

# The Road to Understanding

CHAPTER XII.—(Cont'd.)

"Brett put the thing into the hands of a private detective whom he could trust; and he went himself to Wenton—for a vacation, apparently," continued Burke.

"What did he find?"

"Nothing—except that she was not there, and hadn't been there since she left some years ago, soon after her mother's death. He says he's positive of that. So he came back no wiser than he went."

"But—the detective."

"Very little there. Still, there was something. He traced her to Boston."

"Boston?"

"Yes."

"What friends has she in Boston?"

"None so far as I know."

"There's Gleason—she knows him."

Burke gave his father a glance from scornful eyes.

"My best friend! She'd be apt to go to him, wouldn't she, if she were running away from me? Besides, we've had three or four letters from him since we've been gone. Don't you suppose he'd tell us of it, if she'd gone to him?"

"Yes, yes, of course," frowned John Denby, biting his lips. "Think of it—that child alone in Boston, and—no friends! Of course she had money—she's got it, I suppose she cashed it—that check!" John Denby turned with a start.

"Oh, yes, I asked Brett about that. She got the money herself, at the bank here, not long after we went. She took it all with her."

"Took it all—ten thousand dollars!"

"Yes. The detective, of course, is still working on the case. He got to Boston, but there he's up against a hard wall. He's run a fine-tooth comb through all sorts of public and private institutions in Boston and vicinity without avail."

"Poor child, poor child!" groaned John Denby. "Where can—"

"But her son interrupted sternly. "I don't know where she is, of course. But don't be too sure it is 'poor child' with her, dad. She's doing this thing because she wants to do it. Don't forget that. Didn't she purposely mislead us by that note she left on my chiffonier? She didn't say she had gone to Wenton, but she let me think she had. 'Address me at Wenton, if you care to write,' she said. And don't forget that she also said: 'I hope you'll enjoy your playday as much as I shall mine.' Don't you worry about Helen. She's taken my child and your ten thousand dollars, and she's off somewhere, having a good time—two thousand dollars! Incidentally she's also punishing us. She means to give us a good scare. She's waiting till we get home, and till the money's gone. Then she'll let herself be found."

"Oh, come, come, Burke, aren't you just a little bit—harsh?" remonstrated John Denby.

"I don't think so. She deserves something for taking that child away like this. Honestly, as my temper is now, if it wasn't for the baby, I should feel almost like saying that I hoped she wouldn't ever come back. I don't want to see her. But, of course, with the baby, that's another matter."

"I should say so!" exclaimed John Denby emphatically.

"Yes; but, see here, dad! Helen knew where she was going. She's gone to friends. Wouldn't she have left some trace in that station if she'd been frightened and uncertain where to go? Brett says the detective found one cabby who remembered taking just such a young woman and child from an evening train at about that time. He didn't recollect where he took her, and he couldn't say as to whether she had been crying or not; but he's positive she directed him where to go without a moment's hesitation. If that was Helen, she knew where she was going all right."

"John Denby frowned and did not answer. His eyes were troubled.

"But perhaps here—at the flat—"

"He began, after a time.

"The detective tried that. He went as a student, or something, and managed to hire a room of Mrs. Cobb. He became very friendly and chatty, and showed interest in all the neighbors, not forgetting the vacant flat on the same floor. But he didn't learn—"

"But he learned—something?"

"Oh, yes; he learned that it belonged to a poor little woman whose husband was as rich as woman and child, the meanest thing alive, in that he'd tried to buy her off with ten thousand dollars, because he was ashamed of her! Just about what I should think would come from a woman of Mrs. Cobb's mentality!"

"Then she knew about the ten-thousand-dollar check?"

"Apparently. But she didn't know Helen had gone to Boston. The detective found out that. She told him she believed she'd gone back home to her folks. So Helen evidently did not confide in her—or perhaps she intentionally misled her, as she did us."

"I see, I see," sighed John Denby.

