have been contributed by generous fanciers in this country, and one can well imagine with what a sensation of assured peace, of quiet comfort and home restored, the inhabitants of these ravaged towns of France and Belgium will hear once more the soft cooing of the pigeons in their lofts.

Money makes the mare go but it takes good oiling to run machinery. In passing slow-moving vehicle, always pass it on your left, but in passing a street car always keep to the right.



Canny Things About Home Canning.

All steps in the canning of food are very important, but the preliminary work of preparation should not be overlooked. A certain amount of equipment will be needed; therefore, it is well to make out a list, look over the things that are at hand and replace such things as are unfit for use, or missing.

Examine jars and test rubbers. Provide a wire basket or squares of cheese-cloth (for the blanching process), sharp paring knives, table-spoons, a set of measuring spoons, measuring cups, a paddle for packing fruit, etc., in the jars, graniteware pans for use in handling acid fruits, a wide-mouthed funnel to be used in filling the jars, a duplex fork for lifting hot jars, a generous supply of wiping cloths, hand towels, the means of obtaining an unlimited supply of clean hot and cold water, a garbage pail and a good stove.

Having decided upon the place where the canning is to be done, work out a convenient arrangement of tables or benches, in their relation to each other and to the stove, in order to do away with extra steps and avoid the confusion which sometimes prevails when space is limited.

Five different types of canning outfits are in general use. The home-made outfit is constructed of such utensils as wash-boilers, tin pails, metal wash-tubs and lard pails. The pails should have well-fitting covers of wood or metal to support the jars, in order to prevent direct contact with heat and also to permit free circulation of water and steam around and under the containers.

The hot-water-bath commercial outfits which are generally used for outdoor work have a sterilizing vat, lifting trays, fire-box and smoke-pipe. This outfit and the home-made outfit, are classed as hot-water-bath outfits.

A water-seal outfit has double-walled bath with a cover which projects down between the outer and the inner walls, making three metal walls and two water-jackets between the sterilizing vat and outer surface of the canner. The free escape of steam is prevented in such an outfit, and a higher temperature can be maintained, which may make it more economical of heat, especially in canning vegetables and meats which require high temperature for complete sterilization.

The steam-pressure outfit carries from five to thirty pounds of steam pressure and is equipped with steam-tight sterilizer, lifting crate, thermometer or pressure gauge, safety-valve and steam petcock. It is easily regulated to maintain different temperature, making it adaptable for use in sterilizing a variety of food products. Aluminum pressure cookers are lights in construction and economical of heat, and are used for canning during the canning season and as cookers during the entire year. They are as fully equipped as are the steam-pressure outfits.

Having provided the equipment and decided upon the method to be pursued, the preparation of the product comes next. Use care in the selection, grading, washing and blanching. Reject any fruit or vegetables showing signs of decay; even though the rot spot is removed, the use of what is left may cause spoilage of the entire contents of the jar.

Blanching is done by placing the product to be canned in a square of cheesecloth and plunging it first into boiling water, then in cold. This removes strong flavors, makes the color uniform, shrinks the product, makes it flexible so that it can be packed more easily, and prepares for the removal of skins. Do not blanch so much at a time that the water is cooled; however, the cold water for the second plunge must be kept as cold as possible.

In canning vegetables, add salt when the jar is half full, one-half teaspoonful to a pint jar being sufficient for most vegetables. Pack tight, except such vegetables as swell in

cooking. Add boiling water to fill crevices, remove air bubbles by means of a bamboo paddle or flexible knife-blade, adjust the rubber and hot lid or cover, and partially seal the jar by screwing the lid down tight, then giving a quarter of a turn back. On jars having glass tops the wire lever is left unfastened until after the processing has been completed. Then it is pressed down into place.

Set the jars on the rack in the canner with sufficient water to cover them to a depth of not less than one inch. Count time from the moment water begins to jump or boil around the jars, and keep the heat steady—a regular even boiling. Do not handle more than a few jars at a time. What is known as a "flat sour" may develop if the food is allowed to stand too long during the different processes.