"As soon as possible Burke Denby went to his Aunt Eunice and told her his sorry tale. From her he obtained one or two names, and—what he eagerly grasped at—an address in Boston. Each of these clues he followed avidly, only to find that they

## ALASKA AS SOURCE OF MEAT.

Reindeer Herds There Also May Add to Supply of Leather.

Alaska may some time become the source of an enormous supply of meat. Twenty-five years ago, during a season of famine, when the Alaskan natives in the vicinity of Bering Strait had killed and eaten all the animals upon which they depended for a living, the Alaskan Bureau of Education conceived the plan of importing reindeer from Siberia and Lapland. The natives were trained in the care of the animals and their numbers rapidly increased. From the original 1250 reindeer imported from Siberia, according to Vilhjalmur Stefansson, the Arctic explorer, there are now 140,000 in Alaska and 80,000 have been killed for meat and their hides. Mr. Stefansson predicts that inside of ten years the number of reindeer in Alaska will have increased to 5,000,000.

If this prediction proves true Alaska will compete with Canada and the United States and with South American countries in meat production and alongside the great salmon canning plants will be erected packing plants for the preparation of reindeer meat products for the world's markets.

What has won this war for us, what has won the British Empire its glorious place among the nations of the world, is that our noblest work has been done without consciousness of it on the part of those who were doing it.—Bonar Law.

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To direct public attention to the fundamental problems of educational systems in Canada.  
To consider education in its relation to Canadian citizenship.  
To undertake the establishment of a permanent bureau to guide and assist the educational thought of the country.

## GROWING QUININE FOR MARKET

JAVA SUPPLIES 90 PER CENT. OF THE WORLD'S SUPPLY.

Quinine is Most Valuable of Drugs. Being Only Known Antidote For Malaria Germs.

Among the most important achievements of medical science in modern days has been the discovery of certain "alkaloids" in the tissues of plants that are useful in the treatment of disease or for kindred purposes.

Thus, for instance, there is strychnine, which is valuable as a heart stimulant and for other uses. The juice of the opium poppy (quite extraordinary in this respect, being a very elaborate organic compound) contains at least 100 "active principles," of which morphine, heroin and codeine are perhaps the best known.

Cinchona bark yields quinine, which is the most valuable of all drugs, being the only known antidote for malaria. Quinine is a deadly poison to malaria germs, and, when taken internally, attacks them in the blood, killing them and soon putting a stop to their multiplication in the vital stream. Hence its effectiveness as a cure for "chills and fever."

Known to Ancient Indians.

The bark in question is that of a lofty tree native to the slopes of the Andes in Peru and Bolivia. Indians of that region in pre-Columbian days had discovered its peculiar property for the cure of malaria and were accustomed to make medicine from it by steeping it in water.

This fact was brought to chance to the attention of a clever woman, the Countess of Cinchon, who visited Peru in 1640. She carried back with her to Europe some of the bark, and the tree that bears it owes its botanical name to her. Even within recent years "Peruvian bark" derived from this tree—an aqueous solution made from it, that is to say—a standard remedy for malaria.

Its efficiency being demonstrated, it naturally followed that a great demand for the bark arose; and for centuries past supplies of it have been obtained by searching the forests of the above-mentioned region for the trees, cutting them down and stripping them. As a result, there is to day in that part of the world hardly a full-grown cinchona tree left standing.

Mankind would thus have been deprived long ago of a priceless benefit had it not been for intelligent efforts to introduce the tree into cultivation elsewhere. This aim, however, was not successfully accomplished until about the middle of the last century, when a botanist named Hasskarl, employed by the Dutch Government, procured seeds that were planted in Java.

Java Produces Chief Supply.

The cinchona is cultivated at the present time on a considerable scale in India and Ceylon, but 90 per cent of the world's supply of bark is exported from Java. That island is a Dutch colony, and it is now reported that the government of Holland intends to take over into its own hands all the business of extracting the precious alkaloid from the product, thus establishing almost a monopoly in the quinine market.

The matter is of special interest to ourselves, inasmuch as about one-third of the entire quinine output of the world is consumed in North America, where it is used not only in the ordinary way, but also as an ingredient of innumerable tonics, "bitters," "cold cures" and other patented preparations.