Consult the timetable for the length of time needed for various foods under different methods of canning, remove and seal the jars when the process is completed, turn the jars upside down to test for leaks, and cool as quickly as possible, avoiding drafts. Store in a cool, dark place.

Pack fruit carefully in hot jars, using a paddle in order to place large fruits advantageously. Pack berries a layer at a time, gently shaking them into place. Test every jar and use new rubbers. Make syrup according to formula 1, which requires three quarts of sugar and two quarts of water. Boil until the sugar is dissolved, skim off impurities and keep it hot; or use formula 2, which is not so sweet. This takes two quarts of sugar to three quarts of water. Pour the syrup to within a quarter of an inch of the top, use the paddle to remove air bubbles, partially seal the jars, as directed above, and place in the canner. Consult the processing table and note the time when the fruit should come out. Remove the jars, tighten the lids, test for leaks and stand away to cool.

Time-Table for Scalding, Blanching and Sterilizing Vegetables and Fruits.

The figures in this table represent minutes.

	Steam Pressure	Scald pressure cooker	or 8 to 10 to 15	blanch pounds	sterilize pounds
Tomatoes	1 1/2	15	10		
Pumpkin	3	60	40		
Squash	3	60	40		
Corn, sweet	5	90	60		
Corn, field	10	60	50		
Mushrooms	5	60	50		
Sweet peppers	5	60	40		
Beans, wax	5-10	60	40		
Beans, stringless	5-10	60	40		
Brussels sprouts	5-10	60	40		
Cauliflower	3	80	20		
Beets	5	80	40		
Turnips	5	60	40		
Other roots					
and tubers	5	60	40		
Lima beans	5-10	60	40		
Peas	5-10	60	40		
Apricots	1-2	10	5		
Blackberries		10	5		
Blueberries		10	5		
Cherries		10	5		
Currants		10	5		
Gooseberries	1-2	10	5		
Grapes		10	5		
Huckleberries		10	5		
Peaches	1-2	10	5		
Plums		10	5		
Raspberries		10	5		
Strawberries		10	5		
Apples	1 1/2	8	6		
Pears	1 1/2	8	6		
Quinces	1 1/2	8	6		
Windfall apples (for pies)		8	5		
Whole apples, pared and cored		8	5		
Apple syrup		8	5		
Fruit juices		8	5		

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COMPULSORY TOWN PLANNING.

Only Two of Canada's Provinces Are Keeping Abreast of the Old Land.

Town planning in Great Britain has so far advanced beyond the experimental stage that it has now been decided to make it compulsory for every town, having 20,000 inhabitants or more, to submit a town planning scheme for its own area to the Local Government Board, not later than 1926. Such a scheme must embrace the limitation of population densities per acre, define the portion of a site area to be covered with buildings, the character of the buildings, the lines of arterial roads and the provision of open spaces.

The British people realize that haphazard growth of towns leads to serious evils and they are determined to control it. In future, land will have to be developed so as best to serve the interests of the community, which, in the long run, is usually in the interests of the landholders themselves. Only the land speculator is adversely affected. If the public wish to put that individual out of business, they cannot do it more effectively than by actively promoting proper schemes of town planning.

In Canada, the province of Nova Scotia took the lead in making town planning compulsory in 1915. The only other province which has a compulsory act is Saskatchewan. These are therefore the only two provinces abreast of the Old Country in town planning progress, though most of our provinces have enabling acts in force.

Rabbit skins from Australia and New Zealand were among the largest offerings in the recent international fur auction at St. Louis. Half a million pounds of Australian rabbit and 50,000 pounds of New Zealand were sold for a total of \$335,000. The largest lot went to hatters and felt manufacturers.

CLARK'S

PORK AND BEANS WITH TOMATO CHILI OR PLAIN SAUCE ARE A TREAT

THIS LEGEND ON THE TIN IS A GOVERNMENT GUARANTEE OF PURITY.

SUPER-POWER PLANTS IN BRITAIN

PROJECT HAS ONLY LIMITED APPLICATION TO CANADA.

Proposed Centralization in the Estevan District, Saskatchewan, Covering Total Length of 160 Miles.

The recent decision to proceed with the super-power station scheme for electric supply in Great Britain calls to our notice what should be done along these lines on a more modest scale in certain portions of Canada.

The British plan to improve the supply of electricity throughout Britain contemplates the replacement of the numerous small stations now in operation, by fewer but much larger stations supplying extensive districts through high tension transmission networks. There will be a gain both in economy and fuel conservation and, in many cases, the quality of service will be much improved. This national electric supply operates under the supervision of five commissioners appointed by the Board of Trade; these, in turn, appoint District Boards which include representatives of electric undertakings, of large consumers and of labor.

Lancashire is to be one of the first areas dealt with, the county being divided into three districts. Some of the smaller stations will probably be shut down immediately, the energy transmitted from larger existing stations being substituted. Following the building of the new super-power plants, the Commissioners will eliminate the remaining small stations and, also, the moderate-sized plants.

Application to Canada.

A similar situation, however, does not occur in Canada, as by far the larger portion of the capacity of our hydro-electric stations is to be found in what may be called "super-power" stations; many of them are also interconnected to allow more efficient operation.

There is, however, a portion of Canada where the absence of water power makes it necessary to supply power from steam or other fuel agencies. This area, which comprises southern Saskatchewan and adjacent portions of Manitoba and Alberta, is becoming of much importance through its rapid agricultural expansion and its future needs should be anticipated so far as possible.

As pointed out in a report on Electric Generation and Distribution in Canada, recently published by the Commission of Conservation, adequate supply of electric energy in this section is confined to a few large centres. The smaller municipalities have installed small electric plants which are usually very expensive to operate and only give a night service. The rates which have consequently to be charged and the limited service prevent the full benefit which should otherwise be enjoyed from the various uses of electric energy. All these small plants through concerted action could be replaced by a few large and more recent ones, each supplying a fairly extensive district by means of electric transmission lines. The cost of production would be reduced to about one-third and a better service supplied.

Plant in Saskatchewan.

The example given in the above-mentioned report illustrates the possibilities in the Estevan district. A central power plant at Estevan would supply transmission lines radiating in various directions covering a total length of 150 miles. The estimated demand, based on the requirements of the near future, shows a total of some 600 h.p. out of Estevan. As the lines would carry only a light load they could be built cheaply with light conductors and at a cost possibly not exceeding \$2,500 per mile. If we allow a load factor of 40 per cent, the cost of transmission would average 2 1/2 cents per k.w.h. The cost of production in the central plant would be from 2 1/2 cents to 3 cents per k.w.h., so that the electricity could be delivered for an average of from 5 cents to 2 1/2 cents per k.w.h. The cost of provincial centres supplied. With a small plant, the present cost runs as high as from 15 cents to 19 cents per k.w.h. Numerous other districts, if treated in the same way, would probably show advantageous results.

Harvesting Clover For Seed.

Cutting a seed clover should preferably take place when the clover is moist, either from rain or dew. If the clover is perfectly dry when cut for seed, then some losses cannot be avoided, as the heads easily break off and fall to the ground. Probably the most practicable way is to use the binder. Remove the cord and slacken the spring so that the binder will trip continuously. There are generally two boards that hold the sheaf; these should be dropped so as to allow the clover a free course to the ground. The windrow will be out of the way of the horses and the machinery and can easily be gathered with the barley fork.

Don't race the engine when stuck in the mud. The slower the wheel turns the more traction it has.

"Tommy," said the teacher, "can you tell me the meaning of 'repentant'?" "Yes, ma'am," answered Tommy. "It's how a fellow feels when he gets caught."

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