The Rubber-Tired Goral.

Among the strange animals that came under the observation of Mr. Roy Chapman Andrews, who conducted an expedition into farther China, under the auspices of the American Museum of Natural History, was the goral, a mountain goat of extraordinary agility.

I have seen a goral, says the explorer, run at full speed down the face of a cliff that appeared to be almost perpendicular. The dogs did not venture to follow it. As the animal landed on a projecting rock, it would bounce off as if made of rubber and leap eight or ten feet to a narrow ledge that did not seem large enough to support a rabbit.

How Tommy Atkins Got His Name.

The British soldier was not always known as Tommy. It happened in this way. The war office issued a little notebook to the men requesting each one to fill in the little blanks in the front as to name, age, date of enlistment, etc. So that they would not make any mistakes a copy of the front page was filled out properly in each book under the name of Tommy Atkins. It did not take long for the name to stick to all the soldier boys, and it is to-day as significant of the English fighting man as John Bull is of England itself.

That hateful phrase, "living one's own life," has ruined many a youthful imagination. There is no such thing as living one's own life. We are all bound together by faith in another, by bonds of responsibility and sympathy.—Annie S. Swan.

## Woman's Interests

Combination Jellies and Jams.

Those housekeepers who have not tried mixing fruits when making up the store of winter sweets, will find it a great advantage to adopt this practice. The combination of fruits gives a variety to the preserves, and by changing the mixtures and proportions a still greater variety can be obtained. When small fruits are used in the preparation they are left whole. Larger fruits are cut into small pieces.

Sometimes there is trouble in making jellies, but assured success can be gained by using one-fourth of sour apples to three-fourths of the other fruits. Take peaches for example. Peach jelly is about the most difficult to make. But when you add one-fourth the quantity of sour apples the result will be beautifully tinted, firm jelly with a peach flavor. So it is with pears and plums. The apple taste is lost or simply adds a flavor very unlike its own, but very pleasant. Even carrots can be made into an appetizing, healthful jelly by adding as many apples to them. Grate the carrots or put them through the food chopper. To the pulp obtained add the apples, cook, drain and proceed in the usual way.

A can of pineapple added to preserved pears will make the whole taste like preserved pineapple. Grapes and apples make a good combination for marmalade. Boil the grapes after pulping them—skins and pulp separately; run pulp through colander; strain the skins. Pour together, and to each quart of the mixture add the same amount of sour apples, the juice and pulp of four lemons, one ounce of stick cinnamon, broken in bits and tied up in cloth, and two and one-third pounds of sugar. Stir until the sugar dissolves. Boil one-half hour; take out the spice bag when the flavor suits. Put up like jelly. This will keep for years. Other appetizing combinations are apples and quinces; raspberries and cherries; plums and quinces; pineapple, strawberries and peaches.

The following combinations are preserves which are used as condiments or as spread for sandwiches:

Plum Conserve—4 lbs. of plums, 3 lbs. sugar, 1 lb. shelled nuts, 2 oranges, 1 lb. raisins. Remove the pits and chop the plums. Peel the oranges and slice thinly one-half of the peel. Mix the chopped plums, orange pulp, sliced orange peel, sugar and raisins, and cook altogether rapidly until thick as jam. Add the nuts five minutes before removing from the fire. Pack hot into sterilized jars, seal, and boil (process) in hot water bath for ten to fifteen minutes for half-pint jars and thirty minutes for pint jars.

Pine Conserve—2 lbs. of fresh figs or one quart of plain canned figs, 1 orange, 1 1/2 lbs. of sugar, 1/2 cup of pecans (shelled), 1/2 lb. of raisins. Cut all, except nuts, into small pieces and cook until thick and transparent (about one hour). Add nuts, five minutes before removing from stove. Pack and seal hot. Process for plum conserve.

Medley Fruit Conserve—2 lbs. peaches, 1 1/2 lbs. quinces, 1 1/2 lbs. pears, 1 lb. apples, 3 lemons, sugar. Wash, peel, and core or stone the fruit. Pass through a food chopper and weigh. For each pound of fruit allow three-quarters of a pound of sugar. Put fruit and sugar in alternate layers in a bowl and let stand overnight. Place the fruit, the pulp of the lemons, and one-half the rind of the lemons, sliced thin, into the preserving kettle, and boil until the mixture is as thick as jam. One cup of scalded chopped nuts may be added, if desired, five minutes before removing from the fire. Pack into hot sterilized jars and seal at once.

Accumulitis.

Modern housewives are rather preening themselves these days upon their growing efficiency, and the results they are obtaining. But no woman should dare claim efficiency whose house harbors a useless accumulation of things which absorb her time, strength and attention needlessly.

One woman realized she was wasting time and strength over the non-essentials and was suffering from the disease of accumulitis, so she began her emancipation by elimination: Her spiculous attic that had formerly been crammed with trash she divided into a large playroom for her small children and a gymnasium for her growing boys, and considered it put to an infinitely better use.

Her broken furniture was not stored away. What she wished to keep she took to a shop, and had mended for continued use. If she did not want it, she gave it to someone who needed it more than she possibly could at some remote date.

The woman with the mania for accumulitis, or hoarding, is often the most extravagant. She saves what she could make immediate use of and buys needless new material because no mind could remember all that she has stored away in a multitude of trunks, boxes, and drawers. In most instances, what we put away in a store-room for safe-keeping is certain to remain indefinitely. And it often happens that the most useless articles are put away carefully and handled over one house-cleaning after another. What possible use can one expect to make of ancient hats, worn-out shoes, broken utensils, and out-of-date magazines and papers?

"Where do you keep all of your old things?" I asked a friend, viewing with pleasure an orderly and almost empty store-room.

"I don't keep many things," she replied. "Of course, some articles, although of no real value, I prize from association. These I store away carefully. But usually when we stop wearing garments, they are made over as soon as possible. If I do not need it, it is given to someone who can make immediate use of it, otherwise it is cut up for various uses. In the kitchen is a deep drawer where I put cloths for cleaning purposes. In the sewing-room is a basket for other rags which I am working up at odd moments, winding into balls for rugs, and that is the end of it."

And this is the sensible view most of our modern housekeepers are taking of this question. A crowded store-room represents to her not a commendable saving, but a lamentable negligence. Don't save your conscience by tacking things away to be used "sometime." This new way may mean the piling up of work at a busy season, but a crowded sewing-room and overflowing mending basket may bespeak more capable and efficient housekeeping than an attic crammed with discarded garments.

So let us emancipate ourselves from accumulitis by elimination, before we demand commendation as housekeepers. Keep those things which are essential to the comfort of our families and the orderly and attractive aspect of our homes, and systematically discard the useless and non-essentials. This course will be the means of a great saving of time and energy. It is the lack of decision to cast away one and for all articles whose real value is questionable that makes a home cluttered and disorderly.

A Few Rules.

There are just a few things most of us need to be reminded of when we do plain cooking. We can remember what ingredients go in the dishes we are preparing, but we forget some important matters of proportion or else we could get along without a cook book, and because we do not know these proportions the result of our labor is not as good as it might be. Here are some proportions that you should copy on a little stiff card and keep in a handy place in your kitchen so that you can consult it when you wish:

For a thin white sauce use one tablespoon of flour to one cup of liquid, for a medium sauce double the flour, and for a thick sauce use three or four tablespoons of flour to one cup of liquid. Use from one-quarter as much butter as flour to equal amounts.

When you use muffins use one-half cup of milk to a cup of flour; in making griddle cakes use two-thirds cup of liquid to one cup of flour.

In making custard two eggs to a pint is enough. If you want a very stiff custard double the amount of eggs.

When making gelatine desserts use tablespoon of granulated gelatine to a pint of the liquid.

In making gravy allow a half tablespoon of flour for a cup of gravy.

In making biscuits, muffins and cake use two level teaspoons of baking powder to each cup of flour.

If you use baking soda allow a half teaspoonful for each cup of sour milk or a teaspoon for each cup of molasses.

### Pioneer Therapeutics.

A subscriber who was interested in a recent article about a painless method of treating burns that the war surgeons have discovered calls our attention to the fact that the pioneers of 1848 had a very similar method of curing burns. They used a combination of resin-gathered from the fir trees and of beeswax, and sometimes added mutton tallow. While the mixture was hot they spread it on a piece of tightly woven new muslin, and applied it to the burn, face down, as warm as the patient could stand it. They then bandaged the injured member, and each day removed the outer dressing until the healing was accomplished, which was said to be very soon. A daughter of Dr. William L. Adams, one of the pioneers of that time, says that she has seen many cases of raw burns, hands cracked by cold and blistered feet cured quickly by the resin-and-beeswax application, and always with instant relief from pain.

At that time, of course, when supplies were brought by ox wagons, drugs were almost unobtainable. Later, when traffic became more established, the pioneers substituted shoemakers' wax for the home-made mixture. They melted it over the flame of a tallow candle, spread it in thin layers, one on top of another, on a piece of muslin, and applied it in the manner described above.

### The Finest Army in the World.

General Sir H. H. Wilson, Chief of the Imperial Staff, inspected the O.T.C. attached to Marlborough College, recently. Addressing the boys he said:—"We belong to the finest Empire the world has ever seen, and you young fellows have the future of that Empire in your hands. We have passed through four and a half years of the bloodiest war the world has ever known, and although, as I was in it, I ought not to say it, we came out at the end of that period the finest army in the world. There is an old saying which I am fond of quoting. It is the creed of a soldier. You might think over it sometimes as you pass through life. It is, 'Be kindly to children, be courteous to women, and be loyal and true to your comrades.'"

Our work may seem but discord, Though we do the best we can; But others will hear the music, If we carry out God's plan.

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"Tanks," are said to have received their name from the fact that they were known as water-carriers, for use in Egypt, while building. This was done to preserve their secret.

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## BABYLON REDEEMED.

The Great War Has Re-opened Wonderful Region to Civilization.

The earliest records of civilization were found in the ruins of ancient Babylon, and in the valley of the Nile. These two civilizations existed side by side for more than a thousand years, the one in Africa, the other in Asia in the valley of the Euphrates, within 500 miles of each other, without either knowing of the other's existence. When they finally discovered each other, each tried to conquer the other, with the result that both were finally destroyed.

The rich valley of the Euphrates and Tigris rivers, the original home of Abraham, and the place of captivity of his descendants in later times, was at one time a garden spot of the earth. The Garden of Eden is said to have been located there. Irrigation ditches extended over the entire valley, and a dense population lived on the products of the fertile soil.

In later centuries the blight of Turkish misrule has been over the land, and the population has consisted of a few nomadic wanderers who followed their flocks from one patch of grass to another. The Great War has again opened up this wonderful region to civilization. It is now in the possession of a British army, and let us hope is forever free from the rule of the unspeakable Turk. Who shall say that within a few years this valley shall not again become one of the most prosperous farming regions in the world, a destiny to which its marvellously fertile soil and its genial climate entitle it?

Largest Inland Sea.

The Caspian Sea is the largest inland sea in the world. It has an area exceeding 170,000 square miles, and it is situated between Europe and Asia to the southeast of Russia. It lies in a deep depression, and in a past age, geologists tell us, probably formed, with the Black and Aral seas, an inland sea of vast extent. Salmon and sturgeon are abundant and the seal fishery is important. The rivers Ural and Volga flow into it. Astrabad, Baku and Astrakhan are its chief ports. Waterways, consisting of rivers and canals, connect it with the Black and Baltic seas. Of its area, 565 square miles belong to its islands. At the present time its surface lies eighty-six feet below the level of the ocean.

The first passenger airship is due to sail from Barrow-in-Furness, England, to Rio de Janeiro some time this month. Twenty passengers and a small cargo will be carried aboard the vessel, which will be fitted out with all the luxury and comfort of an ocean liner.

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